



UNIVERSITY OF BERGEN

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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

February 2025

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:

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.

9th: 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.

2nd March: 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

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 February 4th** from **13.00** to **15.30**. 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 [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 February 4th** from **15.30** to **17.00**, after the orientation course. We will offer snacks and drinks. Sign up [here](#)!

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 February 7th](#). In the registration form you can choose which date you want to sign up to.

Mobility seminar

Are you planning a research stay outside of Norway? Join our online mobility seminar to learn about practicalities and necessary steps of planning a research stay abroad. Taking place on *February 12th* from 12.00 to 15.30. Please [register here](#) to receive the Zoom link to join the seminar.

Digital workshop for PhD's: Coping with Life and your Mental Health

1 hour workshop to help with your mental health, held March 26th at 10:30. [Read more here and sign up](#). This workshop is hosted by another university but shared with us through our EURAXESS network.

Tax seminar: how to fill out your Norwegian tax return

Do you need help understanding the Norwegian Tax system, or with filling out your Norwegian Tax return? In this online seminar, held by tax lawyers, we will assist you with this. The seminar is held in English and is open for all who works at UiB. It will take place on the **31st of March in Zoom**. You can register [in this webpage](#).

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.

Taxes 2025 – Important information

Make sure to check your new tax card for 2025:

- If you have a permanent ID number, your tax card will be automatically updated by the tax administration with the information they have from 2024 – you still need to login at [Skatteetaten.no](https://skatteetaten.no) to check that the information is correct.
- If you have a D-number (temporary ID number) you need to login at [Skatteetaten.no](https://skatteetaten.no) and order a new tax card.

Remember that you should update your information if there are any changes throughout the year that might affect your tax card, like income, loans, marriage, etc. You can read more about this [here](#).

Have you been kicked out of the PAYE scheme for previous years? Make sure that you have a tax return for that year so you can verify the information that the tax administration has about you. If you don't have one, you can contact the tax administration using the [form RF-1306](#) asking for it.

Winter holidays

For those of you with children in school, the winter holidays for schools in Bergen are from February 24th to 28th. This does not include kindergarten or after-school care. Please check with your child's school or daycare for specific details.

For new employees

When you receive your Norwegian ID number, remember to send it to post@lonnskoret.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!

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](#).

Fire safety course

All UiB Employees must complete a fire prevention course which consists of a digital part, and a practical part on how to put out fires. This is required by law.

[Sign up for the course here](#)

Events in Bergen

[UiB Language Café for Students and PhD's](#) – Every other Wednesday throughout the semester

[Jazz:potet](#) - Every Saturday at the Library Bar, you will always find world-class jazz. Band leaders will bring in musicians specifically for their sessions where they are free to explore jazz in any way they wish, resulting in Jazz:potet being an innovative jazz club that has garnered praise locally, nationally, and internationally. This season runs from January 11th. Make sure to get your tickets at [ticketco.no](#) (search “jazzpotet”).

Winter sports - Embrace the snowy season with winter sports! From [skiing](#) to [ice skating](#), Norway's stunning winter landscapes offer endless opportunities for thrilling outdoor adventures. Grab your gear and dive into the excitement of winter sports this season! You can always rent/borrow equipment at [bua.no](#).

Vinterbading – “Winter swimming” is increasing in popularity and there are several [places to try it out](#). Nordnes Sjøbad also has a 25-metre saltwater pool that is heated to an inviting 30 °C (86°F). They also have saunas and quick access to actual sea water which is currently around 5°C. 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.