



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: Bergens Tidende

NEWS FROM INTERNATIONAL HR

November 2025

As the days grow shorter, you might notice it's already dark when the workday ends. We encourage you to step outside for a few minutes each day to soak up some daylight. With limited sun exposure, it's also wise to consider taking vitamin D. Many Norwegians swear by "tran": cod liver oil. The taste isn't for everyone, but its health benefits are well known!

To brighten the season, Bergen offers several cozy events. In this newsletter, you'll find more about Lysfesten, the Christmas market, and Pepperkakebyen.

Upcoming events at the International Centre

Dual Career seminar: 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 labor 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 December 3** from **12.30 to 15** at the UiB NG5 building. Make sure to sign up [here!](#)

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 December 9** from **13 to 15.30**. 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 **Tuesday December 9 from 15.30 to 17.00**, after the orientation course. Sign up [here!](#)

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

The Academic Gingerbread Town at UiB

To celebrate UiB's 200-year anniversary, students and staff [are invited to help build a unique gingerbread town at the University Museum](#). The project highlights values like academic freedom and democracy, and each gingerbread house can represent your field or what matters most to you.

Pick up dough and kits from KA in NG5 starting November 3, join the decorating workshop on November 17, and deliver your creations by November 21. The town opens on December 1, and the public is invited to a festive Christmas Saturday on December 6.

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.

Christmas party

As the holiday season approaches, most departments and institutes will be hosting their own Christmas parties. If you receive an invitation, make sure to accept it if you'd like to join! These gatherings usually include good food, music, dancing, and a chance to celebrate with colleagues before the end of the year.

Norwegian course

Application deadline for next semester is November 28th, so remember to sign up before this

Once you sign up for the course, we highly encourage you to see it through. The course is usually full, 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.

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.

To register your ID number and tax information at UiB, please **send your ID number as soon as you receive it to the payroll office at post@lonnskontoret.uib.no**.

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.

If you move within Norway, or leave Norway, make sure to always **update your address**.

For more information about arriving and establishing in Norway, please see our **website for incoming staff**.

For new employees

When you receive your **Norwegian ID number**, remember to send it to post@lonnskontoret.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!

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).

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).

Events in Bergen

Pepperkakebyen (Gingerbread Town)

November 15 – January 11 at byROMMET, Kong Oscars gate 26.

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 15, 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 21 – 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.