



USN University of South-Eastern Norway



Pre-arrival webinar

Tuesday, June 9, 2026

International Relations Office

Before we start



The Chat is **closed** so it's easier to follow the presentation



Questions will be answered after each “section”



Please use the symbol raise hand (it can be found under “Reactions”)



When asking questions please state your **programme** and **campus**



Detailed personal questions should be addressed by e-mail.
NB! **This webinar may be recorded**, and we will avoid personal matters.

Presentation of participants

- USN employees
- SSN employees

Different types of international students

Exchange students

Students that are here for 1 or 2 semesters

Degree seeking students

- Master degree students (2-years)
- Scandinavian Studies (non-exchange)

Project students

Students that come from universities that are a part of a project collaboration with USN.

You should have been in touch with your Project Coordinator.

About us

Information about USN and the International Relations Office

8 campuses



Bø



Drammen



Kongsberg



Notodden



Porsgrunn



Rauland

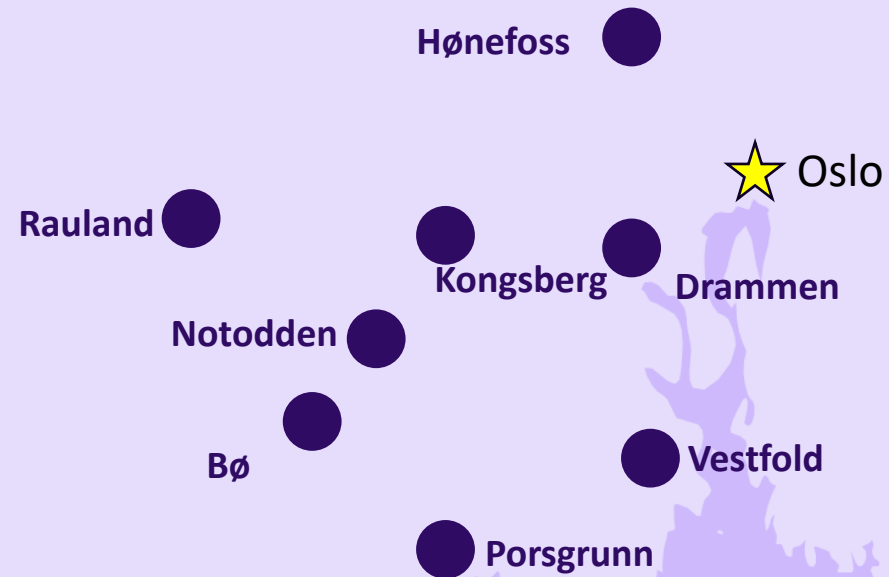


Hønefoss



Vestfold

8 campuses



Contacts and areas of responsibility



- The **International Relations Office** admits exchange students, **USN Admissions Office** admits degree seeking students



- Our Office gives counselling and **administrative support** before you arrive to Norway and during semester start.



- Our **student assistants** will guide you and arrange social activities for you throughout the semester



- The **Programme coordinators** and **Student advisers** are the ones responsible for your **academic questions**, and they have the daily facilitation of your student situation.



- SSN – Students housing, welfare and counselling services.

International coordinator – main tasks

- Coordination of arrival information for new international students
- Coordination with the police
- Contact with the home university for exchange students regarding their students (cooperation, visits, agreements, problems, etc.)
- Responsible for student assistant.
- For degree seeking student the main contact is the Faculty/Department (Student adviser/Program coordinator)

Campus	Coordinator
Bø	Lisa Hjelmeland
Drammen	Anders Elden
Kongsberg	Dag Aasland
Notodden / Rauland	Dag Aasland
Porsgrunn	Thuva Oterholt Ogweno
Hønefoss	Anders Elden
Vestfold	Sigurd Kraft Gulbrandsen

Student assistants/ housing questions

Student assistants:

- Basic practical questions
- Social activities, Facebook-group, “Coffee Hour”

Housing questions:

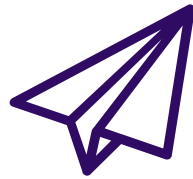
- SSN reception / SSN Website
- Welfare Hosts (students)

Bø	Juli + Sandor
Drammen	Amelia
Kongsberg	Amar
Notodden	Yaquelin
Porsgrunn	Helene Kristine
Hønefoss	TBA
Vestfold	Helen
	No student assistant, please contact:
Rauland	Laura Ellestad / Ingrid Hamberg

General contact tips



The Facebook group is perfect for social events, practical questions and non-personal questions.



E-mail for all other written communication with USN employees.
(Not Messenger)



Most lectures and advisors prefer to be contacted by e-mail or visited during their office hours.



Please, do not send the same question to several e-mail addresses as it might delay the answering process. If you have not received an answer to your e-mail after 1-2 working days, send a reminder.

Before Arrival

Travel to Norway

Online application with UDI

Travelling to Norway



Our two main airports are Oslo Lufthavn Gardemoen (OSL) and Sandefjord Torp (TRF)



You can travel from the airport to campus by Train (and bus) using VY or Entur app or buy ticket at the airport



Remember to watch your belongings on your journey, especially, at the train station and on the train



CLIMATE

Four distinct seasons with long summer nights with midnight sun and snowy winter.

PRIME NATURE ATTRACTIONS

Fjords, mountains, forests, lakes, midnight sun, the northern lights.



Online application with UDI

Coming to Norway as a NON-EU student (1)

- All students with citizenship from outside the EU/EEA region must have a student visa/residence permit in order to study in Norway. (Some exceptions for students staying less than 3 months).
- It is important to apply from abroad for almost all NON-EU students and have the appointment before **July 1st**
- Students should follow the instructions for their country of citizenship on the [UDI website](#) and the local VFS Global Office in your home country.

Coming to Norway as a NON-EU student (2)

- USN offers a [residence permit bank account for international students](#) available for students that are required to transfer money to Norway.
- Once the permit is granted and the student arrives in Norway, the student is required to report to the police station.
- The seven days to report mentioned in the UDI-information is not relevant as long you attend one of the group appointments.
- Our office is in the process of organizing group appointments at the police station.

Coming to Norway as a EU/EEA student

- EU/EEA citizens have a simple procedure and register online with [UDI website](#).
You are not able to register prior to arrival to Norway, but please register 1-3 days after arrival.
- Nordic citizens and EU students staying less than 3 months do not have to register with the police
- All remaining students must report to the police station when arriving to Norway.
Our office is in the process of **organizing group appointments**.

Students traveling with families

If you plan to move to Norway with spouses or other family members, please make sure that you are well-prepared ahead of your arrival in Norway. You need to consider the following:

- Funding
- Housing with space enough for family members
- Applying for visas for family members
- Police registration for family members
- Insurance for family members
- Possible kindergarten and schools
- Please note that it is your own responsibility to prepare for taking your family members with you. USN has no responsibility nor capacity for organizing any of the above points.
- The SSN - student welfare services - has a very limited amount of family and couple units and these are not available at all campuses. These are in high demand. In some cases, students wait until the main student is settled in Norway before bringing the entire family.



Online application portal for UDI –

The municipality is needed when you register

Campus	Town name	Municipality
Bø	Bø	Midt-Telemark
Drammen	Drammen	Drammen
Kongsberg	Kongsberg	Kongsberg
Notodden	Notodden	Notodden
Porsgrunn	Porsgrunn	Porsgrunn
Rauland	Rauland	Vinje
Hønefoss	Hønefoss	Ringerike
Vestfold	Borre	Horten

Questions about online application with UDI?

Please raise your hand with the symbol

«Reaction»



Insurance, Health Services and Safety

Insurance

- All students should have a valid travel- and health insurance covering the duration of their stay – including travel to and from Norway. This must be organized from the home country.
- USN strongly emphasizes that it is the student's own responsibility to make insurance arrangements for any accident, illness, injury, loss or damage to persons or property resulting from, or in any way connected with, the study period in Norway.
- Students from **the EU/EEA** countries must bring their **European Health Insurance Card (EHIC)** with them to Norway.



For more detailed information about insurance please follow these links:

Insurance for students coming from outside the EU/EEA

- www.usn.no/english/newstudents/insurance-for-students-coming-from-outside-the-eu-eea

Insurance for students coming from the EU/EEA

- www.usn.no/english/newstudents/insurance-for-students-coming-from-the-eu-eea

Health and safety in general



Credit: Colourbox



Before departure to Norway, we recommend that you also register your study abroad with your home country's embassy or foreign service.



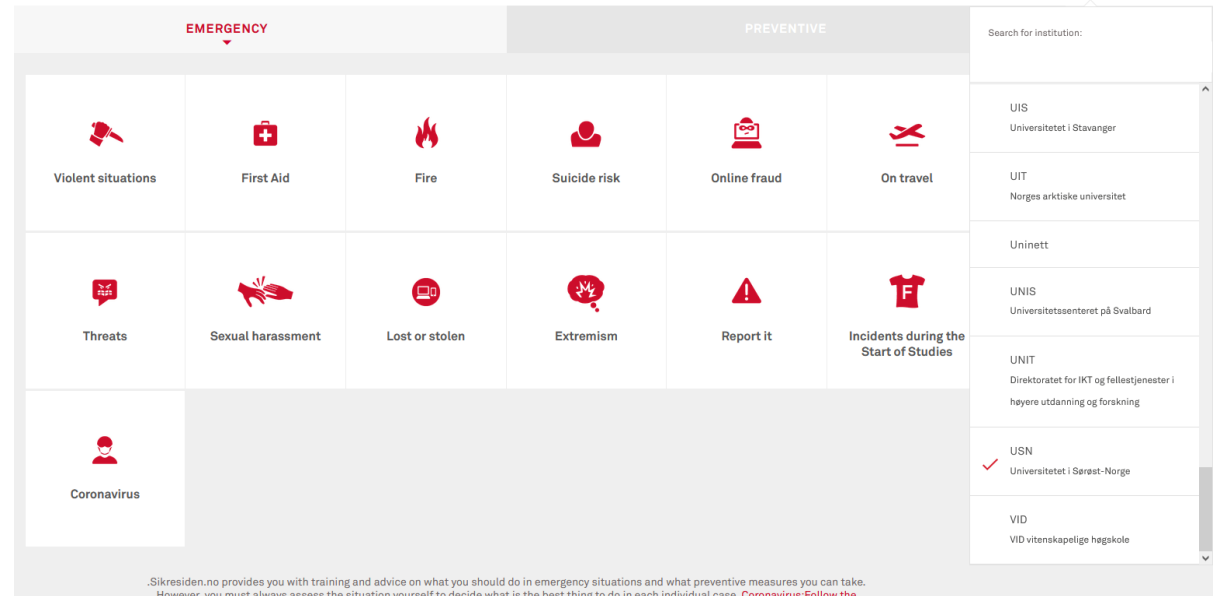
For day trips or other longer trip, be sure to gather information and advice for the place you are visiting. The Norwegian trekking association (DNT) has good information: <https://english.dnt.no/need-to-know/>



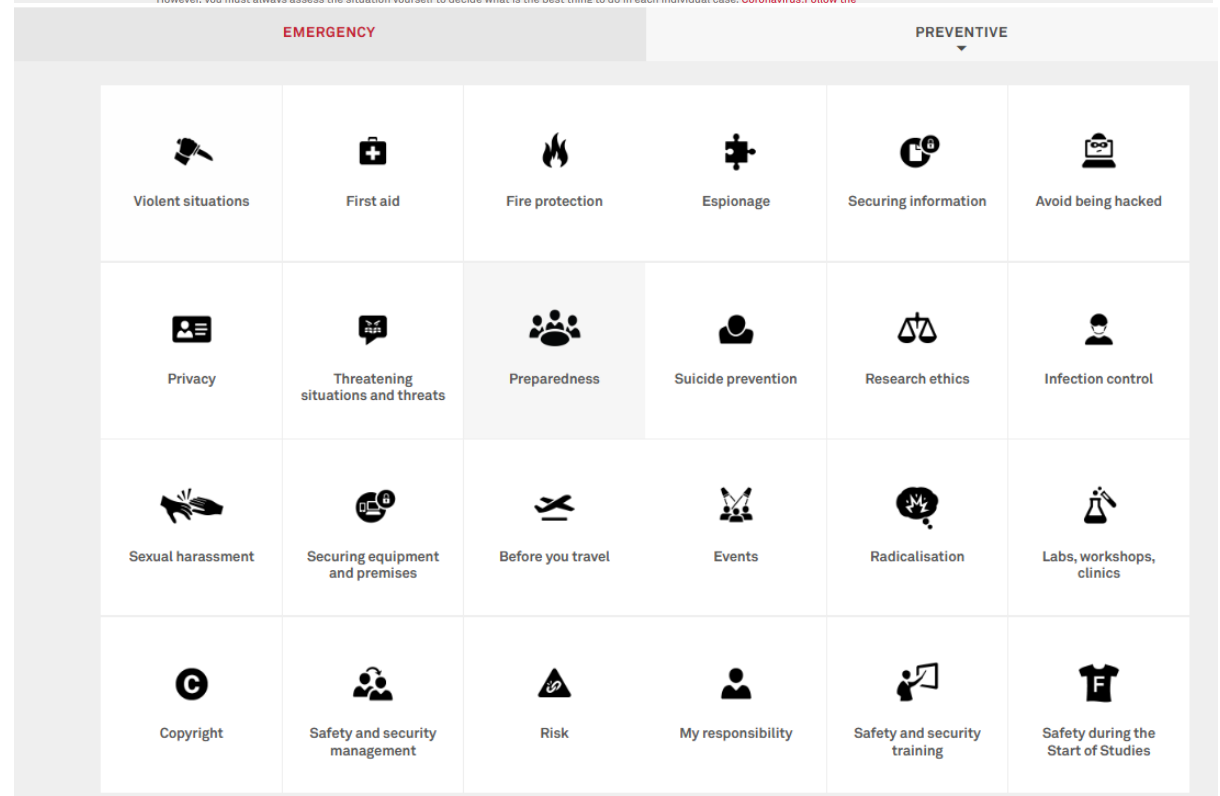
Remember that SSN and USN have resources available if you experience an emergency situation or other types of difficult situations.

Further information

- **Important!** www.sikresiden.no/en
- New in Norway (Ny i Norge): See: www.nyinorge.no/en/
- USN-New students: www.usn.no/english/newstudents/



The screenshot shows the 'sikresiden.no' website interface. At the top right, there are language options for 'USN' and 'ENGLISH'. The main content is divided into two sections: 'EMERGENCY' and 'PREVENTIVE'. The 'EMERGENCY' section includes icons for Violent situations, First Aid, Fire, Suicide risk, Online fraud, On travel, Threats, Sexual harassment, Lost or stolen, Extremism, Report it, and Incidents during the Start of Studies. The 'PREVENTIVE' section includes a search bar for institutions, a list of institutions (UIS, UIT, Uninett, UNIS, UNIT, USN, VID), and a footer note: '.Sikresiden.no provides you with training and advice on what you should do in emergency situations and what preventive measures you can take. However, you must always assess the situation yourself to decide what is the best thing to do in each individual case. Coronavirus: Follow the'.



The screenshot shows the 'nyinorge.no' website interface. At the top right, there are language options for 'USN' and 'ENGLISH'. The main content is divided into two sections: 'EMERGENCY' and 'PREVENTIVE'. The 'EMERGENCY' section includes icons for Violent situations, First aid, Fire protection, Espionage, Securing information, Avoid being hacked, Privacy, Threatening situations and threats, Preparedness, Suicide prevention, Research ethics, Infection control, Sexual harassment, Securing equipment and premises, Before you travel, Events, Radicalisation, Labs, workshops, clinics, Copyright, Safety and security management, Risk, My responsibility, Safety and security training, and Safety during the Start of Studies.

Students that take prescription medication should be aware that foreign prescriptions cannot be filled in Norway and most medications cannot be sent by postal mail as it will be stopped in Customs. Some medications in Norway even require an appointment with a specialist, which can be difficult to get an appointment depending on the situation.

Prescription medication and medical information

Some helpful suggestions:

- Make sure to have an adequate supply upon arrival. However, also check if there are restrictions to what you can bring into the country.
- <https://www.legemiddelverket.no/en/manufacturing-import-and-retailing-of-medicines/importing-medicines-for-personal-use>
- If you do have specific health issues or even significant allergies, we suggest that you bring information about your condition (translated into English) in case you need medical attention while in Norway.
- In general, Norwegian pharmacies may have fewer over the counter products than other countries. There is a conservative use of antibiotics, and more medications require prescriptions.



Other medical topics

- In Norway, all dentists and optometrists are private. It can be quite costly to have an appointment, so we recommend taking care of this prior to arrival in Norway.
- In Norway, there is often a long wait for doctor appointments and even longer for specialist. Priority is given to emergency cases.
- If you have any ongoing health concerns, we recommend visiting your own doctor prior to travel.



Tuberculosis-test

- Students from selected countries will have to meet for a tuberculosis test.
- The students concerned, will receive more information about this later (after the police registration).
- This test is required by law and therefore mandatory for those who are selected. It is designed to protect the general population from outbreaks of tuberculosis.
- Information from the Norwegian Institute of Public Health: www.fhi.no/en/id/infectious-diseases/TB/countries-tuberculosis/

Questions about insurance and health services?

Please raise your hand with the symbol

«Reaction»



Other important issues (1)

- USN requires that students have their own:
 - Laptop
 - Smart Phone
- Students from outside of EU might experience challenges with two-factor authentication
- USN uses Eduroam



Other important issues (2)

- Exchange students and European degree seeking students will receive an USN e-mail based on your student number at USN after you have activated your account.
This will be sent in late July or early August.
- Exchange students: Please remember to download and save your Admission letter from the Application portal now on your own pc. It will be not be available after July 1st.
- The time schedule will be available June 15th in TimeEdit. See more here: www.usn.no/new-students/time-schedule/



If you have a disability or health problem that will put you at a significant disadvantage in an exam situation, you may apply for special exam arrangements to be made by the **September 15**. (Please make a reminder for yourself now if you think you will need this.)

- ✓ In order to qualify for arrangements, it is important that you have official documents translated into English confirming your situation or diagnosis. We recommend that students organize this prior to arrival.
- ✓ After becoming a student, an electronic form is available for you on our student intranet (min.usn.no).
- ✓ [Read more on our website](#)

Exams and special academic needs



After Arrival

Police Appointments

Appointment at the police station

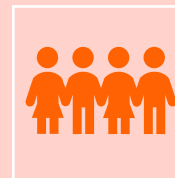
- Citizens **from outside the EU/EEA** will complete their registration at the police station by showing their passports, having their fingerprints and photo taken for the residence card.
- The **residence card** is normally sent by postal mail within one week to 10 days after the appointment. They are sent to the **Service Center at your campus.**



Citizens from **EU/EEA** countries must also register with the police but will receive confirmation of registration rather than a residence card.



Please remember to keep your confirmation letter in a safe place.



Students from Nordic countries and students staying here for 3 months or less are exempt from going to the police station

Police appointments

(individual group times will be announced later)

- The appointments will be in the weeks of August 17th and August 24th.
- Your appointment time will be announced by early August.
- Appointments are **only** for students; family members cannot join.
- If you do not meet to your appointment, you must make your own reservation



Questions about police registration?






Please raise your hand with the symbol

«Reaction»



Student life and semester start

Money and Banking

-  • It is difficult to open a Norwegian bank account for exchange students. Degree seeking students have to wait until they receive their Norwegian Personal Number.
-  • Students should talk to the bank in their home country to make sure all bank cards and online banking will work from Norway.
-  • **Please use card payment whenever possible**, cash payments are not frequently used.
 - For example, public transport does not always accept cash.
-  • Please check your travel route as trains and busses often require online payment.
-  • If you need to travel with cash (Euros, USD, etc.) they should be exchanged to Norwegian NOK at the airport. Regular Norwegian banks no longer provide currency exchange.

You can only exchange a certain amount of cash at the airport.

Welcome Weekend

Student assistants aim to have social gathering in the weekend before study start (August 8th - August 9th)

«Open Sunday» (see your campus)
August 9th 12:00 – 15:00

Semester start is: Monday, August 10th

(Campus Rauland starts one week later)



Semester start

- Students arrive at their campus and student housing.
- Social activities are planned by student buddies and student assistants
- Meetings for the different programmes as well as orientation meetings for both exchange students and international degree seeking students are held.
- Arrival forms and possible changes to Learning agreement for Erasmus-students.



Time keeping:

Norwegians take punctuality very seriously and expect that you will do likewise. 09:15 means you should be ready at 09:10 😊



Questions about semester start?

Raise your hand with the symbol

«Reaction»



Student accommodations

Housing

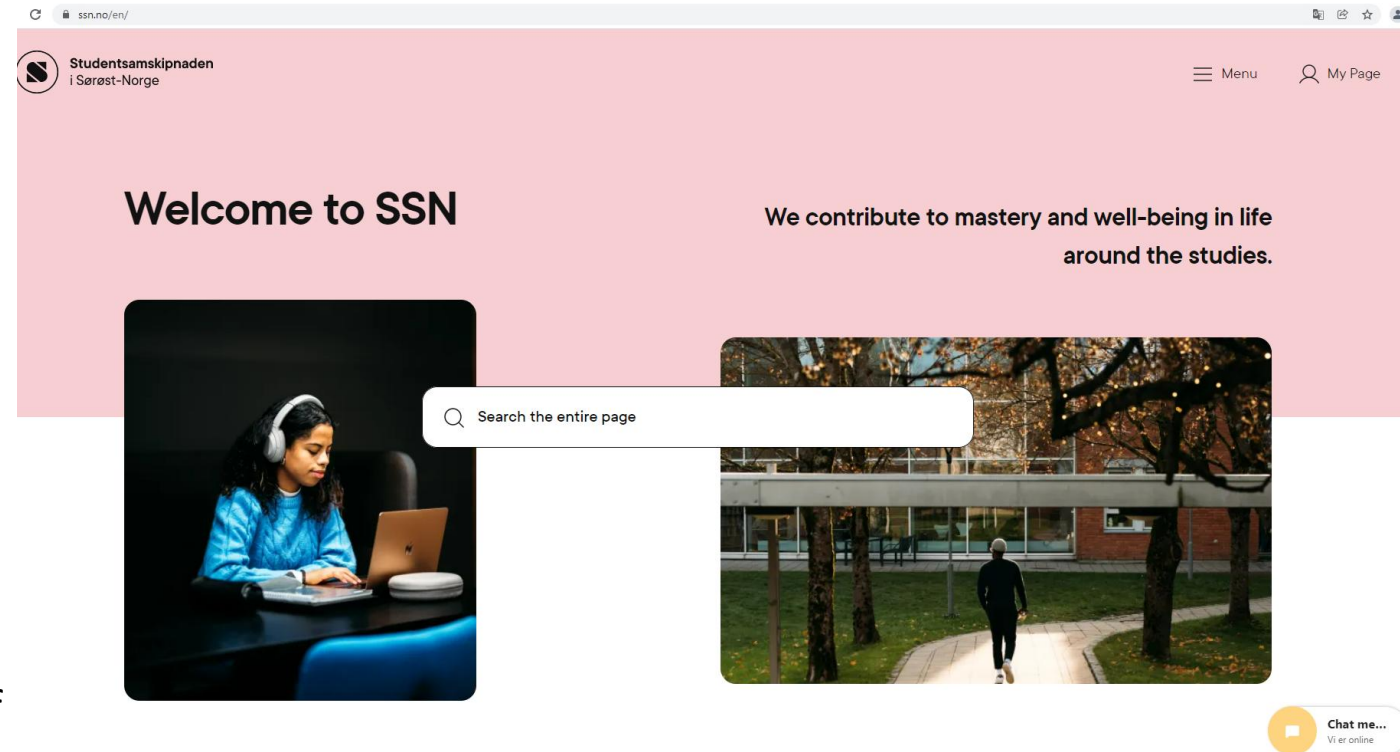
Student Welfare Organization of Southeast Norway (SSN)

- Housing with SSN is rented from early August 2026 (Check your contract)
- Remember to confirm your contract by signing!
- Bedding and linens package available for purchase.
- Arrival – office hours, when and how to get your keys.
- Student Welfare Hosts



SSN-Student Welfare Organisation

- SSN can present more information to you in the information meetings locally.
- SSN also have counselors that you can contact if there is something you would like to talk about.
- Student cafeterias and welfare hosts
- Get to know SSN's services: [A good student life in South East Norway – YouTube](#)



Questions about housing?

Please raise your hand with the symbol

«Reaction»

Please contact booking@ssn.no for questions about housing.

Specific questions about invoices can be sent directly to okonomi@ssn.no



Save the date!
Tuesday, August 4th

Arrival Webinar

- *Important details*
- *Convenient apps*

In summary



Follow www.usn.no/english/newstudents/



We will have a social gathering in the arrival weekend (August 8th - 9th)



Follow information [USN Welcomes You Autumn 2026 | Facebook](#)



For general questions from exchange students use incomingexchange@usn.no for degree seeking students use admissions@usn.no



Academic questions should be sent directly to the programme coordinators.

Thank you for your
attention!

Questions?