



INFORMATION FOR INTERNATIONAL STUDENTS
WELCOME TO NORWAY
NORWEGIAN UNIVERSITY OF LIFE SCIENCES





PHOTO: BENTE GJEVING

WELCOME TO THE NORWEGIAN UNIVERSITY OF LIFE SCIENCES

We are pleased to welcome you as an international student, whether you are a degree or non-degree student. You are a most valuable asset to the university, contributing positively to the academic and professional diversity of university life and broadening its perspective as well as its social life.

Education is the most important investment in your life. Through education you can draw on many experiences, which are important when planning your career. Learning is also important for personal development. Whether you look at education as a tool for obtaining a good job or for personal development, your studies at this university will challenge you both personally and intellectually.

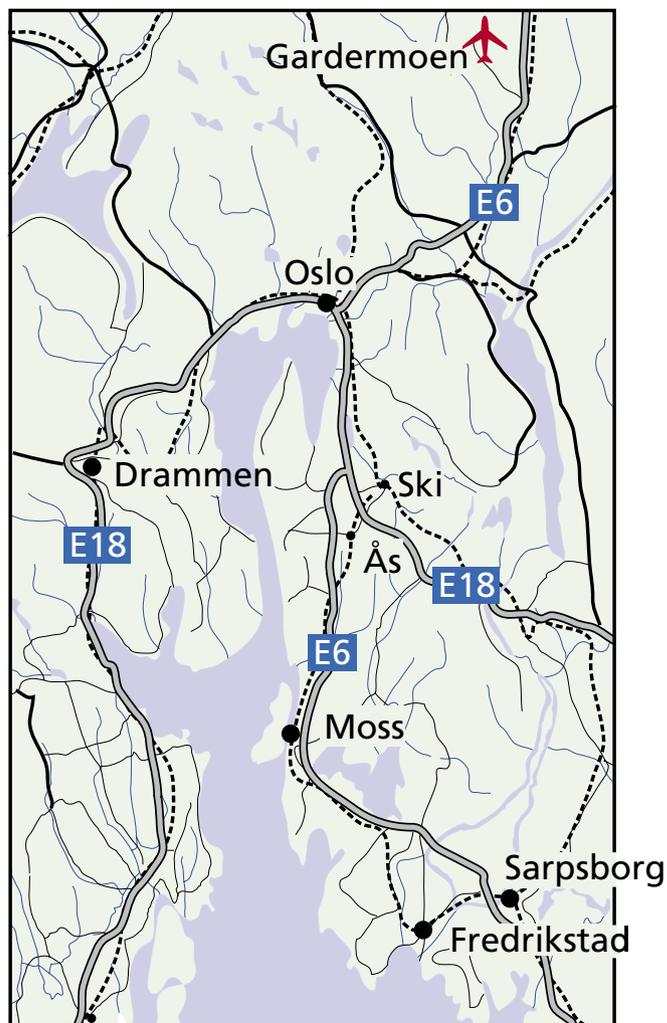
In this booklet, you will find crucial information for beginning your studies at the Norwegian University of Life Sciences (UMB). If additional questions should arise, please contact the Student Information Centre by email at *sit@umb.no*.

ARRIVAL

ON ARRIVAL AT THE AIRPORT:

The distance from Oslo Airport to Ås and the Norwegian University of Life Sciences (UMB) is 80 Km. Students are expected to find their own way to the university.

The easiest way to get to UMB is to catch a bus. NOR-WAY (flybussekspressen.no)



BUS

ROUTE F11 (FLYBUSSEKSPRESSEN) has departures from the airport every hour to and from Fredrikstad. There are fewer departures outside rush hours (mid-day and late evening). The best option is to catch the Fredrikstad bus, which stops at Korsegården approximately 1 km from the university. On request the bus driver will have a taxi waiting at the bus stop flybussekspressen.no

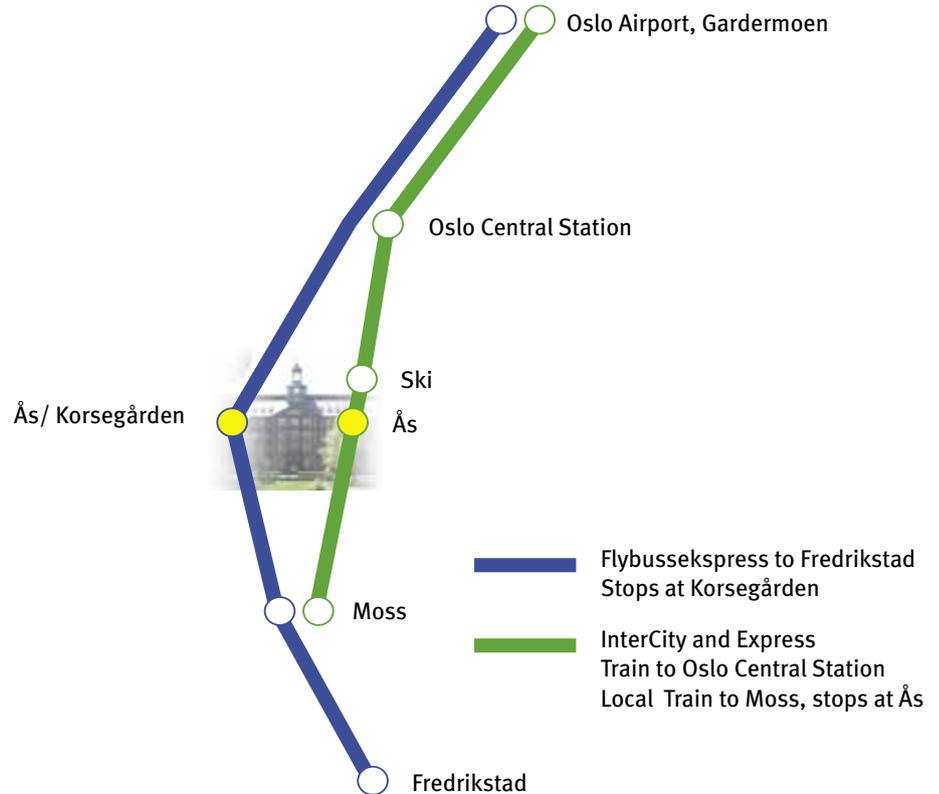
TRAIN

INTERCITY AND EXPRESS TRAINS

depart every half hour from Oslo Airport to Oslo Central Station. The Airport Express Train (Flytoget) has frequent departures to Oslo, but is an expensive alternative. From Oslo Central Station students should catch the local Moss train, stopping at Ås. Departure is every hour in the rush hours. UMB is a pleasant 15 minute walk about 1 km west of Ås railway station. The University Foundation for Student Life (SiÅs, Studentsamskipnaden i Ås) is en route to the campus in the building called Student-samfunnet (The Student Society). Taxis are available at the station. Train schedules are available at NSB Customer Phone +47 815 00 888, and nsb.no

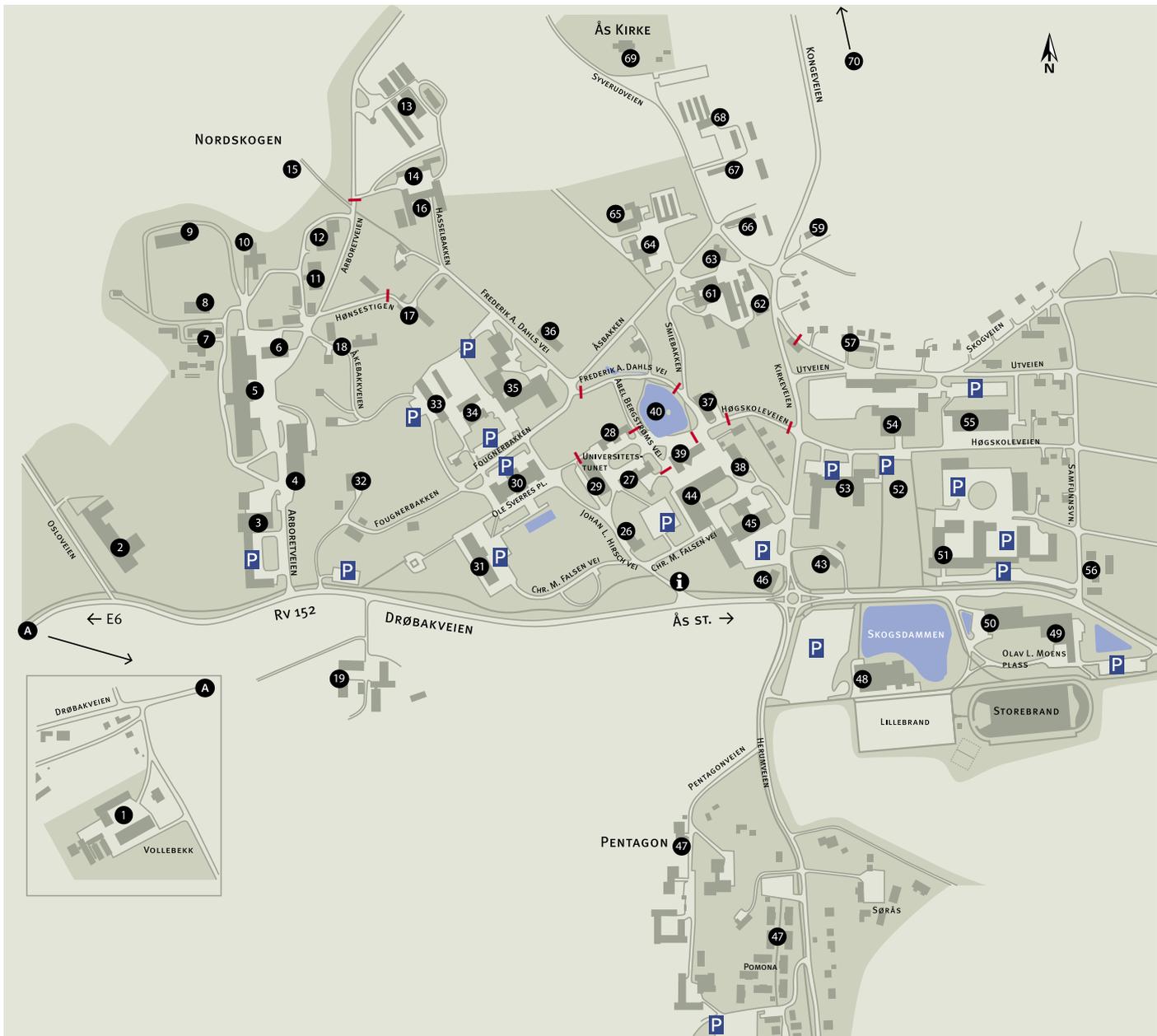
For students arriving by car,

UMB is located just beside the main road E6. From Oslo follow signs "E6 Gøteborg". Forty km outside Oslo follow the sign "Universitetet". Follow road no. 152 to the UMB Campus.



MAP OF CAMPUS

Goat House	10	Dairy Building	45
Experimental Barn	11	Dairy Museum	46
Controlled Climate Chickenhouse	12	Pentagon, Pomona Student Village	47
Fur Farm	13	Athletics Hall	48
Sus Scrofa Building	14	Student Union Building	49
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Workshop Building	33	Botanical Climate Laboratorium	65
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Damgården Building	43		
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RESIDENCE PERMIT

All persons (excluding the Nordic and EU/EEA/EFTA citizens) intending to stay in Norway for more than 3 months must hold a valid residence permit granted by the Norwegian Directorate of Immigration (UDI). A travel document must at all times be valid for 2 months more than the residence permit.

STUDY PERMIT REQUIREMENTS: Students who are required to hold a residence permit for a study period should apply for a first time residence permit at their nearest Norwegian foreign service mission (embassy, consulate general) in their home country immediately after receipt of their Letter of Admission/Award from UMB. With certain exceptions, students who enter Norway without the necessary permit will not be allowed to remain in Norway.

To be granted a residence permit, the following requirements must be met:

- The purpose of studies must be fulltime studies.
- Financing of study period in Norway must be documented (NOK 89,000 for academic year 2010/2011).
- Housing during study period must be documented.

REPORTING TO LOCAL POLICE STATION

ON ENTRY TO NORWAY: After a residence permit is granted, an Entry Permit (normally valid for 7 days) is issued by the Norwegian foreign service mission. During the Introduction Programme for new international students at the beginning of each semester, the Student Information Centre at UMB facilitates reporting to the Foreign Office at the local police station. A sticker, usually valid for a maximum of one year, showing details of residence permit is put in the student's travel document.

RENEWAL OF RESIDENCE PERMIT:

Submission in Norway:
Application for renewal of a residence permit shall be submitted by the student to their local Foreign Office at least one month in advance of expiry date.

Submission outside Norway:
For fieldwork/study periods outside Norway totalling more than 6 months in any 12 months, students must apply for renewal residence permit to their nearest Norwegian foreign service mission in their fieldwork/home country.

The Student Information Centre offers Information meetings in the middle of each semester to facilitate the renewal application process. The relevant forms and individual "Statement of Study Progression" will be supplied and authorised by this office. Note: the "Statement of Study Progression" for PhD students must be authorised by their supervisor.

DOCUMENTATION REQUIRED FOR A STUDY PERMIT:

- Travel document valid for 2 months more than residence permit
- Documentation of full time studies
- Documentation of financing
- Documentation of housing (Note: Letter of Admission/Award from UMB normally covers most of the above requirements)
- Application form

For renewal also:

- Statement of Study Progression
- Documentation of financing
- Documentation of housing

Source: Norwegian Directorate of Immigration: www.udi.no

REGISTRATION REQUIREMENT FOR EU/EEA/EFTA NATIONALS IN NORWAY

Source: www.udi.no

HOW TO REGISTER? After arrival in Norway, students register must first register online and subsequently meet in person at the nearest police station to present the documents that are relevant for residence as a student.

When reporting to the police, students must present the following documents:

- a valid identity card or passport
- confirmation of admission to an approved educational institution
- private health insurance or European health insurance card
- personal declaration stating that they have sufficient funds (finances) to support themselves

When you have both registered online and presented the required documents to the police station, you will receive a registration certificate. This certificate is issued free of charge and is valid indefinitely (does not need to be renewed).



STUDENT ACCOMMODATION



PHOTO: KNUT WERNER ALSÉN

The University Foundation for student Life in Ås (SiÅs) is responsible for student accommodation on campus. For detailed information on housing, please visit www.sias.no/english.

Student accommodation must be arranged as soon possible after admission is granted by emailing utleie@sias.no. Housing is not guaranteed and is limited, so make sure to contact SiÅs when you have decided to attend UMB.

BASIC EQUIPMENT PACKAGE: The student residences are not equipped with bedding, towels or kitchen utensils. If you do not bring your own equipment, you can buy the Basic Equipment Package at SiÅs.

It is also possible to buy some things used after arrival, but remember that the rooms will be empty when you arrive. So plan ahead.

COLLECTING YOUR KEYS: If you have a housing contract with SiÅs, you can collect your room keys from the housing office during normal business which are normally 10.00-15.00. If you come after business hours, make sure to let SiÅs know well in advance so that special arrangements can be made. Remember to check the website for specific details on opening hours as they may change.

INTRODUCTION PROGRAMME

In August, the Student Information Centre runs a week-long Introduction Programme for new international students. For exchange students starting in January,

a condensed introduction programme is offered. It is critical that you attend the Introduction Programme. The programme will introduce you to UMB's lively student

community and to those programmes and services that may help you with some of the special concerns you have when arriving and settling into your new community.



PHOTO: HÅKON SPARRE

TUBERCULOSIS CONTROL

All persons from a country with a high risk of tuberculosis who will be residing in Norway for more than 3 months are required to take a tuberculosis control at the local health centre immediately on arrival in Norway. There is no charge for these tests.

An initial evaluation risk will be conducted by the Ås Health Office (Ås helsestasjon) and the student will then receive an appointment for an x-ray of the lungs at a hospital in Oslo.

Persons from Western Europe and certain other countries with declared tuberculosis status do not normally need to take a tuberculosis test. Students from the following countries must take the tuberculosis test:

Europe: Albania, Armenia, Azerbaijan, Belarus, Bosnia-Herzegovina, Bulgaria, Croatia, Estonia, Georgia, Kazakhstan, Kyrgyzstan, Latvia, Lithuania, Macedonia, Moldova, Romania, Russia, Serbia, Montenegro, Tajikistan, Turkmenistan, Turkey, Ukraine, Uzbekistan.

Other parts of the world: All countries except Australia, Canada, Japan, New Zealand and USA.

DOCUMENTATION REQUIRED BY STUDENT:

- Travel document with valid resident permit
- Postal address and student e-mail address in Norway
- Personal medical documentation if deemed relevant by the student

Source:

Norwegian Directorate of Immigration:
www.udi.no
Nasjonalt folkehelseinstitutt/Norwegian
Institute of Public Health: www.fhi.no
Ås Health Office



PHOTO: HÅKON SPARRE

OBLIGATORY NATIONAL REGISTRATIONS

NOTIFICATION OF MOVE TO/IN/FROM

NORWAY: Study periods of less than 6 months in Norway: No registration is required.

Study periods of more than 6 months in Norway: You are required to submit a “Notification to the National Registry of move to Norway from abroad”. Any change of address in Norway must be reported within 8 days of move. Move from Norway or residence outside Norway of 6 months or more in any 12 months as well as final departure from Norway must be reported within 8 days of move. An example of residence of more than 6 months would be fieldwork and/or courses taken outside Norway that total more than 6 months in any 12 months. On return to Norway, a new notification of move to Norway must be submitted.

NORWEGIAN IDENTIFICATION NUMBER: The above notifications automatically create, activate or deactivate a Norwegian Identification Number (Norwegian ID No.). Processing time when registering for the first time is normally 4 weeks.

National Health Scheme: Membership of the National Health Scheme is automatically generated when a move to Norway is registered. A letter giving information on the scheme and the option to choose a National Health doctor is sent to each applicant.

NOTIFICATION OF REGISTERED MOVE: As soon as the official decision is made by the Registry Office to create or activate a Norwegian ID No., an “Underretning om registrert flytting” (Notification of Registered Move) is sent to the applicant. This notification is a legal document showing the information registered in the national register, including the Norwegian ID No. If any information is incorrect, the National Register must be notified in writing within 3 weeks. The notification is required, when applying to open a new bank account.

STUDENT REPLACEMENT NUMBER: The “Underretning om registrert flytting” must be shown to the Student Information Centre as soon as possible so that your Norwegian ID No. can be registered in the Student database. Until the Norwegian ID No. is registered, the Student database automatically operates with a “temporary number” that can only be used within UMB.

The above registrations are usually facilitated by the Student Information Centre, particularly in connection with an Introduction Programme.

DOCUMENTATION REQUIRED

- Travel document valid for more than 2 months stay in Norway (or certified copy)
- Valid residence permit (or certified copy)

- Copy of letter from UDI granting residence permit

Source: Skatteetaten (Tax Office/National Register)

- Documentation verifying place of residence such as a signed rental contract in Norway



PHOTO: HÅKON SPARRE

ADDRESS ON CAMPUS

Your name and postal address should be registered as follows:

INTERNATIONAL STUDENTS:

First name(s) Family name
P.O. Box XXXX
NO - 1432 Ås

Family members must add:
c/o Name of student



PHOTO: KNUT WERNER ALSÉN

NATIONAL INSURANCE SCHEME (FOLKETRYGDEN)

MEMBERSHIP IN THE NATIONAL INSURANCE SCHEME: International students with a residence permit are entitled to membership in the National Insurance Scheme under the same conditions as Norwegian nationals. This covers hospitalization and medical care.

All patients who consult a doctor or receive outpatient medical care in a hospital, at an emergency medical service, or stay in a convalescent home under the National Insurance Scheme must pay a nominal fee (egenandel). The Social Security Office will refund certain medical care costs over and above a ceiling per calendar year on request with original documentation, so keep your receipts.

THE FOLLOWING COSTS ARE NOT COVERED BY THE SCHEME:

- Incidences that occur when travelling outside Norway
- Private insurance recommendation
- Dental treatment
- Spectacles
- Most medicines
- Expenses for private doctors/clinics not attached to the Social Security Scheme
- Transportation costs for a student who has to be sent home

Membership is automatic with Notification to the National Registry.

Membership in the National Insurance Scheme is normally not granted in the case



PHOTO: DENTE GEVING

of stays shorter than 6 months. Through reciprocal agreements between Norway and a number of other countries, some foreign citizens may have advantages of special rules that apply. Students planning to come to Norway are therefore advised to consult with the medical insurance authorities in their home country to clarify their own position.

If you are planning to visit another country during your stay in Norway, it is recom-

NORMALLY, GENERAL TRAVEL, LUGGAGE AND ACCIDENT INSURANCE IS RECOMMENDED FOR A STAY IN NORWAY.

mended that you contact your local Social Security Office in Norway for information about your rights to medical assistance outside Norway. This may vary with the country you plan to visit, and with the purpose of your visit. In addition, separate travel insurance may be recommended.

HEALTH AND WELFARE CONCERNS

SOCIAL CONSULTANT: Students can contact Social Consultant, Torgeir Hansen, at the Student Information Centre (SiT) in the ground floor of the Economy building. The office can be accessed through the SiT office or by entering the building through the left door instead of the main entrance.

Telephone number 64 96 63 60 or mobile number 90156440 (You can also send SMS-messages).
E-mail: torgeir.hansen@sias.no

The service is meant to be easy to access. The services are also supposed to secure a good quality of life for students and motivate them to “keep the spirit” in their studies and in their lives. If you’re in doubt, don’t hesitate to have an informal conversation with the Social Consultant. The Social Consultant can help you

in interaction and communication with official (Norwegian) services like

- selecting a family doctor
- making a medical appointment
- The Unemployment office (Aetat),
- the hospitals and the services for psychiatric illnesses and drug/alcohol-addiction,
- The Pension office (Trygdekontoret) and in some cases
- the Norwegian State Educational Loan Fund (Statens Lånekasse for utdanning).
- Visiting the psychologist is free for all students at UMB. The psychologist receives visitors in the GG-hallen, but remember that you must make an appointment through the social consultant in advance.

UNIVERSITY CHAPLAIN: The pastoral services at the University is available for everyone. You may come by for a chat or a conversation regardless of faith, religion or way of life.

There is no subject of personal matter that does not fit the pastor’s office. In my room we can talk about grief and loss, faith and doubt, about making choices and about living in relations.

Office:
room no. 201 in “Økonomibygget”, 1. floor.
Tuesdays: the whole day, drop in: 12.30.-15.00.
Wednesdays: 12.00-14.00.
Thursdays: 12.00-15.00.



PHOTO: EDEL PIX

HEALTH-/SOCIAL RELATED CONTACTS:

The Health Office in Ås kommune offers these services:

- Midwife, pregnancy controls, vaccination programmes for children and general advice for parents.
- Advice regarding pregnancies, contraceptives, abortion and sexually related diseases. The office also provides general health advice.
- Vaccination: If you are travelling outside Western Europe you will probably need vaccinations. If you want us to help you with this at a reasonable price, please contact the Health Office by telephone (64 96 22 40). The office is situated in the Erik Johansen Building, 3rd floor, Radhusplassen 29..
- Psychiatric help: Folloklinikken, Åsenveien 3, 1440 SKI tel. 64852000
Acute Team: tel. 64852230, after 16.00: tel. 91109242.
- Crisis-centre for Women in Follo (Krisesenteret for Follo): Langbakken 9, Post box 152, 1430 Ås.
Tel. 64 97 23 00.
- Incest-centre for Follo (Incestsenter for Follo): Tel. 64 97 23 30.
- Child-care Services (Barneverntjenester): NAV 67 25 73 30.
- Dentists – There are several dentists in the area. The Social Consultant can help you find a dentist.

DOCTORS IN ÅS: All international students who are staying in Norway more than 12 months, have the right to have their personal medical doctor (General Practitioner). To receive assistance in locating a medical doctor, visit SiT.

LEGAL ADVICE: If necessary, free legal advice can be obtained from various organizations in Oslo.

They are:

JUSS-BUSS: www.jussbuss.no

JURK: www.jurk.no

FRI-RETTSHJELP: www.frirettshjelp.no



PHOTO: PER EIDE

COST OF LIVING

The following estimated costs are for a single student for one semester of 5 months. We would like to point out that this is a minimum budget.

Accommodation NOK 14,000 - 15,000

Books NOK 4,800

Semester fee NOK 340

Other expenses NOK 10.360

Total/semester NOK 44,500

If you are staying for a full academic year you should expect to spend 89,000,- on a minimum budget. According to government statistics the average student in Norway spends approx 7.000 - 9.000,- pr. month while studying.



SPECIAL NEEDS STUDENTS

UMB will as far as possible strive to make necessary arrangements for students with disabilities or special needs. This includes facilitation both during your study period and/or exams.

For additional information see the university webpages on individual facilitation.



PHOTO: HÅKON SPARRE

HOW TO DRESS FOR A NORWEGIAN WINTER

Some items of clothing that have been noted as particularly important for surviving Norwegian winters comfortably are:

- A **warm, waterproof jacket**
 - **Reflective gear** to make sure you are seen by cars, cyclers, and other pedestrians in the darkness that we experience as the year progresses.
 - A **wool hat and scarf** because a large proportion of your heat is lost through the head and neck
 - **Gloves or mittens** – mittens are more
- effective at keeping your hands warm, due to the fact that your fingers act as heat sources for one another
 - **Waterproof outer pants** for the snow
 - Good **waterproof boots** that are insulated to some degree
 - **Wool sweaters** and many **insulating layers**
 - Under shirts and pants one should try to wear long underwear or a **base layer of thin wool**. Shirts, pants and bodysuits can be found in most outdoor or sports

stores. They are long sleeved shirts and pants to be worn under-neath your regular clothing and over your undergarments.

- **Double layers of socks** when it is really cold.... preferably made of wool

If arriving in August, you can purchase many of these items second-hand in Ås as you have some time before the winter arrives. If you are arriving in January, you should come prepared with winter clothes as you will need them immediately.



BANKING

To open a bank account in Norway a Norwegian ID No. is required.

BANKS IN ÅS ARE:

- DnBNOR
- Postbanken (in Norwegian) - offers a student account with discounted rates

User Account

When opening an account, students should request a user account or “brukekonto” in order to get a bank card to access your account.

NORMAL OPENING HOURS:

Monday- Friday: 08:30 - 15:30;
Thursdays: 08:30 - 18:00.

Banks are closed on Saturdays and public holidays. The autotellers/hole-in-the-walls (minibanks) are in service around the clock.

POSTAL SERVICES

The Post Office (Postkontoret) in Ås is located at Moerveien 10, about 100 metres south of Ås Railway Station.

Opening hours are Mon-Fri 08:30-17:00, Saturdays 09:00-14:00. Poste restante services are available. Stamps are sold in the post office and in newspaper kiosks. The red post boxes are located outside the post office and on campus by the Student Postal Service (see UMB map, no. 38).



PHOTO: KJERSTI SØRLIE RIMER

SOCIAL AND POLITICAL WELFARE

Below you will find information regarding student social and political welfare.

UNIVERSITY FOUNDATION FOR STUDENT LIFE IN ÅS (SiÅs)

www.sias.no/english/

All students in Norway must pay a semester fee to the University Foundat. University Foundation for Student Life in Ås (SiÅs). The semester fee is NOK 340 which includes NOK 20 to the Norwegian Students and Academics International Assistance Fund (SAIH).

The University Foundation for Student Life in Ås was established in 1955, under and in pursuance of the Act of 28.06.96 of Student unions. The University Foundation for Student Life in Ås shall be the students' welfare organization at UMB, and shall:

- provide the students with good and reasonable welfare offers
- promote the students' interests
- contribute so that UMB becomes an attractive place to study and work

The university Foundation for Student Life in Ås is in charge of the student accommodation, sports centre, bookstore, print shop, restaurant and cafeterias, kiosk and booking of meeting and function rooms. SiÅs will do its best to make your every-day life as a student good.



STUDENTSAMFUNNET IN ÅS Internet address: samfunnetiaas.no/

The student community at UMB consists of 60-70 different clubs and societies that both alone and together offer most

students unique social activities with many challenges. Studentsamfunnet in Ås is the oldest and most powerful society. Student-samfunnet owns the building that brings most of the social activities together.

THE STUDENT BOARD

www.umb.no/student-board

The Student Board (NSU Ås) deals with everything that concerns the student democracy, including the daily contact with SiÅs and contact with the different student representatives in various boards, assemblies and committees. The Student Board is the administrative head of the Student Parliament, but it is the Student Parliament that runs the work for the Student Board. The Student Committee consists of elected representatives from each department + elected members of the Student Board. The highest body in the student democracy is the general assembly (Allmøtet). Here, all students have speaking and voting rights. Representatives to the Student Board are elected at the general assembly, which is held each autumn and spring. At the department general assemblies, student representatives on department level are elected. All students have speaking and voting right on their department's general assemblies.

INTERNATIONAL STUDENT UNION (ISU)

Internet address: www.umb.no/isu

The International Student Union (ISU) is an organization composed of international students that attend various Universities and Høgskolen throughout Norway and who have a particular interest in student politics and international student rights.

ISU is a democratic, non-profit, non-religious,

multicultural, and non-partisan organization, which seeks to serve and promote the interests of foreign students who are studying in Norway. ISU represents the voice of international students in political and academic matters and has two main aims: (1) to ensure that the rights and interests of all international students are suitably represented and protected and (2) to maintain social welfare. ISU also promotes the relationship between Norwegian and international students and works to sustain the connections with local student organizations. Membership with ISU is free and open to all international students in Norway. Elections for the executive board are held once a year in September and all international students have the right to run for office and to vote.

The members of the board meet in the student post office approximately every two weeks after classes and work in a team environment to discuss many different aspects of the international student life. We face our share of problems from time to time and work hard as a board to find solutions that are suitable for everyone. The key word for the members of ISU in Aas is democracy. The decisions are made as a team in a friendly and cooperative environment and each member has the right to come with proposals, suggestions, and advice.

The highest organ of ISU is the National Assembly that carries out the work-

ing plans and realizes the budget for all ISU activities. ISU's local branches are present at the universities of Oslo, Bergen, Trondheim, Tromsø, and Ås and at the university-colleges (Hoegskolen) of Oslo, Narvik and Stavanger. In addition, NHH Bergen has a local branch to serve their MiB program. Local branches have the autonomy to decide the conditions for their own activities.

Records from the ISU branch in Ås go back to as early as 1993. UMB has a large international student body composed of approximately 16% of the entire student population. This adds up to close over 400 students of which over 82 countries are represented at UMB and ISU-Ås is well known for its diverse constituency.

ERASMUS STUDENT NETWORK (ESN) is one of the biggest interdisciplinary student associations in Europe, which is represented at 361 higher education institutions in 34 countries. ESN works for the creation of a more mobile and flexible education environment by supporting and developing the student exchange at different levels, and providing an intercultural experience also to those students who cannot access a period abroad ("internationalisation at home").

SPORTS AND OUTDOOR ACTIVITIES

One of the main highlights of Norway is its nature and the all the outdoor activities you can enjoy year a round. That is right: all year round!

During the summer and autumn months you can run and bike around the different picturesque country routes around Ås and or venture to Drøbak and enjoy the fjord and the beautiful views.

While the summer season does not last very long, the winter also provides extra entertainment. Many winter activities are offered in Ås including cross-country skiing, skating, hockey, and tobogganing. So if you like skiing, hope for a good snowy season, and your skiing dreams may just come true here!

In addition, the university sports hall (GG Hall) offers many services for those looking for a good workout. They have a weight training gym and two halls where they hold activities such as: aerobics, cycling, yoga, dance, capoeira, and much more.

For more information please contact: 64947640. Or email GG Hall at gg-hallen@sias.no.



PHOTO: EDEL RIX / JEFF WEBB

UKA



Every other year, in October, the students at UMB will arrange UKA i Ås. This is a large event, with a historical tradition where about 1200 of the university's 2500 students volunteer and contribute in one way or another to make UKA the great arrangement that it is. The purpose of UKA is to create a friendly atmosphere among the students at UMB, contribute to the market-

ing of UMB and its students, and raise money for the Student Society.

The origin of UKA i Ås can be traced as far back as the 1890s, when the Student Association started offering annual revue- and theatrical performances. As the number of students kept on expanding, the revue grew into a large event, and from 1924 the

arrangement started to resemble UKA as we know it today. Since 1946, UKA i Ås has been arranged every other year (even numbered).

UKA i Ås consists of a wide variety of entertainment, such as academic lectures, a children's day, and an evening for the elderly, but the most prominent features of UKA are the many concerts and the revue. The revue is best described as a mixture of a theatrical performance and a comedy show. During UKA, all the different student unions can have their own bar at the Student Society. These bars are scattered around the whole of the Student Society and they are decorated according to the theme of the association they belong to.

Another important thing to mention about UKA i Ås is that the budget surplus will be put back into the Student Society and spent in the best interest of the students. In that way is it beneficial for the students to make UKA as enjoyable as possible so that it raises a lot of money for the Student Society!

www.ukaiaas.no/

DEPARTURE

ON FINAL DEPARTURE: Students are responsible for ensuring that their forwarding address in the University Student Database is correct.

MOVE FROM NORWAY: All persons with a Norwegian ID number are legally required to notify the National Registry Office in the municipality where they are registered on form RF-1402B (available from the Student information Center, SiT and the National Registry Office). Include your address in your home country you are MOVING TO.

EXCHANGE STUDENTS: Transcripts are not sent automatically. Students can order transcripts either on the StudentWeb or by sending an email to sit@umb.no.

EMERGENCY TELEPHONE NUMBERS

Fire: 110

Police: 112

Ambulance/Emergency Duty Nurse: 113

Poisoning: 22 60 84 60

Emergency Dentist: 66 80 96 00

This 24-hour service is an emergency service only and is manned by nurses who can advise you and, if necessary, make telephone contact with the doctor on duty in the region:

24-hour Emergency Regional Telephone Centre - Follo legevaktssentral:

Phone no: 64 87 19 30

Fax: 64 87 06 13

E-mail: legevakten.ski@c2i.net

Monday to Friday 07.00 - 18.00: the nurse will contact the doctor on duty in your municipality.

Monday to Friday 18.00-07.00, weekends and public holidays: the nurse will contact the Casualty Clinic at Ski Hospital (Legevakten i Ski).

