

## UNIVERSITY OF BERGEN

March 2023

#### Courses

Introduction courses

Part 1 – E-learning

Part 2 - Introduction - March

Part 3 – Culture – Spring 2023

#### **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 – new application round
Discount at Bergen Cinema
Training and physical activities at UiB

Other welfare offers

#### **International Centre**

E-mail: <a href="mailto:euraxess@uib.no">euraxess@uib.no</a>
Book an appointment with us through our <a href="mailto:calendar">calendar</a>

Unsubscribe to the newsletter

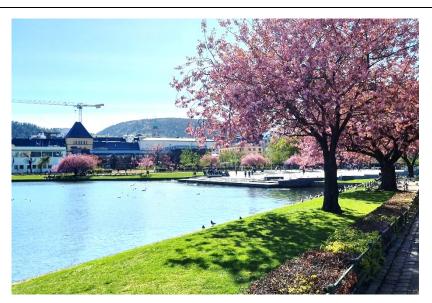


Photo: Astrid Marie Bergsvik

Spring is almost around the corner! Vårjevndøgn (spring equinox) March 20<sup>th</sup> marks the day where night and day are of approximate equal duration and after this the days are slowly getting longer than the nights, which is something we appreciate after a long period of winter darkness.

While we wait for a warmer weather, there are still many things you can do around Bergen:

The **International Women's Day** is on the 8<sup>th</sup> of March. You can read more about the festival taking place that day <u>here</u>.

The **Borealis festival**, a festival of experimental music, takes place from the 15<sup>th</sup> to the 19<sup>th</sup> of March. You can read more about it and get your tickets here!

**Daylight saving time** (summertime) applies in Norway from March 26th, so remember to turn your clock 1 hour forward at this date.

**Easter Holiday** starts April 6<sup>th</sup>, but many Norwegians will be out of office from April 1<sup>st</sup> to take a long week off and travel to a cabin in the mountain for skiing.

## **Upcoming events at the International Centre**

#### Tax seminar

Sign up and join us for an online informative meeting regarding paying tax in Norway.

This is useful if you are moving to Norway, shifting between Norway and other working countries, or working from abroad. We will have this seminar **2 Fridays per month**, from **11.00** to **11.30**. The next seminar will be on **March 10**<sup>th</sup>. In the registration form you can choose which date you want to sign up to. Read more here.

#### Introduction course

This course is step 2 of our introductory seminars for new international employees. The course will take place on **March 29**<sup>th</sup> from **12.30** to **15.30**, in Zoom. You can register here.

Please complete step 1 (short e-learning course) before attending.

#### Tax return seminar

Every year we host a tax seminar for international employees to assist with understanding and filling the tax report in Norway. The seminar is held in English by tax lawyers. It will take place around March/April, we will confirm the date later. You can sign up here.

### For new employees:

- When you receive your Norwegian ID number, remember to send it 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, you can do it through our <u>calendar</u>.

### **Check your tax card!**

You can now check your tax card for 2023. 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 2022 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 2022 from UiB, bank, financial institutions, NAV or other applicable sources to check that your tax statement for 2022 is correct. You should receive these statements during the month of January or early February.

### **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.