



UNIVERSITY OF BERGEN

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International Centre

E-mail: euraxess@uib.no

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

[Unsubscribe](#) from the newsletter.



Photo: Bergensavisen

NEWS FROM INTERNATIONAL HR

November 2024

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

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 **11.00 to 11.30**. [The next seminar will be on November 15th](#). 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 **Thursday December 5th** 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.

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 **Thursday December 5th** from **15.30 to 17.00**, after the orientation course. We will offer snacks and drinks. Sign up [here!](#)

Visit to Gingerbread town - Pepperkakebyen

We are organizing a visit to Gingerbread town on **November 27th** **16.00**. As we will be purchasing tickets and have limited capacity, please sign up in advance! [Use this form before November 19th](#) and we will send you a confirmation of your spot and more information on the arrangement.

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.

Get established in Bergen

Once you have had your meeting with the Tax Administration and/or police at SUA, it is important to make sure you have your name clearly marked on your mailbox to receive mail sent from them. If you have not heard from them within one month after your appointment, you may contact them directly.

Once you receive your ID number and access to the Self-Service Portal (DFØ), make sure to update your contact information, as well as your next-of-kin.

Make sure to always use your private email address when you contact public offices. This is to ensure that even when you leave UiB, you can receive important information from them.

Norwegian course

Application deadline for next semester is **November 28th** so remember to sign up before this. You can find 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).

For new employees

When you receive your **Norwegian ID number**, remember to send it to 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!

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.

For more information about the schedule and classes UiB employees are asked to [register on this form \(excel\)](#).

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, that is open until 6.00 pm.

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 16, 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

November 22 – December 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.