



UNIVERSITY OF BERGEN

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[UiBdoc](#) – Independent group for connecting PhDs and postdocs at UiB.

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Welfare

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International Centre

E-mail: euraxess@uib.no

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

[Unsubscribe](#) from the newsletter.



Photo: uib.no

NEWS FROM INTERNATIONAL HR

March 2024

Spring is almost around the corner! Vårjevndøgn (spring equinox) March 20th marks the day where night and day are of approximate equal duration and after this the days are slowly getting longer than the nights, which is something we appreciate after a long period of winter darkness.

We have a lot of seminars and events coming up! Make sure to register and join us.

Some other important things happening this month:

The International Women's Day is on the 8th of March. You can read more about the festival taking place that day [here](#).

Daylight saving time (summertime) applies in Norway from March 31st, so remember to turn your clock 1 hour forward!

Easter Holiday starts March 28th, but many will be out of office from March 25th to take a long week off and travel to a cabin in the mountain for skiing.

Upcoming events at the International Centre

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 March 8th](#). In the registration form you can choose which date you want to sign up to.

Introduction course for new employees

This course is step 2 of our introductory seminars for new international employees. The course will take place on Tuesday **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.

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 19th of March from 15.30 to 17.30**, after the introduction course, in the [International room](#). We will offer food and drinks. [Sign up here!](#)

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 \(Professor Keyersgate 1\)](#). Make sure to [sign up!](#)

Understanding Norway: Culture, work life and well-being

We are pleased to offer a two-hour seminar, together with the Occupational Health Services, about Norwegian culture, UiB work life and how to maintain your well-being when moving to a new country. The seminar is on **April 23rd** from **13.15 to 15.15** and afterwards there will be a light meal for everyone interested. [Read more and sign up here.](#)

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 **8th of April in Zoom**. You can register in [this webpage](#).

Check your tax return for 2023

Your tax return for 2023 will be available for review during this month and the deadline to hand it in is April 30th.

Make sure to check that your tax information is correct: [Tax Return - The Norwegian Tax Administration](#).

You will need MinID or BankID to access the assessment and you can [order it here](#).

Note that the PIN codes and information will go to the address registered in Folkeregisteret.

Remember that if you have been on the PAYE scheme during 2023, you will not receive a tax return; you will receive a receipt in June for PAYE paid tax.

DFØ: self-service portal

Make sure to keep your information updated in the self-service portal, such as bank account information or next of kin. You will also use this app for all employment related matters like register worktime, travel expenses, expense reimbursement, application for leave of absence, extra tax deduction, holiday requests and transfer of holiday days.

For new employees

When you receive your **Norwegian ID number**, remember to send it to 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. 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 is open until 6.00 pm.

Easter holidays

For those of you that have children in school, the easter holidays for schools in Bergen is from the 25th of March to the 1st of April. Kindergarten and after-school care will be open from the 25th to the 27th of March. Check what applies for your children's school or daycare.

Euraxess events

We are pleased to inform you about an online EURAXESS training for researchers dedicated to the wellbeing, titled: **“Taking the reins of your emotional wellbeing”**. Taking place the 14th of March. 10:00-13:00. You will also find a lot of useful information and other events in the [Euraxess webpages](#).

Events in Bergen

Farmers market – At Bonden’s market, you can buy food directly from the farmer. The products you can find will vary throughout the seasons, but you will most probably find cheese, organic meat, fish, bake goods, and more! It’s located at the fish market, and it will take place on the 9th and 23rd of March.

Borealis – Borealis is a festival for experimental music. A place where we celebrate the music that falls between the gaps. A place for adventurous listening. Bringing together new musical experiments from Bergen, Norway and around the world, Borealis occupies the city for 5 days each March. This year the festival will be from the 13th to the 17th of March.



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.