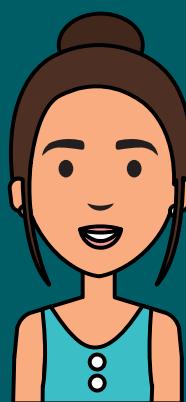


2024 ALL TAX DEDCUTIONS

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All you need to know about deductions for your 2024 Norwegian tax return/Skattemelding



Deductions on taxes in Norway depend on your finances and life situation. You always need to check, maybe there have been changes that tax administration office didn't realise. Maybe you sold house, moved or retired? In this list you can find deductions, that works in 2024.

I broke it down in a few groups, so it's easier to understand and find the ones you need.

Children	Work and other incomes	Pension	Properties	Loans and other assets	Other deductions
A cartoon illustration of a young girl with brown hair, wearing a yellow dress with a yellow headband.	A cartoon illustration of a woman with red hair, wearing a blue top, sitting at a desk and working on a computer.	A cartoon illustration of two people, one older man and one younger person, holding a yellow piggy bank.	A cartoon illustration of a small, simple house with a red roof and a brown door.	A cartoon illustration of a person standing next to a house with a blue sign that says "BANK" and "LOAN".	A cartoon illustration of several stacks of blue and green banknotes.

Tax declaration for 2024 will be available for everyone in Norway on dates between 7 and 21 March. Deadline to edit and deliver back traditionally 30 of April.

Important deadlines related to tax declaration in 2024:

- 30 April is deadline for edit and sending back your declaration also is a deadline for applying for a postponed deadline that is 31 of May.
- 31 May is a deadline for paying your taxes back if you have some without interest.

- 26 June is a last day when most of employees getting their final tax return rapport back from Tax office. With that you get paid back your taxes, if you entitled to any.
- 21 August and until end of November final tax return will be sent to all who did not receive it in June. If you entitled to any taxes back, you would get paid then.

Deductions related to children

1. Deductions for parents, who have various expenses for children under 11 years old of age.

You can get deduction for these expenses:

- Kindergarten
- Nanny (full time or part time)
- After-school activities and sport activities (AKS)
- Expenses related to driving forth and back to day care/nannys/activities. Here you get same deduction as for expenses related to driving to work.
- Deduction for activities outside of after-school program. So, if your child is not going to AKS, and you have alternative. But it has to be at least 3 times a week, straight after school (not evening, or age-based activities), made for kids of 5 to 11 years of age, everyone can participate, so no skills required, has an eating break and follows rules for school vacation and free days.

2. Deduction for care of older children (after 12 years old), that has a special need for care due to disability.

Deductions related to children is limited to 25,000 NOK for the first child and 15,000 NOK for each next. If you have 3 kids the maximum deduction you can get is 55,000 NOK.

In some cases, state will ask you to provide documentation of this expenses. Kindergarten and AKS is usually pre-filled in your tax return, you just need to check that numbers match. You will receive mail called "Årsoppgave", there it states how much you paid last year. For the rest of expenses, you will either need to attach proof of bank-transfers to nanny/after school activities (must be bank transfer or Vipps, not cash if your expenses was more then 10k in a year), provide paper from doctor/child services that your child need extra care if older then 12 years.

All these deductions can be divided between spouses. You will find deductions in your tax return in section "Family and health".

Deductions related to work and other incomes

3. Deduction for traveling expenses.

- If distance between home and permanent work is more than 37km forth and back. You can claim deduction if your traveling costs exceed 14,000 NOK a year and you can get up to 97,000 NOK. You are entitled to deduction regardless your actual expenses or what transport you use. To calculate your deduction, use this [calculator](#). Short example of what you can get. If you live in Oslo Sentrum and work in Airport Gardermoen full time (230 days a year), then your traveling distance is 103km round trip. And its calculated as followed: 230 days x 103km x 1.65 = 39088 – 14 000 = 25,088 NOK. If tax office approve this sum, you can get up to 5,519 NOK less in tax.

- Expenses for tolls or ferries on the trip between home and work.

If you use a car and have actual expenses for tolls and/or ferries that together exceed 3,300 NOK a year, you may be entitled to a deduction for these costs if the travel time by car is two hours shorter round trip than when using scheduled transport. Deductions for such expenses are limited to the cheapest payment method. If the expenses are more than 3,300 NOK per year, the entire amount can be deducted.

- If you need to stay somewhere other than home because of work, then you could have right for commuting expenses. This is usually given for cost of renting or paying for place to stay/food and daily expenses. You need to see if you are qualified for commuting. You can get deduction if this extra expense is not covered by your employer and if you don't live with your parents. Also, if you want this's deduction you can rent out your primary residence full or part time while you are away. Maximum amount you get deducted from tax is 83,000 NOK. This includes all expenses for living, traveling and food. You can't claim deduction if your employer paid your trips and you cant claim deduction for traveling expenses of your family, if you have one.

If you will be chosen for control, you need to provide documentation about your journeys – ticket, receipt where the route, dates and your name stay. Also, documentation about tolls, ferries or flights if you claimed deduction for those.

4. Deduction for members of working unions.

If you are member of working union and paid union membership, you can get deduction up to 8,000NOK. You need to be able to provide a receipt for paying membership or a documentation that your employer paid that.

5. Deduction related to moving.

If you needed to move for a new position. This applies to moving expenses from abroad to Norway and from Norway to abroad, if you still a tax payer in Norway. This deduction includes expenses that occurs in order to take the new position, before you decided to move.

Here you can deduct traveling expenses, cost of moving household goods, movable property, including packaging, insurance cost and so on.

6.Deduction for education relevant for work.

Normally expenses for education is not something you get deductions for. But, its deductible, if you had to take classes, courses or attend educational seminars etc., that is required by work and that relevant for your work and that you keep yourself updated because of what profession you have. You are entitled to a deduction for costs directly related to your education, such as tuition fees, semester fees, examination fees and school books.

7.Deduction for home office.

Costs associated with a room in your home that is exclusively used for home office, such as rent, cleaning, electricity and insurance may be deductible. The same applies to costs for purchasing office furniture and other office equipment that is mainly for use in the home office.

8.Deduction for travelling allowance.

This allowance is intended to cover expenses you have for food (diet) when you are on travel assignment for an employer. To get this deduction you must submit travel expense claims with this info: your name, address and signature; date and time of departure and return for each business or business trip; purpose of the trip; which events you have attended.

You will find these deductions in your tax return in section "Employment, insurances and pension".

Important to remember, that everyone who is working in Norway automatically get something that called "Minstefradrag". Is a deduction from your tax of 104,450 NOK, that is meant to cover all the expenses related to work that I mentioned above. Including traveling, car, business trips, home office, education related to work, working tools, cloth etc. So if you know that you spend more than 104,450 NOK, then you just choose other deductions instead of this one.

9. Deduction when you receive salary for small jobs.

If your employer has sent a notification to the Tax Administration about salary for work in the home below 6,000 NOK, or salary from tax-exempt organisations under 10,000 NOK, the amount will be calculated in your tax return as taxable income. You must then delete this amount in your tax return. The correction is necessary to avoid your salary being taxed.

10. Deduction for renting out movable property, car, car sharing, trailers, renting of holidays houses, rooms etc.

If you renting out some of your movable and not movable properties, the general rule is – you don't need to declare it if the income does not go over 10,000 NOK a year. If it's more, then you need to report it in your tax return and pay taxes out of this income. In this case you have right to deduct the cost of maintenance, cleaning, municipal fees, insurance, cost of marketing etc. You can find this deductions in your tax return, under the topic "Other income – Other capital income".

11. Deduction for those who live in Troms.

The special deduction (the Finnmark deduction) is given to persons residing in Troms county and Finnmark counties, with the exception of residents in the municipalities of Balsfjord, Bardu, Dyrøy, Gratangen, Harstad, Ibestad, Kvæfjord, Lavangen, Målselv, Salangen, Senja, Sørreisa, Tjeldsund and Tromsø. The deduction is 30,000 NOK and automatically granted in the tax calculation, on the basis of the tax location, and you must not enter it in the tax return.

12. Deductions if you live in Svalbard.

There is a bunch of tax goodies that you get, when having residency in Svalbard. Everything has deduction – income, wealth, housing etc. You can check full information [HERE](#).

13. Deduction for foreign seafarers and offshore workers.

Foreign seafarers and offshore workers can still claim the standard deduction. The standard deduction is 10% of gross employment income, and a maximum of 40,000 NOK.

Important note about hobby/buisness. In general the rules in Norway are if you earn more than 4,000 NOK a month from your hobby activities (or 50,000 NOK a year), then you might be going into the category of small businesses. If you reported this income as taxable in your tax return, then you have right for deductions. For example fishermen have right to deduct for fuel for boat and fees, if you are blogger or earn money in internet, maybe gaming, then you have right to deduct taxes for your equipment, that you use for your activities.

This is in case your income minus expenses is giving more than 4,000 NOK a month. So if you had 6000 NOK income in month and 3,000 NOK of them was expenses, then you don't need to pay tax from it. If your income was 12,000 NOK and expenses 3,000 NOK, then you will deduct expenses (12000-3000 = 9,000NOK) and then from this you can deduct 4,000 NOK that is tax free (9000-4000= 5,000 NOK). This leaves you with 5,000 NOK that you have to pay taxes of. Hope that example make sense. If not then you can find me by my name Maria Markes in any social network, subscribe and send me your question.

Deductions related to pension

14. Deduction, if you have small pension.

If your full pension is not exceeding 246,800 NOK yearly, then you have right to full deduction of 32,825 NOK in taxes that you paid. This deduction is reduced, based on your pension amount and the withdrawal rate that you decided. If you take out part of your pension, then deduction will be reduced accordingly. All extra incomes, that you receive as a pension its also will make this deduction smaller if the total income in a year exceeds 246,800 NOK.

15. Transferring deduction between spouses.

As a couple, you also can move some of your income to your spouse to get a maximum deduction. For example if you have renting incomes and one of you have lower pension, in many cases it paying off to move renting incomes from spouse with bigger pension, to spouse with smaller pension. You can do it not only with rental incomes, but with interest on capital incomes (savings, interest on financial products you own).

Deductions related to properties

16. Deduction, if you own a flat in condominium or housing company (boligaksjeselskap and boligsamiet).

You can deduct interest expenses that company has. Also loses that this company or condominium managed to get during the year, related to sold assets, properties and so on. Usually all this info is pre-filled in your tax return, and you get the rapport from your housing company in January where it says how much the deduction will be, you just need to check if its there and if the number is correct. If something is wrong or missing, then you need to manually put in company or condominium name, cost, liabilities and reason for changing.

17. Deduction related to rental of commercial property.

If it happens that you own a big house for example, and you rent out a part of it as a commercial property, then you have right for deduction, if this income is taxable. How do you calculate if income from rent is taxable? When part of your property that you are renting, gives you more money than part you are living in (if you were potentially to rent it out), then income is taxable. For example, if you rent first floor of your house (100sqm) for 100,000 NOK a month and you live on second floor, that would cost 80,000NOK tho rent out, then income you get from rent is fully taxable. In this case you have right for deduction related to:

- maintenance
- depreciation of building
- insurance,
- municipal fees
- property tax
- advertising, showings of property

- electricity, heating, cleaning
- furniture and household goods
- your travel expenses related to renting out property
- fees when opening bank account for deposit
- value of your own work effort if you carry out maintenance on the home you rent out.
- deductions for costs related to valuation of the property and surveying of residential property in connection with the reporting of area information when assessing the tax value.

Important note: You can't get a deduction for all above expenses for short period renting of property where you live yourself.

18. If you sold property with loss last year, you have right for deduction.

Deductions related to loans and financial assets

19. You can claim deduction for the interests you paid on your loans if you have any.

It can be, for example:

- mortgage
- student loan
- car loans
- personal loans
- loan from employer
- private loans, for example from family members
- loans abroad

If you have loan together with someone else, for example you're spouse, then you both need to change your tax returns, if you want to divide loan and deduction for interest. You divide it accordingly to portion of loan each of you has. If you increase your share of the loan, the person you have the loan along with must reduce their share. If you reduce your share, the other must increase theirs. In total, the sum of their shares should be 100% of the loan and the interest on the loan.

20. Deduction for refinancing your loan.

If you refinanced your loan in the last year, you could claim deduction for all the expenses related to that, such as establishment fee, cost of borrowing, cost related to converting loans in order to get lower interest rate and so on.

21. Deduction related to sell of financial products with loss.

If you sold with loss your shares, funds, bonds, NFTs or whatever that was your financial products, then you have a right for deduction. Again, those are usually pre-filled in your tax return from your broker, but if something is wrong or missing you can edit it in section "Bank, loans and insurance".

22. Deduction related to BSU savings account.

Also there is one more thing that exist in Norway, where you can get deduction from taxes, is BSU account. Only you who do not already own a home can get a tax deduction by saving for BSU. If you have this saving account and fill it up on maximum yearly amount of 27,500NOK, it will give you deduction of 5,500 NOK. It will be also pre-filled in your tax return.

23. Deduction, If you have a foreign exchange loan from a bank and have had foreign exchange losses during last year.

Other deductions

24. Deduction related to donations and gifts.

If you have donated at least 500 NOK to voluntary organisations and/or religious and philosophical communities, you may be entitled to a deduction for this. Maximum yearly deduction for such gifts is 25,000 NOK. To get deduction it needs to be:

- the gift is a monetary amount
- the gift to the relevant organisation/religious and philosophical community amounts to at least 500NOK
- the amount is reported electronically to the Directorate of Taxes
- the organisation is approved by the Norwegian Tax Administration. [List of approved NGOs](#).

For the foreign organisations:

- must be based in the European Economic Area (EEA)
- must have applied to the Directorate of Taxes for approval. [List of approved foreign organizations](#)

If amount of gifted money exceeds 10,000 NOK, you will have to show receipts or bank transfers for that.

Possible reasons why you didn't get your final tax return in June:

- You made a lot of changes and added a lot of attachments.
- You are self-employed or applied for postponed deadline.
- You have been chosen for random check.
- You didn't give all the information in your tax declaration

- Your spouse is self employed (married couples get their tax return together when both are ready)

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