



# UNIVERSITY OF BERGEN

## Courses

*Introduction courses*

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

[E-learning](#)

[Introduction Course – September 10<sup>th</sup>](#)

## 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](mailto:euraxess@uib.no)

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

[Unsubscribe](#) from the newsletter.



Photo: Colourbox

## NEWS FROM INTERNATIONAL HR

August 2024

A heartfelt welcome to our new UiB team members and a warm welcome back to our returning friends and colleagues!

We hope you've enjoyed a wonderful summer, had a chance to rest, and are now ready for the upcoming semester.

If you're new to Norway, please feel free to reach out to us with any questions you may have.

## 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<sup>nd</sup>](#). 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 10<sup>th</sup>** from **12.30** to **15.00**. 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.*

### **Mobility Seminar**

Are you planning a research stay outside of Norway? Join our online mobility seminar taking place on **September 17<sup>th</sup>** to learn about practicalities and necessary steps of planning a research stay abroad. You can register [here](#).

## Norwegian language course

The Norwegian language courses have started, and if you haven't register, you can contact [studynorwegian@uib.no](mailto: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.

### Do you know about BUA?

BUA is a national non-profit organization dedicated to making it easier for everyone to try out a wider range of activities without increasing consumption. Since the early 1990s, equipment centers have existed in municipalities where sports and outdoor equipment are loaned out for free. [Make sure to check them out, you might find what you need for your next adventure!](#)

Have you moved into a new collective and need kitchen utensils? Are you moving and have collected various things you no longer need? Take a trip to Byttebua, UiB's sustainable exchange market. Here you can deliver useful things and pick up things you need for free! Read more [here](#).

### For new employees

When you receive your **Norwegian ID number**, remember to send it to [post@lonnskottoret.uib.no](mailto:post@lonnskottoret.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!

## 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 coffeshops located on various campuses in Bergen, all with student and employee prices.

For more information about the schedule and classes UiB employees are asked to [register on this form \(excel\)](#).

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, that is open until 6.00 pm.

## Events in Bergen

**Feelings festival**: After the success in 2023, with more than 12,500 tickets sold per day, the two-day festival is back to light up late summer 2024. The festival takes place at Bergenhus Fortress **on Friday 23 and Saturday 24 August**.

**Bergen Food Festival and Norwegian Cider Festival**: In the heart of Fjord Norway for a culinary journey. Wander through Bergen's vibrant city centre and discover an array of local food artisans showcasing their culinary creations at their stands, taking place **on 6<sup>th</sup> and 7<sup>th</sup> of September**.

**Beer festival**: on the **13<sup>th</sup> and 14 of September**, you will find a representative selection of small and large, new and old, local and national breweries at Hallen USF.



## 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](mailto:euraxess@uib.no).