



UNIVERSITY OF BERGEN

Courses

[Onboarding courses](#)

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

[E-learning](#)

[Orientation Course – October 22nd](#)

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: Colourbox

NEWS FROM INTERNATIONAL HR

October 2025

As the days grow shorter, it becomes even more important to wear a **refleks**. A refleks, a small reflector, makes you visible in the dark by reflecting light from cars and streetlamps. Norway takes visibility seriously: this year, **Refleksdagen** will be marked on **Thursday, October 16th**, reminding everyone to stay safe in the dark.

Don't forget that **Daylight Saving Time ends on October 26th**. Clocks will be set back one hour, which means darker evenings but also the bonus of an extra hour of sleep that day.

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 October 3](#). 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 22** 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 **Wednesday October 22** from **15.30 to 17.00**, after the orientation course. Sign up [here](#)!

AI: How to develop chatbots for research and teaching purposes?

In this workshop, we will explore how LLM-based chatbots can be developed for research and educational purposes, both as part of a larger service such as an archive and on a smaller scale. [Read more about it here!](#)

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.

Eurocard

UiB has [a credit card agreement with Eurocard](#) and wants all employees that have business trips to apply for this credit card. This is a credit card with company liability, but it is issued in the employee's name. There is no annual fee associated with the card. The card can only be used for travel-related expenses for UiB

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@lonnskoretet.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@lonnskoretet.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!

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



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](#)**.

Events in Bergen

[UiB Language Café for Students and PhD's](#) - Every other Wednesday throughout the semester.

[Bergen spiser](#): At the restaurant festival Bergen Spiser, a large selection of the city's many different restaurants offer dishes at a fixed price of NOK 100/125/150. From October 3 to 12.

The annual [Bergen International Film Festival \(BIFF\)](#) is the largest film festival in Norway and is held from **15th to 23th 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.