



# UNIVERSITY OF BERGEN

## Courses

[Onboarding courses](#)

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

[E-learning](#)

[Orientation Course – September 9<sup>th</sup>](#)

## Tips

[What's on – Visit Bergen](#)

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[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](mailto:euraxess@uib.no)

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

[Unsubscribe](#) from the newsletter.

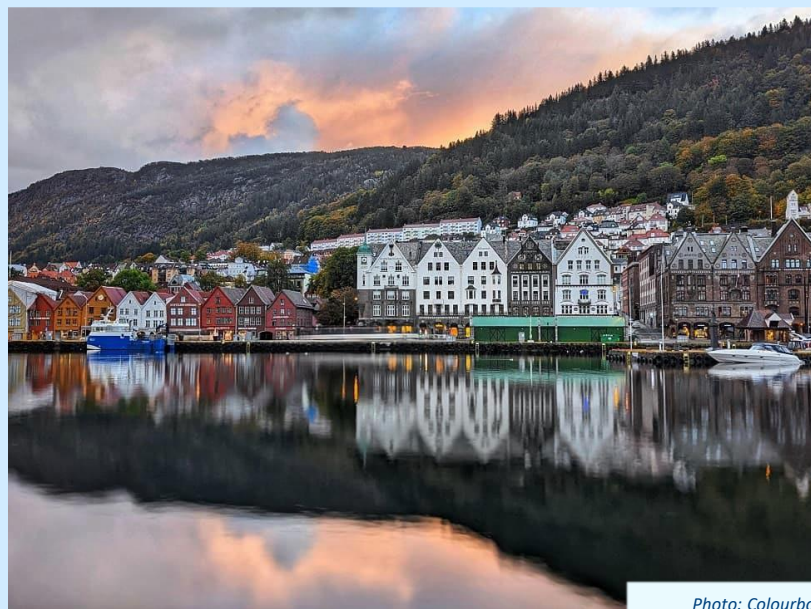


Photo: Colourbox

## NEWS FROM INTERNATIONAL HR

September 2025

Autumn is coming and it is starting to show!

The days are slowly becoming shorter, and the temperature is dropping. September 22<sup>nd</sup> 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 25<sup>th</sup> is the ***Day of the Fårikål***, 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

### **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 September 19](#). 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 9<sup>th</sup>** from **12.30 to 15.00**. 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 September 9<sup>th</sup>** from **15.00 to 17.00**, after the orientation course. 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 11<sup>th</sup>** to learn about practicalities and necessary steps of planning a research stay abroad. You can [register 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

## Erasmus funding

Erasmus+ mobility for training gives employees the possibility to receive training, new knowledge and new experiences. Staff mobility may also contribute to increased international cooperation between UiB and other institutions

## 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](mailto: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](#)**.

### For new employees

When you receive your **Norwegian ID number**, **remember to send it to [post@lonnskottoret.uib.no](mailto: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!

## 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 Matfestival**: Tasteful local food made between the mountains and fjords in Fjord Norway. On September 5 and 6.

**Kulturnatt**: on September 12<sup>th</sup>, museums, galleries, and concert venues are open and free from 6pm to midnight.

**Bergen Ølfestival**: This year, you will find a representative selection of small and large, new and old, local and national breweries. On September 12 & 13



## 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](mailto:euraxess@uib.no).