



UNIVERSITY OF BERGEN

Courses

Introduction courses

[Part 1 – E-learning](#)

[Part 2 – Introduction – March 19th](#)

[Part 3 – Culture – TBA](#)

[Introduction to the tax system in Norway](#)

[Mobility seminar](#)

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: trinesmatlogg.no

NEWS FROM INTERNATIONAL HR

February 2024

We hope you are having a great year so far! Winter is not over yet, and we are expecting some cold days ahead. Make sure to take advantage of them and enjoy some winter sports! Here are also some more days to celebrate during February:

6th: Sami National day. Celebrating the Nordic aboriginal people, the Sami. Mostly celebrated amongst the Sami, so make sure to look for their [characteristic flag](#) that day, or Sami wearing their festive clothes.

12th: Mother's Day. Is the perfect opportunity to reach out to the special people in your life that played a motherly role and show love and appreciation.

19th: Fastelavn Sunday. Fastelavn is an old Nordic Christian tradition that marks the beginning of the forty days of fast before Easter. The Sunday before Lent Norwegians bake delicious, cream and jam filled Fastelavns boller (buns). You can make your own with [this recipe](#)!

Upcoming events at the International Centre

Mobility seminar

Are you planning a research stay outside of Norway? Make sure to join our online mobility seminar to learn about practicalities and necessary steps when planning a research stay abroad. It will take place on **February 22nd** from **09.00** to **12.00** in Zoom.

[Remember to sign up!](#)

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 **February 9th**. In the registration form you can choose which date you want to sign up to. Read more [here](#).

Introduction course for new employees

This course is step 2 of our introductory seminars for new international employees. The course will take place on **March 19th** from **12.00** 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](#).

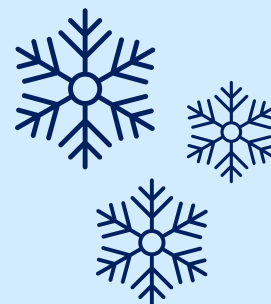
Please complete [step 1 \(short e-learning course\)](#) before attending.

Dual career: career advice for partners

If your partner came with you to Norway, and they are looking for a job, this course will be useful for them to get to know the basics about the Norwegian labor market, how to prepare a CV and cover letter, and a bit about Norwegian culture. The seminar is taking place on **April 10th** from **09.00** to **12.00** at [Rom Aktiv 2, Ulrike Phils hus \(Professor Keysergate 1\)](#). You can read more about it [in this webpage](#).

Read more about the **tax system** in Norway in [our webpages](#).

You will also find important information for you who are [new in Norway!](#)



Remember to become an online user!

An electronic ID is a proof of identity that confirms who you are. It's a quick, efficient, and safe way of getting access to online services from the state and the municipality, included information on your taxes like your tax card and your tax return. You can read more on how to become an online user at the [Tax administration webpages](#).

For new employees

When you receive your Norwegian ID number, **remember to send it to** post@lonnskoret.uib.no. This also applies when you receive your Norwegian bank account number.

Winter sports!

There are several ski areas within a few hours' drive of Bergen. The top 5 most popular skiing areas near Bergen are Eikedalen, Espedalen, Lifjell, Strandaand and Voss. It is also possible to do cross-country skiing closer to Bergen (when there is snow), such as Totland, Bontveit, Ulriken, Fløyen to mention a few. Need skiing equipment? This (and other sports equipment) can be rented at [BUA](#).

Winter holidays

For those of you that have children in school, the winter holidays for schools in Bergen is from February 26th to March 1st. This does not include kindergarten and after-school care. Check what applies for your children's school or daycare.

Kindergarten application

If you have children under school age, that are not already enrolled in kindergarten, the application deadline is March 1st. You can find more information at [Bergen Kommune – Søke om barnehageplass](#).

Events in Bergen

Vinterbading - Generations of locals have enjoyed an outdoor swim at Nordnes Sjøbad, situated in Nordnes Park, not far from the Aquarium and within walking distance from the town centre. Their 25-metre saltwater pool is heated to an inviting 30 °C (86°F). Make sure to try it out some time!



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.