

## GENERAL INFORMATION FOR FOREIGN STUDENT AT BAS

### Some useful information

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Each year Bergen School of Architecture admits a number of students from foreign countries.

If you are staying more than 3 months in Norway, there are certain steps to take with registration / residence permit depending on which country you come from.

NB! Citizens from the Nordic countries do not have to register or apply for residence permit.

For others, read the information below, and have a look at the webpage of UDI (Norwegian Directorate of Immigration)

<http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Studies/>

### **If you are staying more than 3 months in Norway, and you are from a non-EEA country:**

#### **STEP 1. Go to local Police station in Bergen within 7 days after arrival:**

*You apply for student residence permit from your home country. You will receive written notice when the permit is granted. When you arrive in Bergen, you must contact the local police within 7 days. The permit is not valid until it is executed by the police.*

Police station in Bergen is found at Allehelgens gate 6 (in the middle of town)

Phone: (+47) 55 55 63 00

For map reference, have a look at: <http://kart.gulesider.no/m/pXXeP>

**Registration requirement for EEA nationals** If you are an EEA national and wish to stay in Norway for more than three months, you must have a basis for residence (letter of admission to BAS) and you must register with the police. You must have a valid identity card or passport, and also document that you will not be a burden to public welfare services.

You register online <https://selfservice.udi.no/> and subsequently meet in person at your nearest police station to identify yourself and present the documents that are relevant for your basis for residence.

When you have registered, you will receive a registration certificate. This certificate is issued free of charge and is valid indefinitely (does not need to be renewed).

For more information, check out: <http://www.udi.no/Norwegian-Directorate-of-Immigration/Central-topics/Work-and-residence/Work-and-residence-EUEEAFTA-citizens/Temporary-registration-system-for-EEA-citizens/>

### **Students must enclose:**

- 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

## **STEP 2. Norwegian ID Number**

Students staying in Norway for more than 6 months have to notify the National Registry of their move to Norway, and apply for a Norwegian ID number ('personnummer').

The form is called 'Notification to the National Registry of move to Norway from abroad' and is handed in to the local National Registry Office in Bergen called 'Folkeregisteret/Skattetaten'.

Address: Nonnesetergaten 4 (Right behind the main bus station in town)

Phone: 800 80 000

For map reference: <http://kart.gulesider.no/m/pXiM3>

When you hand in the form, the required documentation is:

- valid passport
- current residence permit

Follow the link to download form: *'Notification to the National Registry (NR) of move to Norway from abroad'*.

<http://www.skatteetaten.no/Upload/Skjemaer/alltid/RF-1401E.pdf>

## **STEP 3: OPEN BANK ACCOUNT**

When you have received your Norwegian ID Number, you are also ready to open an Norwegian bank account:

### Norwegian Banks

The three largest banks in Norway are [DnB Nor](#), [Nordea](#) and [Postbanken](#) (Norw.). DnB Nor and Nordea have English websites, but DnB Nor is currently the only bank that provides Internet Banking in English. The website of the [Norwegian Savings Banks Association](#) provides a full list of the 123 savings banks in the country.

Opening a Bank Account: To open a bank account in Norway you usually need a National Identity Number. When opening the bank account, bring your National ID-number and your passport to the branch of the bank where you wish to open an account.

Bank Services: Internet banking is the easiest way to transfer money and pay bills and is therefore recommended.

Cheques are no longer in common use in Norway.

Giros serve as an alternative or a supplement to internet banking in regard to non-cash remote payment. The Giro resembles a cheque and is often attached to a paper bill. The bank clears the Giro and makes the deposit to the payee's account once you hand it in to them either on paper or online via the Internet access to your account.

### Debit Card

Banks offer either an ordinary magnetic-stripe bank account debit card that can be used at any Cashpoint (ATM) or Point of Sale terminal in the country, or you will be offered an international debit card, such as Visa. Any debit card also serves as an identity card in Norway, as it has your photograph, National ID-number and signature printed on it. Most banks also offer a credit card, such as Mastercard.

## Cost of Living

Foreigners may find Norway expensive, especially in terms of food prices. But international students will soon find their way to the supermarkets which offer the best deals. Eating and drinking in restaurants costs considerably more than in most other countries. Tobacco, cigarettes and alcoholic beverages are heavily taxed, and therefore quite expensive.

The rent at the student hostels is relatively reasonable compared with many private alternatives, and travel is also comparatively reasonably priced for students. In spite of the general high cost of living, you can manage fairly well on a tight student budget. The average university student's budget is approximately NOK 9.400 per month for 10 months/2 semesters. This amount should cover most monthly expenses such as housing, food, clothing, study materials, books, transport and social activities. Here are a few examples on prices in Norway:

- 1 month's rent at Fantoft Student Hostel for one small single room: approx. NOK 2 800 (plus electricity) For a private room, it will vary a lot, but around 3.500 – 3.800,- would be the average rent per month.
- Student bus card (1 month): NOK 415 (students under 32 years of age)/NOK 690 (over 32).
- Dinner at an inexpensive restaurant: approx. NOK 60–120.
- Ingredients for making an inexpensive dinner for one person at home: approx. NOK 30–60.
- A trip to the cinema: approx. NOK 90-100 (depending on time of day and film).

To convert Norwegian currency, please see the following website: [xe.com](http://xe.com)

## Insurance

IMPORTANT! The student is responsible for travel insurance coverage for travel to and from Norway and for optional trips within Norway or Europe. This is mandatory for all student to have, you will be travelling a lot during your study period at BAS. All students should also have a home and accident insurance, we suggest to have a look at NSO (The Norwegian Students Organization) and their offer for an insurance package:

<http://www.smartpublisering.no/users/bafoskjema/international%20students.pdf>

## Health insurance

**Health services in Norway are of high standards. As a student in Norway you are ensured professional medical treatment no matter which part of the country you are living in. In most cases the treatment is free of charge if certain prerequisites are met. These prerequisites vary depending on your current nationality and length of stay in Norway. Please study the regulations below carefully.**

NAV is the Norwegian Labour and Welfare Service. NAV is the public agency administrating the Norwegian National Insurance Scheme.

## Students from the Nordic countries

You are a member of the Norwegian National Insurance Scheme if you are registered in the National Population Register in Norway. If you are not a member you are nevertheless

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entitled to health services under the National Insurance Act and you do not have to verify it with a European Health Insurance Card.

### **Persons coming from an EEA-country or Switzerland**

The general rule is that you do not become a member of the Norwegian National Insurance Scheme. This is since you are entitled to health services on an equal basis with other Norwegian residents, principally what you have paid for doctor, hospital, and medications. For example, in Norway it gives you free admission to hospital and having to pay patient's charge for medications.

You have to verify your entitlement with your European Health Insurance Card. This is a plastic card the size of an ordinary credit card.

If you are a member of social security in your home country while studying in Norway, you are entitled emergency and necessary treatment under Norwegian legislation.

You do not have to become member of the Norwegian National Insurance Scheme.

If you are not entitled to a European Health Insurance Card from your home country, you must have other insurance to cover any medical expenses you might incur in Norway.

### **Students from countries outside the European Economic Area (EEA)**

If the duration of your stay in Norway is more than one year you automatically become insured under the National Insurance Scheme when you register as a student at a Norwegian institution of higher education and as a resident in Norway.

If the duration of your stay in Norway is between 3 and 12 months you should apply for membership of the Norwegian National Insurance Scheme providing coverage with regard to health services. The form must be sent to the insurance office in the municipality in which you are staying.

The requirements are that you attend school or university in Norway for less than one year, and have a residence permit.

Voluntary membership entitles you to have health services on an equal basis with other Norwegian residents.

You do not have to pay national insurance contributions when your income is lower than NOK 29 600,-. For more information about this, contact adm. BAS.

Students who do not become a member of the Norwegian National Insurance Scheme, must have a social security coverage from their home country.

Check the following:

<http://www.nav.no/English/Membership+in+The+National+Insurance+Scheme>

### **SiB – Student Welfare Organization.**

The SiB Medical Centre will offer GP service and emergency treatment to students who do

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not have their own family doctor in Bergen. The Medical Centre called “Legene på Høyden” is located at Vektortorget in the city centre of Bergen.

Emergency treatment will be offered to students who are not entitled to a GP and students who do not have a GP in Bergen. Contact the medical centre and students will get an appointment the same day. Regular office hour apply. Students can book doctor`s appointment both on phone and SMS. Phone: 5269 5151. SMS: Send LPH+ date of birth+ name to 2097.

Check out <http://www.sib.no/en>

## Health services

### How do I find a doctor in Norway?

If you are registered in the National Registry (folkeregister) as a resident of a Norwegian municipality you will be assigned a regular GP (fastlege) by HELFO (**The Norwegian Health Economics Administration**) [http://www.helfo.no/omhelfo/Sider/about-helfo.aspx#.UYIq\\_aLlb-o](http://www.helfo.no/omhelfo/Sider/about-helfo.aspx#.UYIq_aLlb-o)

Alternatively, a list of health clinics and doctors is listed in the [Norwegian Yellow Pages](#).

To call an ambulance in an emergency, dial **113**.

### What fees do you have to pay for health treatment in Norway?

When you undergo a health check or receive medical treatment, you are obliged to pay a ‘user fee’ (in Norwegian = egenandel). This fee is paid directly to the health institution that has treated you. A standard consultation with a GP doctor costs NOK 130 during the day and NOK 220 for an evening appointment.

### What kind of public dental health care can I receive?

Public dental health services in Norway are organised by the county administrations (fylkeskommuner) in Norway. Under 18 year olds are entitled to free public dental treatment (excluding orthodontic treatment), as are the mentally disabled, chronically ill and people receiving home nursing assistance.

For students, SiB offers a good alternative for dental care: <http://www.sib.no/en/helse/dental-service>

Several of the larger municipalities in Norway have their own emergency dental clinics which are open at weekends and evenings, however many of the smaller municipalities do not, in which case you should contact a dentist directly to ask for emergency treatment. Telephone numbers and addresses can be found in the pink pages of the telephone directory or online in the [Yellow Pages](#)

### Where can I get help with psychological problems?

In a critical or life threatening situation, call for emergency help on telephone number 113. Explain the situation and state an address where help is required. If it is not a critical emergency, contact your GP doctor or the nearest emergency unit for help.

If you need someone to talk to, call the Norwegian Mental Health helpline on 810 30 030 or you can call the Kirkens SOS helpline on 815 33 300.

**Bergen municipality has an Emergency Room** which you can contact in case you are in a crisis: Livskrisehjelpen bergen legevakt. Tlf. 5556 8754, the address is Vestre Strømkaien 19, Bergen. For map reference:

<http://www.bergenskart.no/bergen/index.jsp?karttype=Veikart&scale=5000&adf=12011613000190000000>

### Who is entitled to free medical treatment?

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When you are admitted to hospital and are a member of the National Insurance Scheme, you do not pay for treatment, medication or hospital accommodation. Expectant mothers do not pay for any pregnancy check-ups. Children under the age of 12 do not pay any medical user fees, and anyone under the age of 18 who requires psychological help does not have to pay any treatment fees. Fees required for children under the age of 16 may be added to the fees of a parent. If the total amount of fees exceeds the annual upper limit, the child and parent are entitled to a fee exemption card (frikort).

## **SIB**

PLEASE NOTE that the Student Welfare Organisation in Bergen, SiB, which you are automatically a member of when studying at BAS, entitles you to a number of services.

For instance:

- refund of medical expenses, dental services,  
Psychologist, health centre, career centre, counselling. Sport and fitness, accommodation, books, child care.

Have a look at SIBs webpage: [http://www.sib.no/frontpage/view?set\\_language=en](http://www.sib.no/frontpage/view?set_language=en)

## **OTHER USEFUL INFORMATION:**

General information about studies in Norway is available here:

<http://www.studyinnorway.no>

**Living, working or studying in Norway?** Just Landed helps you manage everyday life. Our Norway Guide covers topics like visas, housing, jobs and finance.

<http://www.justlanded.com/english/Norway>

The following is an example of useful information that is collected from the JUSTLANDED guide for Norway:

### **Mobile phones**

#### **How to get a mobile phone in Norway**



**In Norway, there are three main mobile phone operators: Telenor Mobil, Netcom and Network Norway.** Mobile phones in Norway mainly operate on a GSM network. As Norway has a relatively young population, you'll find that many mobile phone operators offer special discounted rates and cheap packages.

Along with most other European countries, calls in Norway are charged per minute but there is also a *Startpris* – which is a higher charge for the first minute of the phone call.

Of course, you can also use your mobile phone from home via roaming in Norway. You will be able to make and receive phone calls, but this will cost you considerably more than it would with a Norwegian mobile connection. If you stay in Norway for a while, you should definitely consider getting a Norwegian mobile number.

### **Deciding on a mobile phone plan**

You have the option of purchasing a pay-as-you-go phone (*Kontantkort*) or a monthly contract plan (*Abonnement*). It depends upon the kind of services you are looking for and the frequency with which you want to use your phone.

### **Kontantkort (pay-as-you-go) options in Norway**

Pay-as-you-go phones in Norway are the easiest option to get a Norwegian mobile line. First of all, you should check your mobile phone works in Norway. If it does, you can buy a new Sim card with any Norwegian telephone number and insert it into your existing phone.

You will usually either have to register your new number yourself, or the shop where you buy it from will do this for you. Once registered, your new Sim card is activated and you can top it up with credit from supermarkets, petrol stations, newsagents and online (the latter option also works out slightly cheaper).

The two main mobile companies who provide this service are Telenor and Netcom. You can get a new Sim card from any electronic retailers, or a phone kiosk (which you will find in department stores and in all major cities and towns). You should ask for an *akontantkort* account.

### **Abonnement (contract) plans in Norway**

If you are planning on staying in Norway for an extended period of time, it may be worth subscribing to an *abonnement* plan. This involves paying a monthly fee to a mobile network provider, which often contains a certain amount of minutes and SMS messages.

You can also tailor most mobile plans to suit your needs – if you make a lot of phone calls, but never send SMS messages, you can tailor your *abonnement* to only pay for phone calls.

Bear in mind that you might be required to have worked for a minimum of three years in Norway under a valid work contract before you are allowed to take out an *abonnement* plan with a mobile provider. If you can't get an *abonnement* plan, you will have to start with a prepaid mobile card.