

UNIVERSITY OF OSLO



Getting Started

Spring 2025

Welcome to the University of Oslo

We hope you are excited for your studies to begin. Although you have prepared thoroughly, arriving in a new country can nevertheless be overwhelming. This brochure does not span the entirety of knowledge you might want as an international student. Still, the International Student Reception wishes to offer some general guidance regarding the practicalities of your stay as well as pointers on how to get by in Oslo.

First, we encourage you to make the most of your time in Oslo, participate in lectures, seminars and collaborate with your fellow students. There are a multitude of faculties and libraries at the university, with eateries and coffee shops readily available for when you need a break. Student associations are also a great way for you to get involved.

Outside your studies you can explore the city by visiting its museums, parks, ski slopes, beaches and hiking trails, to name but a few of the attractions at your feet. The urban qualities of Oslo are tightly interwoven with nature. While you might prefer a breeze by the fjord in summer, the mountains and forests can be equally refreshing given a light sprinkle of snow.

Welcome!

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Calendar for start of studies

14 January – Digital Orientation Meeting

Time: 10.00 to 11.30

Place: Zoom-meeting

At the digital Orientation Meeting we will provide you with important information about studying at UiO, student life at UiO and in Oslo, and how to register with the police.

14 January – Scavenger hunt

Time: 11.30 to 16.00

Are you eager to discover the city's hidden gems and cultural highlights? Join us for an exciting day exploring Oslo with your buddy group!

14 January – Norway in a nutshell

Time: 16.00 to 18.00

The University of Oslo would like to welcome all new international students with a fun introduction to student life in Norway.

15 January – Sledding day

Time: 11.00 to 17.00

Place: Frognerseteren

Join in for a typical Norwegian winter day in the slopes.

15 January – Visit MUNCH

MUNCH is a landmark in the inner city. Don't miss your chance to see it for free.

Time: All day

Place: MUNCH Bjørvika, Edvard Munchs plass 1.

16 January – Speed Friending

Time: 19.00 – 21.00

Meet people, share stories and discover Oslo through the people who live here!

17 January – The Student Association Day

Time: 11.00 to 15.00

Place: Georg Sverdrups hus

Come visit the Student Association Day and meet many of the student associations in Oslo!

For the complete program for start of studies at your faculty, see:

<https://www.uio.no/english/studies/start-of-studies/>

Please follow the QR-code below for a digital version of this calendar.



Contact points

Information centres at the faculties:

Information about courses and course registration, confirmation of arrival and confirmation of Erasmus+ exchange and more.

Knutepunktet – International Student Reception:

Information about admission, residence permit / police registration and more.

See: www.uio.no/english/studies/contact/

Register as a student

All students must finish their registration in Studentweb each semester. In addition, you must also remember to sign up for your courses. Some exchange students may already be registered for courses by their departments. Any question regarding course registration should be directed to your faculty. The final deadline for the spring semester is **1 February**.

Step 1

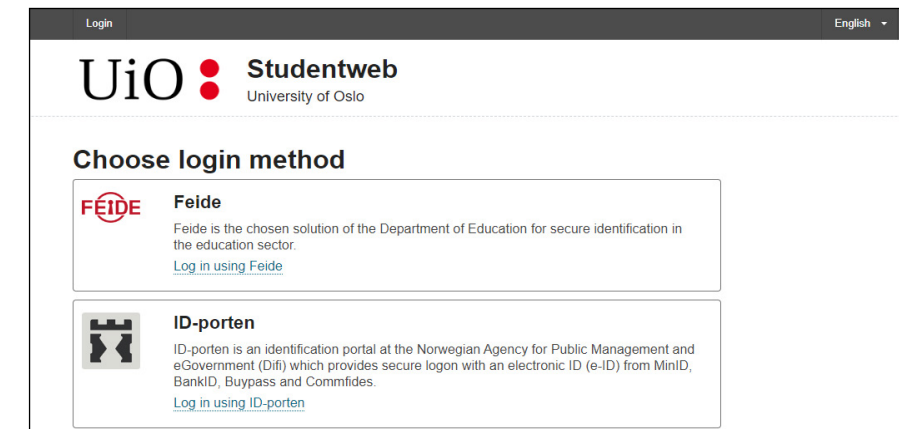
Register in Studentweb: <https://studentweb.uio.no/>

Log on to Feide with your username and password. Please note that you must register both for classes and for examinations. Click 'save' before you log out.

Step 2

Pay the semester fee: <https://www.uio.no/english/studies/registrations/semester-fee/>

Erasmus, Nordplus/Nordlys and most bilateral students are exempt from paying the semester and copy fee. If you need to pay the fee, you will find payment details in Studentweb.



Further information can be found on our web page:

www.uio.no/english/studies/registrations/semester-registration/

Semester fee

The payment amount on your invoice (giro) is NOK 960. Please note that NOK 50 is a voluntary payment to SAIH – The Students and Academics International Help Fund.

Information about courses

- A full-time study workload is 30 ECTS credits per semester

- Lecture hours and examination dates can be found on the course page at uio.no

- Make sure not to sign up for courses with mandatory lectures and examinations that collide.

- Lecture hours and examination dates of the various courses are set and can not be changed

Problems with your course registration?

If you are faced with any difficulties during your course registration, please contact your faculty.

You can find their contact information at: <https://www.uio.no/english/studies/contact/>

Norwegian language courses

FOTO: © JARLI&JORDAN/UIO



Most exchange students are eligible for Norwegian language courses for international students.

Norwegian language courses are tailored for international students who are studying at UiO for one or two semesters.

Please note that these courses can not be a part of a master's degree. Thus, Norwegian

courses must be taken in addition to programme courses.

Application deadline:

You must apply for courses in Studentweb by **16 January**

Please note that it may be difficult to change a class once you have signed up.

You will find more information here:
<https://www.hf.uio.no/iln/english/studies/international/>



PHOTO: © UIO/JARLI&JORDAN



Learning Norwegian just for fun?

Learn to speak, write and understand Norwegian at an elementary level with an online four-week language course: <https://www.futurelearn.com/courses/norwegian>

IT-Help and digital study tools

Username and password

Your username will in most cases be sent to you by SMS. After receiving this, set your password online through this link: <https://www.uio.no/english/services/it/contact/it-help/index.html>
Make sure to download Microsoft Authenticator and use your UiO-email. You can also set up an analogue alternative for two factor authentication. This gives you access to your digital study tools at UiO. (WiFi, UiO computers, Studentweb, Leganto, etc.), which you log in through "FEIDE".

UiO email

All students have their own UiO email address which will be found in Studentweb. Make sure to check this email account regularly for important information. You can check your email at: <https://mail.uio.no>

Canvas

Canvas is used as a digital whiteboard for most courses at UiO. Access is given automatically if your course is using Canvas. Please contact your faculty if you do not have access to a course in Canvas. Log on with your username and password at <https://www.uio.no/english/services/it/education/canvas/> Canvas is also available as the app "Canvas Student".

My Studies

My Studies provides you with your personal schedule, updates regarding your courses, and shortcuts to frequently used university services. Log on to My Studies from the front page at uio.no/english or at minestudier.no/en. You may also download the app to receive push notifications when there are changes in your schedule.

MS 365

As a student at UiO you have access to Office 365. Download Office applications to your computer, phone or other devices. Read more about this on the following webpage: <https://uio.no/english/services/it/store-collaborate/ms365/>

IT-Help

If you do not receive an SMS or have any issues with setting a password, please contact IT-Help, the central IT-support at UiO. They can also assist you with questions or problems regarding IT-services at UiO. You can contact them by phone, chat or email. Find their contact information on the following webpage: <https://www.uio.no/english/services/it/contact/it-help/index.html>

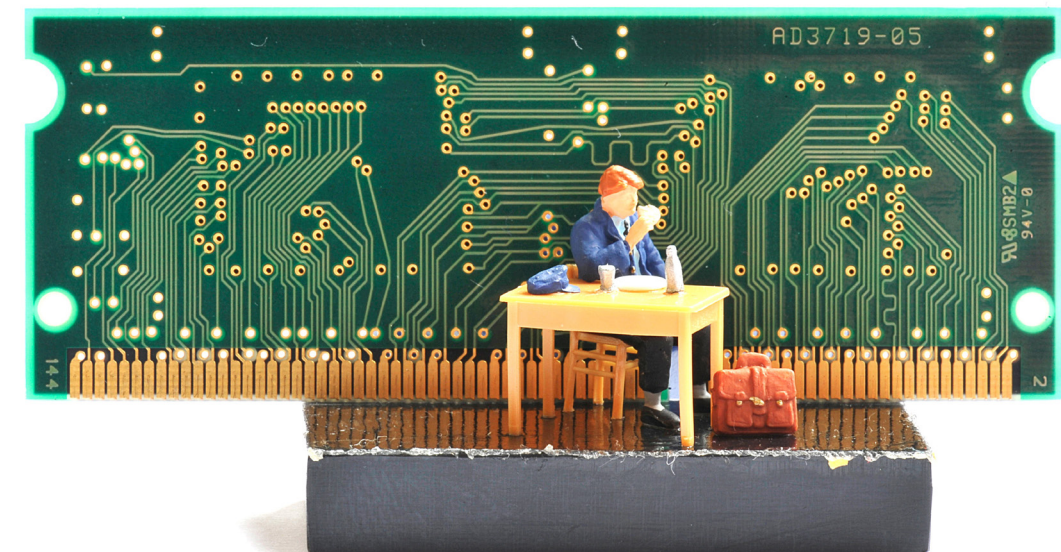


PHOTO: © UIO/FRANCESCO SAGGIO

Police registration for citizens from the EU/EEA-area



Students with a EU/EEA citizenship must register with the Oslo police when their stay in Norway exceeds three months. Registration with the police may take place within the three first months of arrival in Norway. We recommend that you begin this process as soon as possible.

Please be aware that there are currently fewer appointments available than those needed due to limited capacity at the police. Still: Book **the first available appointment** with the police *even* if it is more than 3 months after your arrival. You can commence your studies in Norway although you have not registered with the police when staying for more than three months. Please update the UDI page regularly to see if there are any new appointments scheduled. Nordic citizens are *not* required to register with the police.

Step 1: Registration

Register an application and book an appointment <https://www.udi.no/en/want-to-apply/residence-under-the-eueeu-regulations/student-who-are-eueeu-national/>

- Choose your citizenship and follow the steps on how to register
- Choose your municipality where you reside
- Go to the application form and create an account. You will receive an email to activate your account.
- When you are asked to choose a police station select Oslo police district, Service Centre for Foreign Workers.

Step 2: Documents to hand in

- Your passport or National ID card. Make sure all numbers are visible.
- Both sides of your EU Health Insurance card or private health insurance. It must be

valid for the full length of your stay in Norway.

- A print out from UDI's self service web page that proves your online registration.
- Admission letter (can be found in Studentweb under "Documents").
- A personal declaration which states that you have sufficient funds for your stay.

Step 3: Where to meet

Oslo police district
Service Center for Foreign Workers (SUA)
Address: Schweigaards gate 17

PHOTO: © UOJANDERS LIEN

Police registration for citizens from outside the EU/EEA-area



PHOTO: © UOJANDERS LIEN

If you *have* obtained a residence permit before coming to Norway:

Book an appointment to register with the police as soon as possible. It is your own responsibility to facilitate this.

- Register your arrival and book an appointment with the police at <https://udi.no/en/word-definitions/booking-of-an-appointment/>
 - In the online portal, choose: Oslo Police District, Department of Immigration.
- You must bring the following documents for your appointment:**
- Passport or national ID card
 - Your address in Norway written on a piece of paper
 - Receipt from the SiO Deposit Account (if applicable)

Dual citizenship?

Students with dual citizenship (EU passport and non-EU passport) must register with the police either as an EU/EEA citizen or apply for residence permit as a non-EU/EEA citizen. Read more about this here: <https://www.udi.no/en/want-to-apply/residence-under-the-eueeu-regulations/student-who-are-eueeu-national/>

Please contact the police for further questions regarding your registration: <https://www.politiet.no/en/english/contact-the-police/police-districts/>
If you are not able to book an appointment through the UDI portal, you may send an email to the police for assistance: oslo.fuf.studenter@politiet.no.

If you *have not* obtained a residence permit before coming to Norway:

You must both submit an online application for residence permit, and book an appointment as soon as possible: <https://udi.no/en/>

For your appointment you must bring:

- Your passport or national ID card
- Your Letter of admission (can be found in Studentweb under "Documents")
- Your Study plan letter
- The receipt from the SiO Deposit Account (if applicable)
- Your address in Norway written on a piece of paper

Norwegian identification number

If you are staying as a student for more than six months, you are required to be registered in the National Population Registry. After registering, you will receive your national ID number. Students staying for six months or less will not be able to receive a National ID number.

Citizens from the EU/EEA-area

To get a National ID number you must register and book an appointment at The Service Center for Foreign Workers (Skatt Øst) through their website: <https://sua.no/en/book-appointment/>

When going to your appointment with Skatt Øst you must bring:

- Your passport or national ID card
- Your tenancy contract
- Your admission letter
- The completed form “[Notification of move to Norway from abroad](#)”
- EU health insurance card or private health insurance
- Documentation of sufficient funds

If you have booked an appointment with the police at the Service Centre for Foreign Workers (SUA) in Oslo, you will be transferred to the Tax Administration after your appointment with the police.

Citizens from outside the EU/EEA-area

While meeting with the police for your residence permit card, you will at the same time register for the National Registry. The police will notify the Tax Administration (Skatt Øst) on your behalf, who will send you a letter containing your Norwegian ID number.

If your address changes you need to notify the police in order for your correct address to be registered in the National Registry.

Register the Norwegian ID number at UiO

The Norwegian identification number is sent by regular mail a few weeks after you have applied. Subsequently, you should register your Norwegian ID number in UiO's system by filling out the online form “Notification to UiO of new Norwegian ID number”.

If you get a part-time job, Skatt Øst is also where you must apply for a tax card. Remember to bring your work contract.



PHOTO: © UIO/ANDERS LIEN

The service centre is located at Schweigaardsgate 17. The name of the building is “Skatt Øst”.

The student ID app

Sometimes you will need to identify yourself when using student discounts. You can download the app “Studentbevis” from your app provider and it will function as your digital student identification. To set up the app, choose the University of Oslo and log in with your UiO username and password. A green box will appear at the bottom of the screen when you have completed your semester registration in Studentweb, which includes paying the semester fee. It is valid for the semester you are registered.

Access Card

New students at UiO will receive an email with information about how to get an access card.

The access card gives you access to building and rooms at the University, allows you to print documents and also functions as a library card.

For more information:

<https://www.uio.no/english/studies/registrations/card/>



PHOTO: © UIO/ANDERS LIEN

Getting around in Oslo

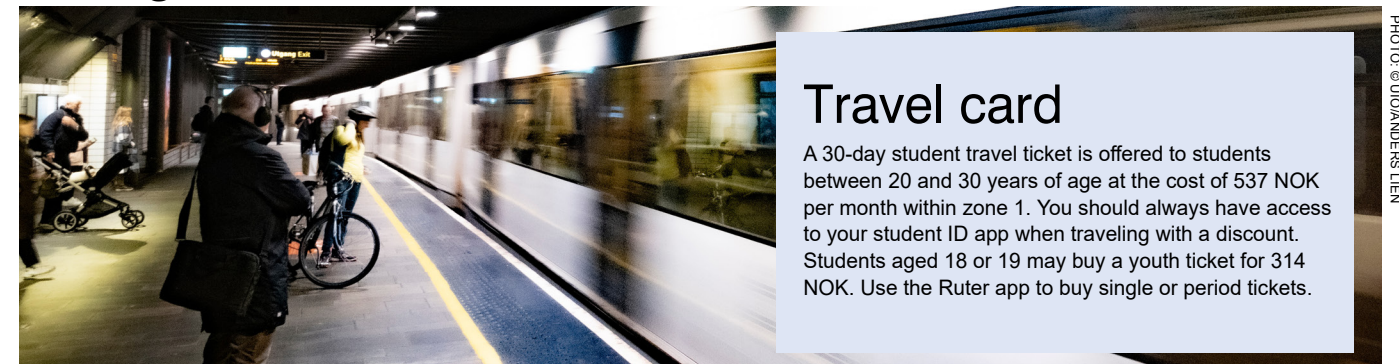


PHOTO: © UIO/ANDERS LIEN

Travel card

A 30-day student travel ticket is offered to students between 20 and 30 years of age at the cost of 537 NOK per month within zone 1. You should always have access to your student ID app when traveling with a discount. Students aged 18 or 19 may buy a youth ticket for 314 NOK. Use the Ruter app to buy single or period tickets.

National Insurance Scheme

EU/EEA citizens must be covered by the health authorities in their home country. Make sure to have a valid EU health insurance card or private health insurance while in Norway.

Non-EU citizens staying for more than 12 months are automatically enrolled in the National Insurance Scheme. Non-EU **citizens** staying 3–12 months can apply for voluntary membership in the National Insurance Scheme and must submit the

National Insurance Scheme form in order to be covered. Please be aware that it may take several months before you are registered with the National Insurance Scheme.

All students from countries outside the EU/EEA must therefore have private or public health insurance to cover their stay in Norway or until they have become a member of the National Insurance Scheme.

Download the application form and visit your local NAV office:
<https://uio.no/english/studies/international-students/health-insurance.html>

For further information contact the NAV Call and Service Centre: +47 55 55 33 33. NAV is the Norwegian Labour and Welfare Service which administers the Norwegian National Insurance Scheme.

Health services

All students may use the SiO Health Services. You must document that you are a student either with the student ID app on your mobile phone or with the semester receipt on paper.

Students staying in Norway for **more than six months** and have a **Norwegian ID number**, may register for a General Practitioner (GP) at the SiO Health Services. If you have a GP at SiO Health Services you can get the health expenses over a certain amount each

semester refunded. If you have an appointment with a doctor, you must pay a consultation fee. You can apply for a refund at the end of each semester.

Students staying less than six months can not register for a GP at SiO Health Services, but may use their services still. Please note that the consultation fee is non-refundable.

You can find information about SiO's health services here:
<https://www.sio.no/en/health>

Telephone:
+47 22 85 33 00



Part time work and work permit

If you get a job you will need a tax card. This is issued by the Tax Administration (Skatteetaten) located on the ground floor at Schweigaardsgate 17. Look for the sign “Skatt Øst”.

EU students do not have any limitations on the number of working hours.

Non-EU students: Your student residence permit entitles you to work up to 20 hours a week. In addition you may work full time during holidays. This requires that you follow normal study progression, and complete 30 ECTS credits each semester. If you fail to complete 30 ECTS credits each semester, the number of hours you are allowed to work may be limited.

Find more information regarding part-time work and work permit here:
<https://www.uio.no/english/studies/international-students/while-in-oslo/part-time-work.html>

Safety Concerns

In case of emergency:
Ambulance - 113
Fire - 110
Police - 112

Legevakten - emergency room, Trondheimsveien 233 (Aker hospital area) Open 24/7 (also on public holidays) Phone: **116 117**

UiO Security Operation Center (Vakt- og alarmsentralen), in case of serious incidents on campus Phone: **22 85 66 66**

Crisis service in case of assault or other traumatic experiences (Psykososial akuttjeneste, situated at Legevakten): Phone: **116 117**

The blood alcohol content limit for driving motorised vehicles is at 0.02%. E-scooters fall within the classification of motorised vehicle. In addition to this: the possession and use of drugs is treated as a criminal offence in Norway.

Academic writing centre

PHOTO: © UIO/FRANCESCO SAGGIO



How do you define appropriate standards of academic writing? Knowledge of the expected standards at UiO can be important for more than academic excellence, as erroneous citing in itself may amount to plagiarism.

What is the writing centre?

The Academic writing centre is open for all students who have questions regarding academic style, or who simply want feedback in order to improve their writing. The centre offers assistance in every phase of the writing process. You may book a one-on-one session when you:

- Need help to get started with an assignment
- Are struggling with your writing
- Wish to discuss ideas and drafts
- Are unsure about the demands of academic writing

Find out more

Visit the Academic writing centre in Georg Sverdrups hus at Blindern campus. They are located on the ground floor in the library.

Book a session in advance or drop in during the opening hours. For more information about services and booking options:

<https://www.ub.uio.no/english/libraries/writing-centre/>

Follow the Academic writing centre on Facebook:

[facebook.com/skrivesenter](https://www.facebook.com/skrivesenter)

Please note that writing centre staff may not proofread or discuss academic content.



**akademisk
skrivesenter**

Budget and cost of living

The cost of living is high in Norway, which might take some time to get used to. During your first semester you must be prepared to use a substantial amount of money for setting up your household and for buying suitable clothing for the Norwegian climate.

At the present moment the Norwegian kroner has weakened itself against many currencies. As a result of this, you might get more out of your funds than you normally would in Norway. Please be aware that currency rates are subject to change, and that it can be smart to check them regularly if they are volatile.

As a student you will need approximately

NOK 14 000 - 18 000 per month in order to cover basic expenses. Some grocery shops are more affordable than other, and if you visit the neighbourhoods Grønland and Tøyen you will find a selection of international food and reasonably priced food and greens.

For seasonings, fresh food and vegetables, nuts, olives, beans and other traditional foods from e.g. Africa, Asia and the Middle-East, you can go to a shop that is not part of a chain. As mentioned, most of these affordable grocery shops are situated in the neighbourhoods Grønland and Tøyen, and the quality and selection of fruit and greens is excellent.

You can also download apps from the different

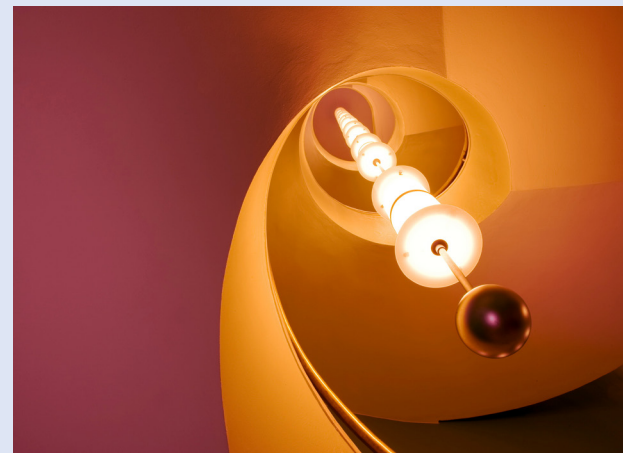
grocery stores in order to receive discounts and coupons. Furthermore, other apps can help you to find food to rescue and you can buy this food at a discounted price.

If you visit our website about budget and cost of living, you can get an idea of an approximate budget which we have put together. We have also published a students food guide with a Norwegian food dictionary, among other things.

<https://www.uio.no/english/student-life/budget/>

Opening a bank account

PHOTO: © UIO/FRANCESCO SAGGIO



Staying for 2 semesters or more (more than 6 months)

In order to open a bank account, you must meet in person at the bank of your choice. Bring the letter from Skatt Øst (with your Norwegian ID number) and your passport or national ID card. Please be aware that this process might take several weeks.

Staying for 1 semester

It is very difficult for students staying in Norway for six months or less to open a Norwegian bank account.

If you nevertheless would like a Norwegian bank account, go to the bank of your choice and ask for an account to be opened. The bank will then apply for a D-number on your behalf. Remember that this is a service which banks aren't obliged to offer, which is why it might be challenging to open an account if you're only staying for one semester.

Speak up about the learning environment

The University of Oslo takes its responsibility seriously in providing students a safe and engaging learning environment. We encourage you to speak up when you are not satisfied or see a way to improve something.

Speak up:

- If you experience unethical, illegal or dangerous activities and/or behaviour in your learning environment
- If you have complaints
- If you want to report flaws and defects concerning UiO's buildings or outdoor areas
- If you would like to give credit to someone

<https://uio.no/speak-up>



The Ombud for Students

The Ombud for Students is an independent and neutral contact, who provide free legal advice related to your studies. They provide help to see opportunities available in the face of challenges or problems related to everyday studies which are outside the scope of other bodies of the University.

You can contact the Ombud for Students without any referrals. Their services are offered freely by the University.

You may call during normal working hours
Phone: **+47 45 29 89 92** or **+47 92 04 97 36**

Email: studentombudet@uio.no

<https://www.uio.no/english/about/organisation/studentombud/index.html>



PHOTO: © UIO/ANDERS LIEN

Events by Knutepunktet

Life is more than studies and this, of course, also applies when living abroad. During the semester, Knutepunktet – International Student Reception organises regularly scheduled events like language cafés and guided tours.



PHOTOS: © STORTINGET/HOVEIDØYA: INGE KNOFF LICENCE: CC BY NC 2.0

Language café

We organise monthly language cafés where you can practise and learn another language in a relaxed setting. Attending these gatherings gives you an opportunity to socialise and practise different languages.

Guided tours

Several guided tours of museums and other institutions in Oslo are organised on your behalf. These visits are both entertaining and educational, and a great opportunity to get to know people you wouldn't otherwise.

Examples of tours we organise:

- The 22 July Center
- The Botanical Garden
- The Historical Museum
- The Nobel Peace Center

Events are added throughout the semester. Stay updated on what we have in stall for you by scanning the QR code.

If you have any questions or ideas related to these events, you may send an email to: special-events@admin.uio.no



Get involved



PHOTO: © UIO/JORDAN&JARU

If you join a student organisation during your stay in Oslo, this will allow you to participate actively in the social life outside of studies. There is a broad range of activities that are offered. You might engage with student associations which are at your faculty, or you could also take part in activities that are offered to students generally.

The Norwegian Student Society (DNS)

DNS is the largest student society in Norway. It is located at Chateau Neuf and has many events like concerts, debates, movie screenings and more. You may also volunteer for the bars or help arrange events. DNS is always looking for new members.

<https://neuf.no/>

Student associations

There are more than 200 student associations at the University of Oslo. Many associations have long traditions at their respective faculties, others are more broadly aligned towards the general pursuit of interests and hobbies. Among the latter are theatre groups, choirs, publications, political societies and special interest groups.

<https://www.uio.no/english/student-life/associations/>

OSI - Oslo Student Sports Association

OSI is one of Norway's largest sports organisations. It is run by and for students, and their purpose is to offer something for everyone, regardless of physical condition, skills or ambitions. You can always bring along a friend or two!

<https://www.osi.no/>

The Student Parliament

The Student Parliament is the highest level of student democracy at the University of Oslo. The parliament aims to improve both students' academic and social life at the University. International students are encouraged to take part in the student democracy.

<https://www.studentparlamentet.uio.no/english/>

Erasmus Student Network Oslo (ESN)

ESN hosts a variety of activities for all international students. They are looking for people to help organise events. Do not hesitate to contact them in the Facebook group **Erasmus Student Network – ESN Oslo** for more information.

Check list for international students

- ☐ Attend orientation meetings at your programme/faculty
- ☐ Attend Digital Orientation meeting for international students
- ☐ Register with the police (if applicable)
- ☐ Register in Studentweb before the final deadline 1 February
- ☐ Download the student ID app "Student ID+"
- ☐ Get your access card

Facebook group for international students

Join the group "International students at The University of Oslo (UiO)" on Facebook. Get to know your fellow students, share your experience about living in Oslo and find exciting events.

Events by Knutepunktet

Attend events by Knutepunktet throughout the semester. Here you can participate in a wide range of cultural and educational activities, and get to know your fellow students.

We wish you a happy and
memorable
stay at UiO!

