



# UNIVERSITY OF BERGEN

## Courses

*Introduction courses*

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

[E-learning](#)

[Orientation Course – June 15<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: Robin Strand

## NEWS FROM INTERNATIONAL HR

**May 2026**

As we welcome the month of May, we also welcome the spring season in Norway. With the weather getting warmer and the days getting longer, it's the perfect time to enjoy the beauty of nature and embrace the Norwegian culture.

One of the highlights of May is the national holiday on the **17<sup>th</sup>**, which is celebrated all over the country with great pride and joy. It's a day when Norwegians honor their constitution, their history, and their culture, and it's a day that brings people together.

On this special day, you will see people in traditional costumes called **bunad**, or suits and dresses. It is customary to carry a Norwegian flag and wear red, white and blue ribbons.

There are also other holidays or “red days” you should know about this month:

**May 1st:** Labour Day  
**May 17th:** Constitution Day  
**May 14th:** Ascension Day  
**May 25th:** Whit Monday

Many people will probably take days off this month to have longer weekends!

## 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 **Monday 15<sup>th</sup>** from **12.30 to 15.00**. 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 May 22<sup>nd</sup>](#). In the registration form you can choose which date you want to sign up to.

*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.*

## Holiday planning

Norway has the second longest coastline in the world, and that is worth exploring. You can find many great offers for hotels, travel, and other activities online.

If you have started planning your summer holidays, make sure you have private travel insurance that covers you (and your family) before heading out.

All holidays must be cleared with your leader/head of department.

## Tjenestesenter

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@lonnskoret.uib.no](mailto: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!

### Do you know about BUA?

BUA is a national non-profit organization dedicated to making it easier for everyone to try out a wider range of activities without increasing consumption.

Since the early 1990s, equipment centers have existed in municipalities where sports and outdoor equipment are loaned out for free. Make sure to check them out, you might find what you need for your next adventure!

### Holidays and shops' opening hours

Generally, most shops will be closed, or will close early, on "red days". Make sure to check the opening hours of the shops near you and get everything you need for the upcoming red days!

## Events in Bergen

UiB Language Café for Students and PhD's - Every other Wednesday throughout the semester.

**17<sup>th</sup> of May:** Norway's National Day is approaching, and all employees are invited to celebrate the day together with good colleagues. You will receive more information on your email, and you can also check UiB webpages for updates. There is usually a breakfast and a procession. You can also read more about the full program and everything's that happening that day [here](#).

**Bergen International Festival:** A hub for the Northern European arts scene, the festival has a multifaceted program profile renowned for world premieres and new productions of music, opera, theatre and dance. Taking place from the 27<sup>th</sup> of May to the 10<sup>th</sup> of June. [Make sure to check the full program](#).

**The 7-mountain tour in Bergen on the 31<sup>st</sup> of May:** Join DNT in walking over 3, 4 or 7 mountains together with thousands of other hikers. The 7-mountain tour in Bergen is a folk festival, where you get to test your endurance. [Read more about it here!](#)



## 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).