



# **Your social security rights in Iceland**



## **EUROPEAN COMMISSION**

Directorate-General for Employment, Social Affairs and Inclusion  
Directorate D: Social Rights and Inclusion  
Unit D.2: Social Protection

Contact: <https://ec.europa.eu/social/main.jsp?catId=2&langId=en&acronym=contact>

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*B-1049 Brussels*

# **Your social security rights in Iceland**

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Sometime in your life you may be in need of the support provided by social security benefits. If you are living in the country where you were born and satisfy the qualifying conditions, you will be entitled to receive support. But you also have the right to receive benefits if you are a national of any EU country and move to another part of the EU. The information below sets out when you are eligible for benefits, what you are entitled to and how to go about claiming it.

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# Family

## Pregnancy and childbirth

This section contains information on services provided during pregnancy and maternity leave entitlement.

### In what situation can I claim?

Women are entitled to free **ante-natal care** and **medical services during pregnancy** if they have health insurance in Iceland.

Both parents are entitled to **parental benefits** (*greiðslur úr fæðingarorlofssjóði*), provided that they have been working in Iceland for six consecutive months prior to the child's date of birth (at least 25% employment participation).

Parents who are not employed and students may be entitled to a **maternity/paternity grant** (*fæðingarstyrkur*).

Parents who adopt a child may be entitled to an **adoption grant** (*ættleiðingarstyrkur*) if the adoption permit has been issued in Iceland.

### What conditions do I need to meet?

Conditions vary depending on whether the matter concerns maternity/paternity benefits, maternity/paternity grants or adoption grants.

- Parents earn the right to monthly payments from the Maternity/Paternity Leave Fund (*Fæðingarorlofssjóður*) if they have been employed in Iceland for 6 consecutive months prior to the birth of the child or until such time as the child is brought into the home as the result of adoption or permanent foster care;
- In order to be entitled to a maternity/paternity grant, you need to have been domiciled in Iceland for 12 months;
- The maximum duration of paid maternity/paternity leave is in total 12 months (birth/adoption in 2021 and later) of which 2 weeks are compulsory for the mother after birth. Each parent is entitled to 6-month paid leave from the Maternity/Paternity Leave Fund following the birth or adoption of a child of which 6 weeks can be transferred to the other parent;
- The leave is not compulsory and it has to be taken before the child reaches the age of 2.;
- Payments may begin one month before the child is born;
- The amount paid out by the Fund is equivalent to 80% of the average income of the parents but with a ceiling;
- Account is taken of a 12-month wage period, 6 months prior to the birth of the child, when calculating the amount of the payments;
- In the event of adoption, account is taken of the 12 months prior to the arrival of the child;
- If the parents are self-employed, account is taken of the total income of the previous year.

## What am I entitled to and how can I claim?

[See amounts of monthly payments of maternity/paternity leave and maternity/paternity grants.](#)

<https://www.vinnumalastofnun.is/en/maternitypaternity-leave-fund>

### Jargon busters

- **Maternity/paternity leave:** Paid leave for parents to care for a new born or adopted child;
- **Being employed:** The employment sector is the arena in which people work; if people are in the employment sector, they are employed;
- **Consecutive:** If something is consecutive, then it lasts for a period of time without pause; e.g. consecutive residency means that a person lives in a particular place for a certain amount of time without moving away.

## Forms you may need to fill in

[Application for maternity/paternity leave.](#)

[Instructions for filling in the application](#) for payments from the Maternity/Paternity Leave Fund.

## Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Amounts of maternity/paternity leave from the Maternity/Paternity Leave Fund;](#)
- [Instructions for filling in the application](#) for payments from the Maternity/Paternity Leave Fund;
- [Maternity/paternity leave calculator;](#)
- [Deviations from general rules.](#)

Publications and websites operated by the EU Commission:

- [Family benefits: Rights of EU citizens overseas](#)

## Who do you need to contact?

### Directorate of Labour (*Vinnumálastofnun*) - Maternity/Paternity Leave Fund (*Fæðingarorlofssjóður*)

Strandgata 1

530 Hvammsstanga Tel: 582 4840 E-mail: [faedingarorlof@vmst.is](mailto:faedingarorlof@vmst.is)

[www.faedingarorlof.is](http://www.faedingarorlof.is)

### Directorate of Labour

Grensásvegur 9 ([see map](#))

108 Reykjavík Tel: 515 4800 E-mail: [postur@vmst.is](mailto:postur@vmst.is)

[www.vinnumalastofnun.is](http://www.vinnumalastofnun.is)



## Child benefits

This section contains information about child benefits in Iceland.

### In what situation can I claim?

Families with children are entitled to various forms of assistance from both central and local authorities.

Child benefits (*barnabætur*) are paid to the supporters of children under 18, i.e. the person that the child is living with and is dependent upon at the end of the previous income year  
EEA citizens

The supporters of children living in the EEA area may be entitled to child benefits in Iceland. If the child's supporter is domiciled in Iceland, is taxable in Iceland or insured according to Icelandic social security legislation, such person can **apply for child benefits. Special rules apply to documentation** that must be submitted with the application.

### What conditions do I need to meet?

All persons who are domiciled and bear full and unlimited tax obligations in Iceland, and who support a child, are entitled to child benefits.

- Means-tested child benefits are paid for each child under the age of 18;
- As a rule, applications for child benefits are not necessary;
- The amount of child benefits depends on the income of the supporters, their marital status and the number of children;
- The Directorate of Internal Revenue is responsible for the calculation of child benefits and takes account of the previous year's tax returns;
- If the child's supporters have separated, the person with the same domicile as the child will receive the benefits.
- The higher the income of the supporters, the lower the amount of child benefits;
- Child benefits are paid four times a year, 1 February, 1 May, 1 June and 1 October;
- Child benefits are paid by the [State Accounting Office \(Fjársýsla ríkisins\)](#). The benefits are not regarded as income and are not, therefore, taxable.
- Further information on <https://www.skatturinn.is/english/>

### What am I entitled to and how can I claim?

- The Iceland Revenue and Customs calculates child benefit entitlements and takes account of tax returns from the previous year;
- In order to be entitled to child benefits, you must have sent in a tax return in Iceland;
- In other respect, child benefits are calculated automatically and need not be applied for;
- Child benefits are paid for every child under the age of 18 years, domiciled in Iceland and dependent on persons who have an unlimited tax liability in Iceland. The child benefits are paid to the child's supporter, i.e. the person that the child is living with and is dependent upon at the end of the previous income year.
- Information on the amount of [child benefits](#) can be found on the website of the Iceland Revenue and Customs <https://www.skatturinn.is/> .

### **Jargon busters**

**Supporter:** Only the supporters of children are entitled to child benefits. Account is first and foremost taken with whom the child resides at the end of the year according to the National Registry when determining who is regarded as the supporter, irrespective of whether the child has been supported for the entire year by that person or not. The person paying child support is not considered a supporter in this context

### **Know your rights**

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on child benefits on the website of the Iceland Revenue and Customs](#)
- [Child benefits calculator on the website of the Iceland Revenue and Customs](#)
- [Other support for families with children](#)

Publications and websites operated by the EU Commission:

[Family benefits: Rights of EU citizens overseas](#)

### **Who do you need to contact?**

#### **Iceland Revenue and Customs**

All Iceland ([see local offices](#))

Tel: 442 1000

E-mail: [rsk@rsk.is](mailto:rsk@rsk.is)

<https://www.skatturinn.is/>

# Health

## Healthcare

This section contains information about health insurance in Iceland.

### **In what situation can I claim?**

You need to have legal residence in Iceland to have Icelandic health insurance.

This means that those who have been legally domiciled in Iceland for six months or more are automatically entitled to health insurance in Iceland.

Children under the age of 18 are covered by their parents' health insurance.

Private insurance can be purchased for individuals who are undergoing the six-month waiting period before being entitled to health insurance. Private insurance companies are responsible for such insurance.

You may have to pay various costs for healthcare services despite having Icelandic healthcare insurance.

### **What conditions do I need to meet?**

You will need to have been domiciled in Iceland for at least six months to have Icelandic health insurance unless otherwise provided for in international treaties.

All those who have been domiciled in Iceland for the past six months are automatically entitled to health insurance in the social security system. Those who have health insurance pay less than those who do not when they visit the doctor as well as pay less for medicinal products, aid equipment, tests, physiotherapy and more.

### **What am I entitled to and how can I claim?**

Those who have health insurance pay less for medical services, medicinal products, aid equipment, tests, physiotherapy and more.

Healthcare services include:

- Medical treatment by a GP
- Medical treatment by a specialist
- Admission to hospital
- Ante-natal care by a midwife
- Hospitalisation
- Medicines
- X-ray examinations and radiation therapies
- Dental and orthodontic treatment for children and pensioners
- Travel and transport costs due to illness
- Medical aids
- Physiotherapy
- Nursing homes for the elderly
- Nursing in the patient's home.

Dental and orthodontic treatment:

- [Icelandic Health Insurance \(Sjúkratryggingar Íslands\)](https://island.is/s/sjukratryggingar) refunds a proportion of the dental costs of the elderly and pensioners; <https://island.is/s/sjukratryggingar>
- Children pay ISK 2,500 for an annual appointment;

- Children must be registered with a family dentist in order to be entitled to refunds from Icelandic Health Insurance;
- The elderly (aged 67 and older) and disability pensioners are refunded a proportion of dental costs;
- Individuals aged between 18 and 66 are not refunded dentists' costs by health insurance except under extraordinary circumstances.

### **Equipment**

[Icelandic Health Insurance](#) subsidises the purchase of medical aids required due to physical impairment or missing limbs. A fixed amount is paid in some cases, while in others, a proportion of the cost is paid.

### **Travel and transportation**

Travel and medical transportation due to illness are sometimes partially refunded. When parents travel far from home due to the hospitalisation of their children, for example, they can apply for the refund of a proportion of their travel costs.

### **Physiotherapy**

Physiotherapy is subject to partial or full reimbursement upon referral by a physician.

### **Home nursing**

Nursing in the patient's home is free of charge if requested by a physician.

### **General practitioners (GPs) and healthcare centres**

In Iceland, you can choose your own GP, whether they practise in a healthcare centre or a private clinic.

Patients need to pay certain fees for each medical appointment. Medical appointments for children under the age of 18 are free of charge, while special rules apply to pensioners.

The fees of GPs in private clinics are higher than those in healthcare centres.

In addition, you may have to pay a fee for any tests, diagnoses, vaccinations or medical certificates.

### **Healthcare services discount card**

If an individual's expenses for healthcare services exceeds a certain amount during the calendar year, he/she is entitled to a discount card. Those who have a discount card pay less for healthcare services.

### **Hospitalisations**

A referral from a physician is required for hospital admittance.

### **Jargon busters**

- **Domicile:** The place in which you have your fixed, permanent and principal home for legal purposes. Permanent residence is the place where you spend your free time, keep your belongings and where you sleep. Your domicile is where you live each time.
- **Dental costs:** The amount paid for dental services;
- **Refund:** You pay the cost of the service and are subsequently reimbursed by a public body;
- **Subsidised:** Sometimes, a proportion of the total cost is refunded or has been pre-paid, and then you only pay the difference;
- **Referral:** A physician's request for a service.
- **Free of charge:** No cost.

## Forms you may need to fill in

If you need medical services:

- Information on a [healthcare centre in your area](#)
- [Medical services or healthcare services cost](#)
- [Emergency services for the ill and injured](#)
- [Emergency number \(Neyðarlínan\) – 112.](#)
- [Various forms from Icelandic Health Insurance \(Sjúkratryggingar Íslands\).   
https://www.sjukra.is/](#)

## Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [The rights portal](#) manages and publishes information on health insurance rights;
- [Information on health insurance](#) at Icelandic Health Insurance (*Sjúkratryggingum Íslands*).
- [Information on healthcare services](#) at [Icelandic Health Insurance](#)
- [Healthcare Centres in Iceland](#)
- [Information on fees for services](#) in healthcare centres
- [Information on the European Health Insurance Card](#)
- [Information on health and wellbeing from the Directorate of Health](#)

Publications and websites operated by the EU Commission:

- [Social Insurance: Rights of EU citizens overseas](#)

## Who do you need to contact?

### Icelandic Health Insurance

Vínlandsleið 16 ([see map](#))

113 Reykjavík

Tel: 515 0002

E-mail: [international@sjukra.is](mailto:international@sjukra.is)

[www.sjukra.is](http://www.sjukra.is)

## Cash benefits for illness

This section contains information on cash benefits for illness in Iceland.

### In what situation can I claim?

Cash benefits for illness are paid to individuals who are unable to work due to their illness and who do not, therefore, receive any wages.

In order to be entitled to cash benefits for illness, you must:

- Have ceased to work and no longer receive an income;
- Be completely unable to work;
- Have been working for at least two months before falling ill;
- Have health insurance in Iceland. You are automatically covered by health insurance in Iceland if you have been domiciled here for six months or more.

## What conditions do I need to meet?

In order to be entitled to cash benefits for illness, you must:

- Be aged 18 or more. In special cases, 16-17 years;
- Be neither an old age pensioner nor a disability pensioner. Disability allowance recipients may, however, be entitled to cash benefits for illness;
- Cash benefits for illness are paid from the 15<sup>th</sup> day of illness if the applicant is unable to work for at least 21 days;
- Wage earners can receive, the cash benefits for illness after the end of the continued payment of wages by the employer;
- Cash benefits for illness may be paid two months retroactively from the time that the application and all necessary documents are delivered.

The following are entitled to cash benefits for illness:

- Wage earners
- Employers / Self-employed
- Homemakers
- Students
- Organ donors, individuals undergoing detoxification treatment, women who give birth at home. See [amount of cash benefits for illness](#) and the supplementary amount due to children supported by the benefit recipient.

## What am I entitled to and how can I claim?

You will need to fill out an [application for cash benefits for illness](#) and deliver it to the service centre of [Icelandic Health Insurance](#). <https://island.is/s/sjukratryggingar>

Various attachments need to be submitted with the application, and the employer must sign a certification form that is included with the application form.

Students submit certificates from their school in the event their education is delayed due to illness.

Everyone has to submit a cash benefit for illness certificate from a physician.

### Jargon busters

**Able to work.** If a person is able to work, such person is fit enough to work. A person unable to work is not fit enough to work.

## Forms you may need to fill in

[Application for per diem cash benefits for illness](#) from Icelandic Health Insurance.

## Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on per diem cash benefits for illness](#) at Icelandic Health Insurance.
- [Amount of cash benefits for illness.](#)

Publications and websites operated by the EU Commission:

- [Unemployment and social security: Rights of EU citizens overseas](#)

## Who do you need to contact?

### Icelandic Health Insurance

Vínlandsleið 16 ([see map](#))

113 Reykjavík

Tel: 515 0000

E-mail: [sjukra@sjukra.is](mailto:sjukra@sjukra.is)

[www.sjukra.is](http://www.sjukra.is)

## Long-term care

This section contains information on long-term care in Iceland.

### In what situation can I claim?

If **nursing, social home services, day care** or other forms of long-time care are required due to e.g. **long-term illnesses**, you may be entitled to support

- An evaluation or certificate confirming the need for long-term care must be obtained in order to be entitled to care support;
- You must have been domiciled in Iceland for at least six months to be entitled to support;
- You must have **health insurance** in Iceland to be entitled to placement in a nursing home or receive home nursing.

### What conditions do I need to meet?

- A special assessment by experts must be carried out in order to be entitled to long-term care;
- For instance, it is not possible to apply for admittance to a nursing home or home for the elderly unless the need for such admission has been evaluated and confirmed;
- Only professional care-givers/experts manage home nursing, social home services, day care, nursing homes or homes for the elderly;
- Applications for home nursing are generally submitted to the healthcare centre nearest to the home of the applicant.

### What am I entitled to and how can I claim?

Long-term care may be provided either by the Icelandic national social security system or by the local communities' social services.

Examples of long-term care:

- **Social home service, day care** and **home nursing**
- **Homes for the elderly**
- **Nursing homes for the elderly**

**Home nursing** involves organised visits to individuals cared for by nurses or nursing assistants. Decisions on home nursing are based on professional evaluations. No fee is paid for home nursing, but you may have to pay for various medical aids and equipment that may be needed according to the rules of [Icelandic Health Insurance](http://www.island.is/s/sjukratryggingar). <https://island.is/s/sjukratryggingar>

**Social home services** are intended for people living at home and who cannot, owing to impaired ability, family circumstances, stress, illness, childbirth or disability, take care of normal household tasks or other tasks without assistance. The service may be provided temporarily or in the long term, depending on circumstances. An individual-based



assessment by an expert detailing the need for services must be obtained in order to be entitled to social home services.

**Day care** involves temporary stays in social centres to engage in hobbies, use facilities for light physical exercise, have meals, use rest facilities or get assistance with bathing and personal hygiene. Travel to and from the home, but payment for the services used in the day cares varies. Most larger municipalities offer day care for people living at home. Day care centres provide services for up to 8 or 10 hours daily, 5 days per week.

A fee must be paid for day care, social home services, nursing homes and homes for the elderly.

Various other support may be available, such as technical assistance, travel services or communications equipment support.

Support in long-term care will be provided for as long as considered necessary.

Care-givers may either be informal, i.e. family members (spouse benefits, care benefits), or professional care-givers, e.g. experts

### Jargon busters

- **Relative:** Family members are relatives, e.g. parent, child or sibling;
- **Care:** If people need care, there will be someone to take care of them and assist in various ways, e.g. to bathe and get dressed;
- **Take care of:** Is another phrase for care. The person undertaking to provide care looks after the ill person;
- **Nursing:** Strengthen and maintain the mental and physical health of the individual and minimise isolation and symptoms of disease as far as possible;
- **Home nursing:** Means that a nurse or nurse's assistant comes to the home of the patient to nurse him/her, e.g. administer medicines or change bandages;
- **Fee:** Is generally a fixed amount that has to be paid for e.g. a particular service. The fee is usually predetermined and is not the same as the cost of the service, e.g. admission fees or kindergarten fees.

### Forms you may need to fill in

- Applications for social home services, home nursing and day care must be submitted to the [municipality in which you live](#) or to a healthcare centre;
- [Various forms](#) on the website of Icelandic Health Insurance (*Sjúkratrygginga Íslands*); <https://www.sjukra.is/>
- [Various forms](#) on the website of the Directorate of Health.

### Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Sjúkratryggingar](#)
- [Competency and health assessment from the Directorate of Health](#)
- [Local Authorities' Social Services Act](#)
- [Act on Social Assistance](#)
- [Act on the affairs of the elderly](#)
- [Information on services to the elderly](#) on the website of the Ministry of Health <https://www.government.is/>

- [Spouse and care benefits from the Social Insurance Agency \(Tryggingastofnun\)](https://www.tr.is/)  
<https://www.tr.is/>
- [Care benefits for children from the Social Insurance Agency \(Tryggingastofnun\)](https://www.tr.is/)  
<https://www.tr.is/>
- [Icelandic Accident Insurance](https://www.sjukra.is/) for accidents. <https://www.sjukra.is/>

Publications and websites operated by the EU Commission:

- [Social Insurance: Rights of EU citizens overseas](#)

### **Who do you need to contact?**

#### **Social Insurance Administration (Tryggingastofnun)**

Hlíðasmári 11 (see map)

201 Kópavogur Iceland

Tel: + 354-560 4400

E-mail: [tr@tr.is](mailto:tr@tr.is)

[www.tr.is](http://www.tr.is)

#### **Icelandic Health Insurance**

Vínlandsleið 16 ([see map](#))

113 Reykjavik

Tel: 515 0002

E-mail: [international@sjukra.is](mailto:international@sjukra.is)

[www.sjukra.is](http://www.sjukra.is)

# Incapacity

## Accidents at work

This section contains information on accidents at work.

### In what situation can I claim?

Accident insurance is an important part of the Icelandic social security system.

If you suffer an accident while working in Iceland, you should, as a rule, be insured and be entitled to compensation.

There are, however, some exceptions. Those who are self-employed are also insured while working, providing they pay a social insurance fee from their income.

Homemakers can request to be insured while engaged in housework by applying for such insurance on their [tax return](#).

### What conditions do I need to meet?

- An accident that occurs in the workplace, during working hours and in connection with the work;
- The accident insurance applies whenever an employee is at the workplace during working hours, during meal and coffee breaks and during travel on behalf of a company. If an employee is injured due to toxic materials, radiation or the like while working, the employee should be insured for the illnesses that can be traced to the poisoning.

What does the accident at work insurance cover?

#### Medical expenses

You may be entitled to reimbursement of the fees that persons with health insurance have to pay when they seek the assistance of a physician (see section on health insurance).

#### Per diem cash benefits

Per diem cash benefits are paid as of the 8<sup>th</sup> day after you have missed 10 days of work due to the accident. Per diem cash benefits are a [fixed payment](#) per day, and a [supplement is paid for children](#) under the age of 18. Accident per diem cash payments are paid for a maximum of 52 weeks.

#### Disability pension

If the occupational accident causes permanent disability, you may be entitled to disability pension.

- If the disability is greater than 75%, you are probably entitled to a full disability pension;
- If the disability is less than 75%, your entitlement to disability benefits is calculated proportionally.
- In addition, you may be entitled to child pension if certain conditions are met.

Disability pensions in general are discussed in greater detail in section 9.

#### Death grants

If the occupational accident leads to the death of the injured person within two years of the accident, the spouse is entitled to death benefits. Death benefits are a [fixed payment](#) paid for eight years to survivors. Child pensions are paid to children under the age of 18 if a parent dies as the result of an occupational accident. If the deceased has neither a spouse nor children, a specific minimum amount is paid to the estate of the deceased.

## What am I entitled to and how can I claim?

[The occupational accident is reported](#) to [Icelandic Health Insurance](#) (see form on right side of page).

The occupational accident must be reported no later than one year after its occurrence.

### Jargon busters

**Work capability** A person who is healthy enough to work either part-time or full-time is capable of working. A person who, due to their health, cannot work, either full-time or part-time, is unable to work, either partially or wholly. Physicians are responsible for assessing work capability.

## Forms you may need to fill in

[Various forms on the website of Icelandic Health Insurance](#) (near bottom of page)

- Accident Report
- Application for disability pension due to accident
- Follow-up certificate due to accident
- Reimbursement of medical costs due to accident
- Injury certificate due to accident

## Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on occupational accidents from Icelandic Health Insurance](#)  
<http://www.sjukra.is/slys/>
- [Information on death allowance from the Social Insurance Administration](#)  
<https://www.tr.is/>
- [Information on child pension](#)
- <http://www.sjukra.is/slys/slysabaetur/danarbaetur/> in connection with disability caused by an accident.

Publications and websites operated by the EU Commission:

- [Unemployment and social security: Rights of EU citizens overseas](#)

## Who do you need to contact?

### Icelandic Health Insurance

Vínlandsleið 16 ([see map](#))

113 Reykjavík

Tel: 515 0000

E-mail: [sjukra@sjukra.is](mailto:sjukra@sjukra.is)

[www.sjukra.is](http://www.sjukra.is)

### Social Insurance Administration (Tryggingastofnun)

Hlíðasmári 11

201 Kópavogur Iceland

Tel: + 354 560 4400

E-mail: [tr@tr.is](mailto:tr@tr.is)

<https://www.tr.is/>

## Disability pension

This section contains information on disability pension in Iceland.

### In what situation can I claim?

#### Disability pension from the social security system

In order to be entitled to disability pension (*örorkulífeyrir*) from the social security system, you will generally need to:

- Be aged 18 to 67;
- Have been domiciled in Iceland for the last three years before application;
- Have an income that is below a certain amount.
- Be assessed with 75% disability / long-term impairment (medical assessment);
- Those who are assessed as having 50-74% disability may be entitled to a disability allowance (*örorkustyrkur*).

#### Work-related disability pension

Those who have been employed and have made payments into a pension fund in Iceland may be entitled to a work-related disability pension (*örorkulífeyrir frá lífeyrissjóði*)

<https://www.lifeyrismal.is/en/the-pension-gateway>

To be entitled to this pension you must:

- Be assessed as having at least 50% disability;
- Have paid into a pension fund for at least two years.

### What conditions do I need to meet?

National pension

The amount of disability pension is calculated taking into account:

- Invalidity level
- Age when first when first diagnosed with invalidity level of 75% or more
- Length of residence in Iceland (been domiciled)
- Annual income
- Marital status/family situation

Numerous things can have an effect on the disability pension amount:

- The pension amount can decrease if other income exceeds a particular amount;
- If income is under a certain amount, a **pension supplement (*tekjutrygging*)** may be paid;
- **Child pension (*barnalífeyrir*)** is paid for children under 18 years of age if the child or one of the parents has been domiciled in Iceland for at least three years.
- If both parents are disability pensioners, a **double child pension is paid**;
- A supplement for social assistance is paid in special circumstances. Examples of **other supplements (*uppbætur*)** are **single-person household supplements**, **special supplements for support** and **other supplements**;
- **The income of a spouse** does not have an effect on calculations except as relates to capital gains;
- Before determining the level of disability, the physician may decide to send the applicant to rehabilitation. An application can then be submitted for a **rehabilitation pension**.

## Work-related pension

Work-related disability pension is assessed based on the extent of the disability and how much the applicant has paid into a pension fund.

### What am I entitled to and how can I claim?

Fill in an application form for [disability pension](#) at the [Social Insurance Administration \(Tryggingastofnun\)](#).

What is the application process?

- A physician will fill in a disability assessment form and send it to the [Social Insurance Administration \(Tryggingastofnun\)](#); <https://www.tr.is/>
- The applicant will receive a questionnaire about his/her abilities in various fields;
- The Social Insurance Administration will assess the application. Rehabilitation options are investigated before an assessment is performed;
- Assessments of disability may be temporary. A new application can be submitted when an older assessment expires;
- Disability pensions are paid in advance on the first day of every month;
- Work-related disability pensions;
- The application must be sent to the pension fund to which the applicant has contributed.

### Jargon busters

- **Disability:** Disability means impaired skills and ability to work after an accident or illness; an insurance physician assesses the disability, and the assessment determines how much disability pension is paid;
- **Domicile:** The place in which you have your fixed, permanent and principal home for legal purposes. Permanent residence is the place where you spend your free time, keep your belongings and where you sleep. Your domicile where you live each time;
- **Income supplement:** Special payment to which old-age and disability pension recipients are entitled from the social security insurance; the amount of the income supplement depends on the income amount of the person and that of his/her spouse;
- **Supplement:** Additional or extra payment;
- **Rehabilitation:** people undertake e.g. rehabilitation in a hospital or other medical facility to recover and achieve their former ability after an illness or accident; rehabilitation can involve e.g. physiotherapy, occupational therapy and speech therapy.

### Forms you may need to fill in

- [Application form for disability pension](#)
- Other forms relating to disability pension

## Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on disability pension](#) from the [Social Insurance Administration \(Tryggingastofnun\)](#)
- [Roadmap on disability pension](#)
- [Social Insurance Administration \(Tryggingastofnun\)](#) agencies throughout Iceland

Publications and websites operated by the EU Commission:

- [Social Insurance: Rights of EU citizens overseas](#)

## Who do you need to contact?

### **Social Insurance Administration (Tryggingastofnun)**

Hlíðasmári 11

201 Kópavogur, Iceland

Tel: + (354) 560 4400

E-mail: [tr@tr.is](mailto:tr@tr.is)

[www.tr.is](http://www.tr.is)



# Old-age and survivors

## Old-age pension

This section contains information on old-age pension and what conditions you must meet to be entitled to such a pension.

### In what situation can I claim?

Pension from the social security system

In order to be entitled to an old-age pension (*ellilífeyrir*) from the social security system in Iceland, you need to have lived in the country for at least three years at the age of 16 to 67. Old-age pensions are paid from the age of 67.

Old-age pensions are income related, which means that it decreases if you have other income and can be completely cancelled if your income exceeds a certain amount. [See more on pensions calculator.](#)

Employment pension

Employees and self-employed who have paid contributions to an occupational pension fund in Iceland can apply for old-age pension from the fund upon reaching the age of 65. Applications for this pension must be sent to the pension fund into which you have paid as an employee or as a self-employed.

There is no requirement for a minimum length of stay in Iceland to receive payment from occupational pension funds.

### What conditions do I need to meet?

Pension from the social security system

Old age pension is calculated on the basis of how long you have lived in Iceland and how much you have earned:

- Those who have lived in Iceland for **40 years or more** between the ages of 16 and 67 are entitled to a full old-age pension;
- Those who have lived in Iceland for **less than 40 years** between the ages of 16 and 67 are entitled to a proportional old-age pension;
- The maximum amount of public pension is a fixed amount. However, the pension amount is income-related against income from other sources and it is reduced when income exceeds a certain level and withdrawn when income is above a given threshold;
- You can **postpone withdrawing the pension** up to 80 years of age if you are born in or after 1952. The payments will then be increased. The increase is calculated actuarially.
- The Social Insurance Administration can pay a **child pension** to an old-age pensioner if he or she has a child under 18 years of age;
- The Social Insurance Administration is authorised to pay other supplements to the old-age pensioner if he/she lives alone and/or is unable to support himself/herself without assistance. These include the **household supplement for a single person, the special supplement for support** and **further supplements**.

Employment pension:

The pension funds have their own rules on the payment of occupational pensions. In general, however, account is taken of the length of payment and amount contributed to the pension fund. <https://www.lifeyrismal.is/en>

## What am I entitled to and how can I claim?

- **Applications for old-age pensions are sent to [the Social Insurance Administration \(Tryggingastofnun\)](#);**
- The website of the Social Insurance Administration contains instructions on how to [apply for an old-age pension](#); <https://www.tr.is/asset/2352/application-for-old-age-pension-and-related-payments-2.pdf>
- The Social Insurance Administration publishes the [amounts of pension payments](#) on its websites and updates the figures every year.
- The Social Insurance Administration assists people who live in Iceland and who may be entitled to [a pension from another EU/EEA country](#).
- Pensions are pre-paid on a monthly basis.

### Jargon busters

**Means-tested:** Payments increase or decrease in accordance with other income. If other income increases, then the payments decrease, and vice versa.

**Support:** a person is supported by someone if that person is responsible for providing for the person, e.g. children are supported by their parents.

## Forms you may need to fill in

[Application for old-age pension](#) and other forms from the Social Insurance Administration.

## Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on the rights of the elderly and old-age pensioners](#) from the Social Insurance Administration
- [Nordic web portal](#) on pension payments
- [The Icelandic Pension Funds Association Procedure](#) - division of old-age pension rights
- [Pension portal](#) - one stop shop.

Publications and websites operated by the EU Commission:

- [Old-age pension overseas: Rights of EU citizens overseas](#)

## Who do you need to contact?

### Social Insurance Administration (Tryggingastofnun)

Hlíðasmári 11  
201 Kópavogur, Iceland  
Tel: + (354) 560 4400  
E-mail: [tr@tr.is](mailto:tr@tr.is)  
[www.tr.is](http://www.tr.is)

## Spouse pension and child pension

This section contains information on spouse pension and child pension in Iceland.

### In what situation can I claim?

National pension

No spouse pension is paid from public pensions in Iceland. Children under the age of 18 are entitled to child pension in the event that a parent dies.

- To be entitled to child pension, the deceased and his/her children must have been domiciled in Iceland for at least three years.

However, the following can apply on the death of a spouse:

- The widower or widow may use the tax card of his/her spouse for nine months after his/her death;
- An application for the reduction of income and property tax can be submitted to the Directorate of Internal Revenue.
- The spouse may be entitled to support from unions, the social services of municipalities or insurance undertakings.

Work-related pension:

If the deceased paid into a pension fund, then the spouse, children under the age of 18 and in certain cases the caregiver, may be entitled to bereavement compensation.

Additional social support for the elderly.

Individuals aged 67 and over with limited pension rights in social security can apply for social support. The maximum amount of monthly additional support is 90% of the amount of full old-age pension as determined in the Social Security Act.

- [Application for social support for the elderly](#)
- [Further information on the additional support for the elderly.](#)

### What conditions do I need to meet?

- Children under the age of 18 are entitled to [child pension](#) if a parent dies and a [double pension](#) if both parents are deceased;
- Child pensions are [paid monthly](#);
- If the surviving spouse is aged 67 or younger, he/she may be entitled to death benefits for up to six months. If there is a child under 18 years of age in the household, the death benefits may be paid for up to 12 months. In continuation thereof, the death benefits may be extended for an additional 36 months if particularly difficult financial and social circumstances exist.

Death benefits because of occupational accidents

If the bereavement can be traced to an occupational accident, the spouse may be entitled to death benefits. Death benefits due to an occupational accident are paid according to a [fixed amount](#) on a monthly basis for up to eight years.

### What am I entitled to and how can I claim?

- Applications for child pension and death benefits are to be submitted to the Social Insurance Administration (*Tryggingastofnun*); <https://www.tr.is/>
- Applications for death benefits are to be submitted to the pension fund into which contributions were made.

### Jargon busters

- **Pension – accrued rights:** Payments from the fund on retirement from work (pension fund) or when personal setbacks occur such as death, accident, illness or other (public pension);
- **Income taxes and property taxes:** Taxes on income or assets that an individual has to pay to the state.

### Forms you may need to fill in

- [Application for child pension due to bereavement](https://www.tr.is/) from the Social Insurance Administration (*Tryggingastofnun*); <https://www.tr.is/>
- [Application for death benefits](https://www.tr.is/) from the Social Insurance Administration (*Tryggingastofnun*). <https://www.tr.is/>

### Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on death benefits from the Social Insurance Administration \(\*Tryggingastofnun\*\)](#).
- [Information on child pension](#) in connection with disability caused by an accident
- [List of pension funds in Iceland](https://www.lifeyrismal.is/en/pension-funds). <https://www.lifeyrismal.is/en/pension-funds>

Publications and websites operated by the EU Commission:

- [Death grants Rights of EU citizens overseas](#)

### Who do you need to contact?

#### Social Insurance Administration (*Tryggingastofnun*)

Hlíðasmári 11  
201 Kópavogur, Iceland  
Tel: + (354) 560 4400  
E-mail: [tr@tr.is](mailto:tr@tr.is)  
[www.tr.is](http://www.tr.is)

# **Social assistance**

## Social assistance

This section contains information on social assistance provided by the municipal and state social services and what conditions you need to fulfil to be entitled to such assistance.

### In what situation can I claim?

The role of municipal social services is to ensure the **financial** and **social security** of its residents and promote welfare on the basis of social assistance.

The assistance of the municipal and state social services include **financial assistance, social advice, social home services** as well as **specialised assistance for the elderly** and the **disabled**.

The entitlement to social assistance is attached to the **domicile**. You apply for assistance in the municipality in which you have your domicile.

**Emergency financial assistance** is exempt from this requirement.

### What conditions do I need to meet?

**Municipal financial assistance** is intended for people who cannot support themselves or their children. The object of the assistance is to prevent individuals and families from putting themselves in such a position that they are unable to resolve their own problems.

Each municipality establishes for itself **rules on financial assistance** in accordance with the [Local Authorities' Social Services Act](#). The rules state the basic criteria based on the maintenance cost of supporting an individual or husband and wife/co-habitants.

Account is taken of all the income of the applicant when financial requirements are calculated. Most municipalities take account of the financial needs of individuals or spouses/co-habitants and do not include the cost of supporting children given that payments to applicants for children (including child support and child benefits) are not considered as income when assessing financial needs.

The municipal social services provide people, in some cases, with financial assistance due to particular difficulties, such as for dentists' services and psychiatric and psychological treatment and social worker consultation and the costs of a child's leisure time activities.

### Young people

Housing benefit is for residents with low income in leased housing. Housing benefit is calculated taking into account the family size, income and rent cost. The Housing and Construction Authority administers the Housing Benefit Act and takes decisions regarding entitlement to housing benefit.

Some municipalities provide means tested [special housing support](#) .

### Social assistance (state)

Special additional support may be provided to certain groups in special circumstances, such as old-age and invalidity pensioners, the disabled, single parents, the parents of disabled children and children suffering from long-term illnesses and health-insured persons who bear significantly burdensome medical and medication costs.

### What am I entitled to and how can I claim?

To apply for support from the [municipal social services](#), you will need to book an appointment with a social worker and attend an interview.

You can apply for general housing benefits on-line here: <https://www.hms.is/husnaedisbaetur/applying-for-housing-benefit/applying-for-housing-benefit/>

### Jargon busters

**Financial assistance:** A loan or a grant provided to people for a specific reason, e.g. from their local authorities, if they have such a low income that they are unable to pay for necessities.

**Support** Involves providing for one's daily needs and/or that of others, mainly food, housing and clothing; parents, for instance, are responsible for supporting their children.

**Support grants:** Is monetary assistance that people can obtain from the municipality or, in special circumstances, the state, to support themselves.

**Minimum support:** The amount assumed that people need to pay for necessities.

**Conditions:** If conditions are set for something, e.g. conditions for receiving compensation or grants, then one has to meet certain requirements in order to receive them.

### Know your rights

The following websites provide further information about your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [List of municipalities](https://www.samband.is/sveitarfelogin/) in Iceland <https://www.samband.is/sveitarfelogin/>
- [List of social services](#) in Iceland
- [Municipal rules on financial assistance](https://www.samband.is/english/) and home services according to municipalities <https://www.samband.is/english/>
- [Local Authorities' Social Services Act](https://www.stjornarradid.is/verkefni/felags-og-fjolskyldumal/felagsthjonusta-sveitarfelaga/) <https://www.stjornarradid.is/verkefni/felags-og-fjolskyldumal/felagsthjonusta-sveitarfelaga/>
- [Act on the Affairs of Disabled People](#).
- <https://www.hms.is/husnaedisbaetur/housing-benefit/>

Publications and websites operated by the EU Commission:

- [Unemployment and social security: Rights of EU citizens overseas](#)

### Who do you need to contact?

You contact the [municipality](#) in which you are domiciled.



# Unemployment

## Unemployment benefits

This section contains information on unemployment and what conditions you will have to fulfil to be entitled to unemployment benefits.

### In what situation can I claim?

If you are a **wage earner** in Iceland or a **self-employed** individual, and lose your job, you may be entitled to unemployment benefits. (*atvinnuleysisbætur*).

In order to be entitled to unemployment benefits, you must register with the [Directorate of Labour](#) and fulfil the following conditions:

- Be unemployed
- Reside in Iceland (domiciled)
- Actively seek employment
- Be able to work
- Be ready to undertake unskilled work
- Have authorisation to undertake work here in Iceland without limitations
- Have been employed in at least a 25% position for 3 months in the past 12 months before applying for unemployment benefits
- Reached the age of 18 but not yet the age of 70.

### What am I entitled to and how can I claim?

- Wage earners and self-employed individuals may be entitled to the **basic unemployment benefits** for the first half-month (10 working days) after they lose their job;
- After having been paid basic benefits for the first two weeks after losing their work, wage earners and self-employed individuals may be entitled to **income-linked unemployment benefits** for up to three months;
- If you have been employed in a 100% position for 12 months, you may be entitled to 100% unemployment benefits.
- If you have been employed in a 100% position for 6 months, you may be entitled to 50% unemployment benefits;
- If you have been employed in a 75% position for 8 months, you may be entitled to 67% unemployment benefits;
- If you have been employed in a 50% position for 10 months, you may be entitled to 50% unemployment benefits.
- The income-linked benefits of **self-employed** individuals can be up to 70% of their average income during the preceding income year in which the individual became unemployed.

### Extra payment for children:

Persons receiving unemployment benefits who have children under the age of 18 to provide for may be entitled to an additional 4% of undiminished basic benefits for each child.

How much and how long?

- Despite the income linkage, there is a [certain maximum](#) in the amount of monthly payments of unemployment benefits;
- After three months of unemployment, the income-linked benefits are cancelled, and only basic benefits are paid thereafter. **The monthly amount of basic benefits** is determined annually;

- Unemployment benefits are paid for **a maximum of thirty months**. If the person accepting unemployment benefits is temporarily employed, the period is extended in accordance with the period of employment;
- When a total of three years on unemployment benefits has passed, 24 months must elapse before you are again entitled to unemployment benefits. During these 24 months, you must be employed for at least 6 months to earn your right to unemployment benefits again;
- A person who resigns, or who is responsible for the termination of their employment, may have to undergo a **waiting period for unemployment benefits** for a certain amount of time after having applied for unemployment benefits. The same applies to those who discontinue their studies without valid reason;
- If you have been engaged in part-time work, you may be entitled to proportional unemployment benefits in accordance thereto.
- Applications for unemployment benefits are submitted to the service offices of the [Directorate of Labour](#) all over Iceland. Unemployment benefits are paid on a monthly basis.

### Jargon busters

**A wage earner** or employee is a person who is hired to work for someone else, enters into an employment contract and is paid a wage by the person who hired him.

**A self-employed individual** is a person who works for himself and must pay, on a monthly basis, or in another regular manner according to the rules of the Directorate of Internal Revenue, withholding tax on calculated remuneration and a social insurance contribution.

**Work capability** A person who is healthy enough to work either part-time or full-time is capable of working. A person who, due to his/her health, cannot work, either full-time or part-time, is unable to work, either partially or wholly. A person who is wholly unable to work does not fulfil the conditions for the payment of unemployment benefits. Physicians are responsible for assessing work capability.

### Forms you may need to fill in

- [Forms from the Directorate of Labour](#)

### Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [Information on unemployment from the Directorate of Labour](#)
- [Service offices of the Directorate of Labour in Iceland](#)

Publications and websites operated by the EU Commission:

- [Unemployment and social security: Rights of EU citizens overseas](#)

### Who do you need to contact?

#### Directorate of Labour / Eures in Iceland

Grensásvegur 9 ([see map](#))

108 Reykjavík

Tel: 515 4800

E-mail: [postur@vmst.is](mailto:postur@vmst.is)

[www.vinnumalastofnun.is](http://www.vinnumalastofnun.is)

# Moving abroad

## Moving abroad

This section contains information on what effect transfer between EU countries can have on your social rights.

### In what situation can I claim?

Social security provides benefits to those who live in Iceland and fulfil certain conditions. If you move from Iceland you are no longer covered by the social security legislation in Iceland. However, any pension entitlement that you may have earned will remain in effect.

If you are employed in another EEA country, the general rule applies that you will fall under the social security legislation of the country to which you move in accordance with the rules in effect in that country. You will have to fulfil the conditions set by that country to enjoy insurance benefits.

If you have lived, worked and/or paid a social insurance contributions in another EEA country, the periods of insurance in another country may have an effect on your rights in Iceland when you move to Iceland.

### What conditions do I need to meet?

When you reside and work in a country, you earn rights in accordance with the rules in effect in that country. In some cases, the earned rights in one country can have an effect on rights in another country.

Legislation and regulations in the countries who are members of the **EEA/EFTA Agreement** are not harmonised. Thus, the social security systems of the countries can differ, as can the conditions set to earn rights in each country. The amounts and assistance available also varies between countries.

The **EEA/EFTA countries** have agreed on rules on the following issues in order to facilitate workers' freedom of movement between the countries:

- Sickness benefits
- Maternity and paternity benefit payments
- Invalidity benefits
- Old-age benefits
- Survivors' benefits
- Benefits in respect of accidents at work and occupational diseases
- Death grants
- Benefits granted before reaching retirement age
- Unemployment benefits
- Family benefits (child benefits).

The rules do not apply to social assistance.

### What am I entitled to and how can I claim?

When moving to Iceland, you must notify the Registers Iceland <https://www.skra.is/english/> and register a new domicile. See section on **permanent residence**.

Once you have registered your domicile, you should apply for registration in the Insurance Registry of Icelandic Health Insurance (*Sjúkratryggingar Íslands*). See [application for registration in the insurance register](#).

- If you are moving from an EEA/EFTA country and have been insured in the social security system in that country, you are entitled to be health insured in Iceland from the date that you register your domicile in Iceland;
- If you were not insured by the social security system in the country where you resided earlier, you will have to wait for 6 months to be health insured in Iceland and must purchase private health insurance in the interval;
- Those who move between countries are wholly responsible for ensuring that their registration in the new country is correct.

### Jargon busters

- EEA countries -The countries of the European Union (EU) and EFTA (Iceland, Norway and Lichtenstein) form the European Economic Area. See [list of the countries](#);
- The EEA Agreement on the European Economic Area is an agreement between the EFTA countries Iceland, Norway and Liechtenstein and the European Union (EU);
- Domicile (permanent residence) as defined by Icelandic [laws](#). Where you maintain your home;
- Domicile (permanent residence) as defined according to [EU](#) rules. Where you maintain your home;
- A social insurance contribution is a special contribution that employers must pay on employees' wages;
- An identity number (ID No.) is a ten-digit number that distinguishes you from other persons and makes it possible for you to seek your rights.

### Forms you may need to fill in

#### Transfer from an EEA/EFTA country to Iceland

If you become unemployed after moving from an EEA/EFTA country to Iceland and working in Iceland, it is possible to take account of employment periods in another country within the EEA in the calculation of unemployment benefits in Iceland if certain conditions are met.

To get confirmation of an insurance and employment period in another country within the EEA/EFTA, you will need a filled-in U1 certificate, which you can obtain from the Directorate of Labour responsible for paying unemployment benefits in that country.

#### Searching for work in Iceland

If you have been unemployed and have received unemployment benefits in a country within the EEA and you want to come to Iceland to find work, you will have to contact the Directorate of Labour paying you the unemployment benefits and obtain information on what you need to do to continue receiving unemployment benefits while you are searching for work in Iceland.

### Know your rights

The following websites provide information on your rights. They are not, however, operated by the EU Commission and do not reflect the Commission's views:

- [EURES checklist](#) when moving to the Nordic countries or the European Union countries
- List of [EEA countries](#) (European Union countries and EFTA)
- [First steps in Iceland](#) in several languages (pamphlet)
- [Forms](#) from the Social Insurance Administration (*Tryggingastofnun*)
- [Forms or certificates](#) from Icelandic Health Insurance (*Sjúkratryggingum Íslands*)

- Information on the [European health insurance card](#)
- [Information on transfer between countries](#) from the Social Insurance Administration (*Tryggingastofnun*)
- [Information on transfer to Iceland](#) from Icelandic Health Insurance (*Sjúkratryggingar Íslands*).

**Publications and websites operated by the EU Commission:**

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=cs>

**Who do you need to contact?**

**Icelandic Health Insurance (*Sjúkratryggingar Íslands*)**

Vínlandsleið 16 ([see map](#))

113 Reykjavík

Tel: 515 0000

E-mail: [international@sjukra.is](mailto:international@sjukra.is)

[www.sjukra.is](http://www.sjukra.is)

**Social Insurance Administration (*Tryggingastofnun*)**

Hlíðasmári 11

201 Kópavogur Iceland

Tel: + 354 560 4400

E-mail: [tr@tr.is](mailto:tr@tr.is)

<https://www.tr.is/>

**Directorate of Labour**

Grensásvegur 9 ([see map](#))

108 Reykjavík

Tel: 515 4800

E-mail: [postur@vmst.is](mailto:postur@vmst.is)

[www.vinnumalastofnun.is](http://www.vinnumalastofnun.is)

Registers Iceland (*Þjóðskrá Íslands*)

Borgartún 21 ([see on map](#))

105 Reykjavík

Tel: 515 5300

E-mail: [skra@skra.is](mailto:skra@skra.is)

<https://www.skra.is/>

# Main residence



## Permanent residence

This section contains information on fixed residence and domicile and how this is linked to social rights.

### In what situation can I claim?

Entitlement to public services and assistance in Iceland is generally dependent on having domicile registered in Iceland. Therefore, it is important to register your domicile as soon as possible after arriving, if you intend to live permanently in Iceland.

Everyone intending to live in Iceland for 3-6 months or longer must be domiciled in Iceland. It is illegal to remain for longer in Iceland without registering your domicile.

**Domicile** is the place where you have your **permanent residence**.

Permanent residence is the place where you spend your free time, keep your belongings and where you sleep. Domicile is where you live each time.

### What conditions do I need to meet?

Transfer to Iceland must be reported in person by visiting the reception of Registers Iceland (*Þjóðskrá Íslands*), the offices of the town to which you intend to move or the office of the District Commissioner. There you will have to fill in a report and show identification papers.

Changes to domicile must be reported within 7 days of moving or after arrival to Iceland.

[Registers Iceland \(Þjóðskrá\) https://www.skra.is/](https://www.skra.is/) is responsible for the registration of domiciles in Iceland.

It is extremely important that your domicile is correctly recorded in Registers Iceland.

No-one can have a domicile in more than one location at a time in Iceland, and spouses must have the same domicile.

#### **From the Nordic countries:**

People from the Nordic countries are to complete the A-253 form, transfer notification from the Nordic countries to Iceland, and will be allocated an ID No. (*kennitala*) as soon as the registration of the domicile and registration in the National Registry takes place. If a Nordic citizen intends to stay in Iceland for a short period without transferring their domicile, their employer or the Directorate of Labour must apply for an ID No. on form A-263/A-264 (in English).

#### **EEA/EFTA citizens:**

Citizens of EEA/EFTA countries must complete form A-261 (Icelandic) or A-262 (English) on arrival to Iceland and submit the documentation specified. Provided that the individual fulfils the conditions set, e.g. as regards support, health insurance, etc., they are registered in the national registry, are allocated an ID No. and their domicile in Iceland is recorded.

#### **Home address:**

Citizens of EEA/EFTA who intend to stay for 3-6 months in Iceland must register an address in Iceland. Those who register their address receive an Icelandic ID No. but are not domiciled in Iceland. The employer, educational institution, company or institution must apply for the ID No. on form A-263 (Icelandic) or A-264 (English).

#### **Unauthorised stay:**

Everyone intending to live in Iceland for 3-6 months or longer must have their domicile in Iceland. It is illegal to stay longer in Iceland without registering a domicile. Those who do not have a registered domicile cannot take advantage of various public services.

## What am I entitled to and how can I claim?

[Different rules](#) apply to transfers depending on whether moving within Iceland, from or to Iceland. Special rules apply to the transfer and registration of citizens from the Nordic countries. Other rules apply to the transfer and registration of citizens from EEA and EFTA countries as well as to transfers from countries outside EEA/EFTA to Iceland.

## Forms you may need to fill in

- [Forms for change of address notifications](#)
- [Electronic change of address notification](#) through <https://island.is/> (you need to have an Icelandic ID No. to have access to electronic registration).

## Know your rights

- [Common questions from EEA and EFTA citizens](#) when moving to Iceland
- [First steps in Iceland](#) - Information pamphlet in several languages.

Publications and websites operated by the EU Commission:

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=cs>

## Who do you need to contact?

### Registers Iceland (Þjóðskrá)

Borgartún 21  
105 Reykjavík  
Tel: 515 5300  
E-mail: [skra@skra.is](mailto:skra@skra.is)  
<https://www.skra.is/>

## **Getting in touch with the EU**

### **In person**

All over the European Union there are hundreds of Europe Direct information centres. You can find the address of the centre nearest you at: [europa.eu/european-union/contact\\_en](https://europa.eu/european-union/contact_en)

### **On the phone or by email**

Europe Direct is a service that answers your questions about the European Union. You can contact this service:

- by freephone: 00 800 6 7 8 9 10 11 (certain operators may charge for these calls),
- at the following standard number: +32 22999696 or
- by email via: [europa.eu/european-union/contact\\_en](https://europa.eu/european-union/contact_en)

## **Finding information about the EU**

### **Online**

Information about the European Union in all the official languages of the EU is available on the Europa website at: [europa.eu/european-union/index\\_en](https://europa.eu/european-union/index_en)

### **EU publications**

You can download or order free and priced EU publications at: [publications.europa.eu/en/publications](https://publications.europa.eu/en/publications). Multiple copies of free publications may be obtained by contacting Europe Direct or your local information centre (see [europa.eu/european-union/contact\\_en](https://europa.eu/european-union/contact_en)).

### **EU law and related documents**

For access to legal information from the EU, including all EU law since 1952 in all the official language versions, go to EUR-Lex at: [eur-lex.europa.eu](https://eur-lex.europa.eu)

### **Open data from the EU**

The EU Open Data Portal ([data.europa.eu/euodp/en](https://data.europa.eu/euodp/en)) provides access to datasets from the EU.

Data can be downloaded and reused for free, both for commercial and non-commercial purposes.

