



**NORGES IDRETTSHØGSKOLE**  
**NORWEGIAN SCHOOL OF SPORT SCIENCES**

Welcome to the  
Norwegian School of Sport Sciences

## PRE-ARRIVAL GUIDE

Fall 2011



Welcome to us!

The Norwegian School of Sport Sciences has the pleasure of welcoming you as a student! This booklet will help you prepare for your study abroad experience in Oslo. Please read the information carefully. The International Office and the teaching and administrative staff at NSSS are looking forward to meeting you in August!

## Welcome to Oslo...

Norway's capital and largest city, with about 550 000 inhabitants and host to 60 000 students all together. The city has all the advantages of a big city and a capital, but yet it is so small that you will (after a little while) easily find your way around. A good public transportation system takes you to most places you want to go, and your student card will give you discount on monthly transportation passes.



Oslo has become much more international in the last 10–15 years. Trendy cafes, restaurants with cuisines from all around the world, bars and pubs, shopping in different varieties and several modern cinema facilities are among the many things the city has to offer. Also, Oslo hosts more concerts than any other Scandinavian city – and is also host to many a sporting event.

The new Opera House has won several awards for its iceberg shape architecture, and in one of the places to go if you are out for a sight-seeing. There are also many galleries and museums around the city and most of them have free entrance. And if you are a fan of the outdoors, you should go to the famous Vigeland Sculpture Park, or use your monthly pass and take one of the many ferries that go to the islands in the Oslo Fjord. Plenty of opportunities for the time you don't spend in school!

## ... and to the Norwegian School of Sport Sciences!



As a specialized university, the NSSS has a national responsibility for education and research within the field of sport. We have a broad study portfolio, and offer courses at Bachelor, Master and Doctorate levels – in addition to a wide range of part time studies in further education.

As a fairly small institution with about 800 full time students and approximately the same number of

part time students, NSSS is known for its high academic standard and an eventful student life. NSSS has increased our number of courses taught in English, and this fall we will have close to 40 incoming exchange students.

Our premises and sport facilities are located a few kilometers from the center of Oslo with the surrounding forests and lakes as the nearest neighbor. The location is ideal for physical activities and recreation. However, the city center is not further away than a 15 minute ride on the metro. We hope, and believe, that you will have a great experience here at NSSS!

## Preparations

### Residence Permit/Student Visa

Students from the EU/EEA (European Economic Area) countries staying for more than three months are required to apply for a residence permit from the Police Authorities. You may register/apply after arrival in Norway, but to avoid problems at the border you are advised to show a document testifying that you are accepted as a student at the Norwegian School of Sport Sciences. You register/apply electronically for your residence permit at <https://selfservice.udi.no/>. After filling out the online form you need to bring the documents listed below to the police, at the address also stated below.

All other international students must apply for a student residence permit in their home countries through the nearest Norwegian embassy or consulate. Please note that students who, for one reason or another, fail to do so will be required to return home. In many cases a visa for entry into Norway will also be required. You are advised to begin the process of application as early as possible.

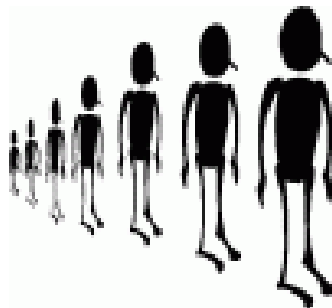
In order to be granted a student residence permit all international students must present the following documents to the police authorities:

- Valid passport/EU identity card
- Letter of admission from the Norwegian School of Sport Sciences
- Private health insurance or European health insurance card
- Documentation of satisfactory accommodation in Oslo

You must present these documents at Politiets Utlendingsavsnitt in Scweigaardsgate 15 B.

**Their opening hours are:  
Monday–Thursday 8.15–12  
Fridays 8.15–11**

Lines may be long – so turn up early, make sure to bring all documents, and have plenty of time...



*Students from EU/EEA countries who plan to stay in Norway for a period of less than three months, and all students from the Nordic countries do not need a residence permit.*

## How to get to Norway...

### Plane

Most international flights arrive at the main airport called Oslo Airport Gardermoen, which is located about 50 km outside of Oslo. There are several means of transportation you can use to get from Gardermoen to Oslo. The fastest is the airport express train (Flytoget), which will take you to Oslo's central train station in about 20 minutes. However, the fares are quite expensive. You can also use regular local trains or airport buses (Flybussen). The estimated time of travel on an airport bus is 45 minutes to the Oslo Bus Terminal (Galleriet).



Although we recommend you to fly to Gardermoen, it is also possible to fly into Trop flyplass (Sandefjord) and Rygge flyplass (Rygge/Moss). Both of these are smaller airports. They have a shuttle bus system into Oslo Bus Terminal, but the buses don't go quite as often as from Gardermoen.

### Train/bus

If you are travelling to Oslo by train, you should get off at the central station (Oslo S or Sentralstasjonen) and switch to other means of transportation. Those arriving the city by bus should get off at Oslo Bussterminal Galleriet.

#### Useful links:

[www.nsb.no](http://www.nsb.no) [www.flybussen.no](http://www.flybussen.no) [www.flytoget.no](http://www.flytoget.no) [www.osl.no](http://www.osl.no) [www.torp.no](http://www.torp.no)  
[www.ryg.no](http://www.ryg.no)



**Remember to give the international office the exact date and time of your arrival by returning the "Arrival form" as soon as you have made travel arrangements.**

...and then to get to NSSS/accommodation



## Underground/Metro/Subway

You will find the underground railway stations by looking for white signs with a blue encircled T (see picture). The easiest way to get to NSSS or Kringsjå once arrived at Oslo Central Station or Oslo Bus Terminal, is to catch the westbound line 3 "Sognsvann" from Jernbanetorget station (in the basement of the central train station). Kringsjå is the second to last stop, and Sognsvann (NSSS) is the last stop. Check out this web page for more information and time tables: [www.trafikanten.no](http://www.trafikanten.no)



## City buses/trams

There are many city buses and trams, but the metro is a better alternative to/from NSSS.

## Taxi

Taxi is never a cheap alternative, so make sure not to use a taxi for too long a distance. Your taxi should have a taxi sign (indicating that it is official and registered) on top to ensure your security and that you are not gouged. Tipping is not necessary.

## Tickets and fares

For the train you can buy your ticket at the station, or in a ticket vending machine at the station. The machines usually only take cards (Visa/Master Card) as payment.

For the city busses, trams and metro, you buy your tickets at kiosks (such as Narvesen, 7 Eleven and Deli di Luca), in ticket offices in some stations, or in ticket vending machines. A single ticket costs 27 NOK if bought in advance (valid for 1 hour and you can change means of transportation within that hour). If you wait and buy it on board you will have to pay 40 NOK. You may also consider buying a flexi card for 200 NOK. You can travel 8 times on this card.

### Nice to know...

Once you start school and get your student ID card (Monday Aug 15th), you can buy a student monthly pass for 350 NOK a month. The student monthly pass is valid in buses, trams, metro and boats within the city limits.

## Accommodation

The Foundation for Student Life in Oslo (SiO) is a student welfare organization which among other things administers student housing in Oslo. You should already have applied for housing at [www.sio.no](http://www.sio.no). If you for some reason have not applied, Please contact the international office. Remember to return the housing contract fully signed and to pay the deposit.

The nearest student housing to NSSS is Kringsjå Student Village, Fjellbirkeland Student Village and Sogn Student village, in that order.

**Getting there:** the SiO Student Reception for Kringsjå-, Fjellbirkeland-, and Sogn Student Villages is located at Kringsjå Student Village. See the previous page on how to get there.

When you get off the metro at Kringsjå, cross the main road and walk down the stairs to the Kiwi grocery store. Take a right at the store. The reception is on the first building on your left.



*Kringsjå Student Village*

### Practical information...

All units have internet connection which is included in the rent. However, please note that curtains, pillows, sheets, blankets, reading lamps and kitchen utensils are not provided. There are frequent buses to IKEA outside of town, where you can get what you need at fairly reasonable prices.

### Opening hours...

for the SiO reception:

Tuesday 9. Aug.....9-17

Wednesday 10.aug...9-17

Thursday 11.aug.....9-17

Friday 12.aug.....9-18

Saturday 13.aug.....11-16

Sunday 14.aug.....closed

### Your keys...

We strongly recommend that you arrive during the opening hours. In case you arrive outside opening hours, you will need to find alternative accommodation. You may contact SiO by e-mail [studentboligene@sio.no](mailto:studentboligene@sio.no) and see if you can arrange for your keys to be delivered by one of their caretakers.

# Studying at the Norwegian School of Sport Sciences...

## The first week

The semester starts Monday 15<sup>th</sup> August (week 33). We advise you to arrive late in week 32, or sometime during the weekend before semester start. It is important that you are here and ready to start on Monday morning. This week we will give you a lot of practical information, start the Norwegian language course, and give you an introduction to the courses you will be taking.

But the starting week is so much more than information and getting to know your way around. It is also the time for many social activities and getting to know each other. We will have a Study Buddy system, and the Study Buddies will assist you with practical issues, but also arrange social get-togethers in the first week. You will also be a part of the Buddy-week for new Norwegian students. More information on the program will be given later.



**Hvordan kommer jeg meg opp til Idrettshøgskolen?**

*HVA KOSTER EN ØL??*

**Jeg vil lære å snakke norsk..**

**NORWEGIAN LANGUAGE**

**COURSE:**

You are welcome to participate in a 20 hours intensive Norwegian Language Course starting in week 33. You will have 5\*2 hours the two first weeks, the last 10 hours will be spread out during the semester.

## Student ID-card and access card

A Student ID card is issued to all students. This card is also your access card to NSSS's premises, your library card, and it will give you student discounts on different services, like the public transport system.

Student ID cards are issued on Monday 15<sup>th</sup> Aug 9-10 AM. Bring your ID!

**REMEMBER TO SIGN UP FOR THIS COURSE IN YOUR ACCEPTANCE FORM!**



## Semester dates

The academic year runs from the middle of August until the middle of June, and consists of autumn and spring semesters. Beginning and end dates of the semester will vary from course to course

Autumn semester: 15<sup>th</sup> August – 20<sup>th</sup> December  
Spring semester: 3<sup>rd</sup> January – 15<sup>th</sup> June



## International Office and Student Administration

If you have any questions or just want someone to talk to, you are welcome to drop by the International Office and Student Administration. We are located on the ground floor. When coming through the main entrance, take a right and walk towards the library. You will find us behind a blue door on the right.



## Library

NSSS has the biggest sport sciences library in the Nordic countries, with over 70.000 books and access to several thousand magazines. The library also has several computers and copying machines. In the beginning of the semester you will get a copying card worth 100 copies or prints from computers.

### Opening hours:

Monday–Wednesday and Friday  
08:30–19:00

Thursday 10:00–19:00

Saturday 11:00–15:00



## Work load

The work load for full time studies is 30 credit points per semester. The Norwegian education system emphasizes to a large degree on independent study and individual planning. You must be able to be responsible for your own progress and the teaching staff trusts that you follow the course plan yourself. However, some lectures may be mandatory to attend. This is to a large degree the case for those of you who study Outdoor Life. More information on this will be given by the department in the beginning of the semester.

## Student activities

Student life is so much more than just studying. The great majority of students at NSSS are also active outside the reading room. Not surprisingly, most of the student activities at NSSS are related to sports. One of the student organizations is NIHI – the students' sport club. They arrange informal practices and competitions in a variety of sports. There is also the popular student group "GiGass" which organizes a variety of fun activities, such as surfing trips, informal competitions, skiing trips to the Alps etc. We strongly recommend you to join some of these activities, not only because they are fun, but also it is a great way to meet local students. Both NIHI and GiGass will give you more information on their activities during the first week.



## Student Counseling and Student Health Services...

In addition to accommodation, SiO also administers a wide variety of counseling and health services. As students at NSSS, you can use their services. The social counselors assist students in practical as well as personal problems. Whether you need assistance or guidance with matters concerning public services, economy, or you just need someone to talk to, you can contact the Student Counseling Office located at Blindern Campus (University of Oslo). The Student Health Services are also located there. These professional staff can provide general medical services, dental care, vaccinations and psychological/psychiatric therapy.

## Good to know...



### Health insurance

**Students from EEA countries** : Norway is associated with the European Union through the European Economic Area (EEA) agreement. It is important that students from EU/EEA countries bring the European Health Insurance Card, valid for the whole study period in Norway. The card will, upon application, be issued by the relevant health insurance authorities in the student's home country before departure.

**Students from all other countries**: If you are studying in Norway for three months or more, but less than a year, and come from a country that is not a member of the EU/EEA, you need to apply to the local branch of Trygdekontoret (the National Health Insurance Scheme Office) in order to receive subsidized medical help from the Norwegian government. A current residential permit for the period in question is required. Membership is normally automatically granted for students staying for more than 12 months, provided you are a student with a current residential permit.

The National Health Insurance Scheme covers regular medical consultations, except for a nominal fee to be paid by the patient. The insurance also covers hospitalisation in Norway. Medicines, dental care or spectacles are not covered.

Note: You will not be covered by the Norwegian National Health Scheme if you take a trip outside Norway even for a few days. In this case you should have your own travel insurance.



### Doctor

If you need to go to the doctor, you can use SiO (see above), or you can go to the Emergency Room (Legevakten). In the event of life-threatening illness or injury, which requires immediate help, use the free emergency number 113. The medical expertise will then decide how to handle the situation, e.g. to get an ambulance for transportation to a hospital.



### Part Time Work and Work Permit

Your student Residence Permit entitles you to take part time employment for up to 20 hours a week. In addition, you may work full time during holidays. This requires that you follow regular student progression, and complete 30 credit points each semester. To work, you will need a tax card issued by the Tax Administration (Skatteetaten) located in Schweigaards gate 17.

## Cost of living

Norway is an expensive country to live in. Official guidelines say that you need from 8000–9000 NOK per month. Our current exchange students estimate that you can get by on about 6000 NOK per month, once you learn the tricks on where to shop. Price examples:

Liter of milk.....	ca 15 NOK	Bread.....	ca 25 NOK
Movie ticket.....	ca 90 NOK	Glass of beer.....	ca 70 NOK
Dinner at campus.....	ca 50 NOK	Coffee in a cafe.....	ca 30 NOK

**Climate** Oslo has four seasons:

**Spring (March, April, May):** temperatures range from  $-5\text{ C}$  to  $+20\text{ C}$ . Occasionally it might snow

**Summer (June, July, August):** weather varies from cold and rainy to warm and sunny. Temperatures range from  $10\text{--}30\text{ C}$ .

**Fall (September, October, November):** temperatures range from  $+20\text{ C}$  to  $-10\text{ C}$ .

**Winter (December, January, February):** temperatures range from  $+5\text{ C}$  to  $-20\text{ C}$ , and there might be a lot of snow and ice.

## Electricity

In Norway 220 volt, 50 Hz AC, is used. Remember to bring an adapter!

## Telephone

Outgoing calls: 00 and then country code. Incoming calls: Norway's country code is + 47

Emergency numbers:

Fire: 110

Police: 112

Ambulance: 113

## Safety

Norway has one of the lowest crime rates in the world. Nevertheless, remember that you are staying in a capital city, and take your precautions. Be aware of pickpockets, and girls should be cautious when walking home late at night.

## Time Zone

Norway is in the Central European Time Zone, 1 hour ahead of Greenwich Mean Time.