

# Refresh Tokens

✔ You have completed this exercise!

Success! You used the refresh token to get a new access token back in the response!

In this exercise you'll learn how to obtain a refresh token and use it to get new access tokens.

The goal of this exercise is to get a refresh token and use the refresh token to get a new access token. We will be building on the previous exercise where you used the authorization code flow to get an access token.

You should already have created an application and completed the [OAuth for Web Applications](#) exercise before attempting this exercise.

Before the application is able to request a refresh token, you need to enable refresh tokens for this API. From the sidebar, navigate to **Applications** and click **APIs**. Find the API you created earlier, and enable the **Allow Offline Access** toggle.

## Access Settings

### Allow Skipping User Consent



If this setting is enabled, this API will skip user consent for applications flagged as First Party.

### Allow Offline Access



If this setting is enabled, Auth0 will allow applications to ask for Refresh Tokens for this API.