



FROM ADMISSION TO ARRIVAL

Information for new international students autumn 2013



Dear Student,

Welcome to the University of Tromsø!

This leaflet contains necessary information prior to your arrival. If you miss any topics, please contact us.

This document, as well as additional information for the first few weeks at the university, can be found online at <http://uit.no/newstudents>

We wish you success in your studies, and we hope you will enjoy your stay in Tromsø!

We look forward to seeing you.

Best regards,

Ingvild, Astrid, Hege,
Tonje, Reidun, Astrid, Ute and Andreas
International Office
University of Tromsø

Line & Jill
Student Counselling Centre
Student Welfare Organisation

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CHECKLIST – THINGS YOU NEED TO DO

- Accept/decline the offer – by returning the Student Contract**
- Book your accommodation online as soon as possible**
- No later than 15 November!
- Apply for Residence Permit (if you reside outside EU/EEA)**
You need to enclose:
 - Letter of Admission**
 - Study Plan (only exchange students and free-movers)**
 - Documentation of Financing**
 - Application Fee (NOK 1100)**
- Ticket Reservation**
- Investigate insurance options – provide adequate documents**
- Make a budget**
- Check your laptop/software if you want to have Internet connection in Tromsø (details on page 13)**
- If relevant, read about what to consider before bringing spouse and/or children.**
- Fill in our arrival registration form online.**
- Required if you wish to be met at the airport.

WHERE TO GET HELP

THE INTERNATIONAL OFFICE

The International Office is the main service office for all international students, located at the Department of Academic Affairs in the administration building (2nd floor). We are the first place to turn to if you are not sure where to locate help. We also help with admission, semester and exam registration, study programmes, application for residence permits, and academic affairs in general.

Visiting hours

Monday, Tuesday: 12.30 – 15.00.

Thursday, Friday: 09.00 – 11.30

Wednesday: closed

General contact

Web: uit.no/international

Fax: : +47 77 62 32 10

E-mail: international@uit.no

For questions concerning **exchange students** (ERASMUS, NORDPLUS, NORDLYS, NORTH2NORTH, ARKHANGELSK and other bilateral agreements), please contact: **E-mail:** international@uit.no

Tonje Merete Moe

tel: + 47 77 64 58 28

Astrid Brokke

Tel+47 77 64 56 60

Reidun Sundstrøm

tel +47 77 62 32 86

For questions concerning **master's degree students** in English taught programmes and **free-movers**, please contact: **E-mail:** international@uit.no

Ingvild Svestad

tel: +47 77 64 65 84

Hege Kristin Widnes

tel: +47 77 64 49 68

For questions concerning **free-mover students** please contact: **E-mail:** international@uit.no

Reidun Sundstrøm

tel +47 77 62 32 86

THE STUDENT COUNSELLING CENTRE (SCC) - SiTo

The Student Counselling Centre is administered by the student welfare organisation Studentsamskipnaden I Tromsø (SiTo). We provide counselling service to help students cope with the personal and practical parts of student life. Location: Breiviklia (Depts. of history, anthropology and archaeology building). Web: <http://sito.no/en/counselling-0>

Visiting hours:

Monday-Friday 9 am.-3 pm. Appointments by phone, e-mail or in person.

Drop-in-Hours: Monday-Friday 1-2 pm

For pre-arrival assistance concerning questions about family reunification, arrival and other personal and practical issues, please contact:

Line Vråberg

International Student Counsellor
line.vraberg@sito.no, tel: + 47 77 64 90 56

Jill Larsen

Reception Officer, tel: + 47 77 64 90 50
radgivinga@sito.no

Hanne Rieber

Psychologist, tel: +47 77649052
hanne.rieber@sito.no

HOUSING DEPARTMENT - SITO

The Housing Department of the Student Welfare Organisation (SiTo) owns and manages all student housing in Tromsø. We are responsible for matters concerning living in our student hostels.

Olav Benjaminsen

bolig@sito.uit.no
tel. +47 77 64 52 00

Visiting hours and contact details:

Monday-Friday 8.30 am-3 pm.
Fax +47 77 64 90 38
E-mail: bolig@sito.uit.no
Web: www.sito.no/english/housing

Liv Hanne Wist

liv.wist@sito.uit.no, +47 77 64 90 36

STAY IN TOUCH – E-MAIL, NEWSLETTER AND FACEBOOK

Critical information will be sent out by e-mail, so we kindly ask you to check your e-mail once a week. Make sure to update your contact data in the Studentweb if your e-mail address changes or becomes inaccessible!

We recommend all students to subscribe to our Newsletter and join us on Facebook. You find more information about this at uit.no/international.

You can also join the Student Counselling Centre on Facebook for regular information:
<http://www.facebook.com/pages/Student-Counselling-Centre/191742527532432>

ACCEPT OR DECLINE THE OFFER OF A PLACE OF STUDY

You should have received an official Letter of Admission to the University of Tromsø previous to or together with the **Student Contract**. Please meet the deadline to return the Student Contract. If, for some reason, you receive the admission package after the deadline, you should contact the International Office immediately. E-mail or fax a signed copy to international@uit.no or fax +47 77 62 32 10.

Many study programmes have a limited number of places. Returning your Student Contract within the given deadline will help make our admission process more efficient. Please return the contract or simply an e-mail message **even if you wish to decline the offer**.

RESIDENCE PERMIT / VISA

STUDENTS RESIDING OUTSIDE THE EUROPEAN ECONOMIC AREA (EU/EEA)

You have to apply for a student residence permit for Norway. Please contact the nearest Royal Norwegian Embassy or Consulate **as soon as possible**. The processing may take several weeks, sometimes months. Confer with them about the necessity for transfer visas. Please enclose the Letter of Admission, your study plan, documentation of accommodation and financing of studies. More information can be found on: <http://www.udi.no/templates/Tema.aspx?id=7415>

At <http://uit.no/newstudents> you will find the document *Documentation of financing* which explains the use of a **deposit account** from the Student Welfare Organisation. For questions or help, please contact the International Office at: international@uit.no

Please note that you can register your visa application online independent of opening hours by using the Application Portal Norway at <https://selfservice.udi.no/>

Use the **organizational number** of the University of Tromsø: 970422528 as reference. You can make a booking to deliver relevant documents to the appropriate Norwegian Embassy/Consulate without having to wait in line, and you pay also the application fee online.

You are required to **contact the local immigration office within 7 days of your arrival** in Tromsø to in order to register your arrival and receive your resident's card. Please bring your passport.

STUDENTS FROM THE EUROPEAN ECONOMIC AREA (EU/EEA)

After arrival please register first at <https://selfservice.udi.no/en-gb/>. Then request your residence permit at the local immigration office in Tromsø within **3 months after arrival**.

Remember to bring an E-111/E-128/European Health Card from your home country in order to document health insurance! UK citizens only need to bring along their passports.

USEFUL LINKS

Norwegian Directorate of Immigration forms and additional information:
<http://www.udi.no/templates/Tema.aspx?id=7415>

BOOK YOUR ACCOMMODATION

Book your accommodation online and read about the different student hostels on: <http://www.sito.no/english/housing>

All **new** international students should apply for housing within **15th of June**.

For those who want to or have to look for private accommodation, assistance is available. Please check <http://www.bolighjelpa.no/> for further information and assistance.

Students who move into a student hostel, cannot count on changing accommodation due to long waiting lists. Should you want to decline an offer for housing, please notify the Housing Department of the Student Welfare Organisation (SiTo) by fax or e-mail.

Applicants bringing children and/or spouse, please see separate information further down.

You will receive an automated reply by e-mail when a room has been assigned to you including the tenancy agreement. The agreement should be:

- signed by bank ID or
- printed, signed, scanned and returned by e-mail to: bolig@sito.uit.no .

Please read the contract carefully before signing it. In the agreement the address and starting date of the contract are stated. Please note that even though you return the contract electronically, you should come to SiTo after arrival in Tromsø so that we can register that you have moved in. Those attending the Introductory Programme will get this opportunity during the programme.

Please also note that the room will be reserved for you from the beginning of the month (August). You are responsible for paying rent for the whole month. Later you can terminate your contract any time.

During your first week in Tromsø you will be requested to pay a deposit of NOK 3.000. You can also pay electronically with your bank ID prior to arrival in Tromsø. The money will be returned to you if the room is clean and proper when you leave. The hostel rent varies from NOK 2.600 to 3.125 per month, and the first rental bill will be sent to you electronically. Self-financed students who transfer money to the SWO can get a prepaid bank card for ATM machines and shops, until they have opened a regular Norwegian bank account. The SWO charges NOK 350 for the service.

The rooms are equipped with basic furniture only. Students should supply their own kitchen equipment and all bedding equipment including duvet, pillow and bed linen (sheets and pillow cases). You are advised to bring a minimum of equipment in case the shops are closed on arrival. During the Introductory Programme student volunteers will be helpful in pointing out where you can buy cheap equipment and the International Students Union will arrange a second hand market at the end of the Introductory week.

NB! All questions concerning accommodation, the booking system, etc should be addressed directly to SiTo. The International Office is not in charge of these matters and will not be able to answer such requests: <http://www.sito.no/english/housing>

Arrival in Tromsø

Getting your Keys

During the official **Arrival Days 5-6 August**, there is a service stand at the airport. It is manned during student arrivals. If you have registered your arrival on our arrival form, you will receive your key, address and an information package at the airport. We recommend that you take a taxi to your hostel. The taxi will cost approximately NOK 200.

If you arrive before Friday 2nd of August, you can pick up your key at the SiTo Housing Department. If you don't arrive during Arrival Days, you must pick up your key during Opening Hours. The SiTo Housing Department is open:

7th of August from 09.00 to 18.00

Saturday 10th August from 10.00 to 16.00

Sunday 11th August from 12.00 to 16.00

Monday 12th August to Friday 23rd August open until 18.00

If you don't arrive during the opening hours, you should book alternative accommodation upon arrival, for example a hotel room.

If any urgent problem arises during your travels, you may contact the Student Counselling Centre (SCC) +47 77649050 or +47 77649056 Monday-Friday 9am-3pm. We are accessible outside office hours during Arrival Days **only**.. You may call **+47 90 65 91 55** if you have an emergency situation during your travel.

Arrival by car or bus

If you arrive by car or bus, you may pick up your key at the SiTo Housing Department during Opening Hours.

NB! If you arrive by car, please note that parking is restricted at the University area. You need to be a registered student and have a parking card issued from UiT to use the assigned university parking lots: http://www2.uit.no/ikbViewer/page/startside/orakelet/artikkel?p_document_id=186208&p_itb=78&malgruppe=1&p_lang=1

Taxi

You can easily take a taxi from a stop located in front of the airport. However, if you arrive very late and there is no taxi you can call the taxi office: (+47) 77 60 30 00. You can pay by cash (Norwegian kroner) or credit card.

Ticket reservation

We recommend you to book your ticket **as soon as** you have decided to come to Tromsø. The cost will increase if you book your ticket close to the departure date. Most flights to Tromsø go via Oslo, but there are also international direct flights to Tromsø from Murmansk/Arkhangelsk.

Separate online booking of your connecting flight from Oslo or one of these cities to Tromsø may save you some money. You could also consider booking your connecting flight from one of the major airport hubs. If you do, remember that none of the airlines then will be responsible if you lose your connection, so allow for some extra connecting time in case of delays.

Please remember that the University of Tromsø is in no way responsible for your travel arrangements.

You can check airline and airport websites for more information:

- www.norwegian.no Tromsø Airport
- www.sas.no/en www.avinor.no/en/airport/tromso
- www.nordavia.ru Oslo Airport
www.osl.no/en/osl

WHEN SHOULD YOU ARRIVE?

The autumn semester starts 13 August. The **Introductory Programme for New International Students** takes place from **7-12 August** with official **Arrival Days 5-6 August**.

During the Introductory Programme you get information about semester registration and practical matters and we will guide you through your first days in Tromsø and at UiT. It is a great opportunity to get acquainted with fellow students. If you arrive during the arrival days you can count on special services for incoming students at Tromsø airport (remember to register your arrival details online).

On Sundays, most stores in Tromsø are closed and it is very difficult to purchase food or other items. You are advised to bring a minimum of basic kitchen equipment and food in case the shops are closed on arrival. Should you need to buy food, you would have to look for petrol stations or a few small grocery stores. Ask your taxi driver to point out one close to your hostel.

SHOULD YOU BOOK A RETURN TICKET?

You should check if a return ticket will be cheaper than a one-way ticket and if it will be convenient to buy this in your case. The autumn semester ends on **14 December**.

For domestic flights in Norway there is no discount for buying a return ticket, however the prices depend on demand and may rise closer to departure date.

Health and travel insurance

All students are responsible for adequate insurance coverage.

TRAVEL INSURANCE OR LIFE INSURANCE

Please check if you can get a reasonable travel insurance that would cover emergency travel home in the event of serious illness or death in the family during your study period. There is no insurance available to cover such expenses at the University of Tromsø

HEALTH INSURANCE AND HEALTH CARE

Students staying less than 3 months in Norway must have insurance coverage from their home country.

Citizens from a non-EU/EEA country:

- Studying in Norway **for 3-6 months?** You may apply for voluntary membership in the Norwegian National Health Scheme (NNHS) upon arrival in Norway. A fee may be charged depending upon income.
- Studying in Norway **for more than 6 months?** You will automatically become a member of NNHS once you register with the local Norwegian Population Registry. (Applications can take 4-6 weeks to process)

Citizens from EU/EEA:

Bring an E-111 or E-128 form or European Health Card from your home country. If you have private insurance, ensure that you are covered during your study period in Tromsø. UK citizens are covered by showing their passports.

The Norwegian National Health Scheme (NNHS) is based on a user fee system. Students who are eligible to be covered by NNHS must be prepared to pay up to a maximum of NOK 1980 (valid for 2012) per calendar year for medical treatment. Medication costs, except in the case of chronic or serious illness, will be in addition to this amount. Such costs should be taken into consideration when you plan your student budget.

Dental care is not covered by NNHS and is very expensive. It is advisable to have a dental check-up in your home country prior to coming to Norway.

For more information see also:

www.studyinnorway.no/Study-in-Norway/Health-insurance

Questions regarding these issues? Contact **Line** at line.vraberg@sito.no

OBLIGATORY HEALTH CHECK

Citizens from countries other than the EU/EEA, USA, Canada, Australia, New Zealand, and Japan, must undergo a TB test and chest X-ray upon arrival in Norway. You will receive a letter with more information to your address in Tromsø. The health check is free of charge.

CLINICAL PRACTICE – MRSA TEST

All exchange students participating in a clinical practice at the University hospital of Northern Norway or other health care institutions must take an MRSA test. We recommend that you take the test prior to leaving your home country, however the test must not be more than two weeks old and you may not enter a hospital again after having been tested. You may also take the test immediately upon arrival in Norway, but it may take up to two weeks to receive the results and you will not be able to begin your clinical practice before receiving a negative result.

Contact elin.holm@uit.no if you have questions about the MRSA test.

WHAT TO BRING

CLOTHING

Weather in Norway is generally very variable and can change dramatically within few hours. Considering the high latitude (70° North), Tromsø, an island, has quite a “mild” climate with moderate temperatures both in winter and summer. The temperature is seldom lower than -20 °C in winter and seldom more than +20 °C in summer. We therefore suggest that you bring along: waterproof/windproof jacket, woollen sweater, scarves, gloves, hats, warm long underwear (wool tights) and warm and waterproof shoes/boots. If you are not able to bring along warm clothes from your home country, it is important to have enough money with you to buy suitable clothing for the different seasons. A flea market is organised during the Introductory Programme.

MONEY - CURRENCY

Norwegian krone (NOK) is the only currency accepted in Norway. Money can be exchanged at Oslo Airport Gardermoen. There is an automatic teller machine (ATM) at both Oslo and Tromsø airports. You need approximately NOK 500 to pay for your taxi from the airport and food for the first few days. You should bring this amount or the equivalent in Euro from your home country in case your credit card malfunctions. All banks are closed during weekends except at the airports.

POWER CORDS AND ADAPTERS

Norway uses 220 volts with standard European 2 plug connection (German variation when grounded). Adapters can be purchased locally, however you may want to bring one from home just in case.

DOCUMENTS

If you plan to find a part-time job while studying, bring formal papers and references about previous experience. Finding a job can be difficult and in our experience a job may affect the study results negatively.

SOMETHING SPECIAL FROM YOUR COUNTRY

During the Introductory Programme students may be asked to make a presentation of their country (or region of a country if there is a large student group). Consider bringing something to display, show or use in a presentation to the other students.

MAKE A BUDGET

Being a new student in a new place will certainly bring expenses, especially in the beginning. To help you plan ahead, we would like to draw your attention to some of the costs you will face when you arrive:

TRANSPORTATION

When you arrive, please be prepared to take a taxi to pick up your hostel key and take you to your student hostel.

A single bus ticket costs NOK 40. Monthly passes are NOK 380 if you are under 30, NOK 640 if over. Discounts apply only for buying period/seasonal ticket cards.

FOOD

Food is expensive in Norway. You should estimate to spend at least NOK 2000-3000 per month for food. If you drink alcohol or smoke you should allow for more, since these items are very expensive in Norway.

SEMESTER REGISTRATION FEE

If you are not an exchange student you have to pay a NOK 400 semester fee to SiTø before you may register for classes.

BEDDING AND OTHER HOUSEHOLD GEAR

Please allow for a minimum of NOK 800 to purchase necessary bedding and kitchen supplies. Do note that the International Students' Union will run a second hand market during or after the Introductory Programme, where you may find some of the things you'll need. You may also find that former tenants have left behind useful utensils.

GENERAL STUDENT BUDGET PER SEMESTER

The Norwegian State Educational Loan Fund estimates that the average expenditure for students is NOK 90.800 per academic year (10 months) or NOK 46 250 per semester (5 months). The following is a modest budget for one semester, for an average student (below age 30). Please note that personal expenses such as clothing, health care expenses, leisure activities, and initial expenses such as bedding and kitchen supplies (see above) etcetera are not included.

Housing (incl. first semester deposit 3.000)	18000
Food	15000
Books/academic supplies	5000
Transportation (under age 30, above + approximately 40%)	2000
Other expenses and cost of living (medical expenses etcetera)	6250
Total (5 months)	46250

INTERNET AND TELEPHONE

INTERNET CONNECTION – REQUIREMENTS TO CHECK BEFORE YOU LEAVE HOME

You will get access to your own user account for the University of Tromsø after arrival. More information and help concerning the activation of your account will be given during the Introductory Programme. If you need internet access before this you can have **free access** at the university library and the public library in the city centre. In the public library you can also get wireless access. UiT offers also a [Wireless Guest Network](#).

Your user account is, among other things, necessary to get access to the wireless network on campus and internet from the student apartments where you will be living during your stay. Please note that you will need a network cable type "Cat 5E Twisted pair" to connect to the internet from your apartment. You can buy this cable at the university bookstore Akademisk Kvarter if you do not have one.

It is also necessary to go through a configuration process on your computer to get access to internet on campus and from your student apartment. Hands-on user manuals for internet access can be found at:

Wifi network on campus

<http://uit.no/orakel/eduroam>

Student Residence network

http://en.uit.no/startside/orakelet/artikkel?p_document_id=185717&p_itb=86&malgruppe=1

Important notes

Computers using Windows must be updated with the latest service packs from <http://www.windowsupdate.com>. Make sure you have done this before you leave home.

If you have a copy of your operating system and license, bring it with you.

Supported operating systems

Windows XP	Mac OSX 4 (Tiger),
Service pack 2 or 3 must be installed	Mac OSX 5 (Leopard),
Windows Vista	Mac OSX 6 (Snow Leopard)
Service pack 1 must be installed	Linux: Debian & Ubuntu
Windows 7	

The systems which will NOT work, are e.g.: Windows 95, Windows 98, Windows NT, Windows ME (Millennium) and Macintosh prior to OS 10.

Should you have any questions regarding these issues or problems connecting to the net upon arrival, please contact the computer helpdesk at:

Orakelet
orakel@uit.no

Telephone: +47 77 64 45 44

Website: <http://uit.no/orakel>

Office hours:	Monday-Thursday	09:00-18:00
	Friday	09:00-15:45

TELEPHONE

Norwegian GSM network

You may be able to use your home phone in Norway. Norway uses the GSM-900 and GSM-1800 standards. Most phones from USA, Canada and Latin-America use other standards and will not be compatible. Cheap phones can be bought with subscription deals from many kiosks upon arrival. Many phone companies offer roaming in Norway, which, although expensive, might help you out the first days.

Getting a Norwegian number and SIM card

Most phone companies require a Norwegian social security number in order to register for a regular subscription. Pre-paid deals are available without subscription if you show up in person at a retailer with a passport or other valid ID. Kiosks found at the airports like Narvesen and 7-eleven offer various deals and starter packs. Check out the UiT Facebook page for suggestions from other students.

If you change the telephone company and subscription later on, you are allowed to keep your number.

International phone calls

Various companies offer phone cards that can be used for cheap international calls through public phones. Skype is also a good suggestion; remember to bring a headset if you have one at home.

NORWEGIAN LANGUAGE COURSES

Courses in Norwegian language run every semester and are open to full-time students who are studying other subjects than Norwegian, for example full-time students at Master's degree programmes, exchange students or guest students. If the capacity is limited Erasmus exchange students will be prioritised.

Classes will take place late afternoons and evenings, and will start shortly after the beginning of each semester.

Please find more information about the language courses in detail here: <http://uit.no/norwegiancourses>

STUDENTS WITH SPOUSES AND/OR CHILDREN

PREGNANCY

If you are more than 3 months pregnant, we recommend that you investigate with the university if your admission can be reserved for the next academic year. Most scholarships and social security rights are connected to your student status. You must have been a student in Norway for at least 6 months before giving birth. to be eligible for these benefits.

It is also very difficult to maintain your study progression the month prior to giving birth and the first months after having given birth. Beginning your studies with academic delay is not a good situation. We have experienced that life can be very difficult for students who arrive in Norway late in their pregnancies, and give birth here, without a proper network of family and friends.

The Student Counselling Centre offers assistance to pregnant students, both concerning financial support and all the bureaucracy involved in giving birth, taking care of babies, and also practical issues, such as obtaining equipment. For questions related to this, please contact **Line** at line.vraberg@uito.no

LEAVING FAMILY MEMBERS BEHIND FOR STUDIES IN TROMSØ

Some students decide to leave their spouses and/or children behind in their home countries in order to go to Tromsø to study. Some plan to apply for family reunification after arrival in Norway, and some intend to live separately for the whole duration of the studies in Tromsø.

In both cases, leaving spouse/children is often hard, but it seems that those who have planned to study separated from their loved ones are more emotionally prepared for the separation, than those who intend to apply for reunification, unaware of how long time one actually has to stay apart. If you need someone to talk to regarding the emotional difficulties, the counselling centre is the right place to turn to.

BRINGING SPOUSE AND/OR CHILDREN TO TROMSØ?

The challenges around this question are mostly related to economic issues, and it **concerns students from outside the EU/EEA area**. If you are from a high cost country like Norway (e.g. USA, Canada or Japan), this may not be very challenging financially. However, citizens from low cost countries, find Norway to be extremely expensive.

Requirements for family reunification set by the Norwegian Directorate of Immigration (UDI), are a minimum annual income of NOK 242 440 (approximately USD 42 053). Further, a confirmation of appropriate family accommodation in Norway is needed, **and** a part time job in Norway with documented income.

If this is an option for you and your family, your family should apply for their residence permit **together with your application**. Reunifications granted to family members, will cover the same period of time as that of the student. For questions about family reunification prior to arrival, contact **Line** at line.vraberg@sito.uit.no

Application for reunification made after arrival in Norway is not recommended, as the processing may take around **12 months** and might not finish within the period of your studies. The University and the Counselling Centre have no authority with the UDI related to family reunification. The UDI does not prioritise applications from family members when these are not sent together with the students' application.

Applying for family/spouse accommodation

The housing guarantee in Tromsø only applies to single rooms, not family housing. **Applicants bringing children and/or spouse must apply for bigger accommodation facilities than a single room**. If you're still bringing your spouse and/or children, please contact the Housing Dept. for inquiries on family housing. You need to document that you have a family apartment (children) or a 2-room flat (spouse only) when you apply for family reunification.

Kindergartens and schools

SiTo runs several kindergartens for students' children aged 0-6. Kindergarten fees in Norway are not covered by the state, however at the SiTo kindergartens, students may apply to pay less. The full price for one child full time spot is 2590 and half time spot is 1470. The price is reduced for siblings.

The kindergarten application deadline for the academic year 2013/2014 expires 15 March 2013. As soon as you have your admission and know you need a place for your child/children, it is vital that you apply for a kindergarten spot. Please contact **Line** at line.vraberg@sito.no and she will guide you through the process and bring up your case with the ones in charge of kindergartens. **Be aware that kindergartens may be full and that obtaining a spot may not be easy.**

If your child is turning 6 years in 2012 or is older, school is obligatory. Schools in Norway are free of charge. However, school hours for the youngest pupils is not full day, so if extra care from the school is necessary to cover the whole day, this must be paid for. Please contact **Line** at line.vraberg@sito.no and she will help you with the application procedures to get your child admitted in school prior to arrival in Tromsø.

Economic benefits for families with children

There are some economic benefits to apply for when bringing children to Norway, but please be aware that these will not count as part of the NOK 242 440 you need to provide if you are a non EU/EEA citizen.

Child benefit: after your child has arrived in Norway, you may apply to the Norwegian state for child benefit. The requirement is that the residence permit of your child must indicate that your child is staying in Norway more than 12 months. The benefit amount is NOK 970 per month per child. If you are a single parent, an additional amount may be granted.

Extra Scholarship for Quota students and other students financed by Lånekassen (The Norwegian State Educational Loan Fund) Students financed by Lånekassen and who bring children to Norway are entitled to an extra monthly scholarship of NOK 1490 per child, provided that you and your spouse have no or low income.

Housing support: Housing support may be granted if you are renting an apartment through SiTo, if your child is living with you, and you have low or no income. In some cases, this support can cut your rent to half.

To know more about these benefits, or to get help in the application process, please contact **Line** at line.vraberg@sito.no

Medical assistance, insurance and health scheme rights

If your child is staying in Norway more than 6 months, he or she will be eligible for membership in the Norwegian National Health Scheme. For children under the age of 12 who are members, medical assistance is free of charge, but one has to pay for the medication. If you are staying less than 6 months with your child, we recommend you to buy private insurance for the child in your home country prior to coming here.

Building a network

A social network is important when living with children far away from family. Kindergartens and schools will become natural arenas where you get to know other parents and build networks. The Student Counselling Centre will also look at possibilities for you to meet other international or Norwegian student families.

Additional information and websites

OPENING HOURS IN TROMSØ (IN GENERAL, VARIATIONS DO EXIST)

Stores are universally closed on Sundays.

	Weekdays	Saturdays
Grocery stores	9 am – 11 pm	10am - 8pm
Big department stores	10 am – 8 pm	10 am – 6 pm
Others	9 am – 5 pm	10 am – 3 pm
University/government offices	9 am – 3 pm	Closed
Banks	10 am – 3 pm	Closed

USEFUL WEB-SITES

- <http://www.studyinnorway.no/Study-in-Norway/Health-insurance>
Health Insurance
- <http://www.udi.no/templates/Tema.aspx?id=7415>
Norwegian Directorate of Immigration
- <https://selfservice.udi.no/>
Visa Application Portal Norway
- www.nyinorge.no
Official information about living in Norway
- www.norway.no
Gateway to Norway
- www.yr.no
Weather

Municipal Information for internationals in Tromsø

- www.visittromso.no/en
Tourist Information Office „Destination Tromsø“
- <http://www.tromso.kommune.no/interinfo.4545139-121360.html>
Intercultural Information- and Service Centre
- www.visittroms.no/en
Tourist Information about Troms County
- <http://nordnorge.com/?id=991545206>
Films from Northern Norway



International Students Union –Tromso (ISU Tromso) is an independent, democratic, non-religious, non-racial, non-profit student organization committed to the interests of all international students in Tromsø.

The International Students Union-Tromso is the only organization at the university which aims to serve the interests of the international students explicitly. Every International student at the University of Tromso is automatically a member of ISU Tromso. ISU represents the interests of all members in whatever way possible, including amongst other things: general welfare, social problems, language, accommodation, admission to the university, etc. The ISU Tromso is run by students, for the students.

Every semester ISU organizes different events and activities like flea market/second –hand market, parties, pool and darts competitions, movie nights, free swimming pool gatherings, international food festival, workshops, sports competitions, free language classes, trips to nearby places, etc. In addition, the international students can always consult with the ISU about any practical problems they may face in Tromso, or at the University of Tromso.

In the beginning of each semester ISU holds its elections, where all the international students are invited to participate. Any international student can file for candidature in ISU elections. Feel free to contact ISU if you are interested in joining our organization.

It is highly advisable for all the international students to stay connected with ISU Tromso through our face book, so that they do not miss any information about the events and activities we organize.

Facebook Page: <http://www.facebook.com/isutromsoe> (click on 'LIKE' to get regular updates from the ISU)

You can also become friends of ISU Tromso by searching for the profile ([ISU Tromsø](#)) on Facebook.

Otherwise, the international students can always send email to us (isutromso@gmail.com), or visit us at the office: Room 2.120 Teorifagbygget 2 (pass Cafe Bodega and walk further to the office on the left), or call us at: +47-776 45326.