

INBURGERING GUIDE

The B1 Exam and State Exam NT2

English

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Which route do you have?

There are three integration routes. Your route is written in your PIP (Personal Integration Plan), which you receive from your municipality, not from DUO.

B1-route (most common)

For most people who became obligated to integrate after 1 January 2022. You take the exam at B1 level: Reading, Listening, Speaking, and Writing. Plus KNM and PVT. If B1 is not reachable after 600 hours of lessons, the municipality may allow A2.

Education route (Onderwijsroute)

For younger learners heading toward vocational training or higher education (mbo, hbo, university). Exam at B1 or B2. Your municipality decides what goes in your PIP.

Z-route

For people for whom B1 is genuinely not achievable. Language lessons at A1 level. The A2 exam is optional. You finish with a certificate and a conversation at the municipality.

Not sure which route you have?

Check your PIP or go to duo.nl. If you have not received a PIP yet, contact your municipality. You are entitled to a free integration consultation.

The B1 Exam

The State Exam NT2 Programme I has five components. Each is graded separately. If you fail one component, you only retake that one.

Component	Time	What you need to know
Reading	110 min	On computer. Read texts and answer questions. Practice reading official letters and news articles.
Listening	90 min	On computer. Each audio fragment plays only once. Most people find this the hardest part.
Speaking	25 min	On computer. You record spoken responses to prompts. No live conversation with a person.
Writing	100 min	On paper, not on computer. You write by hand. Practice this before the exam.
KNM	40-45 min	Knowledge of Dutch Society. Computer test with short video clips and multiple-choice questions.

Cost: EUR 50 per component.

Four language components + KNM = EUR 250 total.

Register at mijn.inburgeren.nl or duo.nl

Waiting time for an exam slot: 4 to 8 weeks. Register early.

The listening exam: what makes it hard?

The listening exam is the component most people struggle with. Not because they are bad at listening, but because the conditions are different from listening at home.

- Each audio fragment plays only once. You cannot rewind.
- You have very little time to read the question before the fragment starts.
- Practice at home with time pressure. Set a timer. Listen once and answer immediately.
- Use the official DUO practice tests. They have the same structure as the real exam.

Important about the writing exam:

The writing exam is on paper. Many people are not used to this. Practice writing by hand before your exam day. If you write slowly, you will run out of time.

The speaking exam: how does it work?

The speaking exam lasts 25 minutes and is done on a computer. You get prompts and record your spoken answers. There is no person on the other side.

- You get situations like: call your employer, explain something to a friend, respond to a message.
- Use short, clear sentences. You are judged on whether you are understood, not on how beautifully you speak.
- Speak at a steady pace. A short pause is better than a long silence.
- Practice speaking Dutch out loud every day. Even 5 minutes a day makes a difference.
- Record yourself and listen back. You almost always sound better than you think.

KNM: Knowledge of Dutch Society

KNM is a separate computer exam of 40 to 45 minutes. You watch short video clips and then answer one multiple-choice question per clip. There are 40 to 45 questions in total. You pass if you score 60% or higher.

Topics that always come up

- Work and income: employment contracts, benefits, workers' rights, trade unions
- Housing: renting, buying, tenants' rights, housing corporations
- Healthcare: GP, hospital, health insurance, pharmacy
- Education and parenting: school system, compulsory education, types of schools
- Politics and government: municipality, province, parliament, elections
- History and geography: WWII, national holidays, Dutch traditions
- Norms and values: equality, freedom, discrimination, social participation

How to prepare for KNM

KNM is very learnable if you use the right materials. The questions are not difficult once you know the topics.

- Use [knmoefenen.nl](https://www.knmoefenen.nl): 450+ validated questions with explanations. Completely free.
- Use the official DUO practice tests at duo.nl/examentraining.
- Watch the video clips carefully: the question almost always relates directly to what happens in the clip.
- Practice under time pressure. You have about 1 minute per question on average.
- Flag difficult questions and come back to them at the end.

What other learners say:

KNM surprises many people, not because the questions are so hard, but because the topics are very broad. Start early. A few weeks of consistent practice is enough.

PVT: Civic Values Course

The PVT is not an exam. It is a mandatory course of 12 to 15 hours about Dutch values and rights. You follow it through the municipality. At the end you sign the participation declaration.

- Topics: freedom, equality, solidarity, your rights and responsibilities in the Netherlands
- The municipality arranges the course and covers the cost
- You need the signed declaration when applying for naturalization
- There is no pass or fail. You sign or you do not sign.
- The course takes about 8 weeks, spread across several sessions

Do not forget to schedule the PVT.

Many people forget this or plan it too late. Ask the municipality how to register. The PVT is mandatory and you need the signature.

Free Practice Materials

Official sources

- duo.nl/examentraining: official DUO practice tests, free, same structure as the real exam
- inburgeren.nl: the official information portal for civic integration
- oefenen.nl: free exercises for language and numeracy at different levels
- knmoefenen.nl: 450+ KNM questions with explanations, free

Learn with Lucas

- TikTok [@dutchwithlucas](https://www.tiktok.com/@dutchwithlucas): short Dutch lessons, free
- Free Discord speaking session: every Friday at 20:30, open to everyone (discord.gg/BkF7zgEnXs)
- WhatsApp community: daily practice, free (chat.whatsapp.com/F0FFsdBxUrH4AvEDcQiTyR)
- learnwithlucas.com/inburgering: more information and upcoming group sessions

Practical Tips

Planning

- Register for the exam early. Waiting times are 4 to 8 weeks.
- You can retake a single component if you fail. EUR 50 per attempt.
- You do not have to take all components at the same time. You can spread them out.
- Ask your municipality for your PIP if you have not received it. You are entitled to one.

Studying with a busy life

- 15 minutes every day is more effective than 2 hours once a week. Consistency matters.
- Practice during everyday moments: listen to Dutch radio, read a Dutch news website, watch TV with Dutch subtitles.
- Speak Dutch with people around you, even if you make mistakes. Mistakes are necessary.
- Use mornings or evenings when it is quieter. Find the time that fits your schedule.
- If you have children at home, involve them. Read Dutch books with them. Explain what you are learning. Teaching someone else is one of the best ways to practice.

On exam day

- Bring a valid ID. Without ID you cannot sit the exam.
- Arrive on time. If you are late you will not be allowed in.
- The writing exam is on paper. You write by hand. Take this seriously in your preparation.
- For the listening exam: read the question before the fragment starts if you have time.
- Skip difficult questions and come back to them at the end.
- Results take 6 to 8 weeks to arrive after the exam.

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Questions? english@learnwithlucas.com