

# UNIVERSITY OF BERGEN

#### May 2023

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#### 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

<u>Free courses from Horizon Europe</u> <u>Language café at the public library</u> <u>Red Cross' language training</u> <u>Uibdoc</u> – Independent group for connecting PhDs and postdocs at UiB <u>UiB Speak Up!</u> – 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: <u>euraxess@uib.no</u> Book an appointment with us through our <u>calendar</u>

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Photo: Robin Strand – visitbergen.com

As we welcome the month of May, we also welcome the spring season in Norway. With the weather getting warmer and the days getting longer, it's the perfect time to enjoy the beauty of nature and embrace the Norwegian culture.

One of the highlights of **May** is the national holiday on the **17**<sup>th</sup>, which is celebrated all over the country with great pride and joy. It's a day when Norwegians honor their constitution, their history, and their culture, and it's a day that brings people together.

On this special day, you will see people in traditional costumes called bunad, or suits and dresses, if they don't own one. It is customary to carry a Norwegian flag and wear red, white and blue ribbons. You can read more about the parade and events for that day <u>here</u>.

There are also other holidays or "red days" you should know about this month:

- May 18<sup>th</sup> Ascension Day and a national holiday. It is also a Flag Day.
- May 27-29<sup>th</sup> Pentecost weekend is a national holiday in Norway. Note that shops close early on Saturday.

Hint: If you take the day off on the 19<sup>th</sup>, you will have a 5-day weekend.

# **Upcoming events at the International Centre**

### 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. We have this seminar **2 Fridays per month**, from **11.00** to **11.30**. The next seminar will be on **May 12**<sup>th</sup>. 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 23<sup>rd</sup>** from **10:00** to **15:00**. The seminar is held by Karin Ellis. Please find more information and register <u>here</u>.

### Introduction course

This course is step 2 of our introductory seminars for new international employees. The course will take place on **May 25**<sup>th</sup> 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 <u>here</u>. *Please complete* <u>step 1</u> (short e-learning course) before attending.

## **Guided city walk**

Join us for a guided city walk on **May 25<sup>th</sup>** at **16.00**, starting outside the Student Centre! You are welcome to meet us at 15.30 at the International Centre in advance for a chat. A professional guide will take us towards the city centre, Byparken and Bryggen. You will learn more about the areas, get some physical motion and socialise. The duration is 1,5-2 hours and you can sign up <u>here</u>.

# 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**<sup>th</sup> from **10.00** to **15.00**, with some time afterwards for extra questions. Register <u>here</u>.

# 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.
- Do you have a question or require assistance? You can book an appointment with us through our <u>calendar</u>.

# Are you moving from Norway?

If you are leaving UiB and Norway, there are some formalities and practical matters you need to look into. You can check out our End of stay in Norway webpage to make sure you are taking care of everything.

# **Upcoming activities in Bergen**

### UiB 17<sup>th</sup> of May – Breakfast and Parade

UiB invites its employees for breakfast at Christie Cafe on 17th of May. The price is NOK 150 per adult and NOK 50 per child. There is limited seating. It is possible, and very encouraged, to join the main parade with the UiB, even if you won't attend the breakfast! Everyone will meet at Koengen, no later than 10.15 at column 4. You can read the invitation from the rector <u>here</u>.

### 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 <u>here</u>. **Interested in volunteering for Festspillene?** They are looking for volunteers and it is a great opportunity to expand your network. More information <u>here</u>.

#### **Regnbuedagene (Bergen Pride)**

Bergen Pride is the second largest Pride festival in Norway and is a celebration of love and diversity. The festival, which takes place the first week of **June** every year, has over 80 different events during the 7 days of pride and gathers about 50 000 participants. The parade will be held on the **10**<sup>th</sup> but there will be other events going on from the **2**<sup>nd</sup> on. You can sign up to participate and read more about it <u>here</u>.

### 2023 Holberg week

Join us in celebration of this years' Holberg Prize Laureate, Nils Klim Prize Laureate and the Holberg Prize School Project winners. It takes place in Bergen and Oslo **from the 6<sup>th</sup> to the 12<sup>th</sup> of June**. The Holberg Week includes several events that feature the Laureates <u>Joan Martinez-Alier</u> and <u>Simona Zetterberg-Nielsen</u> as well as other prominent guests from Norway and abroad. An overview of the programme can be found <u>here</u>.

# **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: <u>euraxess@uib.no</u>.

