

# UNIVERSITY OF BERGEN

#### Courses

Introduction courses

Part 1 - E-learning

Part 2 – Introduction – August 29th

Part 3 - Culture - TBD

#### **Tips**

What's on – Visit Bergen
BUA sports equipment rental
Mental health issues? Reach out!

#### Norwegian news in English

<u>Thelocal.no</u>

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

<u>Discount at Bergen Cinema</u> <u>Training and physical activities at UiB</u> Other welfare offers

#### **International Centre**

E-mail: <u>euraxess@uib.no</u>

Book an appointment with us through

our <u>calendar</u>

<u>Unsubscribe</u> from the newsletter.



#### **NEWS FROM INTERNATIONAL HR**

August 2023

A warm welcome to new UiB employees and welcome back to our friends and colleagues!

We hope you have had a great summer and been able to recharge your batteries and get ready for a new semester.

If you are new in Norway, please do not hesitate to contact us should you have any questions.

# **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 **August 18<sup>th</sup>**. In the registration form you can choose which date you want to sign up to. Read more <u>here</u>.

### Introduction course for new employees

This course is step 2 of our introductory seminars for new international employees. The course will take place on **August 29**<sup>th</sup> from **12.00** to **15.00**, in Bjørn Christiansens hus <u>Seminar room 217-218</u>. 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 <u>here</u>. *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 taking place on September 14<sup>th</sup> to learn about practicalities and necessary steps of planning a research stay abroad. You can register <u>here</u>.

Read more about the **tax system** in Norway in <u>our</u> webpages.

You will also find important information for you who are new in Norway!

### **Sammen Training and Cafeterias**

Employees at UiB can sign up for membership with the Sammen (Student Welfare Organisation's) sports facilities. Sammen organises special classes for UiB employees, and many of the activities are organised so that you can exercise immediately before or after work. In addition, the Student Welfare Organisation (Sammen) lets university employees who want to cycle, jog or walk to work use their changing rooms.

Sammen has 20 cafées and coffeshops located on various campuses in Bergen, all with student and employee prices. They serve delicious and healthy foods, and menus range from sandwiches and salads to full dinners. Some of the <u>cafeterias</u>, such as the Student Centre is open until 6.00 pm.

### Norwegian course

The Norwegian courses have started, and if you haven't register, you can contact <a href="mailto:Studynorwegian@uib.no">Studynorwegian@uib.no</a>.

We strongly suggest that you take the time to learn the Norwegian language!

### For new employees

- → Remember to send your Norwegian ID number to <a href="mailto:post@lonnskontoret.uib.no">post@lonnskontoret.uib.no</a>. This also applies when you receive your Norwegian bank account number.
- → If you need to book an appointment with us to go through questions about a specific case, you can do so in our <u>calendar</u>.

# **Events in Bergen**

Feelings Festival on August 25-26th. A magical two-day festival that appeals to the entire emotional register.

Bergen Matfestival. Tasteful local food made between the mountains and fjords in Fjord Norway.

Kulturnatt on September 8<sup>th</sup>. Museums, galleries, and concert venues are open and free from 6pm to midnight.

<u>Lyderhorn Opp</u> on September 9<sup>th</sup>. A combination of social outdoor event for the whole family and exercise run and a downhill competition.

Bergen Ølfestival on the 15<sup>th</sup> and 16<sup>th</sup> of September. This year, you will find a representative selection of small and large, new and old, local and national breweries.



# **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: <a href="mailto:euraxess@uib.no">euraxess@uib.no</a>.



Photo: Colourbox