



EUPHEM

Country guide for new EPIET/EUPHEM fellows

**FOLKEHELSEINSTITUTTET
NORWAY**

Last updated: February 2016

Please note:

This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

Welcome to the FHI in Oslo!

Here are some practical tips to help you around.

Before departure

A lot of information about Norway is online, and much of it is available in English.

<http://tjenester.norge.no/en/>.

However, many useful sites are only in Norwegian. To use them use Google translator:

<http://translate.google.com/?hl=en&sl=no&tl=en#>

Most things can be taken care of after you arrive, but remember to bring:

- Passport and ID card from your country. EU driver's license is also valid in Norway.
- Visa (normally not required).
- Arrangement for home banking in your home account, so you can take care of transactions while away.

At work

The Office

Your office will be in the Department of Infectious Disease Epidemiology which is located at Marcus Thranes Gate 2. There is a bus stop (Vøyenbrua) just in front of the office and there is a tram stop (Torshov or Biermanns gate) close by. You can catch the Flybuss (airport bus) directly to/from the airport.

Someone will show you around the office on the first day and give you a welcome manual, with the contacts of everyone, and key instructions on how everything works.

Access card

In the main building of FHI (a 10 minute walk) you get your magnetic access card (you will have a picture taken, so smile!). This card enables you to enter all the FHI's facilities you need and punch in and out your work hours on the punching machines near the entrance when you arrive at and leave from the office. The card is also necessary to print or scan (instructions are near the machines).

Laptop

You will receive a laptop from the FHI. In addition, you will either have a desktop computer or a docking station. The IT department is helpful and they all speak English (dial 6300). They format and install all the FHI software. Before the introductory course you need to make sure you have administration rights, to be able to install STATA.

Token for remote access

In order to access the FHI network (files, e-mail, etc.) from any internet connection outside FHI you will need to receive a code. This code is sent to you phone via text message (some people have separate tokens). You need to fill in a form asking for it and the Director must approve it. If you need access to the secure zone you will need a special permit, also signed by the Director.

Home page FHI

<http://www.fhi.no/>. On log on you will be show the Agora page, which is the intranet that has news and info for employees at FHI and many useful links.

Living in Norway

Accommodation

The prices are quite high in Oslo (monthly rent around 9.000 to 15.000 NOK) and you are recommended to start looking for something before you arrive in Oslo. Most apartments are advertised on www.finn.no (only Norwegian). In addition, this site can be useful as they have studios/apartments 10 min walking distance from FHI. <http://www.lovisenberg.no/eiendom>. Lots of places have visiting days/evening (called visning); you can just show up at the set times to view the apartment. For others you will have to make an appointment. When looking at apartments/prices make sure to check what is included; some include hot water, heating, furniture, whereas others do not. In general, you will need to pay 3 months deposit and sometimes they will only rent if you already have a personal ID number/Norwegian bank account. If you need any assistance with location, viewing etc, people at FHI (other fellows/Katrine Borgen) can help you.

Fødselsnummer (personal ID number)

Everyone in Norway needs this number for almost everything (open a bank account, choose a GP...). Until you do not have a fix address in Norway it is not possible complete the registration in Norway and get the Fødselsnummer. In the meanwhile you can enter your data online in the Norwegian Directorate of Immigration (UDI) <https://selfservice.udi.no/>. You can use the office address (or a colleague/friends address) to start with and request an appointment to register in the Service Center for Foreign Workers <http://www.sua.no/en/>. However, we had our permanent addresses when we had our appointments and we are not sure if you can use someone else's address for this. The Oslo office is near the Oslo Bussterminal (Schweigaards gate 17 Oslo)

Another option is to get a temporary number until you have a permanent address. To get the temporary Fødselsnummer you need to apply for the Skattekort (tax card). When you arrive at the institute you will receive a letter from the Director of the Department of Infectious Disease Epidemiology. With the letter you need to go to the Service Center for Foreign Workers and request the Skattekort. They will send you the Skattekort by regular mail and, in this case, is possible to use the work address to receive it. Once you have this, you will have a D-number (the temporary ID number), which you can use to open a bank account and get a phone number. The D-number will automatically change into the Fødselsnummer when you finalize your registration.

Health

After you get the Fødselsnummer, Helfo <http://www.helfo.no/omhelfo/Sider/about-helfo.aspx> will send you a letter, asking you to choose your GP, which you can do online. Choose a medical centre somewhere close to your home or ask for advice from your new colleagues. In case you will not choose a GP yourself, you will receive a letter with the name of a GP that is chosen for you.

In the website of Helfo you can also request the European health insurance card (Europeisk helsetrygdkort) once you get your final fødselsnummer. While you do not have a fødselsnummer, you can call by phone and ask for a temporary document which will make the same function. To do so you will need your temporary fødselsnummer.

Tax = Skatt

At the moment of the application for your fødselsnummer you will get information on tax payments and which forms you need to fill out for you tax-registration.

Insurance

In Norway there is a National Insurance Scheme. Please check if you are entitled to a membership.

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

NOTE: in case you are employed at FHI, you are likely insured in Norway through the State insurance (CHECK).

Pension

The Norwegian pensions scheme depends on your membership in The National Insurance Scheme (see above). If you are not entitled such a membership you should consider getting a private pensions plan.

Embassy registration

You should contact your embassy, in order to register there. It helps, should you need to renew any documentation and if you want to vote while living in Norway.

Language course

You can attend collective courses at Folkeuniversitetet (<http://www.folkeuniversitetet.no/forside.php>), Oslo University (<http://www.uio.no/>), or www.LearnNorwegian.no or <http://www.norsktimen.no/no>. LearnNorwegian and Norsk Timen have small groups (6-8 persons), and classes twice a week for 3 hours.

Bank account

Though you can use most credit cards in Norway (VISA, Maestro, AmEx) it is advisable to have a Norwegian bank account to save on conversion fees. In order to open a bank account you need a Fødselsnummer (or D-number), and to bring your ID. To choose the Bank that better suits your needs go here: <http://www.finansportalen.no/Bank>. Ask for home banking (with or without a token), as it is quite useful. When choosing, do take care of the fees they charge. Some banks charge you for everything (even cash withdrawals and balance checks). The largest Norwegian Bank is DnBNor <http://www.dnbnor.no/> but you might find Skandiabanken <http://www.skandiabanken.no/> cheaper, as it doesn't charge any fees, except the cost of the yearly card. Cultura is another possibility for those who would like to have a 'sustainable' alternative for the 'big players': <https://www.cultura.no/en/>. Cultura is a small (though convenient) bank 'for a sustainable society'. Most banks will also have insurances, such as travel and house insurance.

Mobile phone

In order to have a mobile number you need a Fødselsnummer (or D-number). As everywhere else, you can choose to have a pre paid card or pay monthly. Look for the best offer suited for your needs on <http://ringepriser.mobilen.no/>. If you take a monthly contract, you will need a Norwegian Bank account and the company will perform a credit check (based on 3 month pay). Possibly you can get a sim card on a friends name and change this later.

Public transport

The public transport network in Oslo is quite good. You can find how to get around using this website: <http://ruter.no/>. Rutebok.no (<http://nri.websrv01.reiseinfo.no/nriis/Default.aspx>) is a useful site if you plan to travel inside Norway.

For public transport in Oslo you can purchase tickets and passes at many kiosks (Narvesen, 7 Eleven, etc.). You can use single tickets (more expensive) or an electronic pass (Flexus) which can be loaded with various amounts and be used for single trips (zone 1= 32 NOK), 24 hours (zone1=90 NOK), 7 days (zone1=240 NOK) or 30 day (zone1=690NOK) pass. You can buy tickets on the bus, but this is more expensive than tickets purchased before. In addition, you can download an app (ruterbillett) on your phone to purchase tickets; prices are the same as in the kiosk.

From the airport you can take the bus, the NSB train (normal) or the airport train (flytoget). The bus takes about 1 hour (depending where you go) and costs 215 NOK. The FlyToget leaves every 10 minutes, takes 20 min from/to the central station and costs 180 NOK. The NSB train takes 26 minutes to the central station and costs 90 NOK; this ticket is valid for 2.5 hours in Oslo. The NSB train goes less often and it is worth checking the time schedule.

Bicycles

Having your own bike is a good option. They are not cheap however. Look for promotions in department stores or look for a used one (prices start at approx 1500 NOK). A good alternative for sporadic use is having an Oslo Bysykkel Card (it costs 90 NOK per year) and entitles you to take one of the public bikes from their stands. However, these bikes are not available during winter. <http://www.bysykler.no/oslo/hjem>

Exercise

The FHI has an agreement with Myrens Sportssenter <http://www.myrenssportssenter.no/>, with a reduced fee for employees. There you can work out, have classes, use the largest climbing wall in Scandinavia, play squash or practice your drive in the putting green. Furthermore, FHI has an own sports-organization which offers trainings. See Agora.

Aside from that there are plenty of opportunities to exercise outdoor, and practice all kinds of sports. Skiing is the national sport, and there are cross country tracks throughout the forest surrounding Oslo. For downhill skiing there is a small snow park in Tryvann, within 30 minutes from the office. And...of course...you have to learn cross-country skiing while you are in Norway.

Supermarket

The cheapest is probably Rema 1000 <http://www.rema.no/>. There are a lot of these around Oslo. Alternatives are Kiwi <http://www.kiwi.no/> , Coop <http://www.coop.no> , Meny <http://www.meny.no/> , or ICA. Ecological food is more difficult to find, but options are Helios (Hausmanns gate x Torggata) and Gode jord (Maridalsveien).

Furniture and household

The Swedish well know IKEA is the easiest: www.ikea.no. There is a free bus from Dronningens gate downtown (close to Central Station). You have several department stores with electronics, sports items, DIY, etc. (XXL <http://www.xxl.no/>, Lefdal <http://www.lefdal.com/>, Expert <http://www.expert.no>, Biltema <http://biltema.no/no/>, G Sport <http://www.gsport.no/>, Skeidar <http://www.skeidar.no/hovedsiden>). Clas Ohlson is also a good alternative.

For household appliances, electronics and DIY you can also check <http://www.jula.no/>.

There are also Flea Markets (find more at <http://www.loppemarked.info/>). The biggest one is on Saturdays in Grønland, down town.

Second hand shops can be found over all Oslo (<http://bruktkart.origo.no/> or www.fretex.no/). A few are based in Grunerløkka, and 1 is based close to FHI at Maridalsveien.

Leisure

There is indeed a lot to see and do in Oslo, here are just a few starting points:

<http://www.visitoslo.com/en/>

<http://members.virtualtourist.com/m/b8468/3462a/>

<http://www.kulturentusiastene.no/>

Cinema: <http://www.oslokino.no/>

Tickets for shows/events: <http://www.billettservice.no/>, <http://www.billetluka.no/>

Weather info: <http://www.yr.no/place/Norway/Oslo/Oslo/Oslo/>

Yellow pages and Maps: <http://www.gulesider.no/>

Newspapers: <http://www.aftenposten.no/>, <http://www.vg.no/>, <http://www.dagbladet.no/>

Easy-read newspaper: www.klartale.no