



Courses

Introduction courses

[Part 1 – E-learning](#)

[Part 2 – Introduction – December 11](#)

[Part 3 – Culture – November 24](#)

Introduction to tax

[November 17](#)

[December 1](#)

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

Book an appointment with us through

our [calendar](#).

[Unsubscribe](#) from the newsletter.



Photo: Bergens Tidende

NEWS FROM INTERNATIONAL HR

November 2023

Daylight is becoming scarcer, and you may notice that it is already getting dark by the time you are off work. We recommend that you try to go out for just a few minutes every day to get some daylight. With lack of daylight, we also suggest taking some vitamin D to prevent deficiencies. Norwegians take the supplement “tran” which is cod liver oil. The taste isn't for everyone, but we firmly believe in its health effects!

To lighten up your days, there are several events in Bergen around this time of year. Read more about *Lysfesten*, the Christmas market and *Pepperkakebyen* in this newsletter.

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 and to better understand the tax system. We have this seminar two Fridays per month, from 11:00 to 11:30. The next seminar will be on **November 17th**. [Register in this form to choose which date you want to sign up to.](#)

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 **November 24th** 13:15 to 15:15 and afterwards there will be a light meal for everyone interested. [Read more and sign up here.](#)

Introduction course for new employees

This course is step 2 of our introductory seminars for new international employees. The course will take place on **December 11th** from **12:15 to 15:15**. 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 read more and register [here](#).

Holiday event

December 18th, we invite to our holiday event at 15:00 at the International Centre. We will talk about Christmas traditions in Norway and have some Norwegian Christmas porridge and cookies. [Registration and more information](#)

Read more about the **tax system** in Norway in [our webpages](#).

You will also find important information for you who are **new in Norway!**

Travelling for the holidays?

If you are planning to work for UiB while you are in another country, this must be in agreement with a leader. If you will be working abroad for more than one week, you need a written agreement. This is because most of your rights in Norway is based on that you are physically in Norway. When you are not in Norway, we need an agreement that you still maintain your rights while abroad. This only applies when working from abroad (not taking time off for holidays).

Norwegian course

Application deadline for next semester is December 1st, so remember to sign up before this, [more information here](#).

Once you sign up for the course, we highly encourage you to see it through. The course is usually fully booked, and it is not fair to UiB and other staff/students to take up the space if you do not plan to attempt to complete it.

Vaccinations

Everyone living in Norway can get the seasonal influenza vaccine. It is especially recommended for people with an increased risk of complications from influenza, but it is available to all. If you wish to take it, book an appointment at a pharmacy or contact your GP. If you don't know who your GP is, log into HelseNorge.no (or call them if you are not able to log in).

Your GP can also give you the COVID-19 vaccine if requested.

Events in Bergen

[“Pepperkakebyen”](#) (Gingerbread Town), November 18 – December 31 at Kode – Permanenten. The world's largest gingerbread town with mini houses, cars, trains, and other constructions. Everyone can contribute and it is especially common for schools and kindergartens to contribute. Check prices for tickets.

[“Lysfesten”](#) (Lights Festival), November 25, 16:00 at Festplassen. Participate in the traditional annual opening of the Christmas season, where families are invited to light torches and enjoy music, entertainment, and a magnificent display of fireworks. Note that the town gets very crowded, and it often results in traffic chaos. Free event.

[Bergen Christmas Market](#), December 1 – 22 at Festplassen. The Bergen Christmas Market offers handmade-, homemade-, and edible gifts for all needs. The markets' many food-stalls are offering the very best of Christmas food, bakes, and seasonal flavors. Free entrance.



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.