



UNIVERSITY OF BERGEN

Courses

Introduction courses

[Pre-arrival essentials: immigration, registration & tax in Norway](#)

[E-learning](#)

[Orientation Course – February 4th](#)

Tips

[What's on – Visit Bergen](#)

[BUA sports equipment rental](#)

[Mental health issues? Reach out!](#)

Norwegian news in English

[Thelocal.no](#)

[Newsinenglish.no](#)

Other activities and offers

[Free courses from Horizon Europe](#)

[Language café at the public library](#)

[Red Cross' language training](#)

[Uibdoc](#) – Independent group for connecting PhDs and postdocs at UiB.

[UiB Speak Up!](#) – Speak up!

Welfare

[Cabin hire](#)

[Discount at Bergen Cinema](#)

[Training and physical activities at UiB](#)

[Other welfare offers](#)

International Centre

E-mail: euraxess@uib.no

Book an appointment with us through our [calendar](#).

[Unsubscribe](#) from the newsletter.



Photo: Colourbox

NEWS FROM INTERNATIONAL HR

January 2025

Happy new year!

A whole new year to fill with possibilities, challenges, and joy.

We hope you were able to celebrate the Holidays with friends and family.

We want to share a short part of King Harald of Norway New Year's Eve speech:

“Knowledge and conversation are effective medicines against prejudice, and strengthen our cooperation. We must meet, we must talk together, not with the goal of agreeing, but of understanding and respecting each other. We must never stop talking to each other. In the world, in society, in the family. If we manage to talk to each other, especially when it is most difficult, there is always hope.”

We are looking forward to seeing you in our seminars, courses, and events this year.

Upcoming events at the International Centre

Pre-arrival essentials: immigration, registration & tax in Norway

If you are relocating to Bergen, make sure to sign up and join us for an online informative meeting about immigration, the registration process with the Norwegian authorities and taxes in Norway.

We have this seminar **2 Fridays per month**, from **11.00 to 11.30**. [The next seminar will be on January 10th](#). In the registration form you can choose which date you want to sign up to.

Orientation course for international employees

This course is the third step of our onboarding seminars for new international employees. The course will take place on **Tuesday February 4th** from **13.00 to 15.30**. The doors open a bit in advance, so you have the chance to have a coffee and snacks and get to know each other. You can register [here](#).

Please complete [steps 1 and 2](#) before attending.

Meet and greet

All international employees are welcome to join us for meet and greet to get to know each other and the International Centre. The gathering will take place on **Tuesday February 4th** from **15.30 to 17.00**, after the orientation course. We will offer snacks and drinks. Sign up [here](#)!

Mobility seminar

Are you planning a research stay outside of Norway? Join our online mobility seminar to learn about practicalities and necessary steps of planning a research stay abroad. *Tentative date: February 12th*. Please [register here](#) to receive the date confirmation and the Zoom link to join the seminar.

Please remember:

For our courses and events, we often offer food, limited spaces, or have a special guest that we pay for. We ask that if you are not able to attend, you inform us well in advance so we can adjust, and possibly others can take your spot.

Taxes 2025 – Important information

Make sure to check your new tax card for 2025:

- If you have a permanent ID number, your tax card will be automatically updated by the tax administration with the information they have from 2024 – you still need to login at [Skatteetaten.no](https://skatteetaten.no) to check that the information is correct.
- If you have a D-number (temporary ID number) you need to login at [Skatteetaten.no](https://skatteetaten.no) and order a new tax card.

Remember that you should update your information if there are any changes throughout the year that might affect your tax card, like income, loans, marriage, etc. You can read more about this [here](#).

Have you been kicked out of the PAYE scheme for previous years? Make sure that you have a tax return for that year so you can verify the information that the tax administration has about you. If you don't have one, you can contact the tax administration using the [form RF-1306](#) asking for it.

Annual statements for 2024

Make sure to collect your annual financial statements for 2024 from UiB, banks, financial institutions, NAV, kindergartens, SFO, or other relevant sources to ensure the accuracy of your 2024 tax return.

You should receive these statements in January or early February, and the tax return will be available in March. The deadline for submitting the tax return is the 30th of April.

A tax seminar to assist with completing and reviewing your tax report will be held in English by tax lawyers in April (*date to be announced*). [Sign up here!](#)

For new employees

When you receive your **Norwegian ID number**, remember to send it to post@lonnskottoret.uib.no

Digipost

Get all your important mail in one digital mailbox. It is simple, secure, and sustainable.

Tax system

Find more information about the Norwegian tax system in our webpages!

Erasmus+ staff mobility for training

All employees at the University of Bergen can receive a grant for a mobility to an institution, organization or university in Europe through Erasmus+. The deadline to apply is on the 12th of January.

[You can read more about this here.](#)

Fire safety course

All UiB Employees must complete a fire prevention course which consists of a digital part, and a practical part on how to put out fires. This is required by law.

[Sign up for the course here](#)

Events in Bergen

Jazz:potet - Every Saturday at the Library Bar, you will always find world-class jazz. Band leaders will bring in musicians specifically for their sessions where they are free to explore jazz in any way they wish, resulting in Jazz:potet being an innovative jazz club that has garnered praise locally, nationally, and internationally. This season runs from January 11th. Make sure to get your tickets at ticketco.no (search "jazzpotet").

Winter sports - Embrace the snowy season with winter sports! From [skiing](#) to [ice skating](#), Norway's stunning winter landscapes offer endless opportunities for thrilling outdoor adventures. Grab your gear and dive into the excitement of winter sports this season!



Event calendars

There are many interesting events, courses, and seminars at UiB throughout the semester. We suggest subscribing to the [UiB main calendar](#) and the [International Centre calendar](#).

Join our WhatsApp group!

We have made a WhatsApp group for you, so you can plan spontaneous meetings and we will also invite you to our planned events and remind you of them there. You can [join here](#).

Suggestions?

Do you have any suggestions about what you would like to find in our newsletters or activities, please send us an email: euraxess@uib.no.