



# UNIVERSITY OF BERGEN

## Courses

*Introduction courses*

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

[E-learning](#)

[Orientation Course – February 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

January 2026

We hope your year is off to a fantastic start! Winter is still here, and some chilly days are ahead, perfect for enjoying winter sports and cozy moments.

Here are a few special days to celebrate in February:

- **February 6: Sami National Day:** This day honors the Sami, the indigenous people of the Nordic region. Look out for their colorful flag and traditional festive clothing.
- **February 8: Mother's Day (Norway):** In Norway, Mother's Day is celebrated on the second Sunday of February, which falls on **February 8** in 2026. It's a wonderful opportunity to reach out to the special people in your life who have played a motherly role and show them love and appreciation.
- **February 15: Fastelavn Sunday:** Fastelavn is an old Nordic Christian tradition marking the start of the forty-day fast before Easter. On this day, Norwegians bake delicious cream- and jam-filled *Fastelavnsboller* (buns).

## 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 **12.30 to 13.00**. [The next seminar will be on January 30<sup>th</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 February 10<sup>th</sup>** from **13.00 to 15.30**. You can register [here](#).

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

### **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. *Tentative date: February 19<sup>th</sup>*. Please [register here](#) to receive the date confirmation and the Zoom link to join the seminar.

### **Drop-in Communication Support**

Get support to promote your research! The Communications Division welcomes PhD candidates and researchers who want to reach a broader audience. Visit the stations of your choice during the session — no registration required. You can also have a new photo taken for your staff profile. [Read more information 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 cannot attend, you inform us well in advance so we can adjust, and possibly others can take your spot.*

## Taxes 2026 – Important information

### Make sure to check your new tax card for 2026:

- If you have a permanent ID number, your tax card will be automatically updated by the tax administration with the information they have from 2025 – 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.

## Annual statements for 2025

Make sure to collect your annual financial statements for 2025 from UiB, banks, financial institutions, NAV, kindergartens, SFO, or other relevant sources to ensure the accuracy of your 2025 tax return.

You should receive these statements in January or early February, and the tax return will be available in March. The deadline for submitting the tax return is the 30<sup>th</sup> of April.

### For new employees

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

## Erasmus+ staff mobility for training

All employees at the University of Bergen can receive a grant for a mobility to an institution, organization or university in Europe through Erasmus+. The deadline to apply is on the 1<sup>st</sup> of February.

[You can read more about this here.](#)

## 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

**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. Make sure to get your tickets at [ticketco.no](https://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!



## 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).