1. You must not go to work in Germany and Norway.
2. You shall do a bad job for the Germans.
3. You shall work slowly for the Germans.
4. You shall destroy important machines and tools.
5. You shall destroy everything which may be of benefit to the Germans.
6. You shall delay all transport.
7. You shall boycott German and Italian films and papers.
8. You must not shop at Nazis’ stores.
9. You shall treat traitors for what they are worth.

 10. You shall protect anyone chased by the Germans.