



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: Colourbox

NEWS FROM INTERNATIONAL HR

September 2024

Autumn is coming and it is starting to show!

The days are slowly becoming shorter, and the temperature is dropping. September 22nd is Høstjevndøgn (autumn equinox), and on this date, day and night is the same length due to the sun being directly above the equator.

September 26th is the *Day of the Fårkikål*, which is one of our favorite dishes for autumn. It roughly translates to lamb-in-cabbage, so the ingredients are quite clear. Try it for yourself, for example with [this recipe from Meny!](#)

Upcoming events at the International Centre

How to start a business in Norway

Want to start your own business in Norway? Or maybe you have a partner or friend who is interested? Startup Migrants is arranging a 3-day intensive course about everything you need to know to get your business started. The course is free and is from **September 6th to 8th**, more details can be found [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 August 22nd](#). 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 Tuesday **September 10th** from **12.30 to 15.00**. 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 [step 1 \(short e-learning course\)](#) 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 10th of September from 15.00 to 17.30**, after the introduction courses, at Sydneshaugen room. We will offer snacks and drinks. Sign up [here](#)!

Mobility Seminar

Are you planning a research stay outside of Norway? Join our online mobility seminar taking place on **September 17th** to learn about practicalities and necessary steps of planning a research stay abroad. You can register [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**.

Norwegian language course

The Norwegian language courses have started, and if you haven't register, you can contact studynorwegian@uib.no to see if there are still available spots for you to join.

We strongly suggest that you take the time to learn the Norwegian language! For many positions it is even mandatory to learn it.

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](#).

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.

Events in Bergen

Bergen Food Festival and Norwegian Cider Festival: In the heart of Fjord Norway for a culinary journey. Wander through Bergen's vibrant city centre and discover an array of local food artisans showcasing their culinary creations at their stands, taking place **on 6th and 7th of September**.

Beer festival: on the **13th and 14 of September**, you will find a representative selection of small and large, new and old, local and national breweries at Hallen USF.



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.