



Courses

Introduction courses

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[Newsinenglish.no](#)

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[Uibdoc](#) – Independent group for

connecting PhDs and postdocs at UiB

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Welfare

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[Other welfare offers](#)

International Centre

E-mail: euraxess@uib.no

Book an appointment with us through

our [calendar](#)

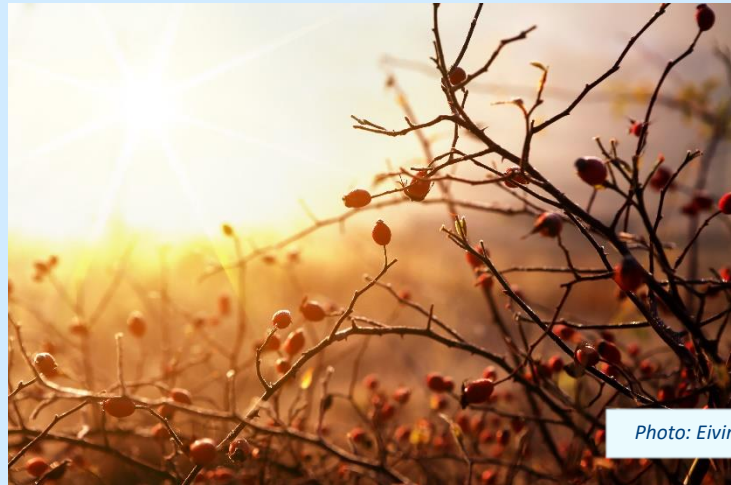


Photo: Eivind Senneset, UiB

NEWS FROM INTERNATIONAL HR

September 2023

Autumn is coming and it is starting to show! The days are slowly becoming shorter, and the temperature is dropping. September 23rd 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 28th 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!](#)

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 😊

Upcoming events at the International Centre

Introduction to tax

Sign up and join us for an online informative meeting about how to **pay tax in Norway**. This is useful if you are moving to Norway, shifting between Norway and other working countries, or working from abroad. We have this seminar **two Fridays per month**, from **11:00 to 11:30**. The next seminar will be on **September 22nd**. In the registration form you can choose which date you want to sign up to. Read more [here](#).

Introduction course for new employees

This course is step 2 of our introductory seminars for new international employees. The course will take place on **October 13th** from **12:00 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](#).

Read more about the **tax system** in Norway in [our webpages](#).

You will also find important information for you who are [new in Norway!](#)

Moving to Norway

We hope you have seen our [webpages with information for incoming international staff](#). Here we have gathered information about arriving in Bergen and your first days here. If any information is missing, we would very much appreciate your feedback.

Please note that important documents may be sent to you by regular post from Norwegian authorities. Make sure your mailbox is clearly labelled with your name.

Digipost

A lot of mail contains sensitive information that can't be sent to you by regular email. In Digipost you can receive important information from both public and private senders. The service is free of charge, but you must have MinID or BankID. You can read more on [digipost.no](#).

Norwegian course

The Norwegian courses have started, and if you haven't register, you can contact Studynorwegian@uib.no.

We strongly suggest that you take the time to learn the Norwegian language!

For new employees

- Remember to send your Norwegian ID number to post@lonnskoret.uib.no. This also applies when you receive your Norwegian bank account number.
- If you need to book an appointment with us to go through questions about a specific case, you can do so in our [calendar](#).

Events in Bergen



[Bergen Ølfestival](#) on the 15th and 16th of September. This year, you will find a representative selection of small and large, new and old, local and national breweries.



[Laxevaag Beer Festival](#) September 30th



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.

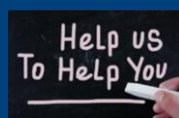


Photo: Colourbox