**General information – Foreign students (Based on information Nov. 2017)**

**NOK 100 approx. € 10,3/ USD 12,15/GBR 9.2**

***By appointment: Oslo Central Station, “Meeting point,” in front of Burger King (restaurant) and the vending machines.***

**Your address *???***

**Office Oslo University Hospital - Rikshospitalet**

***The Intervention Centre* (IVC)**

**Address: Sognsvannsveien 20**

 **0327 OSLO**

**Located The Intervention Centre: Building D6 – 3rd floor**

**Telephone 23 07 10 00 (Country code tel. = + 47)**

**Contact persons *Your Supervisor***

 **or Leif-Petter Rustad = Peter Tel + 47 932 22 342**

**ARRIVALS**

**From Oslo Airport Gardermoen (OSL) to Oslo Central Station**

**Train - Airport Express Train (NOK 180,-) Track 2. Every 10 min. - NSB Train (NOK 93,-) Track 4. 3 times per hour.**

 **Ticket vending machines at the arrival floor.**

 **Airport Express train to the right, NSB left (red and grey)**

 **Less than 23 min to the Central Station for both options**

**Bus To: Oslo city, stop named "Bussterminalen.”**

 **“Flybussen” FB 2 or FB 5 - NOK 180,-**

**To: Oslo University hospital, stop named GAUSTAD**

**(5 min. walk). “Nor-Way bussexpress” FB 1 - NOK 190,-**

**WEB sites** (Choose the English version on each web site)

**Register and apply for “Resident permit”**

(When necessary we accompany you to all the offices, after your arrival)

[www.udi.no](http://www.udi.no) Follow the direction given at the web site

 and: “Offer of Employment”

[www.politi.no/politiets\_utlendingsenhet](http://www.politi.no/politiets_utlendingsenhet) (Choose “International” at the top right)

 Application Portal Norway

 And other information on the web site

[www.skatteetaten.no](http://www.skatteetaten.no) National Registry – Moving – Report a move to Norway

You have to apply for: “Moving to Norway”

“Confirmation of D-number”

 “Application for tax deduction card for foreign citizens and o..”

If you’ll going to stay for more than 6 months, you’ll have to apply for an “ID-number” in addition to the D-number, after having a permanent address (after 3 months).

[www.UIO.no](http://www.UIO.no) Information on studies and courses, and where you register to

 example.: “PhD course in Medical Imaging”

[www.sio.no](http://www.sio.no) Application for Researcher Housing at UiO

 (Accommodation/Residential/Housing)

[www.nyinorge.no/en/](http://www.nyinorge.no/en/) **“New in Norway”** Gathered information from public agencies

[www.oslo-universitetssykehus.no](http://www.oslo-universitetssykehus.no)

 Information from the hospital and The Intervention Centre

[www.visitoslo.com](http://www.visitoslo.com) or [www.visitnorway.com](http://www.visitnorway.com)

 Tourist information and other things you need to know

[www.ivs.no](http://www.ivs.no) The Intervention Centre own web site

**Documents** **You will receive: Labor contract - Confirmation of employment – Application form and contract for admission to the PHD program at The Faculty – General information regarding employment, all with attachments**

**Vaccines Depending on where you from:**

**Tuberculosis and MRSA**

**(Attachments to your Labor contract)**

**Money and Banking**

 **Tax rate: 50% until you receives your own tax deduction**

 **Normal tax rate between 25 and 30 % for students**

 **If you don’t have an Norwegian bank account, we**

 **recommend to create one.**

**If you can’t create one before entering Norway, it takes**

**3 months until you are allowed to create one.**

**Bank example** [**www.dnb.no**](http://www.dnb.no) **(Norway’s biggest bank)**

[**www.nordea.no**](http://www.nordea.no)

[**www.sbanken.no**](http://www.sbanken.no)

 **Maybe your existing bank have an office in Norway?**

**Worth checking (IBAN and SWIFT)**

**Students organizations**

**Look at** [**www.uio.no**](http://www.uio.no)

**There are many relevant foreign student associations you may join.**

 **It’s advisable to look into this before you leave home, They often have**

**arrangements for new students in Norway?**

**Others**

**Remember to bring warm clothing, warm shoes and Winter-/Rain-/Wind jacket.**

**Normal temp. Summer : +/- 20 degrees Celcius – night +/- 15 degrees**

 **Mid. May until September**

 **Autum : +/- 10 degrees C. – night just above 0 C.**

 **September until November**

 **Winter : Norm. – 5 to -10 can go below – 20 C.**

 **November until March**

 **Spring : Approx. as autumn**

 **April and May**

**Payment: You can use credit cards all over Norway or**

**Norwegian kroner (NOK) we don’t use Euro**

**Costs Norway is a very expensive country.**

**Restaurant 3 course with vine NOK 1.000,-**

**Taxi from City to Rikshospitalet NOK 250,- to 310,- 15 min**

**Groceries etc. Milk NOK 18,00 1 liter**

 **Chicken NOK 95,00 1 kg**

 **Bread NOK 25,00**

 **Potatos NOK 20,00 1 kg**

 **Tomato NOK 39,00 1 kg**

 **Green salad NOK 18,00 pieces**

 **Egg NOk 35,00 12 pieces**

 **Ham NOK 21,00 100 gr.**

 **Cheese NOK 95,00 1 kg**

 **Toilel p. NOk 35,00 4 rolls**

**Coffee NOK 30,00 250 gr.**

 **Coca-Cola NOK 30,00 1,5 liter**

 **Bus/Tram NOK 32,00 (City centre)**

 **Gasoline NOK 16,00 per liter**