

UNIVERSITY OF BERGEN

April 2023

Courses

Introduction courses

Part 1 – E-learning

Part 2 – Introduction – May 25th

Part 3 - Culture - May 11th

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

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Red Cross' language training
Uibdoc – Independent group for
connecting PhDs and postdocs at UiB
UiB Speak Up! – Speak up!

Welfare

<u>Cabin hire – new application round</u> <u>Discount at Bergen Cinema</u> <u>Training and physical activities at UIB</u>

Other welfare offers

International Centre

E-mail: euraxess@uib.no
Book an appointment with us through our calendar

Unsubscribe to the newsletter



Photo: Colourbox

Easter is coming up this weekend. It is one of those holidays Norwegians love to celebrate. During the holiday many places will be closed, even supermarkets and restaurants, so make sure to check the opening hours of those near you.

National holidays (red days) that are coming up:

- Easter: 6-10th April

- International Workers' Day: 1st May

Norway's National Day: 17th May

- Ascension Day: 18th May

There are many things happening these upcoming months so make sure to sign up for them.

We wish you a beautiful April!

Check your tax return!

Your **tax return for 2022** is available for review and the deadline to hand it in is April 30th. Make sure to check that your tax information is correct: <u>Tax Return - The Norwegian Tax Administration (skatteetaten.no)</u>. You will need MinID to access the assessment and you can <u>order it here</u>. Note that the PIN codes and information will go to the address registered in Folkeregisteret.

Remember that if you have been on the **PAYE scheme during 2022**, you will not receive a tax return; In June you will receive a receipt for PAYE tax, which shows how much salary and tax your employer has reported to the Tax Administration for the work you did last year.

Registration of vacation days 2022

All employees must report their main holiday for the summer in the Self-Service Portal (DFØ) **before May 1st.** It is preferrable that you take your main holiday (3 weeks at least) in the period between semesters, late June to mid-August. If you do not register your holiday before the deadline, it may be set for you. If you do not have any paid holiday this year, you are not required to take time off.

Upcoming events at the International Centre

Tax return seminar

Do you need help understanding the Norwegian Tax system, or with completing your Norwegian Tax return? The International Centre invites you to a digital seminar held by tax lawyers to assist you with this. It will be online on **April 11**th **from 18.00 to 20.00**. You can sign up here.

Tax seminar

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. This is not about the tax return. We have this seminar **2 Fridays per month**, from **11.00** to **11.30**. The next seminar will be on **April 14**th. In the registration form you can choose which date you want to sign up to. Read more here.

Culture training course

Moving to another country you will always notice cultural differences and Norwegians can be hard to interpret. We would like to help you crack the code and offer a seminar on this topic on **May 11th** from **10:00** to **15:00**. The seminar is held by Karin Ellis. Please find more information and register here.

Introduction course

This course is step 2 of our introductory seminars for new international employees. The course will take place on **May 25**th from **12.30** to **15.30**, in Seminar room E at the student centre. 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.

Applying for a job in Norway

This seminar will explain the basics about the Norwegian job market, how to build a CV in a Norwegian style, how to read a job advert and how to write the application letter for it, how to prepare for an interview and much more. Both UiB employees and spouses/partners are welcome! The seminar is planned as a physical event and will be held at Dragefjellet skole Seminarrom D, on **June 13**th from **10.00** to **15.00**, with some time afterwards for extra questions. Register here.

For new employees:

- When you receive your Norwegian ID number, remember to send it to post@lonnskontoret.uib.no.
 This also applies when you receive your Norwegian bank account number.
- Do you have a question or require assistance? You can book an appointment with us through our calendar.

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.

UiB FERD

UiB FERD Career Centre for Early-Stage Researchers supports doctoral candidates, postdocs, researchers and assistant professors who are in the early stage of their careers. There are activities every month, so make sure to check them out:

- 27th April 09:00-11:30 Healthy Working Habits: Time management and writing motivation.
- 28th April 10:15-11:00 Finding and reusing research data.
- 05th May 09:00-11:00 How to write a competitive CV for the industry?
- 23rd May 17:00-20:00 Intermediate level: Improve your academic writing and presentation Skills in English.

Upcoming activities in Bergen

One Ocean Week

One Ocean Week is an annual event to create attention, and share knowledge, about the important role the ocean has for sustainable development in a global perspective. 15-21st April there will be conferences, meetings, workshops, and activities.

Bergen City Marathon

Welcome to the Fjordkraft Bergen City Marathon (FBCM) on Saturday 29 April 2023. This is the 11th edition of the FBCM. We are looking forward to a race party on a beautiful and inspiring course. Experience the atmosphere at the start and finish at Bryggen in Bergen, run through Old Bergen, and enjoy the fantastic view from Fjellveien. Read more and sign up here.

Festspillene (Bergen International Festival)

A hub for the Northern European arts scene, the festival has a multifaceted program profile renowned for world premieres and new productions of music, opera, theatre, and dance. The festival is from May 24th to June 7th, you can read more about it here. Interested in volunteering for Festspillene? They are looking for volunteers and it is a great opportunity to expand your network. More information here.

Event calendars

There are many interesting events, courses, and seminars at UiB throughout the semester. We suggest subscribing to the <u>UiB main calendar</u> and the <u>International Centre calendar</u>.

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.

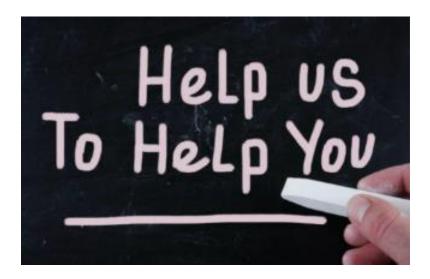


Photo: Colourbox