



UNIVERSITY OF BERGEN

Courses

Introduction courses

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

[E-learning](#)

[Orientation Course – October 30th](#)

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: VisitNorway

NEWS FROM INTERNATIONAL HR

October 2024

As the days are getting shorter, it is becoming more important to use a **refleks**. A refleks can loosely be translated to a reflector and it increases visibility in the dark by reflecting light. Refleks is important in Norway, as shown by the event “**Refleksdagen**” which is on **October 17th**.

Daylight Saving Time is on **October 27th**, and the clock will be set back one hour resulting in less daylight in the evenings but an extra hour of sleep on the 27th

31st October is Halloween and although it is not as widely celebrated as in some other countries, people may dress up in costumes, children go trick or treating, and some houses and businesses decorate with spooky themes.

Upcoming events at the International Centre

Daytrip to Norheimsund!

You and your family are welcome to join us to a trip to [Norheimsund](#) on Saturday October 26th. A charter will take us there, and we'll be having some stops on the way to visit some beautiful places. More information will be sent out to the ones that sign up for the trip. [Register 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 October 4th](#). 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 Wednesday **October 30th** 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 **Wednesday 30th of October from 15.30 to 17.30**, after the introduction course, at Sydneshaugen room. We will offer snacks and drinks. Sign up [here!](#)

Building international networks

Want to learn even more about gaining international experience as an early-stage researcher? Join UiB Ferd Career Centre at [Boost your career by building international networks](#) **October 2nd** from **09.00 to 11.30**.

World mental health day seminar

Join the English seminar about the mental health national campaign that is celebrated across the country from weeks 39-42 each year. It will take place on **Wednesday 16th of October** from **08.30 to 09.15** in the **auditorium** at the **Amauer Hansens Hus**.

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@lonnskottoret.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.

Have you moved into a new collective and need kitchen utensils? Are you moving and have collected various things you no longer need? Take a trip to Byttebua, UiB's sustainable exchange market. Here you can deliver useful things and pick up things you need for free! Read more [here](#).

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!

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.

AUTUMN BREAK

Autumn break in primary and secondary schools is in **week 41** (in Bergen and Vestland). This holiday was originally called The Potato Break as the farmers' children needed a break from school to help their parents harvest the potatoes. The children are no longer harvesting potatoes, but we kept the holiday nonetheless 😊

Events in Bergen

The annual [Bergen International Film Festival \(BIFF\)](#) is the largest film festival in Norway and is held from **16th to 24th October**. There are many documentaries, and international films so check out their program online!



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.