



UNIVERSITY OF BERGEN

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Welfare

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[Discount at Bergen Cinema](#)

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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

NEWS FROM INTERNATIONAL HR

March 2026

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.

Remember about Daylight saving time (summertime) applies in Norway from March 29th so remember to turn your clock 1 hour forward!

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 24 March** 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.

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 March 27](#). In the registration form you can choose which date you want to sign up to.

Dual career: career advice for partners

Has your partner recently moved to Norway and is now exploring job opportunities? This seminar is designed to help them get started. They'll learn about the basics of the Norwegian labour market, how to write a CV and cover letter tailored to local expectations, and gain insight into Norwegian workplace culture. The seminar will take place on Wednesday April 22 from 09.00 to 12 at the UiB NG5 building.

Make sure to [sign up here](#)!

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, we go through an overview of taxes in Norway, tax residency rules, deductions and how to avoid double taxation. The seminar is held in English and is open for all who works at UiB. It will take place on the **13th of April 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.

Tax return 2025

Your **tax return for 2025** 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](#).

Remember that if you have been on the **PAYE** scheme during 2025, you will **not receive a tax return**; you will receive a receipt in June for **PAYE** paid tax.

Tjenestesenter

Remember that you can contact the **Service Centre for salary, travel, and absence** if you need help with, for example, travel expenses, salary, holiday, the self-service portal, leave of absence, and more. The services provided by the Service Centre will largely be the same as those previously delivered by the Salary Section, but there will be an increased focus on user support through a dedicated support team that can assist you with your inquiries.

The Service Centre's support team has the following three channels and opening hours:

- **UiBhjelp:** Available 24/7
- **Telephone (via Teams or mobile phone):** 10:00 – 14:00
- **Chat:** 9:30 – 14:30

Find more information on the **Service Centre's website** here: [Service Centre for salary, travel, and absence](#).

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!

Easter holiday

For those of you that have children in school, the easter holidays for schools in Bergen is from the 30th of March to the 6th of April. Kindergarten and after-school care will be open from the 30th of March to the 1st of April. Check what applies for your children's school or daycare.

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.

Events in Bergen

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

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.