



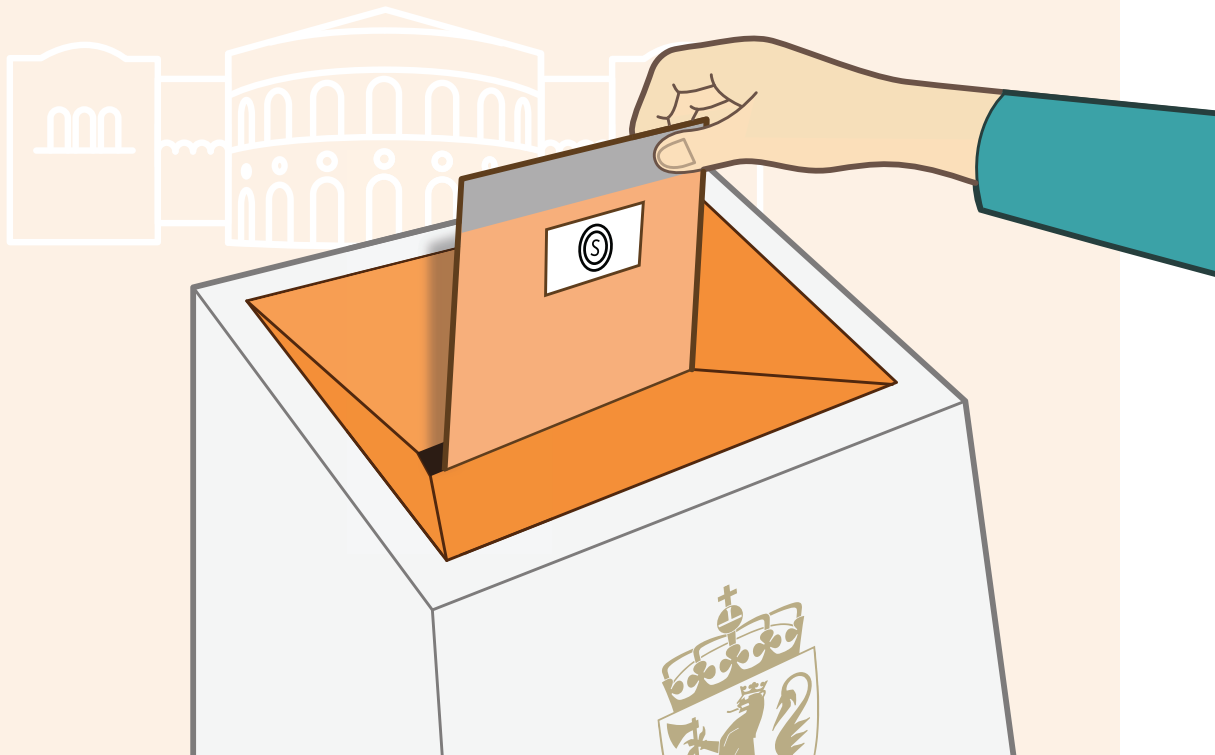
VALG

Parliamentary and
Sami parliamentary election 2025

Engelsk / English

Important information for voters

Election day is 8 September.
Remember to bring a valid ID.



valg.no

VALGdirektoratet

Parliamentary and Sami parliamentary election 2025

Every four years, we elect representatives to the Norwegian Parliament – the Storting.

The Storting's main duties include making the laws we live by in Norway, deciding the National Budget, and supervising the government.

The Sami Parliament is the elected parliament of the Sami people in Norway and is an independent elected body.

Read more about the Sami parliamentary election at sametinget.no.

This brochure has information about the national parliamentary election and how to vote.

Election day is Monday 8 September 2025.

In many municipalities, it will also be possible to vote on Sunday 7 September.

You can also vote in advance from anywhere in the country from 11 August to 5 September. **Remember to bring a valid ID.**



Remember to bring your ID with you to the polling station

You must have a valid ID to vote. Your ID must specify your name and date of birth, and it must have a photo. Examples of valid types of ID include passports, national ID cards, driving licences and debit cards with photo.

If you are staying in an institution, such as a nursing home, hospital or prison, you can have a member of staff confirm your ID. In this case, the member of staff must present a valid ID.



Who can vote?

You have the right to vote in the parliamentary election if you:

- are a Norwegian citizen
- are 18 years old or older by the end of 2025
- are or have been registered as a resident in Norway



When and where can I vote?

You can vote in advance from Monday 11 August through Friday 5 September in any municipality.

On election day, you must vote in the municipality where you were registered as a resident on 30 June 2025. You can vote at any polling station within the municipality.

Unable to vote in advance or on election day?

You can apply to your municipality to cast an early advance vote from 1 July.

It is also possible to vote from abroad from 1 July through 29 August.

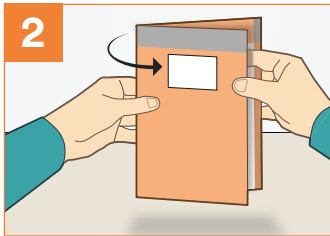


Find your polling station at **valglokaler.no**

How to vote in the municipality where you live

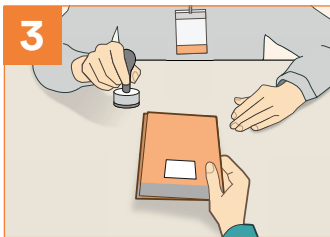


Select the ballot paper you want to use.

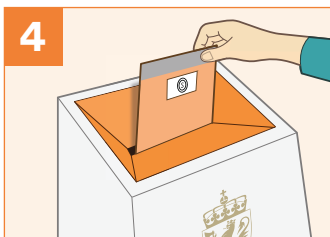


Fold the ballot paper with the party name facing in and the field where the stamp goes facing out – that way, nobody can see what you are voting for.

Do not use an envelope or other cover around the ballot paper.



Go to an election official and get a stamp on the outside of your ballot paper. This is important – your ballot paper may be rejected if it does not have a stamp.



Drop your ballot paper into the ballot box.



How to vote outside of your municipality

If you are voting outside of the municipality where you live, you will get a ballot paper with the names of all the registered political parties that received at least 5,000 votes nationwide in the last parliamentary election, or that have been registered since the last parliamentary election. Tick the box to indicate which party you want to vote for. The ballot paper will not have the names of the party's candidates on it.

If the party or group you want to vote for is not included on the ballot paper, you can add the name of the party or group.

Your vote will be forwarded to the municipality where you live for counting.

If you are sick or disabled, please contact your municipality to arrange for an opportunity to vote in advance from home. The deadline for applying to vote from home is Thursday 4 September at 12:00 (noon).

Assistance at the polling station

Please contact an election official if you have questions or need assistance to vote. Election officials are bound by a duty of confidentiality.

If you have a disability, and you are unable to vote unassisted because of it, you are entitled to assistance. You can receive assistance from an election official or another person of your choosing.

Information about voting rights

Every person with the right to vote will receive information from the Norwegian Directorate of Elections (*Valgdirektoratet*). The letter will confirm your right to vote. The letter will also specify where and when you can cast your vote on election day, and it will also include other relevant information.

The information will be sent to your digital mailbox or Altinn. If you have opted out of digital communication with public authorities, or you have not used ID-porten in 18 months or more, you will receive the information physically by mail.

Please contact your municipality if you have not received the information, or if you are not sure if you have the right to vote.

In the past, polling cards were issued to all voters. This arrangement has been discontinued. Starting from the 2025 parliamentary elections, voters will not longer receive polling cards. You only need to bring ID to be able to vote.

Read more at **valg.no**

Who will be elected?

In a parliamentary election, 169 representatives are elected to the Storting from 19 constituencies. 150 of the seats are elected directly from the constituencies. In addition, there are 19 so-called at-large seats, one from each constituency.

When you vote in the parliamentary election, you help decide who the 169 representatives will be.

Secret ballot

Your vote is secret. This means you must select a ballot paper and fold it inside a private booth, without anyone else seeing. Secret ballots give you the opportunity to cast your vote without fear of anyone else finding out who you voted for.

Issued 2025 by the Norwegian Directorate of Elections.
This brochure is also available in Bokmål, Nynorsk, Sami , and ten other languages.

For more information about the election, **go to valg.no.**



Scan the QR code to read the brochure in other languages.