BERGEN UNIVERSITY COLLEGE’S
ERASMUS STAFF MOBILITY WEEK
Monday 4th – Friday 8th of May 2015
Dear participant,

We are looking forward to welcoming you to Bergen and Bergen University College for our Erasmus Staff Mobility Week, and we hope you are looking forward to it, too!

The following is designed to assist you on arrival and during your week here in Bergen, however, if you need any further information, please do not hesitate to contact us!

Best wishes

Marthe, Elin, Cathrine, Halvard, and Maren
International Office

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Introduction to Bergen University College

Bergen University College is a state institution of higher education, established in August 1994 by the merging of six former independent colleges in Bergen, Norway. Today the total number of students is about 7000, and there are 700 academic and administrative staff members. Bergen University College comprises three faculties; the Faculty of Education, the Faculty of Engineering, and the Faculty of Health and Social Sciences. The three faculties provide the core of the academic structure, and offer a broad range of Bachelor and Master Programmes.

Bergen University College offers high quality study programmes directed towards specific professions in society, and there is a great demand for graduates from our study programmes.

Bergen University College is engaged in international collaboration in order to enhance the quality and relevance of study programmes, research, and development projects. By cooperating with higher education institutions abroad, the university college prepares the students for an international labour market. Bilateral agreements have been established with institutions in Europe, the Americas, Africa, Asia, and Oceania.

Bergen University College is located in two different campuses, the brand new Campus Kronstad and Campus Møllendal (picture from the library at Campus Kronstad).
Introduction to Bergen

Bergen is located in the county of Hordaland on the south-western coast of Norway. It is an important cultural hub in its region, recognized as the unofficial capital of Western Norway. Bergen has app. 275 000 inhabitants and more than 30 000 students from over 100 different countries. One of Bergen’s most famous tourist attractions, Bryggen, has become a symbol of our cultural heritage and has gained a place on UNESCO’s World Heritage List. The old Hanseatic wharf is architecturally unique and is perhaps one of the most familiar images in all of Norway.

Mountains and sea are two key words that describe Bergen and the surrounding areas. The city centre is surrounded by seven mountains, which are used as recreational areas by the city’s inhabitants and visitors. Bergen has a harbour, and it takes just 20 minutes by boat until you reach the open sea from the city centre.

Bergen is surrounded by one of the world’s most spectacular tourist attractions - The Norwegian Fjords, which have now been included on UNESCO’s World Heritage List. Bergen is situated between the longest fjord Sognefjord and the beautiful Hardangerfjord and is therefore known as the Gateway to the Fjords of Norway.

Bergen has also been named one of Europe’s 14 "secret capitals" by Time magazine, where Bergen’s capital reign is acknowledged within maritime businesses and activities such as aquaculture and marine research, with the Institute of Marine Research (IMR) (the second-largest in Europe) as the leading institution. Bergen is the main base for the Royal Norwegian Navy (at Haakonsvern) and its international airport Flesland is the main heliport for the huge Norwegian North Sea oil and gas industry, from where thousands of offshore workers commute to their work places onboard oil and gas rigs and platforms.

Bergen is a city with its feet in the sea, its head in the skies and its heart in the right place - full of infectious enthusiasm, and happy to share it with visitors. Welcome to Bergen!
On Arrival in Bergen – Getting to Your Accommodation

The best way to get to your hotel is by bus. The Airport Coach (Flybussen) is waiting right outside the arrival area. Most of the day there is a departure every 15 minutes (Saturdays every 20 minutes). Late at night there are departures approx. 20 minutes after your plane has landed. The bus takes app. 30 minutes to the city centre.

The ticket price for a one-way ticket to the city centre from the airport is NOK 100, it is a little bit cheaper if you buy a ticket befroehand. If you buy a return-ticket, the price is NOK 160. You buy the ticket on the bus and you can pay in cash or with a credit card. Read more: http://www.flybussen.no/en

The bus has 4 stops in the city centre (the driver will announce the stops).

When you are returning to the airport in the end of the week, the bus stop will be on the opposite side of the bus station from where you arrived. From the city centre, the bus takes app. 40 minutes to the airport.

There are also taxis outside the arrival area at the airport. From the airport to the city centre the fare is app. NOK 400 - 650, depending on what time you arrive. During the night and/or weekends, the fares are higher than at daytime on weekdays.

How to get to Bergen University College from the hotel:

You can get to Campus Kronstad either by lightrail or bus (no. 9) The light rail leaves from the city centre every 4-5 minutes. You get off at the stop called Kronstad (stop number 6 from the city centre “Byparken”). Tickets can be purchased from the ticket machines, and remember to validate the ticket on the card readers when you are on board the light rail. Bus number 9 leaves from the city centre (Festplassen) and goes directly to Campus Kronstad.

Skyss is the organizer of all the local bus and light rail services in Bergen and the suburban areas. Their timetables are available for downloading or you may use the journey planner to search for buses and times. Schedules are also posted on bus stops and you may ask for timetable leaflets from the bus drivers: https://www.skyss.no/en/

Taxis

There are several taxi ranks located in Bergen city centre. You can also book a taxi by phone; Bergen Taxi: (+47) 07000 or Norgestaxi Bergen: (+47) 08000
Weather and clothes

Despite what you might have heard, it doesn’t always rain in Bergen, but we do joke that you can experience all four seasons in one day! However, you should make sure that you have either a waterproof coat or umbrella with you! You can check the weather forecast here: http://www.yr.no/

Because the city centre in Bergen is quite small, we usually walk between the different venues, so we advise you to bring comfortable shoes.

Documentation of stay

The International Office will provide all of you with a certificate of your stay, which you can bring to your home institution as documentation for the Erasmus staff exchange. If you have documents from your home institutions which need signatures, we will of course be at your assistance.

Contact Information

Postal address:
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Restaurants and Pubs

In Bergen you'll find just about everything from tea rooms to gourmet fish restaurants, from small bistros to discothèques, bars and nightclubs. Eating and drinking out in Bergen can be rather expensive, so we advise you to look at the menu outside (or on the website) before you choose where to eat. We have presented a few places, but you can find a list with links to more places here: http://www.visitbergen.com/en/RESTAURANTS--NIGHTLIFE/

In addition, there are a wide range of nice cafés and pubs not listed, though they might be worth a visit!
A few tips to restaurants

**Tracteuren**
See directions here: [http://www.bellevue-restauranter.no/english/](http://www.bellevue-restauranter.no/english/)

**Brygloftet & Stuene**
Address: Bryggen 11
Bryggeloftet serves traditional Norwegian food with a modern twist. In this restaurant the atmosphere makes all the difference. The restaurant is located in the old wharf, Bryggen, where the buildings erected by the merchants of the Hanseatic League between the 13th and the 18th centuries still stand.

**Nama Sushi & Noodles**
Address: Lodin Leppsgate 2B
Nama Sushi & Noodles is in the centre of Bergen, on the street above Bryggen.

**Master class restaurants**
Bergen has some masterclass restaurants mentioned in the White Guide (the top 100 masterclass restaurants in the Nordic countries)
Lysverket: [http://lysverket.no/](http://lysverket.no/)
Bare: [http://barerestaurant.no/](http://barerestaurant.no/)
Colonialen: [http://www.colonialen.no/](http://www.colonialen.no/)

**Stragiotti Bar & Ristorante**
Address: Vestre Torggate 3
this restaurant serves authentic Italian food with exciting flavours. It is a family restaurant located in nice surroundings and with great service.

**Pubs and bars**

**Naboen Pub & Restaurant**
Address: Sigurdsgate 4
the restaurant on the ground floor serves Norwegian quality food as well as Swedish specialties (hence the name Naboen, which means “the Neighbor”.) The pub downstairs from the restaurant and has a good atmosphere and, in Norwegian context, a nicely priced pub menu.

**Altona Vinbar**
Address: Strandgaten 81
Bergen’s oldest known tavern, the Altona, dates back to approx. the 17th century. The cellar has a rich history, and carries memories of this with it to this very day. Today, they offer a wide selection of fine wines and spirits in historic surroundings.
Henrik Øl og Vinstove
Address: Engen 10
This is a nice and quiet pub (no music) with the widest beer selection in Bergen. The pub is intimate and has a varied clientele.

Pingvinen
Address: Vaskerelven 14
Pingvinen is an intimate eater/bar in the heart of Bergen, featuring traditional Norwegian food we Norwegians grew up with: specialty dishes based on local fish, lamb, or mutton (fresh, salted or cured) served on a bed of rutabaga or carrots with, of course, potatoes.

Biskopen
Address: Neumannsgate 18
Biskopen is named after Bishop (“Biskop”) Jakob Neumann, and has a nice and intimate atmosphere in the small ground floor pub.

Café Opera
Address: Engen 18
Café Opera is a restaurant, bar and club all wrapped into one. Café Opera is host to local, national and international DJs and bands most Thursdays, Fridays and Saturdays.

Dyvekes Vinkjeller
Address: Hollendergaten 7
Dyvekes is a very friendly and intimate wine cellar in a traditional area, close to Bryggen and the Fish Market, named after the mistress who became Queen of Norway and Denmark. It has a good and large selection of wine.

Femte i Andre Bar - Scandic Strand
Address: Strandkaien 2B
The bar is internationally renowned and rated as one of the five best bars in Norway, based on expertise and its wide selection. The bar offers a large selection of whisky brands and the town's most exquisite cognac.

Madam Felle
Address: Bryggen
Madam Felle serves "Soup & Sandwich" meals and spareribs in a warm and friendly atmosphere. The pub offers a large selection of draught beers and single malt whiskies.

Privaten Bar
Address: Vaskerelvsmauet 1
Privaten Bar is a place for adult guests. Here you can relax in chesterfield furniture, enjoy refreshing drinks and a wide selection of cognacs and whiskies. The bar has its own fireplace and a balcony.
Tourist Attractions and Entertainment

What has made Bergen known around the world is its charm and atmosphere. Bergen is worth exploring. Wander along the Fish Market and mingle with the masses as they go about their daily life. Stroll leisurely to the Aquarium in the Nordnes Peninsula to see the fish, the penguins, and the seals. Walk the length of Bryggen to the old fortress of Bergenhus. Get to the top of Mount Fløyen (funicular), or Ulriken, or any of the seven mountains.

Bergen's Tourist Information Centre is located in Mathallen situated on Torget (Fish Market). Address: Torget 2. For more information, see:  http://www.visitbergen.com/en/

KODE Art museums of Bergen: http://kodebergen.no/en

Bergen Museum - The Cultural History Collections. Address: Håkon Sheteligsplass 10
Bergen Museum - The Natural History Collections. Address: Muséplass 3
Bryggen in Bergen. Address: Bryggen
Fløibanen funicular. Address: Vetrlidsalmenning 21
Old Bergen Museum - Bergen City Museum. Address: Nyhavsveien 4
Hanseatic Museum. Address: Finnegårds gates 1a
Bergen Aquarium. Address: Nordnesbakken 4

There are several other museums and galleries, and you will find a list here: http://www.visitbergen.com/en/attractions/All-attractions/

There are two cinemas in the city centre. They show a lot of films in English (with Norwegian subtitles). There are also several concerts, exhibitions, and festivals in Bergen in May, and you will find a list here: http://www.visitbergen.com/en/events/

Currency

The currency in Norway is Norwegian crones (NOK). There are many cash machines in the city centre, and you can also pay with most credit cards in almost every shop and restaurant.

Tipping

Tipping is generally at the discretion of the customer; however, it is usual to leave a 5-10% tip in restaurants. It is not customary to tip bar staff more than a few crones.
Smoking ban

There is a smoking ban in Norway, which means that you cannot smoke inside any buildings. Some hotels, pubs, and restaurants have designated smoking areas outside. You may find, however, that many pubs and restaurants do not offer this facility and you will have to stand out on the street if you wish to smoke!

Shopping

There are several shopping centres in Bergen, and many shops to be found in and around Torgallmenningen. Two of the shopping centres, Galleriet and Sundt, are located there. Next to Galleriet, you will find Exhibition and Telegrafen shopping centres. In Strandgaten, close to Strandkaien, you will find Kløverhuset shopping centre.

In the two roads Marken and Skostredet, there are several small shops with both design and second hand clothes, as well as nice cafés. On Bryggen there are many shops selling souvenirs and arts and crafts.

Fisketorget (the fish market) in Bergen is one of Norway’s most visited outdoors markets and is located in the heart of the city. Kjøttbasaren (the meat market) is another indoor market, right across from Fisketorget. Kjøttbasaren has an exotic food-market, three restaurants, and a bar. For more about information, see: http://www.visitbergen.com/en/SHOPPING/

Emergency Contacts

Hopefully you won’t need to use the emergency services during your visit; however, these are the relevant contact details. If you are using an overseas mobile phone, you may need to use the relevant code for dialling Norway (usually +47).

Police (Emergency Only): 112
Fire Brigade (Emergency Only): 110
Ambulance (Emergency Only): 113

For non-emergencies, the police can be reached on telephone 02800.

Doctors (Bergen Legevakt): 55 56 87 60

Emergency Dental Services: 55 56 87 15 (open on weekends from 15.30 – 20.30 and weekdays from 18.00 – 20.30)