



## Courses

Introduction courses

[Part 1 – E-learning](#)

[Part 2 – Introduction – October 13](#)

Part 3 – Culture – TBD

Introduction to tax

[October 20th](#)

[November 3rd](#)

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

Book an appointment with us through

our [calendar](#).

[Unsubscribe](#) from the newsletter.



Photo: Colourbox

## NEWS FROM INTERNATIONAL HR

October 2023

As the days are getting shorter, it is becoming more important to use a *refleks*. A *refleks* can loosely be translated to a reflector as it is something that increases visibility in the dark by reflecting light. *Refleks* is important in Norway, as shown by the event "[Refleksdagen](#)" which is 21<sup>st</sup> October.

Daylight Saving Time is 29<sup>th</sup> October, and the clock will be set back one hour – resulting in less daylight in the evenings but an extra hour of sleep on the 29<sup>th</sup>.

31<sup>st</sup> October is Halloween and although it is not as widely celebrated as in some other countries, people may dress up in costumes, children go trick-or-treating, and some houses and businesses decorate with spooky themes.

# 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 helpful 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 **October 20<sup>th</sup>**. [Register in this form to choose which date you want to sign up to.](#)

## 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 13<sup>th</sup>** from **12:15 to 15:15**. 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](#) (even after the deadline has passed).

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

You will also find important information for you who are **new in Norway!**

## 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 post 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 to the payroll office at [post@lonnskoret.uib.no](mailto:post@lonnskoret.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](#).

## Norwegian course


Application deadline for next semester is December 1<sup>st</sup>, so remember to sign up before this, [more information here](#).

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.

## Need help?

→ If you need to book an appointment with us to go through questions about a specific case, you can do so in our [booking calendar](#).

## Events in Bergen

 The annual [Bergen International Film Festival](#) (BIFF) is the largest film festival in Norway and is held from 18<sup>th</sup> to 26<sup>th</sup> 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](mailto:euraxess@uib.no).