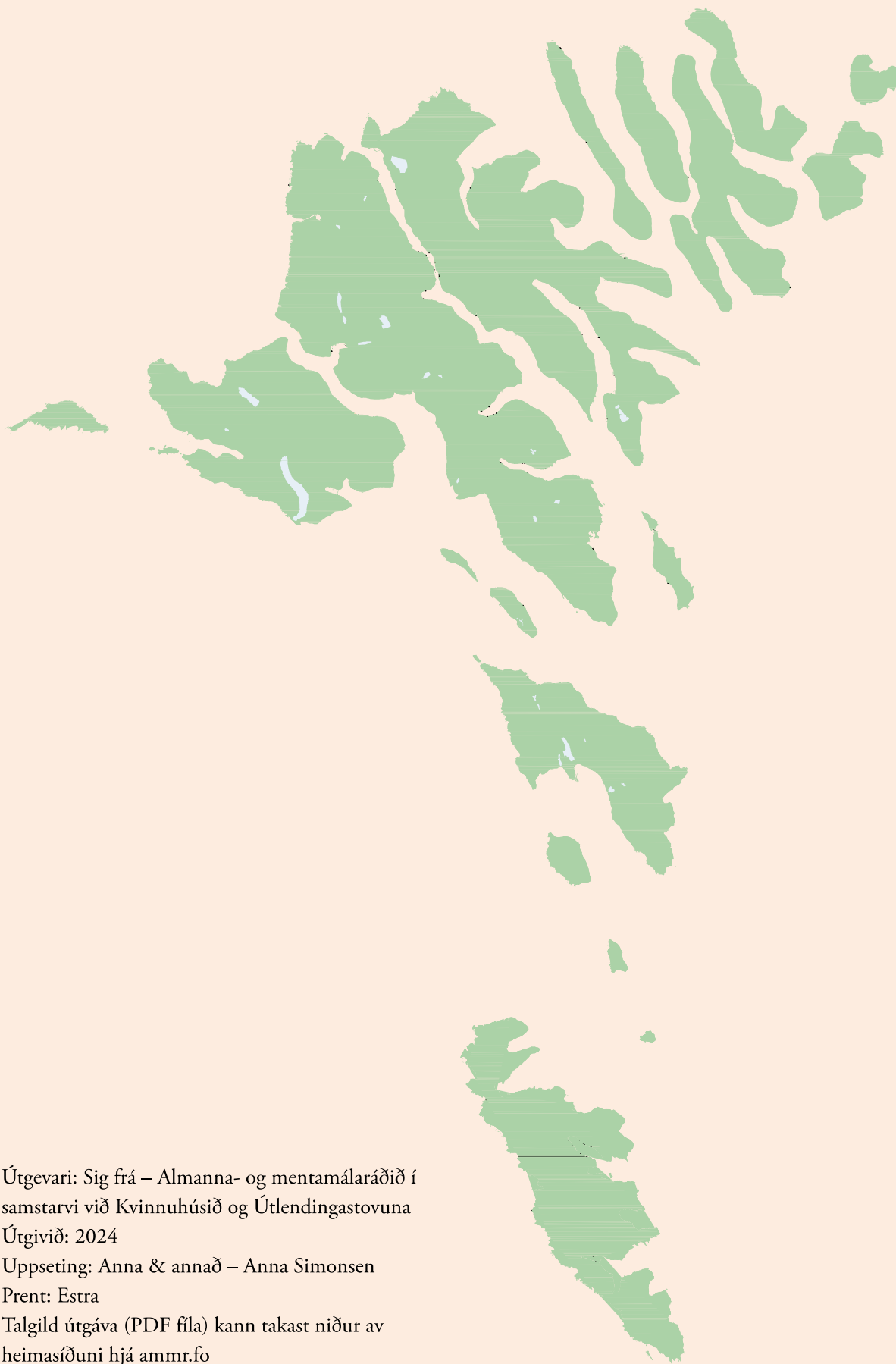




Welcome





Útgevafi: Sig frá – Almanna- og mentamálaráðið í  
samstarvi við Kvinnuhúsið og Útlendingastovuna

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# Welcome

Welcome to the Faroe Islands. We hope you will feel at home here and have the opportunity to settle in.

As a resident of the Faroe Islands you have rights and duties. This leaflet is intended to give you information about both.

If you would like more help and guidance, you are always welcome to ask.

## Public welfare services

The Faroe Islands is a welfare society. This means that public services are available to all residents and that they are funded by taxes. Education is free and children are required by law to go to school for at least 9 years, usually from the age of 7. Children must be registered at a school in the area where they live.

## Public health services

If you have a Faroese ID number, *persónstal* also known as *p-tal*, you can use the public health service for free, and you can register with a family doctor, called a *kommunulekni*, and you will receive necessary medication. If you require medical help outside of ordinary working hours, you can call the number 1870.

## Work

In the Faroe Islands each person is responsible for finding a job for themselves. You

will find information about some available jobs on the website of the unemployment office, *Arbeiðsloysisskipanin* (ALS): [www.als.fo](http://www.als.fo). You can also ask for guidance by contacting ALS by telephone: 34 95 50.

## Childcare

Most municipalities in the Faroe Islands offer places in public nurseries, kindergartens, after school clubs and have private childcare facilities. You can sign your child up for childcare through your municipality.

You are welcome to ask for information about the welfare services available in Faroese society.

## Interpretation

Your health and wellbeing matter. So it is important that you understand what is being said when you or your children go to the doctor. If you don't understand Faroese or English well, you have the right to ask for an interpreter who can speak your mother-tongue or another language you are confident and comfortable with. This also applies when you have appointments with authorities such as the police or Immigration Office.

So, before any appointment, let your doctor or the authority know that you need an interpreter and into which language.

## Integration consultation

As an immigrant you can request an integration consultation at the Immigration Office. The consultation is a conversation about your education and work experience, your future plans in the Faroe Islands, as well as general information, advice and guidance related to being a new resident in the Faroe Islands. Interpretation will be used if you don't understand Faroese or English.

You are welcome to contact the Immigration Office and request a consultation by phone: 357979 or e-mail: [info@utlendingastovan.fo](mailto:info@utlendingastovan.fo).

## Faroese language courses for adults

Adults who move to the Faroe Islands can join a diploma programme / course in Faroese language:

### *Faroese as a second language (abbreviated FSA for its initials in Faroese)*

Adults who move to the Faroe Islands can take part in this diploma programme and access language instruction for free. The programme follows the curriculum in Faroese as a second language for adults. It consists in intensive day or evening lessons. The whole programme takes 2-4 years. It is taught in 4 locations: FSA Kambsdalur, FSA Suðuroy, FSA Vágur and FSA Tórshavn. For information about registration and other details contact the Directorate of Education by e-mail [fsa@uvs.fo](mailto:fsa@uvs.fo).

### *Faroese for foreigners*

Some municipalities also offer short courses in Faroese for foreigners at their evening school. These courses are available around the country.

For further information contact the municipality you live in.

## Share your culture, religion and opinions!

In the Faroe Islands we are free to have our own opinions, religion and we also have freedom of association.

The Danish constitution, which also applies in the Faroe Islands, says that personal freedom is sacrosanct. You will not be judged for your political opinion, your personal faith or your origins.

The Faroese national church is Evangelical Lutheran. There are also other religious societies and churches in the Faroe Islands. The Constitution says that anyone is free to congregate in a religious context according to their own conviction.

You are therefore free to have your own religion, voice your opinion and take part in any cultural or political activity of your choice.

## Violence must not be tolerated

Everyone is entitled to a life free from violence. In the Faroe Islands all violence is illegal, be it at home or elsewhere, both against children and adults. There are different





forms of violence in intimate partnerships and close relations. Violence can be physical, psychological, financial, material, sexual, digital or stalking. Such behaviour can manifest in isolation, coercion, threats or abuse intended to control another person.

Living with violence can lead to trauma, which can translate into depression, anxiety or substance abuse. Children who live with violence in the home are also at risk of becoming aggressive and violent, and of having low self-esteem.

Violence, also at home, is never accepted. It is illegal. Physical violence is punishable by up to three years imprisonment. And a person who threatens violence can be sentenced to up to two years in prison.

Faroese legislation is in line with International human rights conventions, which states: *No-one shall be in danger of being subjected to torture or to inhuman and degrading treatment or punishment.*

The Faroe Islands is governed by the rule of law. The police, hospital system and public services are not corrupt and cannot be bribed. If you are in doubt about your right to be in this country, you can receive confidential advice and guidance from the Immigration Office.

If you are living with violence in the home or you need advice on how to avoid acting violently, you can call the authority or the violence helpline „Liv Uttan Harðskap“, which you can find in the list of helplines on the right in this leaflet.

If there is violence in your home, tell someone.

## Helplines

If you need further information, advice or help don't hesitate to call these helplines:

### IMMIGRATION OFFICE

– advices on residence permits and work permits in the Faroe Islands.



Tel: 35 79 79  
(weekdays 9-15),  
[www.utlendingastovan.fo](http://www.utlendingastovan.fo)

### RÆTTARHJÁLP FØROYA

– Legal aid gives access to free help from a lawyer.



Tel: 31 98 23 (Tuesday 18-20,  
Thursday 16-18)  
[www.raettarhjalpin.fo](http://www.raettarhjalpin.fo)

### KVINNUHÚSIÐ

– Women's Shelter in Tórshavn – Help for women who have experienced intimate partner violence or violence in close relationships.



Tel: 31 72 00  
[www.kvinnuhusid.fo](http://www.kvinnuhusid.fo)

### LIV UTTAN HARÐSKAP

– itinerant violence advice services for women, men and other relations, who have experienced intimate partner violence or violence in close



relations. Tel. 32 00 32  
(Monday to Friday 10 – 15),  
e-mail [post@livuttanhardskap.fo](mailto:post@livuttanhardskap.fo)  
[www.kvinnuhusid.fo](http://www.kvinnuhusid.fo)





### **RAPE CRISIS CENTRE**

– If you have been raped or sexually assaulted, contact the rape crisis centre at the national hospital, Landssjúkrahúsi.

Tel: 30 46 00

<https://sv.is/fo/deildir/kliniskar-deildir/>



skurð-ambulatorium/  
gynaekologisk-ambulatorium/  
neyðtoekutilbúgving/

### **BARNABATI**

– The Tú & eg helpline offers free advice and counselling from volunteers for children and youth.



Tel: 11 61 11 (every evening: 20-22  
and weekdays: 09- 16)  
[www.barnabati.fo](http://www.barnabati.fo)

### **CHILD PROTECTION SERVICES**

– Barnaverndarstova Føroya – When parents cannot take responsibility for children and youth under 18, child services are obliged to help.

Tel: 30 24 80



(Monday to Friday 10-15,  
as well as emergency hotline)  
[www.bvs.fo](http://www.bvs.fo)

### **GIGNI**

– Preventive health service for children and youth, so they can have the best possible conditions for a healthy start in life and adulthood.



Tel: 61 40 00  
[www.gigni.fo](http://www.gigni.fo)

### **THE FAMILY LAW ADMINISTRATION**

– Administers, on behalf of the Government of the Faroe Islands various areas of Family and Personal Law.



Tel: 20 22 24 (Monday to Friday  
10-12 and 12.30-14)  
[www.famf.fo](http://www.famf.fo)

### **VEGLEIÐARASTOVAN**

– provides equal access for everyone in the Faroe Islands to quality counselling in education, apprenticeships and job opportunities.



Tel: 20 09 10  
e-mail [vegleiding@uvs.fo](mailto:vegleiding@uvs.fo)  
[www.vegleiding.fo](http://www.vegleiding.fo)

### **THE DEPARTMENT OF SOCIAL SERVICES**



– Social Services –  
Tel: 36 00 00  
[www.av.fo](http://www.av.fo)

### **THE POLICE**



– Police force –  
Tel: 35 14 48  
[www.politi.fo](http://www.politi.fo)

### **ALARMSENTRALURIN**

– **Emergency services – Tel: 112**

You don't have to speak Faroese to use these services. Just call and ask for advice and guidance.





**ALMANNAMÁLARÁÐIÐ**  
MINISTRY OF SOCIAL AFFAIRS