

INTERNATIONAL STUDENT GUIDE



Autumn 2011

The International Student Guide is a comprehensive and updated leaflet of what the city of Stavanger and the University of Stavanger can offer you as a student. The guide also provides you with useful information on facilities and services at the university campus.

As a new international student in Norway and at the University of Stavanger, we encourage you to read the Guide carefully before arriving at the University and use it actively during your stay in Stavanger, as most of the information you need is in the guide.

PUBLISHED: July 2011
EDITOR: International Office/UIS

Norwegian **Emergency Numbers**

Fire 110
Police 112
Ambulance 113

Table of Contents

Welcome to the University of Stavanger	5
The City of Stavanger	6
The University of Stavanger.....	7
CHAPTER 1 Travel to Stavanger	8
1A Getting Here	8
1B Departure Check-list.....	9
CHAPTER 2 Being a Student	11
2A Academic Conduct (Exams at the UiS)	11
2B Academic Calendar.....	12
2C Mandatory Orientation Week	12
2D The University Campus.....	13
2E The University Library	13
2F Internet Facilities at the UiS	13
2G Disability and Special Needs	14
2H Requests for Official Transcripts of Academic Record.....	14
CHAPTER 3 Registration Procedures	15
3A Visa and Residence Permit	15
3B Renewal of Residence Permit.....	17
3C Norwegian ID-number (<i>Personnummer</i>)	18
3D Family Reunification.....	18
3E Registration at the UiS and Registration Fee.....	19
CHAPTER 4 The Student Welfare Organisation SIS	20
4A Accommodation	20
4B Kindergarten	22
4C Health Service.....	22
4D Cafeterias.....	23
4E Bookstore	23
4F Sports Centre	23
4G SiS Economic Support.....	24
CHAPTER 5 Student Organisations	25
5A Main Student Organisations	25
CHAPTER 6 Living in Norway	26
6A Language.....	26
6B The Country and its People	26
6C Climate	27
6D Clothing.....	27
6E Transportation.....	28
6F Religion	29
6G Sports and Leisure	30
6H Culture and Entertainment	31
CHAPTER 7 Financial Matters	33
7A Cost of Living.....	33
7B How to Save your Money.....	33
7C The Norwegian Bank System	34
7D The Norwegian Postal System	34
7E Part-time Employment.....	35
7F The Norwegian State Educational Loan Fund (<i>Lånekassen</i>).....	36
7G Insurance	37
CHAPTER 8 Health Matters	38

8A Medical Insurance	38
8B Compulsory Tuberculin (TB) Control.....	39
8C General Information	39
CHAPTER 9 Practicalities.....	41
9A Public Holidays.....	41
9B Weights and Measures	41
9C International Country Calling Codes.....	41
9D Mobile phone/SIM card	42
CHAPTER 10 Useful Contact Information.....	43
Distances.....	47

Welcome to the University of Stavanger

Dear International Student,

It is a pleasure for me to welcome all international students to the University of Stavanger. UiS has over the past years experienced an increasing interest from students from all over the world to come to Stavanger for their education. Most of our foreign students choose study programmes in petroleum and offshore technology or in hotel and tourist management. A large group of international students is the NOMSA-students who are taking a one year course in Norwegian language and culture. UiS also receives an increasing number of exchange students from all over the world.

Regardless of which study programme you belong to, I hope you will find your studies both interesting and challenging, and that you will enjoy your stay in Stavanger. UiS' main objective for their students is to offer study programmes with high quality and research based education in a good and stimulating learning environment.

During your stay in Stavanger I also want to recommend all the students to take part in different student activities depending on your personal interests and what you like to do in your leisure time. You can choose among a lot of organizations related to sports, music and student politics.

I hope that the time you spend at the University of Stavanger will be important for you both as part of your academic and personal development.

Once again, welcome to our university!

Marit Boyesen
Rector

The City of Stavanger

Stavanger is the fourth largest city in Norway, with a population of 125 000. Stavanger is situated on the south-western coast and was once the centre of Norway's canning industry. Today, Stavanger serves as the capital of the Norwegian oil sector. Marine resources are also an important source of income for the city and the surrounding Rogaland County.

Despite the solid basis for economic growth created by the local oil industry, Stavanger has not lost its special flavour. It remains a pleasant community, combining the intimacy of a small town with the facilities of a much larger city – along with easy access to some of Norway's finest countryside. Three beautiful lakes, Breiavatnet, Mosvatnet and Stokkavatnet, popular for recreation and sports, are all located between five minutes and one hour walk from the city centre.

The old town, *Gamle Stavanger*, close to the Department of Music and Dance in *Bjergsted* Park, is a pristinely preserved area of wooden warehouses, narrow clapboard houses, and cobbled streets that were once home for seamen and merchants. The main square, *Torget*, is located only a few meters from the city harbour and accommodates one of the very few open-air fruit and vegetable markets in Norway where you can buy produce directly from local farmers every working day through the year. *Skagen*, on the eastern side of the harbour, is a mix of narrow streets and white-timbered houses covering the area once occupied by medieval Stavanger. At the top stands Valberg Tower, a nineteenth-century fire watch offering a sweeping view over the city. The only relic of medieval Stavanger and Norway's oldest is the twelfth-century cathedral Stavanger Domkirke situated in the heart of the city overlooking Breiavatnet and in front of the bustling *Torget* market.

For centuries Stavanger has been an international city in terms of business and population. In recent years the city has also emerged as an international cultural city, culminating in The European Union Council designating Stavanger as the European Capital of Culture for 2008. As a result, artistic and cultural life has flourished - people from all parts of the world live here and approximately 150 nationalities are represented in the region. We invite you to explore what the city and the surroundings have to offer.

Please, visit these links to learn more about Stavanger and its surrounding region:

www.regionstavanger.com

www.stavanger-web.com

The University of Stavanger

The University of Stavanger (UiS) has about 8500 students and 1200 administration, faculty and service members. The university is organised in three faculties, the Museum of Archaeology and includes two national centres of expertise.

Faculty of Arts and Education

Department of Education
Department of Early Childhood Education
Department of Cultural Studies and Languages
Department of Music and Dance
National Centre for Behavioural Research
National Centre for Reading Education and Research

Faculty of Social Sciences

Department of Media, Culture, and Social Sciences
Department of Social Studies
Department of Health Studies
Norwegian School of Hotel Management
Department of Business Administration

Faculty of Science and Technology

Department of Petroleum Engineering
Department of Electrical and Computer Engineering
Department of Mathematics and Natural Science
Department of Mechanical, Structural Engineering, and Materials Sciences
Department of Industrial Economics, Risk Management, and Planning

The three faculties are committed to inspire and support the ambitions of faculty members by offering more doctoral studies, professorships, and associate professorships. A close and active partnership has been established with local industry, public administration, and multinational companies. The aim of such collaboration is to offer Norwegian and international students the best possible education and overall experience at the University of Stavanger.

Please, visit our website www.uis.no

CHAPTER 1 Travel to Stavanger

1A Getting Here

Most international students travel to Stavanger by air. The city can also be reached by train, ferry, bus or car.

BY AIR

Stavanger Airport Sola is situated 15 km from downtown Stavanger, and offers international and national direct and connecting flights to most Norwegian and European cities. The airport offers daily connections to Bergen, Oslo, Trondheim and Kristiansand (Norway), London, Copenhagen, Amsterdam, Paris and Frankfurt.

More information and schedules are available at:

www.avinor.no/en/airport/stavanger

www.sas.no

www.norwegian.com

www.wideroe.no

Taxis are available at the airport, but be aware that it is a costly option. Expect to pay around 250 - 350 NOK to the city centre/student dorms.

The Airport Express Coach operates between the airport and Stavanger city centre with departures every 20 minutes. One way ticket is 95 NOK and return ticket with one month validity is 150 NOK. More information and schedules are available on www.flybussen.no

BY RAIL

Stavanger Railway Station located in downtown Stavanger, next to the bus terminal *Byterminalen*, offers daily long distance connections to Kristiansand (3 hours) and the capital city of Oslo (8 hours) and local connections to Sandnes, Bryne and Egersund.

More information and schedules are available on www.nsb.no

BY FERRY

Fjordline offers frequent departures to Hirtshals (Denmark) Travelling by boat may be less expensive than travelling by air and might allow you to bring more luggage.

More information and schedules are available on www.fjordline.no

Flaggruten offers daily departures to Bergen via Haugesund and Stord, cities along the western coast north of Stavanger.

More information and schedules are available on www.tide.no

BY BUS

Lavprisekspresen offers frequent departures between Bergen-Stavanger and Oslo-Stavanger. More information and schedules are available on www.lavprisekspresen.no

BY CAR

If you plan to come to Stavanger by car, we recommend using one of the many route planners available on Internet, such as www.stavanger-guide.no.

If you have your own car, please be advised that parking lots free of charge are available on campus and near the dormitories for students and visitors *but* only in designated areas. Maps with designated parking areas on campus are available on

www.uis.no/student_life/

1B Departure Check-list

Use these lists to help you remember important matters as you prepare to depart.

THINGS TO DO WELL IN ADVANCE OF LEAVING

- Read the information in this International Student Guide **carefully**
- Submit your Student Dormitory Reservation Form to the International Relations office within the deadline if you plan to live in the student dorms. For updated deadlines see www.uis.no/student_life/practical_information/accommodation/
- Make your travel arrangements
- Check our web page http://www.uis.no/student_life/practical_information/ for continuously updated information for international students, including the programme for the mandatory Orientation Week for all new international students at UiS.

ESSENTIAL ITEMS TO BRING WITH YOU TO NORWAY

- Valid passport
- Copies of passport
- Passport photos
- Tickets/travel documents
- Cash, preferably in Norwegian currency kroner (NOK). Minimum NOK 1000.
- VISA/Master Card/ACCESS and/or traveller's cheques. USD and EURO can also be easily exchanged.
- Phone numbers and email addresses of emergency contacts at home
- Visa granted by UDI (if applicable)
- Your Letter of Admission from the University of Stavanger
- Original diplomas and transcripts of previous education, including English translation (ERASMUS and Nordplus students are exempted)
- Citizens from EU/EEA countries must bring valid insurance or forms E-111/E-128 or European Health Insurance Card
- Citizens from non EU/EEA countries must bring proof of insurance

- Insurance arrangements for any accident, illness, injury, loss or damage to persons or property
- Translated prescriptions for medications you take and a fresh supply of prescription medicines. Please note that the exact prescription drug may not be available for you in Norway

OTHER ITEMS TO PACK

- Necessary items for the bedroom like bed linen/sleeping bag (can also be purchased at IKEA/Jysk at a reasonable price).
- Clothes and shoes that are suitable for cold weather in the winter and for wet autumns (see chapter 6 for more information)
- Adapters for electrical appliances, if necessary (Norwegian standard outlets use 230 volts)
- Favourite recipes and items for sharing your culture with others: music, photographs etc.

CHAPTER 2 Being a Student

Being an international student can be great! Making friends, going out, being free, but you should not forget that you are here to study. It is important that you are aware of the following:

FREEDOM AND RESPONSIBILITY

Norwegian students enjoy great independence, something that can be confusing and difficult to deal with for students unfamiliar with this type of educational system. Attendance in class is not always compulsory (with some exceptions) but students do have to hand in their assessments/essays on time. Students study at home or at the university and prepare independently for exams. They make good use of learning resources such as the library, *It's learning*, etc. UiS encourages every student to start working regularly with their subjects early in the semester in order to be able to prepare as much as possible for the exam period at the end of the semester.

INFORMALITY

The UiS believes in an informal study environment. Small seminars and working groups constitute essential parts of the study programmes. Additionally, people generally call each other by first name in Norway. Norwegians are informal, easy going, transactional and direct. However, informal does not mean unprofessional. At the UiS we work to have an ambiance of respect between the university staff and the students. One way of showing this is not to disrupt the teacher when lecturing or to listen when a fellow student is talking and always switch off the mobile during a lecture or while in the university study rooms.

ACTIVE PARTICIPATION

The UiS promotes and protects academic freedom based on explanations and understanding, critical thinking, openness and reflection. Students are encouraged to participate actively in scholarly and social debates. As a student at the UiS you should be organised and prepared for your lectures/tutorials or labs. Read all the necessary materials in advance, in order to be able to actively participate in a discussion with your teacher. Do not feel intimidated. Get involved and ask questions! Approach your advisors or teachers to discuss your concerns. They are there to help you.

2A Academic Conduct (Exams at the UiS)

All exam regulations and guidelines are published on <http://student.uis.no/>. All students are personally responsible for keeping themselves informed about exam regulations, instructions and changes in exam dates, time and place. Exam dates are announced on the *Student Web* and *It's learning* at least three weeks before the exam period. Please be advised that

- Students must be present in the exam room at least 15 minutes before the exam starts. Bags and other items must be placed in designated areas of the room.
- Candidates must have a valid photo ID-card on their desk until control and distribution of candidate numbers have taken place. Please note that without a valid photo ID-card, candidates will not be admitted to the exam.
- At the beginning of the exam, a brief presentation of practical arrangements will be given.
- Allowed exam aids, such as dictionaries, may not contain loose pages/sheets, notes etc. Marking and highlighting is allowed. Exam aids that are not allowed or

that contain notes etc. will be confiscated. If this is discovered after the start of the exam is announced, it will be considered an attempt at cheating.

- Cheating and attempts at cheating will immediately be reported to the exam office, and will result in expulsion from the exam. Consequences of proven cheating or attempts at cheating will be dealt with separately by the university.
- Candidates who are ill and unable to present themselves for the exam must submit a medical certificate no later than five days after the exam.
- Remember that plagiarism is considered intellectual theft in Norway and whenever you use other people's work preparing a project or writing an essay, be loyal to the sources you use and document them. Include all references in your bibliography and check whether the information is correct. Ask your supervisor which citation style should be used and be consistent in using it. Plagiarism will have severe consequences for your status as a student at the UiS, and you may risk permanent expulsion.

Each semester International Office organises a meeting on exam procedures and plagiarism in English for all international students.

2B Academic Calendar

The Academic Calendar for the Autumn semester 2011 is the following:

- Semester start: August 22 2011
- Exam period: Week 46 - 51
- Public holidays 2011: Christmas Day (December 25), Boxing Day (December 26). Please note also that most shops, grocery stores, public offices etc in Norway are closed on Sundays. See chapter 9.
- End of Autumn semester: End of December

Please visit our website for an updated version of the Academic Calendar:

http://www.uis.no/student_life/practical_information/

2C Mandatory Orientation Week

Every semester a mandatory Orientation Week is held for all international newcomers. The orientation has been designed to help international students settle into life both at UiS and in Norway. It consists of sessions concerning both academic and practical issues (registration, exams, tutorials) as well as social events, information about the town, region, health system, residence permits etc. During the Orientation Week you get the opportunity to meet your fellow students in more relaxed and informal settings - for instance on a bus trip around Rogaland region! Orientation Week is mandatory for all new international students and students should dedicate these days to the programme.

Please note that the Orientation Week does not provide information about your academic activities (i.e. classes, time table, seminars, exam dates etc), but you will meet your international coordinators who will address these issues.

For questions related to your academic activities, please contact the international coordinator of your faculty. For contact details see chapter 10.

For practical questions related to the Orientation Week, please contact admissions@uis.no

2D The University Campus

Visitors approaching the university often stop on the way simply to enjoy the view. To the east you will see Ryfylke, with its snow-covered mountains towering above a shimmering, blue fjord, and to the west the historical bay of Hafrsfjord where Norway was unified in 872 AD. It is said that on a good day, one can almost see all the way to England. For traffic reasons, this stop is not advisable – but this tells us something about the university's location and natural surroundings. Ullandhaug was chosen as the location for the future University of Stavanger in the beginning of the 1960s. No less than 300 acres were reserved for the university campus of the future - a testimony to the far-sightedness that characterises our university culture today.

From Stavanger city centre you can reach the university campus in less than ten minutes by car, and only a few minutes longer if you prefer to take the bike. Public transport is also an efficient option with frequent departures to and from the campus area.

All faculties are located at Ullandhaug (main university campus) with the exception of the Department of Music and Dance, which is located in idyllic surroundings in the city centre, near the Stavanger Concert Hall in Bjergsted Park.

2E The University Library

The University Library (UL) consists of three departments, one at Ullandhaug, one at the archaeological museum and one in Bjergsted Park, near Stavanger city centre. UL offers among others:

- Around 250 000 printed and more than 20 000 electronic books, such as subject books, research reports, reference works, public information, statistics etc.
- Around 8000 electronic and printed academic journals
- Sheets of music, records, video recordings, and DVDs
- National and international newspapers
- Full text databases containing books, journals, newspapers and reference works
- Subject databases that support the studies and academic disciplines of the university
- Fiction, drama and poetry in Norwegian, English, German, and French

The UL at Ullandhaug is open Monday – Thursday 08:00 – 19:00, Friday 08:00 – 17:00, and Saturday 10:00 – 14:00.

The UL at Bjergsted Park is open Monday – Thursday 09:00 – 18:00, and Friday 09:00 – 15:00.

The UL at the Archaeological Museum is open Monday – Thursday 09:00 – 15:00.

2F Internet Facilities at the UiS

The UiS provides wireless connection in all campus buildings, as well as stationary computers and printers in the Arne Rettedal building. Printing is free of charge and paper can be requested at the Student Information Desk at the main entrance of the Arne Rettedal Building.

2G Disability and Special Needs

Some students may need help during their time at the UiS. If you seek assistance early, you increase the possibility of receiving the necessary assistance.

The UiS strives to provide all the students with equal opportunities. Assistance is given to any student who requires special assistance or equipment during his/her studies or exam period. Remember to communicate your needs within the given deadlines (01.09/01.02) and provide necessary medical documentation. All the faculties have a contact person for students requiring special assistance. In order to check the opportunities, please contact our student advisor who will assess the type of assistance you can be offered. The office is located in the Arne Rettedal building – ask at the Student Information Desk. For more information, please go to: www.uis.no/study_programmes/additional_needs

2H Requests for Official Transcripts of Academic Record

The University of Stavanger does only print your Transcript of Records on request.

Log in to [StudentWeb](#) with your 11-digit ID and PIN. Go to “Orders”→“Examination transcript”. Please note that the transcript will be sent to the address registered in the StudentWeb. Hence, if you are currently not a student at the University of Stavanger you may need to update your home address.

If you have recently taken an exam, you should await ordering the transcript until your examination results have been announced (in StudentWeb). The transcript will be issued in approximately one week.

If your home university requires that the transcript be sent directly to their Registrar Office etc, you can make this request to studeksp@uis.no. Please state your name, student number or 11-digit ID and address of the recipient.

When ordering a transcript of records in English, an explanatory text of the Norwegian grading system will be included.

The service is free of charge.

DIPLOMA / CERTIFICATE

Diplomas are issued routinely to students who have completed their university degree within regular time. A Diploma Supplement in English will be enclosed.

CHAPTER 3 Registration Procedures

3A Visa and Residence Permit

Most students need a visa to enter Norway and a residence permit for the period of their stay in the country. If you have any doubt regarding the visa or residence permit application please contact the nearest Norwegian Embassy/Consulate or go to www.udi.no. You will find an up-to-date list of Norwegian Embassies at www.norway.info.

We have divided the useful information according to the country you come from. Please, read the relevant information carefully.

STUDENTS FROM NON-EU/EEA COUNTRIES

Students from non EU/EEA countries need a student visa in order to enter Norway. Students are advised to contact the nearest Norwegian Embassy or Consulate for information on procedures immediately after receiving the *Letter of Admission*. Visa application form, entitled *Application for work and residence* is available on <http://www.udi.no/Norwegian-Directorate-of-Immigration/Oversiktsider/Application-forms/Application-forms-for-students/>The paper application form is also available through your local Norwegian Embassy or Consulate. The processing may take up to three months and UDI (Norwegian Directorate of Immigration) encourages all the students to apply as early as possible. Please note that staff of the **International Admissions Office cannot assist you** in your enquiries on the visa application process. You can call the Norwegian Directorate of Immigration (UDI) at **+47 23 35 16 00** or write an email to ots@udi.no. See also: www.udi.no/Norwegian-Directorate-of-Immigration/Contact-UDI/

Please note that you will have to enclose the following documents:

- A true copy of your Letter of Admission
- Study plan/course combination downloaded from the university's webpage
- Confirmation of deposit transfer/financial documentation
- Questback confirmation with your accommodation application
- 2 recent passport photographs
- Your birth certificate
- A copy of your passport (all pages)

You will have to pay a visa application fee and attach a fee receipt for paid fee to the application package. Please take care of the receipt and if possible, bring it to Norway. If you submitted your application by June 1, it will be given priority and be processed before the beginning of the academic year in Norway.

The *Application for work and residence* requires information about your address in Norway. As your correspondence address will first be known upon arrival, please provide the visiting address of the university:

The University of Stavanger
Arne Rettedal's building
Kjell Arholmsgt. 41
4036 Stavanger - NORWAY

The same form (page 3) requires *Company registration number*. Please use 971564679 for the University of Stavanger.

Please note that as mentioned before, the UDI requires documentation showing how your stay will be financed. The minimum requirement is approximately NOK 90.000 per year. As the amount may increase from year to year, we advise all students to check www.udi.no for the exact amount.

- Scholarship holders will have this information outlined in the *Letter of Admission* and do not need to show that they actually have this amount of money
- Self-financing students will receive guidance on the Deposit Scheme for self-financing international students at the University of Stavanger with the Letter of Admission

Once you arrive in Stavanger, you are required to contact the local immigration office at the Stavanger Police Station **within seven days after your arrival in Norway**. You will receive a stamped residence permit in your passport. The residence permit is valid for one year. You will be informed about this procedure in our correspondence and during the Orientation Week.

When you are granted your first student residence permit in Norway, you are automatically granted a permit to work part-time in addition to your studies. This allows you to work up to 20 hours per week and take full-time work during ordinary holidays.

The Immigration Office at Stavanger Police Station is located in Lagårdsveien 6, e-mail: post.rogaland@politiet.no, phone (+47) 51 89 90 00.

STUDENTS FROM EU/EEA COUNTRIES

Students from EU/EEA countries do not need a visa to enter Norway, but they are required to arrange their residence permit within three months after their arrival in Norway. Students have to apply for a residence permit/register online. Applicants who have registered online at selfservice.udi.no must appear **in person** at the Service Centre for Foreign Workers in Stavanger in order to complete the registration. This procedure is free of charge and has to be completed within three months after arrival in Norway.

How do I register?

1. Have your passport ready – you will need its number
2. Select 'Create user account' Follow the on-screen instructions to submit the application. Please ensure that the personal details recorded in the application are identical to those in your passport
3. Visit the Service Centre for Foreign Workers located in Lagårdsveien 46, in the office of "Skatt vest". You will have to present your passport, reference number from your online registration, Letter of Admission, European Health Insurance Card/private insurance and personal declaration stating that you have sufficient funds (finances) to support yourself in Norway.

Please note that the sooner you visit the Service Centre, the quicker you receive the residence permit. The procedure may take up to 3 months. We will tell you more about this procedure during the Orientation Week.

Exemption from applying for a residence permit

The following categories of students are exempted from applying for a residence permit:

- Students from Nordic countries (Sweden, Finland, Denmark, Island)

- Students from EU/EEA countries who plan to stay in Norway for a period shorter than 90 days

3B Renewal of Residence Permit

STUDENTS FROM NON -EU/EEA COUNTRIES

Students staying in Norway for more than one year have to apply for renewal of residence permit. The process should start at least one – two months before the residence permit expires. You were automatically granted a part-time work permit when you were granted a first-time residence permit as a student. However, when you apply for a renewal, the police or the UDI (Directorate of Immigration) must evaluate your progress before such a part-time work permit is granted again. You must document satisfactory progress in your studies in order to continue to work part-time. This requirement is met by enclosing a statement from the University of Stavanger with the renewal application. Therefore, you will have to apply for you renewed work permit separately (*Søknad om tillatelse til deltidsarbeid og arbeid i ferier*). The statement from the UiS must contain information about your study progress, whether you should be allowed to work in addition to you studies and, if relevant, how many hours per week you can work. This statement is required because it is the studies, not the work, that is to be the main purpose of your stay in Norway. The form should be printed out and filled out by the student before it can be signed by the UiS. **Master's** degree students should ask their faculty coordinator to fill out point 3, **NOMSA** students should contact the Student Information Desk at AR-building after their final exam result is announced. Once you are ready with your exams and are able to present your **current transcript of records** (can be either ordered by StudentWeb or collected at the Student Information Desk), you are ready to apply for renewal of your residence permit.

Note! The new electronic registration procedure and payment have to be completed before you visit Stavanger Police Station!

In January 2010 a new internet based Application Portal was launched where students have to apply for a renewal of their residence permit online. Applicants who have **registered online** at selfservice.udi.no must appear **in person** at the Immigration Office at Stavanger Police Station, which is located in Lagårdsveien 6, email post.rogaland@politiet.no, phone (+47) 51 89 90 00.

How do I register?

1. Have your Norwegian ID-number ready together with your passport– you will need both your DUF-number from your previous residence permit and your passport's number. You will also need your VISA/MasterCard in order to pay the fee of NOK 1100,.
2. Select 'Create user account' Follow the on-screen instructions to renew your student residence permit. Please ensure that personal details recorded in the application are identical to those in your passport. Additionally, you will need the following information:
 - Choose "Rogaland Police District – Immigration Office"
 - Visiting address of the UiS is: Kjell Arholmsgt. 41, 4036 Stavanger
 - The University's organisation number is: 971 564 679.
 - The UiS phone and e-mail: +47 51 83 10 00, admissions@uis.no

Having registered electronically, you must now deliver the following documents to the Immigration Office at the Stavanger Police Station:

- Copy of valid passport
- Transcript of records from the UiS
- Confirmation of enrolment at the UiS
- A statement from the UiS about whether part-time work will delay your study progress, and, if relevant, how many hours per week the institution feels that you can work without your studies suffering (necessary for *Application for part-time work and holiday work* -only if you want to renew your part-time work permit in Norway)
- Documentation that you have sufficient funds to support yourself for the whole period covered by the permit, if granted, and an overview of the balance of your account in a Norwegian bank on the first day of every month for the past six months

If you changed your study programme mentioned in your original residence permit, you must also submit a new Letter of Admission and the new curriculum/study plan.

3C Norwegian ID-number (*Personnummer*)

A Norwegian ID-number is needed in order to

- Inform the authorities about your address in Stavanger
- Open a bank account
- Obtain a tax card for work
- Automatically become a member of the Norwegian Health Insurance Scheme (Folketrygden).
- Buy a SIM card (for mobile phones)

Please note that in general the application for ID-number can be submitted only after the residence permit has been granted.

STUDENTS STAYING FOR MORE THAN SIX MONTHS

If you plan to stay in Norway for more than six months, you need to apply for the ID-number by registering with the National Registry (*Folkeregisteret*). The process of obtaining the ID-number can take up to 6 weeks. We will inform you about the procedure during the Orientation Week.

STUDENTS STAYING FOR LESS THAN SIX MONTHS

If you plan to stay in Norway for less than six months, you are not eligible to apply for an ID-number. We will give you further information about this issue during the Orientation Week.

3D Family Reunification

Family reunification for students from non-EU/EEA countries is a time-consuming process that can take about eight - ten months and in many cases can be difficult to achieve. It is a matter to be planned well in advance. Students need to guarantee financial support and housing annually. As a main rule, family immigration is only granted if the student is studying at a higher level (Master's or PhD degree) and has at least one year left of

his/her education. Applications for family immigration with a person who is going to study in Norway can be submitted along with the student's residence permit application. However, the application will be processed after the student has been granted a residence permit in Norway.

For more details, please check www.udi.no.

3E Registration at the UiS and Registration Fee

ALL STUDENTS

All students are required to participate in the obligatory Orientation Week, in order to receive the necessary information and participate in the essential, practical procedures at the university. These procedures include:

- Student card (this is not valid without a receipt for paid semester fee)
- Registration online via *Student Web* and *It's learning*
- Payment of the semester fee (not necessary for students participating in the Erasmus and Nordplus programmes or students on bilateral exchange agreements). Invoice will be handed out to the relevant students during the Orientation Week
- Confirmation of study plan online, via *Student Web* (only full degree students)

CHAPTER 4 The Student Welfare Organisation SIS

The Student Welfare Organisation - SiS (*Studentsamskipnaden i Stavanger*) – manages student accommodation, a kindergarten, health services, cafeterias, a sports centre, and a bookshop. Furthermore, it provides financial support to several student organisations. The SiS head offices are located on the main university campus, in the Kitty Kielland building. Opening hours are **Monday – Thursday 08:30 – 15:30, Friday 08:30 -15:00.**

For all questions concerning the issues mentioned above you can visit SiS website: www.sis.uis.no or contact them by email sis@sis.uis.no or by phone (+47) 51 83 33 00.

4A Accommodation

SiS housing is owned and operated by the Student Welfare Organisation in Stavanger (SiS), and international students are given priority for a single room in the student dormitories.

The price is approximately NOK 2500-4500 per month. The rooms are fully furnished and most of them have free broadband Internet connection.

Please note that:

- The capacity of student housing is limited. Consequently we regret that **there is no housing guarantee**
- Contracts usually cover one or two full semesters, and full semesters only (five months¹). **It is not possible to terminate a contract during the first semester**
- There are **no family flats available** to international students. International students will be offered a single room with common kitchen and shared bathroom
- International students cannot swap their room with another person in the dorms, nor change dorms without the approval of SiS Housing. This is due to security reasons
- A change in the study plan, in the date of arrival or departure has to be immediately reported without delay

Reception Opening Hours of the SiS Housing reception: **Monday - Friday 08:30 -15:30**

BEFORE ARRIVAL

APPLICATION PROCEDURES AND DEADLINES:

In order to apply for student housing, you must submit an on-line application form within the deadline.

- **May 1st** for the autumn semester (August – December)
- **November 1st** for the spring semester (January – June)

Please note: Specific deadline applies to applicants for a degree programme in English (Master) or Norwegian Language and Culture. You will receive information regarding the

¹ Exception: Minimum rental period of three months can be given to students following Comparative Educational Studies and approved academic internship programmes (nursing, social work and laboratory).

application procedure and application form for accommodation together with the Letter of Admission.

WHAT SHOULD YOU BRING?

- As no kitchen and cooking utensils are available in the student dorms, you have to bring your own or purchase the items upon arrival. An economic option if you decide to buy the items upon arrival is the department store IKEA. IKEA offers free bus service from Stavanger Bus Terminal every Saturday. Visit www.ikea.no to learn more about their selection.
- No duvet, pillow and towels are available at the student dorms.
- If you want to buy second-hand utensils, Fretex offers a selection of used and cheap utensils (selection will vary). There are two Fretex shops, one located in Vaisenhusgata 5 (map: <http://kart.gulesider.no/m/aht08>) and one in Langflåtveien 15 (map: <http://kart.gulesider.no/m/ahtX0>).

UPON ARRIVAL

MOVING INTO AND LIVING IN THE STUDENT DORMS

You can collect the information folder containing your housing contract and your key from a stand in Arne Rettedal building during the specified Arrival Days. **The stand is open only between 09:00 and 21:00, and only during the Arrival Days.** If you arrive outside the stand's opening hours, you must wait until the next day to collect your folder. The actual dates of the Arrival Days vary each semester. Updated information is published on our website under *Orientation Programme*.

Students who fail to arrive during the specified Arrival Days must send an e-mail to admissions@uis.no and make an appointment for collecting their housing contract and key.

CONTRACT

In order to move into your room, you must sign the housing contract enclosed in the information folder. The contract is a binding legal document which outlines rules and regulations that you are expected to follow. Read the contract carefully. Make sure that you understand and accept the conditions outlined in the contract before signing it. Should you wish to extend your lease with SiS Housing (to another date than the one indicated in the contract), you must do this **before 31 October /15 April every year.**

LAUNDRY

When moving in, you will be given a key for your dorm and room. You will also receive a laundry card. Your usage of the laundrette will be added to your housing invoice the following month.

PHONE & INTERNET

If available, your phone will receive incoming calls only from other SiS Housing telephones. Should you wish to open your phone to be able to make and receive external calls, you need to make a deposit of NOK 2000.

You must bring your own laptop if you would like Internet access in your room. If you have an old laptop, you might need a wireless network card that can be purchased at SiS bookstore.

PLEASE NOTE THAT NOT ALL ROOMS ARE EQUIPPED WITH PHONE AND/OR INTERNET ACCESS.

DURING YOUR STAY

RENT

You are personally responsible for paying your own rent. An invoice will be sent to your accommodation address 15 days prior to deadline of payment. Please note that the rent must be paid from the first day of the contract, regardless of whether you move in on a later date. Furthermore, contracts usually cover one or two full semesters, and full semesters only. It is not allowed to terminate a contract during the first semester.

The rent varies according to size and standard of the rooms, but is approximately NOK 2500 – NOK 4500 per month (heating and electricity included).

Please note that the SiS Housing office does not accept direct payment of the rent in cash or by credit card. The rent can be paid by taking the invoice and payment to a bank or post office. The bank or post office will charge a fee for their services.

The rent can also be paid from abroad, but you will then need to use the following information to make the transfer:

- Bank account: **32010740745** (SiS) (No space between numbers)
- Bank address: Sparebank 1 SR-Bank, Postboks 250, N-4066 Stavanger, Norway
- IBAN: **NO3732010740745** (No space between numbers)
- BIC: **SPRON022**

LEAVING

As long as all bills are settled upon departure and your room is checked, you are set to leave. Should you leave your room untidy and unclean, you will be asked to clean before departure. Please give notice of your departure well in advance.

4B Kindergarten

SiS owns and operates a kindergarten (SiS barnehage) for children from 0 - 6 years of age. It is located in beautiful surroundings adjacent to the campus. The kindergarten specializes in outdoors activities, which means that the children spend most of the time outside.

Please note:

- You can find more information at www.sis.uis.no
- **You must be enrolled as a student at the UiS**
- **New students must apply by 1 July**
- If you want to keep your place at the kindergarten, you must reapply by 15 February and 1 August every year.

4C Health Service

During your student life at the UiS, you may need to talk to a professional counsellor. SiS offers help from a social worker, two psychotherapists, and a registered nurse. The service is free of charge, and should you want an appointment, you will be guaranteed one within two weeks.

The registered nurse at SiS offers counselling in reproductive health matters and can provide you with contraceptive advice, information about sexually transmitted diseases, tests for Chlamydia, as well as prescriptions for contraceptive pills. Her office is located in

the Kitty Kielland building, where you can drop by for more information or counselling. Check also www.sis.uis.no.

Students consulting a medical doctor, a dentist, and a physiotherapist or having to pay for special medicines can get 40% of their expenses refunded by SiS on the condition that they bring the original receipts. For information details or appointment, check www.sis.uis.no.

For further information regarding health matters, please see chapter 8.

4D Cafeterias

SiS runs eight student cafeterias, five of which are strategically located on the main campus and three at our satellite schools. Healthy menus, including vegetarian alternatives, are available, bearing in mind that most students live on tight budgets. The main cafeteria is located in the Kjølvs Egeland building. The opening hours are Monday -Thursday **08:00 - 18:30**, Friday **08:00 - 15:00**.

Please note that the cafeterias are closed on Saturdays and Sundays.

At SiS cafeterias you can buy anything from a light breakfast to a hot meal. Here you can find a list with some prices:

- Sandwich/baguette NOK 22 and up
- Pasta NOK 30 and up
- Slice of pizza NOK 15 and up
- Piece of cake NOK 15 and up
- Juice NOK 15 and up
- ½ litre bottle of water NOK 15 and up
- Hot meal NOK 45 and up

4E Bookstore

SiS Bok is the university bookshop and is owned by SiS. It is located in the middle of the campus in the Kitty Kielland building and here you can get all the books on your syllabus, in addition to study materials and literature.

The profit from the bookstore goes back to you as a student since SiS can provide cheaper housing, better cafeterias, and sponsorship to different student activities.

SiS Bok is open from Monday to Friday **08:30 – 15:30**. Tuesday **08:30 – 17.30**. (Extended opening hours at the beginning of each semester in August and January).

You can also visit the online store at www.sisbok.no.

4F Sports Centre

SiS also runs a Sports Centre, which offers a full-size handball court, climbing wall, a bouldering wall, a bodybuilding /fitness area of 600 m², two aerobic halls with a total area of 400 m², spinning hall of 100 m², two squash halls, multipurpose rooms for different student activities, offices for the student athletic organisations, and meeting rooms. The website www.sissportssenter.no offers information in English.

The opening hours are the following(subject to change):

Monday – Thursday **06:30 – 22:00**

Friday **06:30 – 21:00**

Saturday **10:00 – 18:00**
Sunday **12:00 – 20:00**

SiS Sport Centre is located on campus, beside the Kjølvs Egeland building and is the biggest in Rogaland County.

4G SiS Economic Support

Extracurricular activities can be of great importance for academic results. SiS cooperates with the UiS to create a stimulating learning environment and gives financial support to various student unions, clubs, and associations. Support may also be granted for new activities taken by students.

More information is available on www.sis.uis.no .

CHAPTER 5 Student Organisations

5A Main Student Organisations

STOR

The Student Organisation (StOr) represents all students at the UiS. StOr focuses on students' welfare and rights, culture and political issues as well as the overall quality of education. It is organised on different levels according to the different activities at the university. The highest level is the student parliament with a total of 15 student members. The President and Vice-President work full time, so that the students can have a better experience at the UiS. StOr also fights for the individual student's rights.

At the beginning of the semester in August, StOr arranges *Fadder*, the mentor programme for all new students at the UiS. The mentor programme is important for a good introduction to student life. This programme gives the opportunity to get to know new students and previous students at the UiS and to become familiar with the university campus. As a great deal of information is given during this week, it is essential that new students arrive in time to participate in the entire programme.

Contact information:

www.stavangerstudent.no

Email: stor@stor.uis.com

Phone: (+47) 51 83 24 02

Office address: Arne Rettedal building, 2nd floor, the UiS Campus

Opening hours (subject to change): Monday – Friday **09:00 – 14:00**

INTERNATIONAL STUDENT UNION

ISU-Stavanger is a branch of ISU Norway, a non-profit organisation run by and for international students. On a national level, ISU works in co-operation with the Norwegian Students' Union (NSU).

ISU is a democratic organisation. Every international student who has a student ID-card and has paid the semester fee is qualified to be a member or a supporter of ISU. Those studying at PhD programs are also included. ISU-Stavanger welcomes any Norwegian student at the UiS who is interested in joining the organisation as well. All members have the right to run for office and to vote.

The main aim of ISU is to ensure that the rights and interests of all international students are suitably represented and protected. ISU identifies the problems faced by international students and tries to find solutions. The second important aim of ISU is to provide and organise international students' social life.

Contact information:

www.isu-norway.no

Phone: (+47) 51 83 25 80

E-mail: isu@isu.no

Office address: Room 212, Pavilion 9, the UiS Campus

Opening hours (subject to change): **Tuesday 10:00 – 14:00** and **Thursday 12:00 - 15:00**

CHAPTER 6 Living in Norway

6A Language

The native language in Norway is Norwegian, but established by law and governmental policy, there are two official forms of *written* Norwegian – ***Bokmål*** (literally "book language") and ***Nynorsk*** (literally "new Norwegian"). *Bokmål* is used by the majority of Norwegians and is a Norwegian adaptation of written Danish, since Denmark ruled the country for some centuries. *Nynorsk* is a standard based on Norwegian dialects and is used mainly in the western part of Norway, where Stavanger and the UiS are situated. There is no officially sanctioned standard of spoken Norwegian, and most Norwegians speak their own dialect in all circumstances.

While staying here, you should take the opportunity to acquire knowledge of the Norwegian language. The UiS offers a **no-credit brief elementary language course in Norwegian for new international students. This course is an introduction to Norwegian language and culture.** You will gradually build up your competence and confidence speaking, reading, and writing Norwegian. More information about this opportunity will be given during the mandatory Orientation Week.

Should you be interested in learning Norwegian at a more advanced level, please check the following websites of private institutions offering regular courses in Norwegian. Be aware that these courses are not free of charge:

- UiS Pluss (<http://www.uis.no/kurs/evu/spraak/>)
- Johannes Læringscenter in Stavanger (<http://www.velkommentiljohannes.no/>)
- Folkeuniversitetet in Stavanger (<http://fu.no/>)

But do not worry; you should be able to get by even with limited or no Norwegian skills as English is a compulsory subject in primary and secondary schools and most Norwegians have a reasonably good command of the language. Many Norwegians also speak German, French or Spanish as their third language. It is important to note that as a foreigner you might find that many Norwegians want to speak English with new international students. Thus, to acquire a good grasp of Norwegian, a lot of initiative is required!

6B The Country and its People

Norway is a land of contrasts. There are four seasons that each offer a changing landscape, new outdoor activities, a different way of living and new experiences. You may even find that people's mood changes with the season! Norwegians are probably easier to get to know on a sunny summer day than when they hurry past each other on a stormy winter day.

Coming to Norway from a completely different culture is in itself a challenge, and it can be difficult to understand the Norwegian code of behaviour. Norwegians are, however, usually very good at answering direct questions. So it is up to you to make sure that you ask questions, not only about the language but also about any cultural situation which may puzzle or confuse you.

At the beginning, most of you will be on the lookout to establish and expand your social

network. The best way is to be outgoing and find opportunities to meet and participate in as many extra-curricular activities as you can.

Foreigners often wonder about the relationship between men and women in Norway, and their code of conduct. Norwegian women are brought up in a society with a strong sense of equality and equal rights. They are also brought up to take responsibility for their actions, and to draw the boundaries of personal space themselves.

In Norway both sexes are accustomed to being together from early childhood. Friendly relationships between men and women are very common, and it is therefore common for Norwegian students of both sexes to live in mixed flats.

More information on www.studyinnorway.no/living_in_norway/norwegian_society

6C Climate

Norway's climate is less severe than might be expected from its geographical location. Thanks to the warm Gulf Stream, most of Norway benefits from relatively mild temperatures. However the climate varies considerably from coastal to inland areas. The coastal regions have a climate with relatively mild winters (7 to -4 degrees centigrade) and cool summers (12 to 20 degrees centigrade). Inland areas have a continental climate with cold winters (-10 to -15 degrees centigrade) and warm summers (15 to 25 degrees centigrade).

Stavanger is situated on the coast and has a climate with relatively mild winters (7 to -4 degrees centigrade) and cool summers (12 to 20 degrees centigrade).

An interesting phenomenon in Norway is the seasonal change in the length of day and night. In midwinter, daylight lasts for less than six hours in the southern part of the country, while in the far north darkness prevails. In midsummer, daylight takes over and there is no "real" night during June and July, even as far south as Trondheim (this cannot be observed in Stavanger, though).

Weather forecast online: www.yr.no and www.freemeteo.com

6D Clothing

Norwegian weather is liable to change from day to day. We suggest therefore that you bring a selection of items, both light and warm clothes that you can layer. This will keep you warm:

- Waterproof/windproof jacket
- Warm jumper or woollen* sweater/fleece jacket
- Warm long underwear (preferably wool* tights)
- Comfortable, warm and waterproof shoes/boots
- Scarves, gloves, hats if you are going to be here in winter – preferably made of wool*

(*A particular property that wool has, is that it will keep you warm not only when dry, but also when you are wet from the rain).

Do not forget to bring an umbrella! Additionally, in autumn and spring you may want to bring waterproof trousers as well as a jacket.

If you are not able to bring along warm clothes from your home country, it is important to have enough money with you to buy suitable clothing for the different seasons. During the mandatory Orientation Week we will give you some tips on where to buy reasonably priced clothing.

6E Transportation

Bus

The bus is a common means of transport for students in Stavanger. All SiS Student dorms are located within walking distance to a bus stop. A monthly bus card gives the right to travel on local buses, within a designated area. A valid student ID-card and proof of semester registration are required to obtain a bus card with a student discount.

The bus company in Stavanger, Kolumbus, has a very informative webpage where you can find all the timetables and check which bus can take you to the destination chosen.

There are several buses coming to the main university campus: 6, 7 and X60.

For further details, check www.kolumbus.no

DRIVING LICENCE

It is advisable to get an international driving licence in your home country before you leave. Ask your local motoring association, or the authorities that issued your original driving licence, for further information. Traffic rules of the road are strict. Keep in mind:

- Drive on the right side of the road
- Use of headlights is required all year round, all day
- Use of seatbelts is compulsory
- Do not drive faster than the allowed speed limit. Speeding fines are high
- Drunken driving is considered a very serious matter in Norway. Penalties are severe. According to Norwegian law, there is a zero tolerance for alcohol consumption for drivers
- Stop each time a pedestrian is planning to cross a street on the zebra crossing

Students from EU/EEA countries who have a valid driving licence do not need to exchange it in order to continue driving in Norway.

If you have moved to Norway and your driving licence was issued outside the EU/EEA in one of the following countries: Australia, Canada, Hong Kong, Israel, Monaco, New Zealand, San Marino, South Korea or the USA you can exchange it for a Norwegian driving licence after passing a practical driving test. This exchange must be made within one year of your taking up normal residence in Norway.

If you have a passenger car licence from Japan, you can exchange it for a Norwegian Category B licence without taking a practical driving test. This also applies to a Swiss driving licence. This exchange must be made within one year of your taking up normal residence in Norway.

For such an exchange to be made, all the conditions stipulated for a Norwegian driving licence must be fulfilled:

- The driving licence must be valid when the application is submitted
- The licence holder must be legally resident in Norway and have a residence permit
- The licence holder must have reached the age stipulated for driving a passenger car in Norway

If you have a driving licence from a country outside the EU/EEA, you must acquire your driving license in the same manner as first-time applicants in Norway. There are some exemptions. For more information please visit www.vegvesen.no. However, you do not have to take the theory part of the course in basic road traffic knowledge, but you must complete mandatory courses in night driving and first aid.

The driving licence must without exception be issued by the applicant's last country of residence.

If you have a Category B driving licence (passenger car) issued in Greenland after 1 January 1995, you can exchange it for a Norwegian driving licence after passing a practical driving test.

Contact a traffic service office to find out what steps you need to take to be allowed to drive in Norway.

Driving as a visitor

People coming to Norway from countries outside the EU/EEA after 1 July 2010 can use their foreign driving licence for up to three months after residence in Norway has been registered before exchanging it for a Norwegian licence. Registration of residence means registration with the Norwegian authorities. These rules apply both to people visiting Norway (tourists, students and the like) and to people who take up normal residence in the country. It is not possible to apply for an extension of driving entitlements after the three months have expired.

More information is available on www.vegvesen.no under *driving licence*.

Taxi: There are several taxi companies available in Stavanger, such as *Rogaland Taxi (+47) 51 90 90 90* and *Miljø Taxi (+47) 51 58 66 66*. However, be aware that taxis are expensive – you should not expect to pay less than NOK 250 for a trip within the city.

6F Religion

Norway has an official Protestant State Church based on the Evangelical-Lutheran religion. Although there is no separation of Church and State, all inhabitants have the right to practice their religion freely. Nine out of ten ethnic Norwegians are members of the State Church of Norway. However, this does not necessarily mean that all are practising their religion. Most Norwegians are nominal members, only occasionally attending church services (every congregation has usually its own service at 11:00 on Sundays). The two other big religious groups are: Roman Catholics (3%) and Muslims (2%). There are many other denominations in Stavanger such as Methodists, Baptists, Pentecostals, Humanist organisations and a small Jewish community.

In Norway, there is full freedom to practice the religion of one's choice. However, many Norwegians consider religion a strictly private matter, and are thus not always prepared to discuss religion. Christian belief is nevertheless the basis of Norwegian law, Norwegian education and the standards of Norwegian public morality. It is mainly in the large cities that you will find synagogues, temples, catholic churches and mosques.

The UiS has a Student Chaplain who is employed by the Church of Norway to assist all students at the UiS, regardless of religion. He is available for counselling, arranges masses, seminars, meetings concerning students, society, and religion. His office is located in the **Arne Rettedal building, 2nd floor, room T-203**.

There is a Silent Room at the university, located in the Arne Rettedal building, 2nd floor, **room V-212**, a place for contemplation for all students who need a quiet minute or a prayer. The room is open to anyone, believers and non-believers.

There is also a praying room for Muslims situated in the Kjølvs Egeland building and a Muslim Student Organisation (MSOS) located in pavilion 9 on the university campus.

Useful links and addresses:

- Church of Norway: <http://kirken.no/english/>, e-mail: post.kirkeradet@kirken.no
- Catholic Church: St. Svithun kirke, St. Svithuns gate 8, http://stavanger.katolsk.no/index_english.htm, e-mail stavanger@katolsk.no
- Stavanger International Church, Seehusens gate 41, www.sic.no, email office@sic.no
- Stavanger Mosque, Store Skippergate 4, 4017 Stavanger, [Rogaland Muslim Society](#)

6G Sports and Leisure

In Norway, many people stay outdoors as much as possible and this is reflected by their hobbies and interests. Outdoor activities are popular among people of all ages. Stavanger and the surrounding region offer many opportunities for various activities. There are opportunities for cycling, fishing, hiking, skating, swimming, bowling, golfing, and more. Wintry weather and snow are uncommon in Stavanger, but just an hour's journey from the city you can enjoy both downhill and cross-country skiing.

STIL is the UiS student sports club. Students who join STIL can participate in various activities, such as aerobics, badminton, basketball, a variety of dance sessions, soccer, golf, and volleyball – to name but a few!

If you prefer being a spectator, Stavanger has several top-ranking teams in different sports: soccer, handball, volleyball, ice hockey – to mention but a few. In addition, there are opportunities to watch trotting at *Forus Travbane*.

When it comes to leisure, you can wander the beautiful beaches of Jæren and see and feel the white sand that stretches as far as the eye can see. The twenty-five kilometres of sandy beaches and the luminous skies are well worth the journey. You can experience Fjord Norway - the Lysefjord, the Pulpit Rock, and Kjerag. Or you can go island hopping to beautiful Rennesøy and Finnøy, to the large petro glyph field on Austre Åmøy or the fascinating, windswept island of Kvitsøy far out towards the ocean.

Useful addresses:

- Stavanger swimming pool (centre)
Phone (+47) 51 50 74 51
- Stavanger swimming pool (Gamlingen)
Phone (+47) 51 91 28 80

6H Culture and Entertainment

Events related to culture and entertainment are announced in the local newspaper *Stavanger Aftenblad* www.aftenbladet.no. Most events are listed under *Kultur* or *Underholdning* (Culture or Entertainment). Many cultural institutions offer discounts for students with a valid student ID-card. Make sure you ask for a student discount when buying or ordering tickets.

STAVANGER CULTURAL CENTRE

Stavanger Cultural Centre, *Kulturhuset Sølvsberget*, offers a wide range of cultural activities. The main contributors are Stavanger public library, one of the biggest public libraries in Norway, and *Stavanger kino* (<http://www.sfkino.no/stavanger/>), Stavanger's movie theatre. The public library offers reading rooms with foreign newspapers and magazines, a film and music department, and a children's department. *Stavanger kino* has 8 rooms and a total of 1076 seats. The movie theatre is the fourth largest in Norway and it shows 250 different movies each year.

CONCERTS AND NIGHTCLUBS

You will find that Stavanger has a thriving nightlife.

Folken is the student society in Stavanger, well known for its great concerts. It is located in the big, yellow building in Løkkeveien across Clarion Hotel. Thursday night is students' night at *Folken*. *Folken* was founded in 1988, when the students in Stavanger finally got a house they could call their own. Since then it has been the centre of student activities in Stavanger and it also hosts events such as festivals, performances, debates, and parties. There is also a cafe called *Akvariet*. It is open on a daily basis. In *Akvariet* you can have a cup of coffee, listen to music, read newspapers etc.

Folken is run by students. Nearly 300 students work on a voluntary basis to keep the place constantly packed with great offers and events.

For more information, visit www.folken.no

In addition, there are numerous other opportunities for enjoying live music or dancing in one of the bars and clubs downtown. *MaiJazz* is an annual jazz festival taking place in May, featuring national and international artists.

For more information, visit www.maijazz.no

CLASSICAL MUSIC

Various classical concerts are held at Stavanger Concert Hall. In addition to classical offerings, Stavanger Concert Hall hosts a variety of other cultural events. Classical music may be played at churches and other venues throughout downtown Stavanger as well. The International Chamber Music Festival (ICMF) is an annual event, taking place each August, featuring both national and international artists.

For more information, visit www.icmf.no

THEATRE

Every year, Rogaland Theatre presents approximately 12 productions on four different venues: *Hovedscenen*, the main auditorium with 375 seats; *Intimscenen*, a black box studio with an average capacity of 70; *Kjellerteatret*, a small black box studio in the cellar and *Turnhallen* where the number of seats varies.

For more information, visit www.rogaland-teater.no

MUSEUMS

There are many museums in Stavanger, the two newest are the Norwegian Petroleum Museum and the Children's Museum.

For more information see chapter 10.

FESTIVALS AND TOURNAMENTS

Throughout the year, and especially during the summer and early autumn, there are numerous festivals and tournaments in and around Stavanger.

Visit www.regionstavanger.com/en for updated information about what's on in the Stavanger area.

CHAPTER 7 Financial Matters

In order to avoid a cash-flow problem while staying in Norway, you are advised to bring an international credit/debit card. You should have enough money available to make it through the first four weeks.

7A Cost of Living

Norway is one of the most expensive countries in the world. International students will find that prices are very high in comparison with prices in most other countries. Accommodation, food, and transport are all expensive. Recreation and entertainment are also expensive, but your student ID-card entitles you to certain discounts on bus fares, theatre tickets, etc. The discount may vary from 10% to 50% depending on the business/shop.

It is estimated that you will need a minimum of around **NOK 9000 per month** in order to cover all your expenses.

Remember that during your first semester, you will use a substantial amount of money for setting up your room and for buying suitable clothing for the Norwegian climate.

7B How to Save your Money

As you will discover soon, food and clothing are expensive in Norway. Here you have some tips:

- Buy your groceries at the cheapest grocery stores, such as Rema1000, Kiwi, Prix, Obs!, and Rimi
- Groceries at petrol stations or other kiosks are usually expensive
- Bring a packed lunch instead of buying it at the cafeteria
- Limit eating out at cafes or restaurants to special occasions
- Limit the purchase of alcoholic beverages and cigarettes (not only good for your pocket, but also for your health!)
- Several Asian stores sell non Norwegian food and the prices are reasonable

Reasonably cheap clothing stores are Hennes & Mauritz, Lindex, Cubus, and KappAhl Reasonably cheap shoe stores are Økonomi Sko and Din Sko

MISCELLANEOUS

- Buy necessary household items at IKEA. Free bus service every Saturday from downtown Stavanger
- Buy telephone cards at international groceries or use Skype to phone home
- Use walking, cycling, or taking the bus as your means of transport. Limit the use of taxi
- Kvadrat is one of the biggest shopping centres in Norway (accessible by bus)
- Amfi Madla is the biggest shopping centre near the university (Madlakrossen)
- Fretex is the biggest second-hand chain in Norway, owned by the Salvation Army. You can find books, glass, arts and crafts, bedclothes, clothes, bicycles and sport equipment, suitcases, antiques, insoles and heavy socks etc. (www.fretex.no and check link *butikker*)

- Sparkjøp in Hillevåg is also a reasonable option for both household articles, clothing, and cosmetics

IMPORTANT: Stores and shopping centres in Norway are closed on Sundays.

7C The Norwegian Bank System

In Norway it is possible to open a bank account **ONLY** after you have received your Norwegian ID-number from the National Registry. The UiS cooperates with a local bank in order to help the students obtain a bank account. The prerequisite is that you delivered a valid passport copy (as required by the International Admissions Office) within the deadline. Students who do not need a Norwegian ID-number may open a bank account on their own.

During the Orientation Week you will get information on how to open a bank account.

Students staying for more than six months: after you have received your Norwegian ID-number, you can apply for internet banking and visa card.

Students staying less than six months (no need of Norwegian ID-number): you can apply for internet banking and visa card as well. The bank will generate for you a D-number after one month from the opening of your bank account.

There are many banks in and around the city of Stavanger. Opening hours are usually **09:00 – 15:30** in the winter, and in the summer they usually close half an hour earlier. On **Thursdays**, banks may be open until **17:00**. All banks are closed Saturdays and Sundays. There are automatic teller machines (ATM) in service 24 hours a day.

Please note that banks charge for almost every transaction and service, including using ATMs outside opening hours. In order to avoid a cash-flow problem while staying in Norway, you are advised to bring an international credit/debit card. You should have enough money available to make it through the first four weeks.

Self-financing students from non-EU/EEA countries who transferred around NOK 90 000 as deposit, will get the money back as soon as they open a bank account. This procedure takes some time however, we therefore **strongly recommend** you to bring enough cash, traveller's cheques or an international credit/debit card to cover living expenses for the first month.

If you need to transfer money abroad, you will require the following information:

- SWIFT-code (the banks code)
- IBAN-number (European countries)
- Account number (all countries)
- Full name and postal address of the bank and the receiver

7D The Norwegian Postal System

The Norwegian state owns the Norwegian Post, which offers a wide range of facilities, including banking services and exchange of foreign currency. If you want to exchange money at the post office, remember to bring your passport!

Students who have just recently moved to Norway and Stavanger, have to register with the *Norway Post* (Norwegian postal bureau) in order to receive mail/post.

In order to register you should do the following:

- Call the toll free number (regular costs from mobile) 810 00 710 (Monday - Friday **08:00 – 18:00**, Saturday **09:00 – 14:00**)
- Have your full address ready: street name and number, dorm room number, postal code
- Press key two - you will then be transferred to an operator who speaks English and can take your message
- After three - five days this will have been registered at the local post office

Alternatively, you can go directly to the central post office in Stavanger located in the city centre, Haakon VII's gt 9 (opening hours Monday - Friday **09:00 – 18:00**, Saturday **10:00 – 15:00**) with your full address and your passport. See www.posten.no/Portal/English

7E Part-time Employment

When you are granted your first-time residence permit as a student at a Norwegian higher education institution you are also granted a part-time work permit automatically. This permit allows you to work up to 20 hours per week. You may be granted a permit to work full-time during your holidays. However, remember that part-time work and holiday jobs are difficult to find. **Therefore, students should not plan to partially fund their studies in Stavanger through paid part-time work.**

STUDENTS FROM NON EU/EEA COUNTRIES

A fee is charged for the residence permit application as a student, but you do not need to pay a separate fee for the part-time work permit. A part-time work permit is granted for the duration of the residence permit as a student. When you apply for a renewal of the residence permit, the work permit is not automatically renewed. To get your work permit renewed, you are required to submit a statement from the UiS with your application. The statement declares whether part-time work will interfere with the progress of your studies. The reason for this is that your studies, and not the work, should be the main aim of your residence in Norway.

STUDENTS FROM EU/EEA COUNTRIES

The permit is issued for the same length of time as your studies, for maximum one year at a time. The student work permit entitles the holder to work up to 50 percent of full-time during holidays.

More information about work permits for students is available on www.udi.no under studies and part time work

ALL STUDENTS

If you get a paid job in Norway you will need a bank account and a tax certificate (*skattekort*) in order to receive your salary. You have to contact the tax office in Stavanger, located in Bergelandsgate 30. Toll free number from land line (in Norway) **800 80 000** - wait for reply from an officer and ask to speak in English. Office hours: Monday - Friday **09:00 – 15:00**. See www.skatteetaten.no

THE CAREER AND COUNCELLING CENTRE AT THE UIS

The UiS has established a Career and Counselling Services where students can receive advice about career opportunities, part-time work, etc. The office is located in the Arne Rettedal building near the main entrance.

More information is available on student.uis.no/english/career_centre/

There are some types of jobs you can apply for, even if you do not speak Norwegian - but speaking English is a necessity. Here are some examples:

- Newspaper delivery
- Cleaning
- Warehouse work
- Production work within industry
- Work in restaurants/pubs/cafeterias, e.g. cook, waiter, dishwashing (particularly in restaurants/pubs with a profile from your native country)
- Businesses with English as working language (e.g. big international companies)
- Travel-business: guide/courier (here it is an advantage to master several languages)
- Seasonal work in agriculture (e.g. picking strawberries)
- Packing of fruit, books, etc.
- Forwarding and transportation
- Park service/gardening
- Providing private services (gardening, baby-sitting, maintenance work, cleaning, handiwork)

7F The Norwegian State Educational Loan Fund (Lånekassen)

Lånekassen is the Norwegian State Educational Loan Fund, and since 1947 it has supported Norwegian and foreign students through loans. The loan covers the cost of studying in Norway and has to be partially repaid at the end of your studies.

In order to apply for financial support you need:

- Residence permit (this does not apply for citizens from the Nordic Countries)
- Admission to the UiS

STUDENTS FROM CENTRAL AND EASTERN EUROPE, CENTRAL ASIA AND DEVELOPING COUNTRIES

The UiS applies for a certain number of Quota Scheme grants every year. Please note that the Quota Scheme grants are exclusively intended for applicants from our partner institutions abroad. Check with your own university whether it has an agreement with the UiS.

The loan may be cancelled when you return to your home country to take up permanent residence there after finishing your education. If you stay in Norway, or take up residence in another country than your home country after finishing your education, you must repay your entire loan.

STUDENTS FROM EU/EEA COUNTRIES

You can be eligible for financial support from the Norwegian State Educational Fund if you have already worked *and* lived in Norway for two out of the last five years.

For more information, visit www.lanekassen.no

7G Insurance

It is the student's own responsibility to make insurance arrangements for any accident, illness, injury, loss or damage to persons or property that might occur during the study period in Norway.

We urge all students to insure their household contents during their stay in Norway. Theft and burglary in student dormitories may occur.

See also Chapter 8 Health Matters.

CHAPTER 8 Health Matters

8A Medical Insurance

NAV is the Norwegian Labour and Welfare Organisation and the public agency administrating the regulations of the Norwegian National Insurance Scheme. Please, visit the website www.nav.no/English for more details.

- All municipalities have an emergency ward (*Legevakt*) for medical urgencies out of GP's working hours - Stavanger phone (+47) 51 51 02 02
- The medical emergency phone number is **113**

STUDENTS FROM NON EU/EEA COUNTRIES

- If the duration of your stay in Norway is more than one year, you automatically become insured under the Norwegian National Insurance Scheme when you register as a student at the UiS and as a resident in Norway (obligatory membership)
- If the duration of your stay in Norway is between three and twelve months, you must fill in a special form (*The Norwegian National Insurance Scheme*) in order to be entitled to social security coverage with regard to health services in accordance with the Norwegian National Insurance Scheme. The form can be found here: <https://www.nav.no/Om+NAV/Skjemaer/Privatpersoner/Vedleggsveileder?key=252437>. The form must be sent to the insurance office in the municipality in which you are staying (toll free number: **815 81 000** – wait for reply from officer and ask to speak in English),
- Regional office address: Klubbgata 1, Stavanger.
Office hours:
Monday - Friday **08:00 – 15:00** (voluntary membership). You can apply from your home country
- Students who do not fill in this form and/or students who stay in Norway for less than three months **must** have a social security coverage from their home country

STUDENTS FROM EU/EEA COUNTRIES

- You must bring a valid insurance or European Health Insurance Card, obtainable in your home country, which entitles you to medical care under the Norwegian National Insurance Scheme. For further information about the card, please contact the nearest insurance office in your home country
- If you decide to work part-time, you will become member of the Norwegian National Insurance Scheme (obligatory membership)
- Please note that students from the United Kingdom and Northern Ireland will have to show their passport in order to receive free medical treatment as the UK has not implemented the European Health Insurance Card

STUDENTS FROM THE NORDIC COUNTRIES (SWEDEN, DENMARK, FINLAND, AND ICELAND)

- Automatically become members of the Norwegian National Insurance Scheme if they register as residents of Norway, entitling them to medical treatment in Norway
- If they are not registered as residents of Norway, they will not become members of the National Insurance Scheme, but are still entitled to medical treatment according to existing conventions between the Nordic countries

8B Compulsory Tuberculin (TB) Control

Students from Central and South America, Africa, Eastern Europe (except Poland, Hungary, Czech Republic, Slovenia, and Slovakia) and Asia (except Japan) and students who have stayed in any of these areas will have to go through a free of charge but mandatory tuberculin (TB) control at the Health Office within 14 days after arrival. **Please be advised that if you do not undergo the tuberculin control, your residence permit may be withdrawn!** However, should you test positive, you will be treated as any other Norwegian patient and this will not influence your residence permit in Norway.

Please be advised that students are personally responsible for cancelling and rescheduling of their mandatory TB control appointment!

Stavanger City Health Office contact information:

Torgveien 15C (third floor), Stavanger (area: Hillevåg)

Phone (+47) 51 91 33 39 or (+47) 51 91 33 33 (08:00 – 11:00 and 11:30 – 14:00)

You will receive more information during the Orientation Week.

8C General Information

FOR ALL STUDENTS

- Students who come from countries where it is possible to purchase private insurance are highly recommended to do so. It is your own responsibility to make insurance arrangements for any accident, illness, injury, loss, or damage to persons or property that may occur during your stay in Norway
- There is no health centre for the students at the University of Stavanger and students must therefore consult their permanent general practitioner (GP)
- Students staying for six months or longer who have obtained their ID-number will receive a letter from NAV with a list of permanent general practitioners (GP). You have to choose three of them and you will be assigned a doctor from your selection. Unfortunately, the letter will be in Norwegian. You can ask for assistance from your international coordinator at the Faculty or the International Office. Once you have been assigned a doctor, you may call his/her office to make an appointment
- Remember that the Norwegian National Insurance Scheme is based on a user fee system. General consultations cost approximately NOK 150 – 200

- If you are staying in Norway for less than six months and you need a medical service, please contact the Emergency Ward (*Legevakt*): Stavanger phone (+47) 51 51 02 02
- Make sure to bring a valid insurance or European Health Insurance Card and your student ID-card with you each time you visit a doctor
- The European Health Insurance Card or enrolment in the Norwegian National Insurance Scheme covers regular medical consultations, except for a nominal fee to be paid by the patient. Please note that private doctors/clinics are not part of this system and a visit to a private doctor/clinic may involve additional expenses
- Pharmacies are located in downtown Stavanger and in bigger shopping centres (such as Madla Amfi by Madlakrossen) .
- Pharmacy with extended opening hours: Vitus apotek Løven (Phone: (+47) 51 91 08 80). Address: Olav Vs gate 11, 4005 Stavanger
- NB! The cost of medicines is only covered if you are hospitalised, or suffer from a serious disease, and are member of the Norwegian National Insurance Scheme, or have a European Health Insurance Card or another form of social security which covers these costs

DENTAL CARE

- The dental system in Norway is made up of private and National Health dentists. The government sets the cost of treatment by National Health dentists and a price list is available from each dental office. Dentists in private practice set their own prices
- In general, a visit to the dentist in Norway is expensive. It is recommended to have a dental check-up at home before you travel to Norway
- Expenses related to dental care and illnesses contracted before arrival in Norway are not covered

CHAPTER 9 Practicalities

9A Public Holidays

2011

Christmas Day	25 December
Boxing Day	26 December

2012

New Year's Day	1 January
Palm Sunday	1 April
Maundy Thursday	5 April
Good Friday	6 April
Easter Sunday	8 April
Easter Monday	9 April
Public holiday	1 May
Constitution Day	17 May
Ascension Day	17 May
Whit Sunday	27 May
Whit Monday	28 May
Christmas Day	25 December
Boxing Day	26 December

Please note that public offices, most shops and grocery stores are closed on Sundays. The following grocery stores, however, are open on Sundays:

Bunnpris Holmen (Nedre Holmegate 11) opening hours (Sundays): 10:00-23:00. Map: <http://kart.gulesider.no/m/ahUZm>

Joker Brustadbua (Ullandhaugveien 75) opening hours (Sundays): 10:00-21:00. Map: <http://kart.gulesider.no/m/ahPnK>

Rimi Hillevåg (Sandvikveien 1) opening hours (Sundays): 10:00-22:00. Map: <http://kart.gulesider.no/m/ahPbP>

9B Weights and Measures

Norway uses the metric system.

Electricity is supplied at 230 volts AC, 50Hz. Check if you need an adapter for your laptop!

Temperature is measured in Centigrade (Celsius) C. To calculate degrees from Celsius to Fahrenheit, multiply the Celsius degree by 9, divide by 5 and add 32.

9C International Country Calling Codes

The international country calling code for Norway is +47, if you are calling from outside Norway.

If you want to make an international call from Norway, dial 00 and then the international country code of the country you are calling. International calling codes are available on www.countrycallingcodes.com.

If you need to find a Norwegian phone number, use www.tlf.no.

9D Mobile phone/SIM card

You may want to purchase a Norwegian SIM card in order to be available while studying in Stavanger. There are various options. Several operators provide relatively cheap subscriptions or prepaid SIM cards, for instance:

OneCall – Customer Service: +47 04300 (ask to speak in English).
www.onecall.no (web site only available in Norwegian)

Chess – Customer Service: +47 06060 (ask to speak in English)
www.chess.no (web site only available in Norwegian)

Talkmore – Customer Service: +47 815 68 680 (ask to speak in English)
www.talkmore.no (web site only available in Norwegian)

Tele2 – Customer Service: +47 02000 (ask to speak in English)
www.tele2.no (web site only available in Norwegian)

Kiosks like Narvesen, Mix and 7Eleven sometimes sell mobile phones with a prepaid SIM card. Prices vary.

Please note that not all international mobile phones can be used in Norway. Contact your current operator or mobile phone brand customer service to learn more.

Please note also that making international calls from a mobile phone is very expensive. Should you wish to talk to family and friends abroad, it is possible to use Skype for free (www.skype.com) if you have a personal computer.

CHAPTER 10 Useful Contact Information

NORWAY

www.visitnorway.com
Tourism Information

www.norway.no
Public Sector Information

www.norwaypost.no
Norwegian News

www.studyinnorway.net
Higher Education

www.nokut.no
The Norwegian Agency for
Quality Assurance in Education

www.siu.no
The Norwegian Centre for International
Cooperation in Higher Education

STAVANGER

www.regionstavanger.com
www.stavanger-web.com
www.stavanger.kommune.no

THE UNIVERSITY OF STAVANGER

www.uis.no
Email: admissions@uis.no
Phone: (+47) 51 83 10 00
Fax: (+47) 51 83 10 50

Postal address:
The University of Stavanger, 4036
Stavanger

Visiting address:
Arne Rettedals hus, Kjell Arholms gt. 41

The Faculty of Arts and Education
Phone: (+47) 51 83 34 00
Fax: (+47) 51 83 34 50

The Faculty of Science and Technology
Phone: (+47) 51 83 17 00
Fax: (+47) 51 83 17 50

The Faculty of Social Sciences
Phone: (+47) 51 83 37 00
Fax: (+47) 51 83 37 50

International Relations

For questions concerning admission and other practical issues, please contact the staff of International Relations. You find an updated list of the International Relations staff on www.uis.no/international

International Contact Persons

For questions concerning academic issues (subjects and schedules), please contact the appropriate international contact person.

The Faculty of Arts and Education

Trym Holbek
Phone: (+47) 51 83 40 29
Email: trym.holbek@uis.no

Department of Education & Department of Early Childhood Education

Monika Røthle
Phone: (+47) 51 83 34 31
Email: monika.rothle@uis.no

Department of Music and Dance (Bjergsted)
Jens T. Larsen
Phone: (+47) 51 83 40 24
Email: music-dance@uis.no

The Faculty of Science and Technology
Bente Dale, phone: (+47) 51 83 17 08
Email: bente.dale@uis.no

Department of Petroleum Engineering
Phone: (+47) 51 83 17 25
Email: ipt.service@uis.no

The Faculty of Social Sciences

Celine Nygaard
Phone: (+47) 51 83 13 22
Email: celine.nygaard@uis.no
Department of Health Studies
Tove Teigen, phone: (+47) 51 83 41 62
Email: tove.teigen@uis.no

Department of Social Studies
Child Welfare and Social Work:
Linda Elisabeth Bjørknes, phone: (+47) 51 83 42 49
Email: linda.e.bjorknes@uis.no

For questions concerning accommodation, please contact:

STUDENT WELFARE ORGANISATION
The Student Welfare Organisation - SiS
Phone: (+47) 51 83 33 00
www.sis.uis.no
Email: sis@sis.uis.no

TEMPORARY ACCOMMODATION

Tone's Bed and Breakfast
Peder Claussønsgate 22
4008 Stavanger
Phone/fax: (+47) 51 52 42 07
www.tone.ms11.net E-mail: tonbour@online.no

Stavanger Bed and Breakfast
Vikedalsgt 1A
4012 Stavanger

Phone: (+47) 51 56 25 00
www.stavangerbedandbreakfast.no
E-mail: post@sbb.no

Rogalandsheimen Gjestgiver
Muségaten 18
4010 Stavanger
Phone (+47) 51 52 01 88
www.rogalandsheimen.no
E-mail: post@rogalandsheimen.no
Stavanger Vandrehjem Mosvangen
Henrik Ibsensgate 21

4021 Stavanger
Phone: (+47) 51 54 36 36
www.vandrehjem.no *
E-mail: stavanger@hihostels.no

Stavanger Vandrehjem St. Svithun
* SUMMER ONLY

TRAVEL

Sola International Airport
Information Desk
Phone: (+47) 67 03 10 00

Stavanger Railway Station
Phone: (+47) 815 00 888
www.nsb.no

Fjordline
Phone: (+47) 815 33 500
www.fjordline.com

SPORTS AND LEISURE

SiS Sports Centre
Rennebergstien 24
4021 Stavanger
www.sissportssenter.no

E-mail: post@sissportssenter.no

Viking football (soccer)
www.viking-fk.no

Stavanger handball (handball)
www.sifhandball.no

Stavanger Oilers (ice-hockey)
<http://www.oilers.no/>

CULTURE AND ENTERTAINMENT

Stavanger Cultural Centre – Sølvberget
Sølvberggata 2
4002 Stavanger
Phone: (+47) 51 50 74 65
www.stavanger-kulturhus.no

Stavanger Concert Hall

Armauer Hansensvei 20
4011 Stavanger
Phone: (+47) 51 51 26 00
www.hihostels.no/english/Hostels/
E-mail :
stavanger.stsvithun@hihostels.no

Nor-Way Bussekspress
Phone: (+47) 815 44 444
www.nor-way.no

Kolumbus
Phone: 177
www.kolumbus.no

Stavanger Taxi
Phone: (+47) 51 90 90 90
www.rogaland-taxi.no

Forus Travbane (trotting)
www.forus-travbane.no

Klatrefabrikken (Indoor climbing)
www.klatrefabrikken.no

Stavanger swimming pool (centre)
Phone (+47) 51 50 74 07

Gamlingen swimming pool (Våland)
Phone (+47) 51 91 93 71

Bjergsted
4007 Stavanger
Phone: (+47) 51 53 70 00
www.stavanger-konserthus.no

Folken
ny Olavskleiv 16
4008 Stavanger
www.folken.no

MaiJazz

www.maijazz.no

The International Chamber Music
Festival (ICMF)

www.icmf.no

Rogaland Theatre

Teaterveien 1

4005 Stavanger

Phone: (+47) 51 91 90 00

MUSEUMS

Ledaal Mansion

Eiganesveien 45

4010 Stavanger

Phone: (+47) 51 84 27 00

www.stavanger.museum.no

Norwegian Canning Museum

Øvre Strandgate 88a

4005 Stavanger

Phone: (+47) 51 84 27 00

www.stavanger.museum.no

Norwegian Children's Museum

Stavanger Cultural Centre – Sølvberget

Sølvberggata 2

4002 Stavanger

Phone: (+47) 51 84 27 00

<http://www.museumstavanger.no/>

Archaeological Museum

Peder Clows gate 30 A

4002 Stavanger

Phone: (+47) 51 83 26 00

www.arkeologiskmuseum.no

HEALTH AND EMERGENCIES

Emergency ward (*Legevakten*)

Armauer Hansens vei 30

4011 Stavanger

Phone: (+47) 51 51 02 02

(Provides information regarding
emergency dentists on duty)

www.rogaland-teater.no

Stavanger Kino (movie theatre)

Sølvberggata 2

4006 Stavanger

Phone: (+47) 51 51 07 00

www.filmweb.no/sf kino/stavanger

Breidablikk Mansion

Eiganesveien 40a

4010 Stavanger

Norwegian Petroleum Museum

Kjerringholmen

4004 Stavanger

Phone: (+47) 51 93 93 00

www.norskolje.museum.no

Norwegian Telecom Museum

St. Svithuns gate 12

4001 Stavanger

Phone: (+47) 51 76 32 49

Stavanger Museum

Musègata 16

4010 Stavanger

Phone: (+47) 51 84 27 00

www.stavanger.museum.no

Valberg Tower

Phone: (+47) 51 89 55 01

The Norwegian Maritime Museum

Nedre Strandgate 17/19

4005 Stavanger

Phone: (+47) 51 84 27 00

www.stavanger.museum.no

Pharmacy with extended hours:

Vitusapotek LøvenOlav V gate 11

4005 Stavanger

Phone: (+47) 51 91 08 80

Women Shelter

(Emergency crisis centre for women)

Phone: (+47) 51 53 06 23

Distances



Campus – City centre: 7 km

	The UiS campus	City centre	The UiS - Dep. of Music and Dance
Ugleveien	2,5 km	4 km	5 km
Madlamarkveien	2,5 km	4 km	5 km
Jernalerveien	0,5 km	7 km	8 km
Gulaksveien	11 km	4 km	5 km

1 km = 1000 m = 0.621371192 miles