

# UNIVERSITY OF OSLO

## Prepare for your arrival

Knutepunktet – International Student Reception

30.05.2024





# Agenda

- Housing
- Packing list
- Plan your arrival
- Start of studies activities
- Events by Knutepunktet

# Housing

You are prioritised for SiO housing if you:

- Apply for single furnished or unfurnished room
- Within the deadline 1 June
- Choose 1 August as date of arrival.
- Please note:
  - You are **not** prioritised if you apply after the deadline, select a different arrival date or apply for couples' housing.
- Please contact [SiO Housing](#) if you require special needs provisions, i.e. due to physical disability or visual impairment.
- Always accept your offer from SiO!
- If you do not receive a housing offer by 20 June:
  - send an email to [int-advisor@admin.uio.no](mailto:int-advisor@admin.uio.no)

# Collecting your keys and how to get to UiO



You will be contacted by SiO housing to arrange the collection of keys



If you plan to arrive outside the opening hours, you must contact SiO to arrange for a key box. This must be arranged well ahead of your arrival.



If you arrive more than two weeks later than indicated on your tenancy contract (1 August), you must [notify SiO Housing](#) to avoid cancellation.

# Late arrival



Contact your faculty's information center to get information about courses and registrations.



Please inform your department and/or programme of the date of your arrival if you will not be able to attend compulsory meetings and/or lessons



Contact SiO housing to inform them of the date of your arrival



# Packing list

## Remember to pack for the different seasons:

- Oslo experiences four distinct seasons: spring, summer, autumn, and winter.
- Summer season (June – August): temperatures ranging from 15°C to 25°C (59°F to 77°F) .
- Winter season (December to late March): temperatures ranging from -15°C to 5°C (5°F to 41°F).

## You will need the following items on arrival:

- Router and ethernet cable
- Adapter (a typical two-pin European plug)
- Bedding (duvet, pillow, sheets)

# Ask your fellow students for tips

- Mobile phone companies
- Where to buy things for you room
- How to survive on a low budget
- Where to go out
- Where to eat
- Social events

Join the Facebook group  
[International Students at The University of Oslo \(UiO\)](#)

# SiOs services



- Health services
  - General practitioners
  - Dentists
  - Psychologists
  - Counsellors
- Sports (SiO Athletica)
  - 6 locations in Oslo
  - swimming pool, group training, tennis, squash, gym area, bouldering, multipurpose hall
- Associations
  - Student societies, academic, cultural, music, political, international societies etc
- Food and beverage
  - Canteens, cafés, student deals
- Events
- Kindergarten



# Start of Studies events

Full programme to be published in June:

- 12 August – Welcome ceremony
- 13 August – Digital Orientation Meeting
- 22 August - The Student Association Day

- [Events](#) for all international students
- Start of studies activities at your faculty/programme



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Photo: Jarli&Jordan/UiO

# Events by Knutepunktet

- Different events during the semester:
  - Guided museum tours
  - Monthly language café
  - International dinner
  - Island outing
  - Scavenger hunt
  - Beginners' cross country skiing course
- All events will be announced on our [web page](#)
- The events are free of charge

## Previous



Time and place: May 12, 2024 12:00 PM – 2:00 PM, [Lids hus / The Botanical Museum](#)

### Guided tour in the Botanical Garden

Take a break from exam preparations and the library, and experience one of Oslo's most beautiful gardens with a guided tour.



Time and place: May 11, 2024 10:45 AM – 2:00 PM, [Aker Brygge Info Point](#)

### Island outing in the Oslo Fjord

Visiting the islands in the Oslo Fjord is a must. Join us on an excursion to one of these - Hovedøya!



Time and place: May 2, 2024 5:00 PM – 7:00 PM, [Litteratursalongen, Georg Sverdrups hus](#)

### Language café

Do you want to learn and practice languages while getting to know people from around the world? Come to the language café then!



Time and place: Apr. 25, 2024 6:00 PM – 8:00 PM, [Georg Sverdrups hus: Sverdrup eatery](#)

### International dinner

Bring a dish or snack from your home country to share, and get a taste of different cuisines from around the world!



# Who do I contact

- Questions about this meeting, residence permit, housing, etc:

- [int-advisor@admin.uio.no](mailto:int-advisor@admin.uio.no)

- Questions about courses, exams, start of studies

- Contact the faculty in charge of your programme