INTERNATIONAL STUDENT GUIDE

Autumn 2017
The Student Guide

The International Student Guide provides a comprehensive and updated overview 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.

New international students in Norway and at the University of Stavanger are encouraged to read the Guide carefully before arriving at the University and to use it actively during their stay in Stavanger.

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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). The 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. The UiS’s main objective for our 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 that all students take part in different student activities depending on your personal interests and what you like doing in your spare 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 130,000. 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 larger city – along with easy access to some of Norway’s finest countryside. Three beautiful lakes, Breivatnet, Mosvatnet and Stokkavatnet, which are popular for recreation and sports, are all located between a five-minute and one hour walk from the city centre.

The old town, Gamle Stavanger, close to the UiS 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 sailors 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 products directly from local farmers every working day through the year. Skagen, the eastern side of the harbour, is a mixture of narrow streets and white-timbered houses. This area was once occupied by medieval Stavanger. Valberg Tower, a nineteenth-century fire watch, offers a sweeping view over the city. The only relic of medieval Stavanger is the twelfth-century cathedral Stavanger Domkirke, situated in the heart of the city, overlooking Breivatnet and in front of the bustling Torget market.

For centuries, Stavanger has been an international city in terms of business and trade. In recent years, the city has also emerged as an international cultural city. The European Union Council selected Stavanger for the European Capital of Culture for 2008. We invite you to explore what the city and the surroundings can 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 10,450 students and 1,400 administration, faculty and service staff. The university is comprised of three faculties, two national centres of expertise, and the Museum of Archaeology.

Faculty of Arts and Education
Department of Education and Sports Science
Department of Early Childhood Education
Department of Cultural Studies and Languages
Department of Music and Dance
The Reading Centre
Centre for Learning Environment

Faculty of Social Sciences
Department of Media, Culture and Social Sciences
Department of Social Studies
Department of Health Studies
The Norwegian School of Hotel Management
UiS Business School

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

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

Please, visit our website www.uis.no/ and http://student.uis.no/
CHAPTER 1 Travel to Stavanger

1A Getting Here

Most international students travel to Stavanger by air, however 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 domestic direct and connecting flights to most Norwegian and European cities. The airport offers daily connections to Bergen, Oslo, Trondheim and Kristiansand in Norway, and international flights to London, Copenhagen, Amsterdam, Paris and Frankfurt.

More information and schedules are available at:
www.avinor.no/en/airport/stavanger-airport
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 350 – 400 Norwegian Kroner (NOK) to the city centre/student dorms. The Airport Bus operates between the airport and Stavanger city centre, and it departs from the airport every 20 minutes. A one-way ticket costs 90 NOK with student discount. More information and schedules are available at www.flybussen.no.

To go directly to the university from the airport, take the Airport Bus and get off at Madlakrossen (ask the bus driver). You then have to cross the road and take bus 6 or 7 (direction to Sola).

**BY TRAIN**

Stavanger Railway Station is located in downtown Stavanger next to the bus terminal Byterminalen, and 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 at www.nsb.no.

**BY FERRY**

Fjordline offers frequent departures from Hirtshals (Denmark) to Stavanger. 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 alongside the western coast, north of Stavanger. More information and schedules are available on www.tide.no.

**BY BUS**

Lavprisekspressen offers frequent coach services for Bergen-Stavanger and Oslo-Stavanger. More information and schedules are available on www.lavprisekspressen.no.
Kystbussen (www.kystbussen.no) and Nettbuss (www.nettbuss.no) also operate routes alongside the west coast.

BY CAR

If you plan to come to Stavanger by car, we recommend you to use one of the many route planners available on the Internet, such as www.stavanger-guide.no.
If you have your own car, please be advised that free parking area is available on campus but limited to designated areas. Maps with designated parking areas on campus are available at http://www.uis.no/om-uis/finn-fram/elektronisk-kart/ (a copy of the map can also be found on page 47). Note that there is limited parking space for students on campus.

1B Departure Check-list

THINGS TO DO WELL IN ADVANCE

- Read the information in this International Student Guide carefully
- Submit your Application for Accommodation within the deadline if you plan to live in the student dorms
- Make your travel arrangements
- Check our web page (http://www.uis.no/studies/practical-information) for 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 2000
- 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), including receipt of your Visa fee
- 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 any damage to persons or property
- Translated prescriptions for medications you take and a good supply of prescribed medicines (if you need). Please note that the medicines prescribed in your home country may not be
available in Norway

OTHER ITEMS TO PACK

- Necessary items for the bedroom, such as bed linen or sleeping bag (these items can also be purchased at IKEA/Jysk at a reasonable price)
- Clothes and shoes that are suitable for cold weather in winter and for wet weather in autumn and spring (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. This can be confusing and difficult to deal with for students who are 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, itslearning (the university’s net based learning system where you can find information about your studies and communicate with teachers and students) 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 in the end of the semester.

**Informality**

The study environment in Norway is not necessary as formal as your home country. Free discussions in small seminars and working groups are essential parts of the study. Additionally, people generally call each other by their first name in Norway. Norwegians are informal, easy going, transactional and direct. However, informal does not mean unprofessional. An ambiance of respect is valued between the university staff and the students. One way of showing this is not to disrupt the teacher when he/she is lecturing, and to listen to a fellow student when he/she is talking. Also it is important to switch off your mobile phone during lectures and while you are in the university study rooms.

**Active Participation**

The UiS promotes and protects academic freedom, based on critical thinking, openness and reflection. Students are encouraged to participate actively in scholarly and social debates. As a student you are expected to be well-organised and well-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)

Please be aware of the following:

- All exam regulations and guidelines are published on [http://student.uis.no/](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 Studentweb and itslearning at least three weeks before the exam period.
- Students must sign the Academic Misconduct Forms during the Orientation Days. It is very important that students fill in and sign the form before taking any assessments/exams.
o 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.

o 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.

o At the beginning of the exam, a brief presentation of practical information will be given.

o 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 as an attempt at cheating.

o 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.

o 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.

o Remember that plagiarism is considered intellectual theft in Norway. Whenever you use other people’s work, 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.

o Plagiarism and cheating will have severe consequences for your status as a student at the UiS, and you may risk permanent expulsion. Expulsion in turn may mean that you will lose your residence permit.

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

2B Academic Calendar

The Academic Calendar for the autumn semester 2017 is the following:

o Arrival Days: 7-8 August 2017
o Orientation Days: 9-11 August 2017
o Official semester start: 14 August 2017
o Exam period: 13 November – 22 December
o End of the semester: 22 December 2017

Please visit our website for an updated version of the academic calendar:
www.uis.no/studies/practical-information/academic-calendar/

2C Mandatory Orientation Days

Every semester mandatory Orientation Days are 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 Days you get the opportunity to meet your fellow students in a more relaxed and informal setting. The Orientation Days are mandatory for all new international students. Please note that the Orientation Days will not provide information about your academic activities (i.e. classes, timetable, seminars, exam dates etc.). However, there will be opportunities to meet your international coordinators who will address these issues.

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

Updated information on the Orientation Programme is available here:  
http://www.uis.no/studies/practical-information/orientation-programme/

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

2D 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 Hafsfjord where Norway was unified in 872 AD. It is said that on a good day one can almost see all the way to England. This tells us something about the university's location and natural surroundings. Ullandhaug was chosen as the location for the 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 bus 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 at the city centre, near the Stavanger Concert Hall in Bjærgsted Park.

Smoking is prohibited in the entrance ways at the University of Stavanger. This is a strict rule, not a guideline! There are designated areas on campus where smoking is allowed. All smokers MUST go to these places when they wish to smoke. The purpose with these rules is to give smokers a place to smoke where the smoke does not hinder others. All the buildings have their own smoking areas, marked with signs and equipped with ashtrays. You can get a map showing all of the smoking areas at the various information desks.

2E University Library
The University Library (UL) consists of three departments, one at Ullandhaug, one at the Archaeological Museum and one in Bjergsted Park. UL offers among others:

- Around 260 000 printed and more than 70 000 electronic books, such as subject books, research reports, reference works, public information, statistics etc.
- Around 500 printed academic journals and a great number of electronic 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 around the clock
Staffed library: Monday - Friday 08:00 – 18:00, Saturday 11:00 - 17:00

At Bjergsted Park: 07:00 – 23:00
Staffed library: Monday - Thursday 09:00 - 18:00, Friday 09:00 -15:30

At the Archaeological Museum: 6:15 – 22:00
Staffed library: Tuesday, 09:00 - 18:30, Wednesday - Friday 09:00 - 15:00

2F Internet & Printing Facilities at the UiS

UiS provides wireless connection in all campus buildings as well as stationary computers and printers. Printing costs 0.30 NOK per sheet for black and white printing and 2 NOK per sheet for colour printing. Paper can be requested at the Student Information Desk at the main entrance of the Arne Rettelad’s Building. All students receive an initial quota of 25 NOK.

2G Disability and Special Needs

Some students may need help during their time at 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 (deadline 1 September for autumn semester and 1 February for spring semester). Remember to communicate your needs within the given deadlines and provide necessary medical documentation. All the faculties have a contact person for students requiring special assistance. Please contact a student advisor who will assess the type of assistance you can be offered. The office is located in the Arne Rettelad’s building – ask at the Student Information Desk. For more information, please go to www.uis.no/studies/practical-information/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 student number and password. Go to “Results”→“Order printout of results”. Please note that the transcript will be sent to the address registered in the Studentweb. Hence, you need to update your address at any time.

If you have recently taken an exam, you should wait to order 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 office, you can make this request to studeksp@uis.no. Please state you name, student number or 11-digit ID and address of the recipient.

For 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 updated 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

With your Letter of Admission you are ready to apply for a visa/residence permit to Norway. This should be done immediately. Please bear in mind that the application procedure might take approx. 2-3 months and the processing starts once you deliver the supporting documents to the chosen Norwegian Embassy/Consulate.

Please enclose the Letter of Admission (should be printed out as a PDF file with the University logo saved on SøknadsWeb) when applying for a residence permit. In case you are required to submit a certified copy of Letter of Admission attested by the University of Stavanger at the Norwegian Embassy/Consulate, please contact us. Please note that many nationalities can register their visa applications online at https://selfservice.udi.no/.

Before applying, you will need to prepare the following:

- UiS organisation number: 971 564 679. Click “Search and Verify”
- UiS contact e-mail: admissions@uis.no
- Your credit card number (to pay the application fee)
- Passport number, date of issue and validity
- Date of arrival in Norway/ in the Schengen area
- Correspondence address in your home country
- 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  
  International Office  
  P.O. Box 8600 Forus  
  4036 Stavanger  
  Norway

You also need to prepare information concerning marital status and your family.

About the online registration and references

The first time you use the Application Portal, you must register as a new user (create a user account). Then, with a username and password you can fill in the application form, pay the
application fee (with a credit/debit card), and book an appointment at the nearest Norwegian Embassy/Consulate. You may also check the status of your application online. Please keep the receipt/print out – you may need it later.

**Application fee**

Please note that the application fee (NOK 3200) must be paid electronically (by credit/debit card) after filling in the application form online. The application will not be sent to the Embassy before the payment has been successfully processed (usually within a few seconds).

**Supporting documents**

Once the online application has been formally registered, you will have to appear in person at the nearest Norwegian Embassy/Consulate and submit your passport and passport photos with the relevant supporting documentation. A complete application makes processing faster and easier. The application will not be processed if documentation is not delivered. A list of where you can deliver your documentation can be found here: [http://www.udi.no/Norwegian-Directorate-of-Immigration/Oversiktsider/Common-pages/To-which-embassy-should-I-submit-my-residence-permit-application/](http://www.udi.no/Norwegian-Directorate-of-Immigration/Oversiktsider/Common-pages/To-which-embassy-should-I-submit-my-residence-permit-application/).

- **Letter of Admission** (issued electronically, so you should print this out from a pdf-file with the University logo saved on your SøknadsWeb)
- **Study Plan** (should be printed out from section “Study plan and course combination” of the respective study programme. Once you open all the fields by clicking on the “+” sign, you can print out the total description of the programme.)
- **Confirmation of accommodation** (print out the automatic confirmation from the electronic application for accommodation that was sent directly to your e-mail address).
- **Confirmation of finances** (will be forwarded to you as soon as the deposit transfer has been registered by the bank in Norway).
  - Self-financing students will receive guidance on the payment of deposit with their Letter of Admission. The Confirmation of Deposit, which will be sent to you by e-mail, must be submitted together with your application for the residence permit.
  - Scholarship holders will have the financial information outlined in their Letter of Admission and do not need to document that they actually possess the required amount of money.
- **Copy of your passport and a passport photo** that meets specific requirements described on-line
- **Documentation of paid visa application fee**

Please note that staff in the International Office cannot assist you in the visa application process. You can call the Norwegian Directorate of Immigration (UDI) at +47 23 35 16 00 (Opening hours: 09.00–15.00) or write an email (See [http://www.udi.no/en/contact-us/applicants-with-questions-about-a-case-or-regulations/study-permit/send-us-an-email/](http://www.udi.no/en/contact-us/applicants-with-questions-about-a-case-or-regulations/study-permit/send-us-an-email/)).

Please access the Application Portal at UDI here: [https://selfservice.udi.no/](https://selfservice.udi.no/)

For information regarding which Embassy/Consulate you should submit your application to, please see the following website: [http://www.norway.info/](http://www.norway.info/)
After arrival
You are required to contact the local immigration office at the Stavanger Police Station within seven days after your arrival in Norway.

You need to make an appointment beforehand. There are several possibilities:
- You can book an appointment when you register your application online. It is the last step of the registration.
- You can call to make an appointment: +47 51 89 94 70 (Mondays, Tuesdays and Thursdays, from 09:00 - 11:00 and 12:00 - 13:00)
- Go to the information desk during their office hours:
  Immigration Office, Lagårdsvieien 6, 4001 Stavanger
  Monday and Thursday 8:00 - 10:45

After the police registration, you will receive a residence card in the mail. The residence permit is usually valid for one year.

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

Students from EU/EEA countries do not need to apply for a study permit but can use an electronic registration scheme. More information about this procedure is published here: http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Work-and-residence/Work-and-residence-EUEEAFTA-citizens/Temporary-registration-system-for-EEA-citizens/

Please register your correspondence address in Norway– it is very important that the address is stated correctly as your residence card will be sent directly to you. Once you register, you will be asked to choose a police office. Remember to choose Rogaland Police District, Service Centre for Foreign Workers. This is the place where you will have to come to a short appointment with the following documents:

- Your passport or ID papers
- A copy of the Letter of Admission
- European Health Insurance card or other proof of private health insurance
- Personal statement of sufficient economic funding to be self-supported

Exemption from applying for a residence permit/register as a residence

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

- Students from Nordic countries (Sweden, Finland, Denmark, Iceland)
- 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 must remember to apply for a renewal of their residence permits. The students are advised to start this process at least one - two months before the residence permit expires. Please register your application on the UDI Application Portal (https://selfservice.udi.no/).

**How do I register?**

1. Have your Norwegian ID-number ready together with your passport. You will also need your VISA/MasterCard in order to pay the fee of NOK 3200.
2. Select ‘Create user account’ if you have not registered as a user yet, and follow the 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: 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

Applicants who have registered online must appear in person at the Immigration Office at Stavanger Police Station, which is located in Lagårdsveien 6, Stavanger. (Email: post.rogaland@politi.no, phone: (+47) 51 89 90 00). Please note that the electronic registration and payment have to be completed before you visit Stavanger Police Station.

**What should I bring?**

- Copy of valid passport
- Documentation that you have sufficient funds to support yourself for the whole period covered by the permit, if granted. (approximately 103 950 NOK)
- Transcript of records from the last academic year
- If you want to apply for a renewal of your part time work permit, you also need to bring the *Statement of the progression of studies and part time work (Uttalelse om studieprogresjon og deltidsarbeidstillatels).* This form is available online and should be signed and sent by your Faculty administration:

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

You were automatically granted a part-time work permit when you were granted a study permit for the first time. However, when you apply for a renewal of your study permit, the police or the UDI must evaluate the progress of your study 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 with a renewal application of a part-time work permit. This requirement is met by enclosing
Statement of the progression of studies and part time work (Uttalelse om studieprogresjon og deltidsarbeidstillatelse). This form should be 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, Norwegian Language and Culture Programme students should contact the Student Information Desk in Arne Røttedal's Building after their final exam result is announced. This statement is required because it is the studies, not the work, that is to be the main purpose of your stay in Norway.

3C Norwegian ID-number (Fødelsnummer)

Norwegian ID-number is needed in order to
- Inform the authorities about your address in Stavanger
- Open a bank account
- Obtain a tax deduction card (Skattekort) for work
- Automatically become a member of the Norwegian Health Insurance Scheme (Folketrygd).
- Buy a SIM card (for mobile phones)

Please note that in general the application for Norwegian 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 Norwegian ID-number by registering at the National Registry (Folkeregisteret). The process of obtaining the Norwegian 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 Norwegian ID-number.

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 student 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 Days in order to receive the necessary information and participate in the essential, practical procedures at the university. These procedures include:

- Getting your student card (this is only valid with the semester fee receipt, or the mobile application “Student ID“)
- Registration online via Studentweb 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 Studentweb (only full degree students)
CHAPTER 4 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 office is located in the Kitty Kielland’s Building on the main university campus. 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: studentensbeste.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 3000-5050 per month. The rooms are furnished and have free broadband Internet connection.

Please note that:

- The rooms are very modest with basic furniture only (bed & desk).
- The capacity of student housing is limited. Consequently, we regret that there is no housing guarantee.
- Contracts usually cover one or two full semesters only. It is not possible to terminate a contract during the first semester.
- It is also not possible to move internally and change the address 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 change 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, the date of arrival or departure has to be immediately reported without delay.

**BEFORE ARRIVAL**

**Application procedures and deadline**

In order to apply for student housing, you must submit an on-line application form within the deadline. The deadline for full degree students to apply for housing is 18 May.

You will receive information regarding the application procedure and application form for accommodation together with the Letter of Admission.

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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)
What should you bring?
As no kitchen and cooking utensils, duvet, pillow or towels are available in the student dorms, you have to bring your own or purchase the items upon arrival. An economic option is IKEA if you decide to buy the items upon arrival. Visit www.ikea.no to learn more about their selection.

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 located in Vaisenhusgata 5 and Langflåtveien 15. Visit http://www.gulesider.no/finn:fretex/stavanger to learn about their locations.

Upon arrival
Moving and living in the student dorms
You can collect the accommodation folder, which contains your key, at the reception desk at the Scandic Airport Hotel.
During Arrival Days, new coming students can use UiS shuttle bus – only between 10:00 - 22:00. The bus goes to UiS/SiS accommodation only. No registration required - shuttle bus will be operating during the whole day. Our student volunteers at the airport will help you to find it. If you arrive outside pick-up hours, catch a regular bus or take a taxi.

Students who fail to arrive during the specified Arrival Days must send an e-mail to admissions@uis.no.

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 1st November / 15th February.

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.

Internet
In some dormitories, you will need to have a cable to connect your laptop to the Internet. If you do not have a cable you can buy one at SiS bookstore, or you can buy it in any PC/Electronic retailers. If you want to have a wireless network connection, you have to buy a wireless router.
**During your stay**

**Rent**
You are personally responsible for paying your own rent. The invoice will be available online. Please note that the rent must be paid from the first day of the contract, regardless of whether you move in later. Furthermore, it is not allowed to terminate a contract during the first semester.

The rent varies according to size and standard of the rooms, but it is approximately NOK 3000–5050 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. Before you open a bank account you can pay the rent at a bank or post office by taking an invoice. The bank or post office will charge a fee for their services.

The rent can also be paid from abroad. 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: SPR/N025

**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 charged with the expenses for cleaning. 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 outdoor activities, which means that the children spend most of the time outside.

Please note:
- You can find more information at [https://studentensbeste.no](https://studentensbeste.no)
- You must be enrolled as a student at the UiS
- New students must apply by 1st August

**4C Health Service**

During your student life at the UiS, you may need to talk to a professional counsellor. SiS offers help from four psychologists and a registered nurse. The service is free of charge. Should you want an appointment with one of the psychologists, you will need to fill out a form and either deliver it to the SiS office in the Kitty Kielland’s building or mail it to: SiS Helse Psykologtjenesten, 4036 Stavanger. The waiting time to receive an appointment is between 4 to 6 weeks. The nurse is available Monday – Friday 09:30-11:00 and 12:00-15:00. To see the nurse you can either go by the SiS office or e-mail kari.haugen@sis.uis.no.
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’s building, where you can drop by for more information or counselling.

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 within the deadline every semester (autumn: 10 December, spring: 15 June).

For detailed information details, check https://studentensbeste.no/.

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

4D Cafeterias

SiS runs 9 student cafeterias, 6 of which are strategically located on the main campus and 3 at our satellite schools. Healthy menus, including vegetarian alternatives, are available. The main cafeteria (Optimisten) is located in the Kjølv Egeland’s Building.

The opening hours are Monday - Thursday 08:00 - 18:30, and 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 28 and up
- Pasta NOK 30 and up
- Piece of cake NOK 15 and up
- Juice NOK 16 and up
- ½ litre bottle of water NOK 18 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’s 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 as the profits go to cheaper housing, better cafeterias, and sponsorship to different student activities.

SiS Bok is open on Monday, Wednesday, Thursday, and Friday from 08:30 to 15:30, and on Tuesday from 08:30 to 17:30. 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 weightlifting/cardio area of 600 m², two aerobic halls with a total area of 400 m², spinning
hall of 100 m², two squash halls, kettlebell and TRX room, and a large sports performance room. The website offers information in English, www.sissportssenter.no.

The opening hours are the following (subject to change): Monday - Thursday: 06:00 - 22:00
Friday 06:00 - 21:00
Saturday 09:00 - 18:00
Sunday 09:00 - 20:00

SiS Sport Centre is located on campus, beside the Kjølv Egeland’s Building and is the largest sport facility in Rogaland County.

4G SiS Economic Support
Extracurricular activities can be of great importance for academic results. SiS cooperates with 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 https://studentensbeste.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 17 student members. The President and the 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 autumn 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 01
Office address: Studentenes hus, 2nd floor, UiS Campus

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’ Organisation (NSO).

ISU is a democratic organisation. Every international student who has a student card and has paid the semester fee is qualified to be a member or a supporter of ISU. Those studying at PhD programmes 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 organise and provide international students’ social life.

Contact information:
https://www.facebook.com/ISUStavanger/
E-mail: isu.stavanger@gmail.com
Office address: Room 212, Pavilion 9, UiS Campus
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 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 in speaking, reading and writing Norwegian. Please note that by attending this course you will not gain any study points (credits). 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/category.php?categoryID=8459)
- Johannes Læringssenter in Stavanger (http://www.velkommentiljohannes.no/)
- Folkeuniversitetet in Stavanger (http://www.folkeuniversitetet.no)
- Aftenskole Rogaland (http://www.aftenskolen.no/aftenskolen-rogaland.107787.no.html)

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 good command of English. 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 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.

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.


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 (-4 to -7 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).

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](http://www.yr.no) and [www.freemeteo.com](http://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 wool* sweater/fleece jacket
- Warm long underwear (preferably wool* tights)
- Comfortable, warm and waterproof shoes/boots
- Scarves, gloves and 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 different seasons. During the mandatory Orientation Days, we will give you some tips on where to buy reasonably priced clothing.

6E Recycling

To contribute to preserving the environment, garbage in Norway is separated in order to recycle it properly. In the beginning, this custom can be confusing for newcomers to the country.

At residential properties and on the streets there are three separate bins: green for paper, brown for organic waste, and black for everything else. Do not use plastic bags to collect your organic waste as this may result in the garbage collection service not emptying your organic bin.

Bottles that have the sign “Pant“ can be returned to the supermarket. There are machines in which you place the bottles. In return, you receive a receipt for which you get cash for at the checkout counter.

Glass and metal can be recycled in special containers in your local shopping area. For batteries there are small boxes usually placed in the entrance area or at the checkout counter of supermarkets.

6F 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. 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. If you have a passenger car licence from Japan or Switzerland, you can exchange it for a Norwegian Category B licence without taking a practical driving test.

This exchange must be made within one year after your entry to Norway, and all 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

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

Contact a traffic service office to find out what steps you need to take to be allowed to drive in Norway. For more information please visit www.vegvesen.no.

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. 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. Information about driving a foreign car in Norway you can find on www.toll.no.

Taxi

There are several taxi companies available in Stavanger, such as Rogaland Taxi (+47) 51 90 90 90 and Miljøtaxi (+47) 51 58 66 66. However, be aware that taxis are expensive – you should not expect to pay less than 250 NOK for a trip within the city.
6G Religion

All Norwegian inhabitants have the right to practice their religion freely. Eight out of ten ethnic Norwegians are members of the Church of Norway. However, this does not necessarily mean that all are practicing 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. 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. She arranges masses, seminars and meetings concerning students, society and religion. She is also available for counselling. Her office is located in Studentenes hus, 2F.

There is a Silent Room at the university, located in the Arne Rettelstad’s building, 2F, Rm 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 Kjølv Egland’s building. Please contact with Muslim Student Organisation (MSOS) via Facebook.

Useful links and addresses:
- Church of Norway: [http://www.gammel.kirken.no/english/](http://www.gammel.kirken.no/english/), e-mail: kirken@stavanger.kommune.no
- Catholic Church: St. Sivthin kirke, St. Sivthuns gate 8, [http://stavanger.katolsk.no/](http://stavanger.katolsk.no/), e-mail: stavanger@katolsk.no
- Stavanger International Church, Misjonmarka 12, [www.sic.no](http://www.sic.no), email: office@sic.no
- Stavanger Mosque, Store Skippergate 4, [http://www.moske stavanger.no/](http://www.moske stavanger.no/)

6H 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.

UiSi is the UiSi student sports club. Students who join UiSi 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 and ice hockey. In addition, there are opportunities to watch trotting at Forus Travbane.

When it comes to leisure, you can wander on 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.

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

6I 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 Sølvberget, offers a wide range of cultural activities. The main contributors are Stavanger Bibliotek, one of the biggest public libraries in Norway, and Stavanger Kino (http://www.sfkino.no/sfkino/stavanger/), a movie theatre in the city centre. 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 close to the city centre in the eye-catching yellow building with its neo-classicist facade drawn by Norwegian architect Gustav Helland. In 1988 students took over the building and finally had a house of their own in the city centre. As a student in Stavanger, Folken offers you the opportunity to get involved, to meet new people and - last, but not least - discounts on everything. Run by an administration of a total of 5 employees dedicated to serving the students' interests, and a group of nearly 200 volunteers filling the house with a variety of activities. Only your imagination - and physics - set the limits for what is possible at Folken.

Concerts in Folken's main hall - Storsalen - make up the majority of the program and the venue is established in Norway and Scandinavia as a natural stop on the tours of domestic and international artists. There is also a café called Akvariet. In Kafe Akvariet you can participate in the quiz and
Other activities.

Other activities are also very welcome at Folken. If the students feel something is missing, Folken will try the best it can to help you make it happen. Whether you are looking for a place to just hang out with new friends or want to get more involved and sign up as a volunteer, Folken is the first place you should go to.

For more information:
www.folken.no
www.fb.com/studentersamfunnet.folken

Folken is also venue for music festivals in Stavanger: Musikkfest is a weekend of about 100 free concerts around the city. They need many volunteers every year and this is a great opportunity to meet new people and of course get free concert tickets!

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. The University's own music students often have public rehearsals and concerts here, free of charge. 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.

**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 Tunhallen where the number of seats varies. For more information, visit www.rogaland-teater.no

**Museums**

There are many museums in Stavanger, such as the Norwegian Petroleum 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 8000 NOK 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.

Please see the following link for a detailed overview of estimated living expenses: http://www.uis.no/getfile.php/Internasjonalt%20kontor/budget.pdf

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 H&M, Lindex, Cubus and KappAhl
- Reasonably cheap shoe stores are Økonomi Sko and Din Sko

MISCELLANEOUS

- Buy necessary household items at IKEA.
- 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)
- Sparkjøp in Hillevåg is also a reasonable option for household articles, clothing, and cosmetics.
7C 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. Students who do not need a Norwegian ID-number may open a bank account on their own.
During the Orientation Days 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 use of 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 100 000 NOK as deposit, will get the money back as soon as they open a bank account. This procedure takes some time. Therefore we strongly recommend you to bring enough cash, traveller's cheques or an international credit/debit card in order 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 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 office) in order to receive mail/post.

**IMPORTANT:** Most stores and shopping centres in Norway are closed on Sundays. See page 40 for more information about Sunday shopping.
REGISTER WITH YOUR NORWEGIAN ID-NUMBER

This option is only available if you already have received your Norwegian ID-number:

- Call the toll free number (regular costs from mobile) 04004 (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 nine - you will then be transferred to an operator who speaks English and can take your message
- After three to five days, this will have been registered at the local post office

REGISTER WITHOUT YOUR NORWEGIAN ID-NUMBER

If you have not yet received your Norwegian ID-number, you have to go directly to the central post office in Stavanger located in the city centre, Haakon VII’s gate 9 (opening hours Monday–Friday 09:00–18:00, Saturday 10:00–15:00) with your full address and your passport. See https://www.posten.no/en/home

7E Part-time Employment

When you are granted your first-time residence permit as a student, you are also granted a part-time work permit automatically. This permit allows you to work up to 20 hours per week in addition to your studies and full-time during holidays. However, the University of Stavanger does not recommend students to combine full-time studies and work.

Please note that the International Office does not assist students with finding a part-time employment. 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 a 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. However, 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 (Uttalelse om studieprogresjon og deltidsarbeidstillatelse) 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.

For more detailed information concerning visa renewal, please see the chapter no. 3.

Students from EU/EEA countries

A student from EU/EEA countries do not need a work permit, and can work in Norway after they have registered with the police. Please remember that EU/EEA students must register with the police within 3 months after arrival in Norway. Students from countries in the EU/EEA do not need to show statement from the institution that the work will not affect the study progress (Uttalelse om studieprogresjon og deltidsarbeidstillatelse).
More information about work permits for students is available on [www.udi.no](http://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 deduction card (*skattekort*) in order to receive your salary. You have to contact the tax office (*Skatt Vest*) in Stavanger, located in Lagårdsveien 46. 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](http://www.skatteetaten.no)

**THE CAREER AND COUNSELLING CENTRE AT THE UIS**

The UiS has established the Career Centre where students can receive advice about career opportunities, part-time work, etc. The office is located in the Arne Rettedal's Building near the main entrance.

For more information, contact the Career Centre: karriereveiledning@uis.no

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)
- 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, etc.)
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 http://www.nav.no/English for more details.

- All municipalities have an emergency ward (Legevakt) for medical urgencies out of GP’s working hours - Stavanger Legevakt  Phone: 51 51 02 02
- The medical emergency phone number is 113

If the duration of your stay in Norway 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). For more information click here

However be advised that,

- As a member of the Norwegian National Insurance Scheme, you still pay a fixed part of the cost of public health services, called patient charges. This applies to medical treatment and buying prescribed medicines.
- A Norwegian National Insurance membership only entitles you to medical care, so it does not render travel insurance obsolete.
- In addition, dental care is not covered by the Norwegian National Insurance Scheme.

If the duration of your stay is Norway is between three and twelve months...

**STUDENT FROM NON EU/EEA COUNTRIES**

- You must bring private health insurance coverage from your home country.
- You may apply to become a member of the Norwegian National Insurance Scheme, but there is no guarantee that you will be granted membership. Once you obtain your Norwegian personal number, you can apply for a voluntary membership of the Norwegian National Insurance Scheme. To apply, go to the Norwegian Labor and Welfare Administration’s website and log in as student. Click here

**STUDENT FROM EU/EEA COUNTRIES**

- You must bring the European Health Insurance Card which is obtainable in your home country.
- The European Health Insurance Card only entitles you to medical care under the Norwegian National Insurance Scheme.
- For more information about the European Health Insurance Card, click here
- For further information about your supplemental insurance needs, please contact the nearest insurance office in your home country.
**Students from the Nordic countries (Sweden, Denmark, Finland, and Iceland)**

- You are entitled to medical treatment once you enter Norway, according to existing conventions between the Nordic countries.
- This does not render travel insurance obsolete.
- For further information about your supplemental insurance needs, please contact the nearest insurance office in your home country.

**If the duration of your stay is Norway is shorter than three months...**

- Students who stay in Norway for less than three months must bring private health insurance from their home country.

**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.

**Reimbursement of medical expenses**

SIS (Student Welfare Association) provides services like partially reimbursement of health related expenses (including private medical service and dental care).

For more information, click [here](#)

**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!

International Vaccination Office and Infection Control Office:  
Torgveien 15C (third floor), Stavanger (area: Hillevåg)  
Phone: (+47) 51 91 33 33 (Monday- Friday 08:00 –15:00)  
E-mail: vaksinasjonskontoret@stavanger.kommune.no

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 (apart from service offered by SiS, see *Chapter 4*) and students must therefore consult their permanent general practitioner (GP).

- Students staying for six months or longer who have obtained their ID-number can register themselves with a permanent GP. For more information about who have the right to a general practitioner click on the following link: [https://helsenorge.no/foreigners-in-norway/the-right-to-a-doctor](https://helsenorge.no/foreigners-in-norway/the-right-to-a-doctor)

- To get/change your general practitioner log in to the MinFastlege Service: [https://helsenorge.no/](https://helsenorge.no/) once you have chosen 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 200 – 250 NOK.

- If you are staying in Norway for less than six months and you need a medical service, please contact the emergency ward (*Legevakt*): Phone 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 the city centre and in bigger shopping centres (such as Amfi Madla by Madlakrossen).

- Pharmacy with extended opening hours (until 23:00): Vitus apotek Løven (Phone: 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

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Year's Day</td>
<td>1 January</td>
<td>1 January</td>
</tr>
<tr>
<td>Palm Sunday</td>
<td>20 March</td>
<td>9 April</td>
</tr>
<tr>
<td>Maundy Thursday</td>
<td>24 March</td>
<td>13 April</td>
</tr>
<tr>
<td>Good Friday</td>
<td>25 March</td>
<td>14 April</td>
</tr>
<tr>
<td>Easter Sunday</td>
<td>27 March</td>
<td>16 April</td>
</tr>
<tr>
<td>Easter Monday</td>
<td>28 March</td>
<td>17 April</td>
</tr>
<tr>
<td>Labour Day</td>
<td>1 May</td>
<td>1 May</td>
</tr>
<tr>
<td>Ascension Day</td>
<td>5 May</td>
<td>25 May</td>
</tr>
<tr>
<td>Constitution Day</td>
<td>17 May</td>
<td>17 May</td>
</tr>
<tr>
<td>Whit Sunday</td>
<td>15 May</td>
<td>4 June</td>
</tr>
<tr>
<td>Whit Monday</td>
<td>16 May</td>
<td>5 June</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>25 December</td>
<td>25 December</td>
</tr>
<tr>
<td>Boxing Day</td>
<td>26 December</td>
<td>26 December</td>
</tr>
</tbody>
</table>

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: [https://goo.gl/maps/lgr5e](https://goo.gl/maps/lgr5e)
- Joker Brustadbua (Ullandhaugveien 75) opening hours (Sundays): 09:00-21:00. Map: [https://goo.gl/maps/5Ej8Eh](https://goo.gl/maps/5Ej8Eh)
- Rema 1000 Mariero (Langfåtveien 29) opening hours (Sundays): 09:00-21:00. Map: [https://goo.gl/maps/S5kET](https://goo.gl/maps/S5kET)
- Joker Jelsagaten (Jelsagate 1) opening hours (Sunday): 9:00-21:00. Map: [https://goo.gl/maps/RT5Rm](https://goo.gl/maps/RT5Rm)

9B Weights and Measurements
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.gulesider.no or www.1881.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:

MyCall – Customer Service: 06160 or +47 815 68 166 from outside of Norway (ask to speak in English).
www.mycall.no (website available in Norwegian, English and Polish)

OneCall – Customer Service: 04300 or +47 21 99 35 99 from outside of Norway (ask to speak in English).
www.onecall.no (website only available in Norwegian)

Chess – Customer Service: 06060 or +47 815 11 060 from outside of Norway (ask to speak English).
www.chess.no (website only available in Norwegian)

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

Telia - Customer Service: 05050 or +47 924 05050 from outside of Norway (ask to speak in English)
https://telia.no/ (website 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.
Public Transportation

Rogaland Kollektivtrafikk FKF (Kolumbus) is a county-owned administration company for public transport in Rogaland. They operate buses and ferries within the district. For routes, prices, travel planner etc. go to their website at www.kolumbus.no/en

IMPORTANT: When waiting at a bus stop you have to put your hand out as a signal to the bus in order for it to stop.
CHAPTER 10 Useful Contact Information

**Norway**

- [www.visitnorway.com](http://www.visitnorway.com)  |  [www.studyinnorway.net](http://www.studyinnorway.net)
  - Tourism Information
  - Higher Education
- [www.norway.no](http://www.norway.no)  |  [www.nokut.no](http://www.nokut.no)
  - Public Sector Information
  - The Norwegian Agency for Quality Assurance in Education
- [https://www.thelocal.no/](https://www.thelocal.no/)  |  [www.siu.no](http://www.siu.no)
  - Norwegian News
  - The Norwegian Centre for International Cooperation in Higher Education

**Stavanger**

- [www.regionstavanger.com](http://www.regionstavanger.com)
- [www.stavanger-web.com](http://www.stavanger-web.com)
- [www.stavanger.kommune.no](http://www.stavanger.kommune.no)

**The University of Stavanger**

- [www.uis.no](http://www.uis.no)
  - The Faculty of Arts and Education
  - Phone: (+47) 51 83 34 00
  - Fax: (+47) 51 83 34 50
- 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 Retteadalshus, Kjell Arholms gt. 41

**International Office**

For questions concerning admission and other practical issues, please contact the information desk in the International Office (open Monday-Friday 10:00-14:00), or send us an e-mail to admissions@uis.no.

For questions concerning academic issues (subject and schedules), please send e-mail to admissions@uis.no. We will forward your enquiry to the correct person.
**ACCOMODATION**

*Student Welfare Organisation*

*The Student Welfare Organisation – SiS*

Phone: (+47) 51 83 33 00 Email: sis@sis.uis.no

www.sis.uis.no

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**Student dormitories and distances**

<table>
<thead>
<tr>
<th>Student dormitory</th>
<th>University campus</th>
<th>City centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ugleveien</td>
<td>2,5 km</td>
<td>3,7 km</td>
</tr>
<tr>
<td>Madlamarkveien 6</td>
<td>2,2 km</td>
<td>3,8 km</td>
</tr>
<tr>
<td>Madlastokken 18</td>
<td>2,8 km</td>
<td>4,3 km</td>
</tr>
<tr>
<td>Gulaksveien</td>
<td>3,5 km</td>
<td>3,9 km</td>
</tr>
<tr>
<td>Henrik Ibsensgate 21 (Mosvangen)</td>
<td>2,1 km</td>
<td>2,6 km</td>
</tr>
<tr>
<td>Valkyrjegata 12</td>
<td>3,9 km</td>
<td>1,8 km</td>
</tr>
<tr>
<td>Madlaveien 38</td>
<td>3,4 km</td>
<td>1,2 km</td>
</tr>
<tr>
<td>Jernaldevieien 57</td>
<td>1,2 km</td>
<td>4,3 km</td>
</tr>
<tr>
<td>Norvald Framordsgate</td>
<td>1,3 km</td>
<td>4,4 km</td>
</tr>
<tr>
<td>Gjøsteins gata</td>
<td>4,3 km</td>
<td>0,6 km</td>
</tr>
<tr>
<td>CAMPUS dormitory (Rennebergstien, Kjell Arholmsgate (P10), Sørmarka Rektor Natvig Pedersensvei 1-6)</td>
<td>0 km</td>
<td>4,6 km</td>
</tr>
<tr>
<td>Sola Sjø</td>
<td>8,5 km</td>
<td>12,7 km</td>
</tr>
<tr>
<td>Bjergsted</td>
<td>5,6 km</td>
<td>1,8 km</td>
</tr>
</tbody>
</table>

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**Temporary accommodation**

| Tone's Bed and Breakfast                | Rogalandsheimen Gjestgiver |
| Peder Clausssensgate 22                 | Muségate 18                |
| 4008 Stavanger                          | 4010 Stavanger             |
| Phone (+47) 51 52 42 07                  | Phone (+47) 51 52 01 88    |
| E-mail: ton- bour@online.no             | www.rogalandsheimen.no     |
|                                         | E-mail: post@rogalandsheimen.no |

| Stavanger Bed and Breakfast             | Stavanger Vandrehjem Mosvangen * |
| Vikedalsg 1A                            | Henrik Ibsensgate 21           |
| 4012 Stavanger                          | 4021 Stavanger                |
| Phone: (+47) 51 56 25 00                 | Phone: (+47) 51 54 36 36      |
| www.stavangerbedandbreakfast.no        | www.hihostels.no/no/hostels/stavanger-mosvangen |
| E-mail: post@sbb.no                     | E-mail: stavanger@hihostels.no |

| Stavanger Vandrehjem St. Swithun *      | Hostel Sandnes               |
| Thorsensg 8                             | Storgaten 45                 |
| 4011 Stavanger                          | 4307 Sandnes                 |
|                                         | Phone: (+47) 51 97 30 00     |
ACCOMMODATION ON THE PRIVATE MARKET

There are also many housing options offered through the private rental market:
- www.hybel.no
- www.finn.no

TRAVEL

Sola International Airport
Information Desk
Phone: (+47) 67 03 10 00
www.nsb.no

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

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

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

Bus Company: Kolumbus
Phone: 177
www.kolumbus.no/en

Stavanger Taxi
Phone: (+47) 51 90 90 90
www.stavangertaxi.no

SPORTS AND LEISURE

SiS Sports Centre
Rennebergestien 24
4021 Stavanger
Phone: 51833380
www.sissportssenter.no
E-mail: post@sissportssenter.no

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

Klatrefabriken (Indoor climbing)
www.klatrefabriken.no

Stavanger swimming pool (centre)
Phone (+47) 51 50 74 07
www.stavanger.kommune.no/svommehallen

Stavanger handball (handball)
www.sifhandball.no

Forus Travbane (trotting)
www.forus-travbane.no
CULTURE AND ENTERTAINMENT

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

Rogaland Theatre
Teaterveien 1
4005 Stavanger
Phone: (+47) 51 91 90 00
www.rogaland-teater.no

Stavanger Concert Hall
Bjergsted 1
4007 Stavanger
Phone: (+47) 51 53 70 00
www.stavanger-konserthus.no

The International Chamber Music Festival (ICMF) Sandvåg 7
4007 Stavanger
Phone: (+47) 51 84 66 70

Folken
Ny Olavskleiv 16
4008 Stavanger
Phone: (+47) 51 56 44 44
www.folken.no

Stavanger Kino (movie theatre)
Sølberggata 2
4006 Stavanger
Phone: (+47) 51 22 24 42
www.sfkino.no

MaiJazz
www.maijazz.no

MUSEUMS

Archaeological Museum
Peder Klows gate 30 A
4010 Stavanger
Phone: (+47) 51 83 26 00
http://am.uis.no/

Norwegian Petroleum Museum
Kjeringholmen
4004 Stavanger
Phone: (+47) 51 93 93 00
www.norskolje.museum.no

Valberg Tower
Valberget
4001 Stavanger
Phone: (+47) 90 72 63 94

Museum Stavanger MUST

Stavanger Museum
Musègåta 16
4010 Stavanger
Phone: (+47) 51 84 27 00
http://www.museumstavanger.no

Stavanger Maritime Museum
Nedre Strandgate 17/21
4005 Stavanger
Phone: (+47) 51 84 27 00
http://stavangermaritimemuseum.no/
Norwegian Canning Museum  
Øvre Strandgate 88  
4005 Stavanger  
Phone: (+47) 51 84 27 00  
http://norskhermetikkmuseum.no/

The Norwegian Children’s Museum - Stavanger  
Museum, Musègata 16  
4010 Stavanger  
Phone: (+47) 51 84 27 00  
http://www.museumstavanger.no

Ledaal Mansion  
Eiganesveien 45  
4009 Stavanger  
Phone: (+47) 51 84 27 00  
http://www.museumstavanger.no

Breidablikk Mansion  
Eiganesveien 40a  
4009 Stavanger  
Phone: (+47) 51 84 27 00  
http://www.museumstavanger.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)

Pharmacy with extended hours Vitusapotek  
Løven  
Olav V gate 11  
4005 Stavanger  
Phone: (+47) 51 91 08 80

Women Shelter  
(Emergency crisis centre for women)  
Phone: (+47) 51 53 06 23
Universitetet i Stavanger / University of Stavanger