

TRONDHEIM IN YOUR POCKET



 NTNU

Norwegian University of
Science and Technology



Welcome to Trondheim!

Trondheim is Norway's third largest city, but in a European scale Trondheim is small, safe and charming. We are very proud of our university and our 800 year long tradition for higher education. Trondheim has a population of approximately 200.000 of which 35.000 are studying at the university or one of the university colleges - so both academic life and students are a highly visible and very important part of our city.

Trondheim celebrated its millennium in 1997, and you can still see traces of our 1000 year long history in the city. For example at the Nidaros Cathedral which was built over the grave of King Olav Haraldsson (Norway's patron saint), and the old city - Baklandet - with the charming small timber houses. There are several museums where you can get a good impression of what the medieval city looked like. Trondheim has a rich cultural life, you will find many concert halls, art exhibits, theatres, parks, sports arenas (soccer

and handball in summer, skiing and ski-jumping in winter time), restaurants and cafés, not to mention our famous Studentersamfundet. Which brings me to our famous Love-guarantee; when studying in Trondheim you are bound to fall in love. Whether it is in someone special, or in the city itself, remains to be seen!



Rita Ottervik, Mayor of Trondheim

Photo: Carl-Erik Eriksson / Trondheim kommune
© Trondheim kommune

Norge og nordmenn

Norway and Norwegians
www.visitnorway.com/en/

Facts

System of government:	Constitutional monarchy
Head of State:	King Harald V
Area:	385 186 km ²
Population (2018):	5 302 778
Population per km²:	16
Capital city:	Oslo
Monetary unit:	Norwegian kroner, NOK
Language:	Norwegian (Bokmål, Nynorsk and Sami)
Length of coastline:	25 148 km, including fjords
Highest mountain:	Galdhøpiggen, 2 469 m
Largest lake:	Mjøsa, 365 km ²

In case of emergency

Fire:	110
Police:	112
Ambulance:	113
Emergency clinic:	116117

Academic year, bank holidays and holidays

The Norwegian academic year is divided into two semesters. The first semester starts in August, with exams in December and January. The spring semester starts in January with exams from May until early June.

Please note that all offices, banks and most shops are closed on bank holidays. However, some grocery stores have “mini-shops” selling basic necessities on Sundays and bank holidays.

Norwegian way of life

Norway has 4 seasons, with distinct variations in daylight and temperature.

Winter: November - March

Spring: April - June

Summer: June - August

Autumn: August - October

Most Norwegians enjoy outdoor activities, during all seasons. A Norwegian favourite saying describes this:

**“There is no bad weather,
just bad clothing”**

As a newcomer to Norway you will soon discover that an umbrella, as well as your sunglasses, are necessities in your everyday bag. A favourite recreational activity is søndagstur (Sunday trip/hike).

It can be long and strenuous, for example climbing a mountain top, or it can be hiking in marka (countryside) or just a long stroll in the city. In the cities, walking and biking is the preferred mode of transport, and you will find cycling facilities, as well as pedestrian sidewalks, everywhere.

There are plenty of opportunities for everyone to enjoy the outdoors in Norway. It is perfectly safe, there are no dangerous animals or insects to worry about. Forests, mountains, lakes, rivers and a varied coastline offer a wide range of opportunities for outdoor activities, and allemannsretten

(the general right of public access) ensures that large areas of Norwegian nature are open to everyone. You can tent for two days on unfenced land without asking the owner's permission.

The Norwegian standard diet usually contains of 4 meals a day:

- Frokost (breakfast) is usually eaten at home, and typically consists of slices of bread or knekkebrød (crisp bread) with cheese, cold cuts or spreads.
- Lunsj (lunch) is usually eaten at school/work at midday (30 min break), and the famous matpakke (packed lunch) is a Norwegian tradition, although we have to admit that it is not a major culinary experience.
- Middag (dinner) is the main – and often the only hot meal of the day and Norwegian families traditionally gather around the kitchen table for dinner around 5pm.
- Kveldsmat (supper) – usually a couple of slices of bread – is, if eaten at all, usually around 8pm. It is worth noting that the tap water in Norway is perfectly safe to drink.

Another Norwegian oddity is Vinmonopolet (The Wine monopoly), usually referred to as Polet. Polet is a state regulated bottle-shop, and the only place to legally buy any alcohol stronger than 5% (wine, strong beer, spirits). The age limit for buying alcohol is 18, and strong alcohol (over 22%) is 20. You will find that alcohol and tobacco are quite expensive in Norway, both in shops and in pubs/restaurants.

Note: If you plan to bring alcohol and tobacco from another country, please note that Norway is not a member of the EU, and therefore there are limited quotas you can bring:
www.bit.ly/1lwnujh



Trondheim og trøndere

Trondheim and the locals, www.trondheim.com

Brief history

Trondheim is Norway's third largest city with 190.000 inhabitants; approximately 210.000 when you include the students. We have a long and proud history, and are by far the oldest of the bigger cities in Norway. Trondheim was founded as the nation's capital by Viking King Olav Tryggvason in 997, and became the centre of both administrative and religious power. In medieval times, the Nidaros Cathedral, with St. Olav's shrine, was counted among the four major pilgrimage centres in Europe. You can still walk the pilgrimsleden (the St. Olav Ways) to Trondheim.

Trondheim has a long tradition for education, and our oldest school dates back 800 years. The university was founded in 1910, and since then young students from all over Norway have flocked to Trondheim in search of (especially technical) education.

Today, more than 35.000 are pursuing an education in Trondheim. This is the basis of Trondheim's reputation as the best student city in Norway, and possibly amongst the Nordic countries. The students have created an impressive amount of activities: cultural; recreational; educational and innovative; almost all kinds of sports, everything based on volunteer work. The key to a fulfilling and active life as a student in Trondheim is to get involved!

Culture and recreation

www.trdevents.no/en

Trondheim has a lot of concert venues, museums, theatres, cinemas and festivals besides the lively student culture. Most offer good student discount on tickets/entrance fees, and the NTNU University Museum grants free access for all students.

www.ntnu.edu/museum

For a full overview of what to see and do:

www.trondheim.com

Some useful tips:

- Trondheim Symphony Orchestra (TSO) have inexpensive torsdagskonserter every Thursday
www.tso.no/en/program/

- Teaterhuset Avant Garden: blackbox theatre.
www.avantgarden.no/en

- Buy a kinokort (cinema card) to get discounts on movies.
www.trondheimkino.no

- Several cafes offers concerts and cultural events for free.

- Sports and outdoors activities.
<https://www.trondheim.com/recreational-areas>

Trondheim is surrounded by Bymarka and Estenstadmarka, which offers great terrain for walking/hiking during summer and skiing during winter. There are many trails, and quite a few of them leads to a hytte (cabin) where you can buy coffee, snacks, the famous vaffel and even dinner. Most of them are open 10 – 16 on weekends, and Wednesday afternoons. Trondheim has four golf courses, where one is located in Bymarka.

Marka is excellent for cross-country skiing in winter. For ski rental: <http://on.fb.me/1TKNgJz>

For alpine skiing or slalom, Vassfjellet, offers the closest slopes. Check out www.vassfjellet.com for more information. Our ski-jumping arena, Granåsen, frequently hosts World Cup and Continental Cup competitions arranged by FIS.

You can experience nordlys (Northern Lights) in Trondheim, and the best way to see it is to get away from the city lights. For an updated forecast: www.storm.no/nordlys

Transport

The best way to get around the city is by foot or bike. In summer, there are bysykler (city bikes) that you can subscribe to (NOK 299 per season/NOK 49 per day), see: www.trondheimbysykel.no/

For longer distances, the bus is a good option, and it is wise to get a t:card or mobillett for good discounts: www.atb.no. This ticket can also be used on trikken (the tram), which takes you from St. Olavs gt, through Byåsen and up to Lian. At Lian there is a nice restaurant and it is also a great place to enter Bymarka.

If you want to explore other parts of Norway whilst you are here, you can every so often get good deals on tickets, both by bus (www.nettbuss.no), train (<https://www.nsb.no/en>) and plane (SAS, Widerøe and Norwegian).

Hurtigruta (The Coastal Express) www.hurtigruten.com offers fantastic cruises to and from Trondheim, most of which are not suitable for an ordinary student budget. However, it is possible to book port-to-port tickets, which are reasonably priced. Remember to tell you are student when you make your booking, as students get 50% off: <https://global.hurtigruten.com/practical-information/port-to-port/>

Nice to know

NRK – The Norwegian Broadcasting System

www.nrk.no

NRK has three channels, NRK1, NRK2 and NRK3. If you are in Norway you can watch TV for free online: www.tv.nrk.no/direkte

Most of NRK's TV series and movies can also be streamed at a later time: www.tv.nrk.no. While some of the programmes are in Norwegian, there is also plenty of English language content. All the minutt-for-minutt (slow-TV) programs are also available www.bit.ly/1wjsdC9

Afternoon news is at 7pm at NRK1. Children's TV is at 6pm on NRK3.

Adresseavisen – Adressa

Adressa is the Trondheim region's newspaper. It is distributed on a daily basis, except Sundays. Some students are delivering Adressa as their part time job. Adressa can also be read online [w
www.adressa.no](http://www.adressa.no)

Helpful hints:

- It is perfectly safe to drink water from the tap and in most rivers and creeks in nature
 - Free Norwegian language course on the web: www.ntnu.edu/now
 - How to get to Bymarka:
 - » Walk from Ila on one of the many trails
 - » Take the Tram to Lian
 - » Take bus number 10 to Skistua
 - How to get to Estenstadmarka:
 - » Walk from Dragvoll
 - » Take bus number 5 or 9
 - Fishing in the fjords is free, but if you want to fish in the rivers and lakes you must buy a fishing-license www.inatur.no
- For Bymarka, a fishing day-pass is NOK 50 and can be bought by SMS: "FISKEKORT TOF11" to 2470 (license for the whole season, and cheaper day-passes can be bought online).

- Delicious and nutritious berries can be picked many places in and around Trondheim. Stick to blueberries, raspberries, lingonberries, blackberries and cloudberries, to be on the safe side. If in doubt, check Wikipedia.
- Do not eat mushrooms - unless you really know what you are doing! Mushrooms can be poisonous.
- If you need anything; a candlelight-holder, sofa, car, cheap plane ticket, housing, or even a job, chances are you will find it on www.finn.no
- Fretex is the cheap second-hand shop in town. There is a big shop in Nardoveien 10 and smaller ones in Rosenborg gate 9 and Fjordgata 40.
- Prior exchange-students have gathered some experienced-based fun-facts on this site: www.hi-ha-hu.tumblr.com
- Every spring and autumn, you can get a cheap second-hand bike at the sykkelakusjon (bike auction). Dates will be announced here: www.facebook.com/FalckTrondheim
- Every day "Fleskbussen" (The free "bacon bus") goes to Storlien in Sweden. There you can buy cheap food, alcohol and tobacco. On Thursdays the bus goes from the

big student villages. If you want to buy alcohol stronger than 3.5 %, you have to order it in advance. Check out the websites for information.

<https://tbuss.no/gratis-handletur-til-sverige/>

- What's happening in town? Check out www.trdevents.no and <http://thelist.no/>
- IKEA is probably the cheapest alternative to Fretex. IKEA have everything and very smart solutions for small rooms www.ikea.no
- Websites for hiking trips in the area www.ut.no
- There are some really cozy cafés in town, here are some suggestions for where you will find Norwegian students:
 - » Edgar and Lyche at Samfundet www.samfundet.no
 - » RAMP, Strandveien 25 a, www.facebook.com/lamoramp
 - » Antikvariatet, Nedre Bakklandet 4, www.facebook.com/antikvarene
 - » Ila Brainnstasjon, Ilevollen 32 b, www.facebook.com/ilabrainnstasjon

NTNU og studentliv

(NTNU and student life)

NTNU – Norwegian University of Science and Technology

NTNU is Norway's most innovative, exciting and largest university.

NTNU's main profile is in science and technology, with great academic breadth that includes the humanities, social sciences, economics, medicine, health sciences, educational science, architecture, entrepreneurship, art disciplines and artistic activities.

NTNU operates in three cities. Today, the campuses in Trondheim have about 34,000 students and 7,200 employees. Gjøvik has almost 4,000 students and 390 employees, while Ålesund has over 2,300 students and 275 employees.

NTNU Internasjonal Seksjon

(NTNU Office of International relations)

The Office is located in a white wooden building on the northern fringe of the Gløshaugen campus. Check out our website to see if there is anything we can help you with, or come visit us at International House.

For more information visit:

www.ntnu.edu/studies/contact

www.facebook.com/NTNUinternational

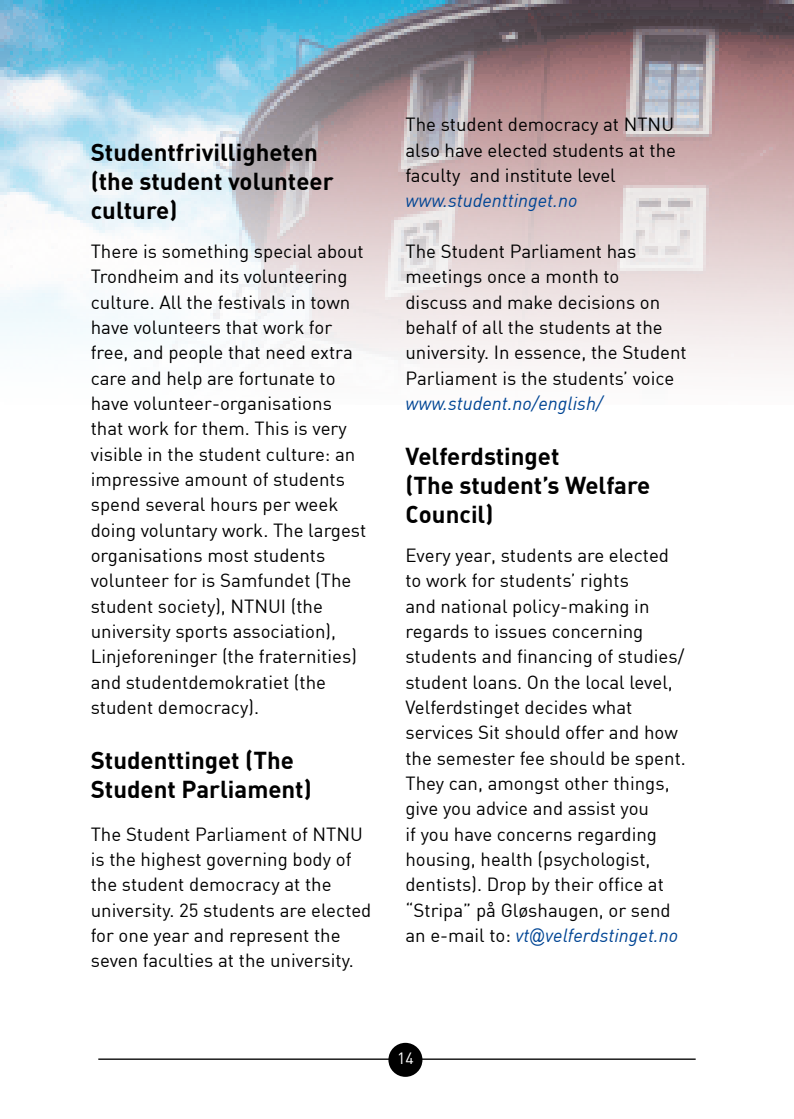
Sit

Sit is the Student Welfare Organisation in Trondheim, www.sit.no. It is a nonprofit organisation, founded by the students in 1948. Hopefully they can make your everyday life as a student as problem-free as possible. Students are involved in deciding what the welfare organisation should do, and have the majority on the board. Sit is offering you services in these areas:

- Housing
- Gym
- Food and Cafés on campus
- Health
- Kindergarten

If you want a good workout we recommend that you to use the gyms at NTNUI and Sit. There are several commercial gyms in town, but they can be expensive.

All Norwegian students, and some international students, must pay a fee to their student welfare organisation. The fee to the Student Welfare Organisation is approx. NOK 500 per semester. It is the students themselves who decide what the money will be spent on. Students who are selected to sit in the Welfare Council help determine how the semester fee is going to be distributed. You can read more at Sit's website to see how the money is spent.



Studentfrivilligheten (the student volunteer culture)

There is something special about Trondheim and its volunteering culture. All the festivals in town have volunteers that work for free, and people that need extra care and help are fortunate to have volunteer-organisations that work for them. This is very visible in the student culture: an impressive amount of students spend several hours per week doing voluntary work. The largest organisations most students volunteer for is Samfundet (The student society), NTNUI (the university sports association), Linjeforeninger (the fraternities) and studentdemokratiet (the student democracy).

Studenttinget (The Student Parliament)

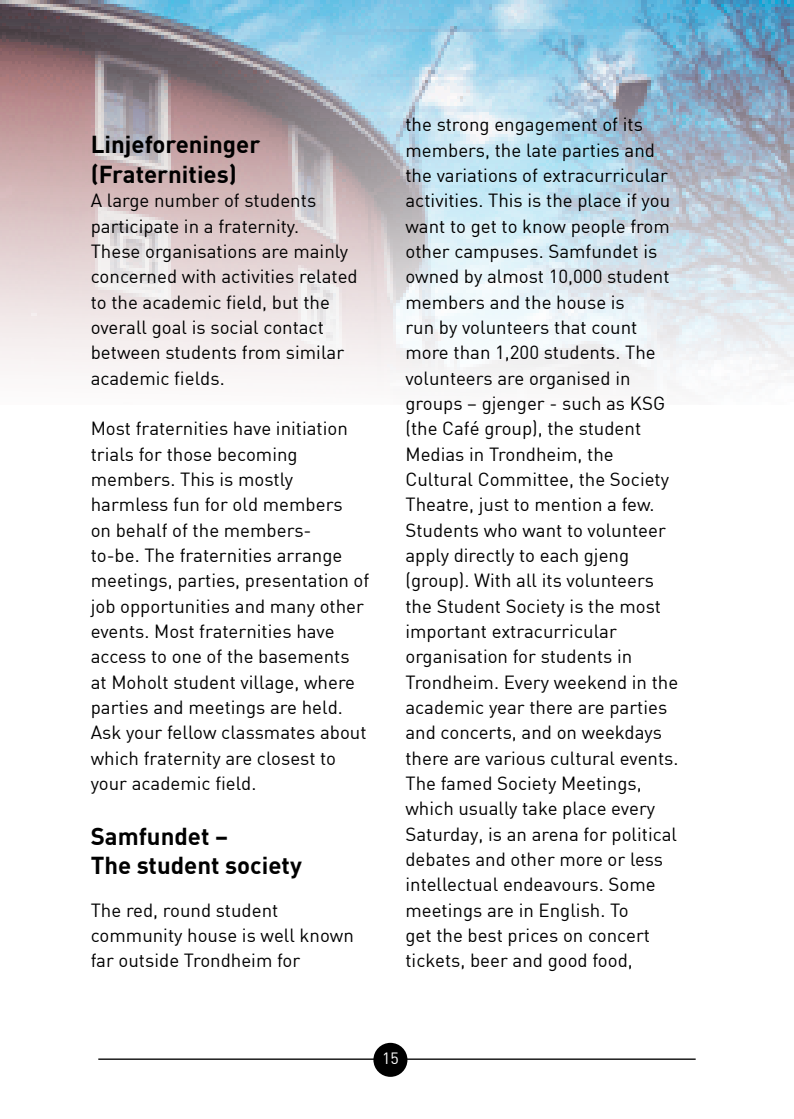
The Student Parliament of NTNU is the highest governing body of the student democracy at the university. 25 students are elected for one year and represent the seven faculties at the university.

The student democracy at NTNU also have elected students at the faculty and institute level
www.studenttinget.no

The Student Parliament has meetings once a month to discuss and make decisions on behalf of all the students at the university. In essence, the Student Parliament is the students' voice
www.student.no/english/

Velferdstinget (The student's Welfare Council)

Every year, students are elected to work for students' rights and national policy-making in regards to issues concerning students and financing of studies/student loans. On the local level, Velferdstinget decides what services Sit should offer and how the semester fee should be spent. They can, amongst other things, give you advice and assist you if you have concerns regarding housing, health (psychologist, dentists). Drop by their office at "Stripa" på Gløshaugen, or send an e-mail to: vt@velferdstinget.no



Linjeforeninger (Fraternities)

A large number of students participate in a fraternity. These organisations are mainly concerned with activities related to the academic field, but the overall goal is social contact between students from similar academic fields.

Most fraternities have initiation trials for those becoming members. This is mostly harmless fun for old members on behalf of the members-to-be. The fraternities arrange meetings, parties, presentation of job opportunities and many other events. Most fraternities have access to one of the basements at Moholt student village, where parties and meetings are held. Ask your fellow classmates about which fraternity are closest to your academic field.

Samfundet – The student society

The red, round student community house is well known far outside Trondheim for

the strong engagement of its members, the late parties and the variations of extracurricular activities. This is the place if you want to get to know people from other campuses. Samfundet is owned by almost 10,000 student members and the house is run by volunteers that count more than 1,200 students. The volunteers are organised in groups – gjenger - such as KSG (the Café group), the student Medias in Trondheim, the Cultural Committee, the Society Theatre, just to mention a few. Students who want to volunteer apply directly to each gjeng (group). With all its volunteers the Student Society is the most important extracurricular organisation for students in Trondheim. Every weekend in the academic year there are parties and concerts, and on weekdays there are various cultural events. The famed Society Meetings, which usually take place every Saturday, is an arena for political debates and other more or less intellectual endeavours. Some meetings are in English. To get the best prices on concert tickets, beer and good food,

we recommend that you buy a membership. This will also give you the right to contribute and vote. Samfundet also contains numerous bars, a cafe, a pub and a restaurant and three of Trondheim's best concert venues. In addition to this, Norway's largest cultural festival, UKA, as well as the world's largest thematic student festival, ISFiT, grow out of the red walls every second year.

www.samfundet.no/en

www.dusken.no

www.isfit.org

www.uka.no

NTNUI (NTNU sports association)

NTNUI is the student sports association at NTNU. With more than 12000 members and over 50 different activities, NTNUI is the largest sports association in Norway www.ntnui.no

The ideology of NTNUI is to stimulate the students at NTNU to participate in both sports and social activities. Most members are mostly interested in keeping fit and having fun, but a few are professional athletes.

You can buy your membership at the reception at either of the gyms: Idrettsbygg Gløshaugen or Dragvoll Idrettsenter.

You have to be a member of NTNUI to use the facilities and access the group activities. The membership also gives you access to the most popular activity NTNUI has to offer: koiene (the cabins). NTNUI has 24 small cabins situated all over Trøndelag, from the coast to high up in the mountains. These are run on voluntary basis by a group of students, named NTNUI Koiene <http://org.ntnu.no/koiene/> We also recommend you to check out the Student cabin, that is located in Bymarka www.studenterhytta.org

International student organisations

Other groups to be involved in are:

ESN – International Exchange
Erasmus Student Network

www.trondheim.esn.no

ISU – The International Student
Union <http://on.fb.me/1TKNgJz>

ICOT – Interntational Club of
Trondheim

www.facebook.com/icot1973

Kjærestegarantien (The Love Guarantee)

Trondheim is the only city in the world with a kjærestegaranti (love guarantee) for students. It might seem bogus, but the Love Guarantee turns in to reality if you give it a try. Most students get a boyfriend or girlfriend during the course of their studies here. This

is why we dare to guarantee that you will meet that special someone and fall in love while studying in Trondheim. It might not happen the very first day of the semester, but be patient! Of course, if you're already in a relationship, you do not have to break up to come to Trondheim. Just bring your loved one!

Trondheim is quite unique, as every fifth citizen is a student, and this of course affects the city. Trondheim is young, vibrant and pulsating, with a rich cultural life and a range of arenas for you to meet friends; it's up to you what you get out of your new friendships...

As with every guarantee, there is something written in fine print... You have to make an effort yourself to secure that special someone.



// Quotes

Age: 26

Nationality: Turkish

I remember those days I spent in Moholt studentby, where I spent even the Christmas holiday. Moholt seems like the city of ghost through your window and you are watching movie in your room alone, at the same time enjoying the silence of snow outside. You know, when the city is under-snow, all the sound waves created by the automobiles and electrical devices are absorbed by the snow itself and you experience a perfect silence outside. That, I would claim, the most precious moment I have ever had...



Ahmet Oguz Tezel

Age: 23

Nationality: American

Trondheim is a small enough city where you can stand out and if you have a good idea, then you can make it happen. However it is also a large enough city that there is always something happening which you can be a part of.

Looking back to when I first came to Trondheim I wish I had known how important the university is for the region. The research and development environment led by NTNU is a major factor for the development of Trondheim as a knowledge city.

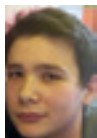


Alexander Dodge

Age: 23

Nationality: Spanish

Start dropping CVs on the private market. Buy a second hand bike. Use the free "bacon bus" and go to Storlien for meat, alcohol and "snus", and only shop in REMA 1000 and Kiwi for the rest of the groceries.



Victor Vasilescu Herescu

Nationality: Colombian

Age: 26

Get to know all the services that SiT offers to students in Trondheim. Just because Norwegians won't start a conversation with you while sitting in the bus, does not mean they are not friendly people. Studentersamfundet, the Buddy program and diverse student associations provide a wonderful context to get know them and start wonderful friendships.

One of my best memories has to be last autumn sitting with some friends and grilling by the river. The sun was shining and there were young people everywhere. There was a just wonderful atmosphere in town with the semester yet to start and many new people to get to know. Moments like that make you realize how wonderful it is to be a student in Trondheim.



Cesar Mondragon

Age: 22

Nationality: Dutch

Learn Norwegian, join a (or several) NTNUI-group, learn to go cross-country skiing and get in contact with people.

My best memory is when I went cross-country skiing with friends in Bymarka and afterwards sat in the sauna and had dinner at Studenterrytta.



Rosalie Zwiggelaar

Age: 24

Nationality: German

Try to go to as many parties as possible: meeting new people from all around the world will never be that easy again. Do cabin trips! Do not miss the chance to learn something about the culture of the country you're gonna live in! If you do the first step, you can make some good friends!



Roland Falk



Printed July 2018