



## Courses

Introduction courses

[Part 1 – E-learning](#)

[Part 2 – Introduction – February 1<sup>st</sup>](#)

[Part 3 – Culture – TBA](#)

Paying tax in Norway? [Introduction to the tax system in Norway](#)

## 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](mailto:euraxess@uib.no)

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

[Unsubscribe](#) from the newsletter.



Photo: Colourbox

## NEWS FROM INTERNATIONAL HR

January 2024

### Happy new year!

We hope this new year comes with exciting challenges, endless possibilities, and great joy and hope.

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

*Tonight I want to encourage you to light candles.*

*A light for all who suffer in wars and conflicts.*

*A light for people we miss.*

*And a light for hope.*

*Hope that a better world, where we can all live in freedom and peace with each other, must be possible. Hope that what is difficult in our lives must become a little easier to live with.*

*When it's cold and dark, it's important to remember all the warmth, strength and good will that we humans share with each other on a daily basis.*

*It is natural for us to help each other. To comfort. Sharing.*

*We must cherish this good spark within ourselves.*

Hope you had a wonderful time during the Holidays period, and we are looking forward to seeing you in our seminars, courses, and events this year!

# Upcoming events at the International Centre

## Introduction to tax

Sign up and join us for an online informative meeting about how to **pay tax in Norway**. This is useful if you are moving to Norway, shifting between Norway and other working countries, or working from abroad. We have this seminar **2 Fridays per month**, from **11.00 to 11.30**. The next seminar will be on **January 12<sup>th</sup>**. In the registration form you can choose which date you want to sign up to. Read more [here](#).

## Introduction course for new employees

This course is step 2 of our introductory seminars for new international employees. The course will take place on **February 1<sup>st</sup>** from **12.00 to 15.00**, in Bjørn Christiansens hus [Seminarroom 110](#). 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 [step 1 \(short e-learning course\)](#) before attending.

## 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. It will take place during February, so make sure to check [our calendar](#) to register!

Read more about the **tax system** in Norway in [our webpages](#).

You will also find important information for you who are [new in Norway!](#)

## Check your tax card!

You can now check your tax card for 2024. If you do not make any changes, your tax deduction percentage will remain unchanged. You can contact the tax administration if you have questions regarding your tax card.

If you were on the PAYE scheme in 2023 and became a tax resident of Norway (you lived in Norway for 183 days), you will be transferred to the ordinary tax scheme this year.

If you have a temporary ID number (D-number) remember to apply for a new tax card this year. If you don't apply for a tax card, you will get 50% taxes.

Make sure you collect your annual statements for 2023 from UiB, bank, financial institutions, NAV, or other applicable sources to check that your tax statement for 2023 is correct. You should receive these statements during the month of January or early February.

## For new employees

When you receive your Norwegian ID number, **remember to send it to [post@lonnskantoret.uib.no](mailto:post@lonnskantoret.uib.no)**.

This also applies when you receive your Norwegian bank account number.

## Cabin hire

Welfare cabins are available for hire for employees at Ustaoset in Hol municipality and at Utne in Hardanger, Tingviken. Read more [here!](#)

## Sport facilities

Find activities to do immediately before or after work. You can also use the Student Welfare Organisation's (Sammen) changing rooms if you come to work by bike, running or walking! Find more information [here](#).

## Digipost

A lot of mail contains sensitive information that can't be sent to you by regular email. In Digipost you can receive important information from both public and private senders. The service is free of charge, but you must have MinID or BankID. You can read more [here](#).

## Take your vitamins!

During Norway's darker winter months, consider **Vitamin D** supplements to support overall health and immunity. Limited sunlight can affect Vitamin D levels, so a supplement can help maintain your well-being.

## 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 6<sup>th</sup> to June 1<sup>st</sup>. Make sure to get your tickets at [ticketco.no](https://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](mailto:euraxess@uib.no).