

Leisure Card

The Leisure Card is for all children and young people from 6 to 18 years of age living in Tromsø municipality. The Leisure Card covers up to NOK 800 every six months for leisure time activities. You can use the card to pay the participation fee for all types of organised activities in culture or sports – it's up to you.

To apply for the Leisure Card, you need to create a user at tromso.friskus.com. Here you will find information about clubs and organisations, and you can choose yourself how you want to use your or the child's Leisure Card.

[Here you can see a map with an overview of leisure time activities for children and young people in Tromsø.](#)

What does the Leisure Card cover?

The Leisure Card covers participation fees for one or more activities up to NOK 800 per child every six months. Training fee, player licence and membership fees etc. are included in the scheme, and the activity must be organised and take place at least 8–10 times during the six months. The Leisure Card does not cover holiday offers, camp stays or tournaments. The card cannot be used for cinema, bowling or other self-organized activities. Sports equipment, instruments etc. are not covered by the Leisure Card.

Who can get the Leisure Card?

Children and young people living in Tromsø municipality aged 6-18 years can get the Leisure Card. The Leisure Card is personal, and the child itself chooses the activity it wants support for. Siblings receive one Leisure Card each. The money on the Leisure Card belongs to each child, and the money cannot be transferred to other siblings. The Leisure Card is valid from the calendar year the child is 6 years old up to the calendar year it is 18 years old.

How to apply and application deadline

In order to apply for the Leisure Card, you need to create a user at tromso.friskus.com. There you will find information about clubs and organisations, and you can choose yourself how you want to use your or the child's Leisure Card. By entering the KID number on the received invoice and activating the Leisure Card, up to NOK 800 will automatically be deducted from the invoice amount so that you pay the rest of the invoice. Tromsø municipality will pay the amount for the Leisure Card directly to the organisation.

- Go to tromso.friskus.com. Click on «LOGG INN» on the upper right hand side to create a personal user account. Enter your mobile phone number, and click on «KOM I GANG». Create a password, and you are ready.
- Get your Leisure Card, find your organiser (club or organisation), and enter the KID number on the invoice you receive from the leisure activity.
- Up to NOK 800 is deducted from the invoice amount every six months. You pay the balance to the organiser.

Autumn 2021 application deadline: 30 November 2021

[If you have already paid the membership fee, you can download a refund form here.](#)

If you do not find your club or organisation, please contact your club or us, and we shall make sure they are registered.

If you have questions about the Leisure Card, you can send an email to fritidskortet@tromso.kommune.no

Contact person

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