



UNIVERSITY OF BERGEN

Courses

[Onboarding courses](#)

[Pre-arrival essentials: immigration, registration & tax in Norway](#)

[E-learning](#)

[Orientation Course – September 9th](#)

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

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

[Unsubscribe](#) from the newsletter.



Photo: Colourbox

NEWS FROM INTERNATIONAL HR

August 2025

A big welcome to all our new team members at UiB, and a warm welcome back to those of you returning! We hope your summer was filled with rest, fun, and maybe a little bit of adventure. Now that we're gearing up for the new semester, we're excited to dive into all the opportunities and challenges ahead.

Whether you're new to Norway or back after some time away, we're here to help you settle in and make the most of your time here. If you have any questions, whether about life in Bergen, your work at UiB, or anything in between, don't hesitate to reach out. We're always happy to lend a hand.

Here's to a great semester ahead, let's make it a memorable one!

Upcoming events at the International Centre

Pre-arrival essentials: immigration, registration & tax in Norway

If you are relocating to Bergen, make sure to sign up and join us for an online informative meeting about immigration, the registration process with the Norwegian authorities and taxes in Norway.

We have this seminar **2 Fridays per month**, from **11.00 to 11.30**. [The next seminar will be on August 22](#). In the registration form you can choose which date you want to sign up to.

Orientation course for international employees

This course is the third step of our onboarding seminars for new international employees. The course will take place on **Tuesday September 9th** from **12.30 to 15.00**. You can register [here](#).

Please complete [steps 1 and 2](#) before attending.

Meet and greet

All international employees are welcome to join us for meet and greet to get to know each other and the International Centre. The gathering will take place on **Tuesday September 9th** from **15.00 to 17.00**, after the orientation course. We will offer snacks and drinks. Sign up [here](#)!

Mobility seminar

Are you planning a research stay outside of Norway? Join our online mobility seminar taking place on **September 11th** to learn about practicalities and necessary steps of planning a research stay abroad. You can [register here](#).

Please remember:

For our courses and events, we often offer food, limited spaces, or have a special guest that we pay for.

We ask that if you are not able to attend, you inform us well in advance so we can adjust, and possibly others can take your spot.

Norwegian language courses

The Norwegian language courses have started, and if you haven't register, you can contact studynorwegian@uib.no to see if there are still available spots for you to join.

We strongly suggest that you take the time to learn the Norwegian language! For many positions it is even mandatory to learn it.

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 cafés and coffee shops 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 cafeterias, such as the Student Centre, are open until 6.00 pm.

For new employees

When you receive your **Norwegian ID number**, remember to send it to post@lonnskontoet.uib.no

Digipost

Get all your important mail in one digital mailbox. It is simple, secure, and sustainable.

Tax system

Find more information about the Norwegian tax system in our webpages!

Looking for a cozy hiking destination?

Check out the Day Trip Cabins (Dagsturhyttene) across Vestland! These small, scenic cabins are open to everyone and are perfect destinations for short hikes year-round. Bring a friend, enjoy nature, and discover new spots near your home.

Bergen has many great swimming spots!

With 24 public beaches around the city, there's plenty of options to enjoy the summer. You can easily check the current water temperature on this website, so you're always ready for a swim!

Events in Bergen

UiB Language Café for Students and PhD's - Every other Wednesday throughout the semester.

Feelings Festival: A magical two-day festival that appeals to the entire emotional register, on August 22 & 23.

Bergen Matfestival: Tasteful local food made between the mountains and fjords in Fjord Norway. On September 5 and 6.

Kulturnatt: on September 12th, museums, galleries, and concert venues are open and free from 6pm to midnight.

Lyderhorn Opp: A combination of social outdoor event for the whole family and exercise run and a downhill competition, taking place on August 30.

Bergen Ølfestival: This year, you will find a representative selection of small and large, new and old, local and national breweries. On September 12 & 13



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.