



UNIVERSITY OF BERGEN

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International Centre

E-mail: euraxess@uib.no

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

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NEWS FROM INTERNATIONAL HR

Summer 2025

The spring semester ends the 20th of June, and people will already start their holidays. Many companies in Norway have '**fellesferie**', where all employees take their holidays simultaneously, typically in July. This means a quieter period from mid-June to mid-August.

Don't miss the bonfires and festivities for **Sankthans** (St. Hans) on **June 23rd**, a traditional Norwegian Midsummer's Eve celebration. Norway has a lot to offer, and we hope you get the opportunity to explore some of Norway's beautiful destinations this summer!

Schools and after-school care have different starting dates, but at UiB, the autumn semester begins on **11th August**.

Our next newsletter will be in August, with information about courses and seminars taking place during the autumn semester.

Wishing you a wonderful summer filled with relaxation and memorable experiences!

Upcoming events at the International Centre

Summer meet-up!

We would like to invite all international employees to an afternoon outdoors on **June 26th at 15.00**. We will let you know more about where we are going a few days before the event. Family and friends are welcome! [Read more and 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 June 20th](#). 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 9th** 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 9th from 15.00 to 17.00**, after the orientation course. We will offer snacks and drinks. Sign up [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.

Insurances in Norway

In Norway, you can decide yourself what type of private insurances you need. While the public healthcare system covers most medical expenses, many have private insurance for additional coverage.

It is **strongly recommended** to have a **home content insurance**. This will insure your personal belongings in your home (in case of theft, fire, water leakage or similar, also if you get displaced due to one of these issues). You can purchase insurance through UiB trade union [Trade unions at UiB](#) | [Employee Pages](#) | [UiB](#) that usually offers a discount, directly from an insurance company, or through your bank. As a state employee and a member of Statens Pensjonskasse (SPK), you may have specific insurance options available through SPK, so it's worth exploring these as well.

Suggestions for day trips:

Make sure to get to know some beautiful places near Bergen this summer! You can go to these places by car or public transportation:

- Tælavåg, Øygarden
- Herdla, Askøy
- L yngheisenteret, Seim
- Spurkeland Vikinggard, Seim
- Steinsdalsfossen (waterfall), Norheimsund
- Brudesløret waterfall, Kinn (Hardanger)

For new employees

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

Looking for a cozy hiking destination?

Check out the [Day Trip Cabins \(Dagsturhyttene\)](#) across Vestland! These small, scenic cabins are open to everyone and are perfect destinations for short hikes year-round. Bring a friend, enjoy nature, and discover new spots near your home.

Activities in and around Bergen this summer:

[Summer camp for kids](#), by Bergen kommune
[Kayaking courses](#) at Puddefjorden Kajakklubb
[Museums](#)
[Beaches](#)

Things to do in Bergen

- 1. Explore Bryggen:** Wander through the historic Bryggen area with its narrow alleys and wooden houses. This UNESCO World Heritage site offers a glimpse into Bergen's medieval past. Enjoy a coffee at an outdoor café while admiring the sunlit buildings and Mount Ulriken in the backdrop. Visit the Hanseatic, Bryggen, and Theta Museums for deeper historical insights.
- 2. Visit the Fish Market:** Located in the heart of Bergen, the Fish Market has been a bustling hub since the 1200s. From May to October, savor freshly cooked seafood at outdoor dining spots. Don't miss the market's vibrant atmosphere and the unique flavors of the Norwegian coast.
- 3. Ascend to the Mountains:** Take the Fløibanen funicular up to Mount Fløyen for stunning views and outdoor activities. Enjoy the playground, picnic areas, and the historic Fløyen Folkerestaurant. For a longer hike, trek from Fløyen to Mount Ulriken, or take the Ulriken cable car for breathtaking panoramas.
- 4. Walk Through Bergen:** Discover Bergen's compact city center on foot. Explore narrow streets and wooden buildings, shopping areas like Torgalmenningen, and the Nordnes peninsula with its charming boutiques and cafes. Visit Nordnesparken and Bergen Aquarium for family-friendly fun.
- 5. Enjoy Outdoor Dining:** On sunny days, dine al fresco at various locations including Bryggen, the Fish Market, and USF Verftet. For a unique experience, take a boat to Cornelius Sjømatrestaurant on Holmen for a seafood meal by the sea.
- 6. Kayak Through History:** Paddle through the historic waters near the Norwegian Museum of Fisheries. Borrow a kayak to enjoy the scenery and help keep the harbor clean by collecting rubbish.
- 7. See Bergen from the Sea:** Board the "First Player" sailboat for a guided tour of Bergen from the water. Alternatively, take the Heritage Mini Cruise to the Norwegian Fisheries Museum for a shorter adventure.
- 8. Visit Troidhaugen:** Explore the Edvard Grieg Museum Troidhaugen, the former home of the famous composer. The site includes Grieg's villa, composer cabin, and concert hall. Enjoy concerts and learn about Grieg's life and music.
- 9. Experience Old Bergen Museum:** Step back in time at Old Bergen Museum, a reconstructed wooden town from the 1800s. Actors in period costumes bring history to life. During summer, enjoy family activities and swim at nearby Sandviken Sjøbad.
- 10. Discover Lysøen:** Visit Lysøen island and Ole Bull's Villa. Enjoy beautiful nature trails, unique architecture, and historical insights into the life of the famous violinist. Swim at the island's beaches if you're brave enough for the cold water.
- 11. Klatreparken Høyt & Lavt Bergen:** Just south of Bergen, this climbing park offers ziplines and trails for all ages. Perfect for an adventurous family outing.
- 12. Byfjellene Hikes:** Explore Bergen's city mountains like Fløyen and Ulriken. For an extended adventure, hike Løvestakken and Lyderhorn for breathtaking views.
- 13. Nordnes Sjøbad:** Enjoy a heated pool and sunbathing at this central outdoor pool in Nordnesparken. It's a popular spot on sunny days.
- 14. Stoltzekleiven:** Challenge yourself with a steep hike up Stoltzekleiven. The ascent is tough, but the views and sense of accomplishment are worth it.
- 15. Zipline at Ulriken:** Experience Norway's fastest zipline on Mount Ulriken. It's an exhilarating way to see Bergen's highest mountain.
- 16. RIB Safari:** For a thrilling adventure, try a RIB safari. These high-speed boat tours offer a unique way to explore the fjords and coastal landscape.

Events in Bergen

UiB Language Café for Students and PhD's - Every other Wednesday throughout the semester.

University Museum: As part of the 200th anniversary celebration, all employees can visit the University Museum for free. Just show your employee card at the entrance and [enjoy the exhibitions!](#)

Bergen Pride: The Regnbuedagene (Rainbow Days) festival offers political debates, art shows, concerts, youth-events, film screenings, a colourful parade and different social events throughout Norway's second city. [It will take place from the 13th to the 21st of June.](#)

Bergenfest: In recent years, [Bergenfest](#) has firmly established itself as a modern music festival of both national and international interest. You can see who is performing and buy your tickets [here!](#)



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.