



Norwegian University of  
Science and Technology

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Pre-arrival meeting for  
international students  
19.06.2025



# Travel

- Most flights are via Oslo
- You may need to take your luggage through customs even if you have checked in all the way to Ålesund

Photo: Colourbox

# Ålesund Airport

Small international airport

Airport bus outside the exit

Take the bus to Campus  
Ålesund

Photo: snl.no





# Campus and housing

- The Sit office is in Sundebygget
- Agree on key pick-up well in advance!
- Not all student flats are furnished
- You do your own cleaning and cooking

Photo: Lusparken



# Norwegians

- Do generally not talk to strangers
  - Are not good at small talk
  - Will usually help if you ask
  - Most people speak English
- To make friends – join activities!

Photo: Carine Namasaro/NTNU





# Ålesund

- Famous for Art Noveu Architecture
- Important harbour in Norway
  - Surrounded by fjords and mountains

Photo: Carine Namasaro/NTNU



# Activities and student life

- [NTNUI – student sports club](#)
- [ISÅ – International students Ålesund](#)
- [ÅSS – Ålesund Studentsamfunn](#)
- Fraternities
- Student gym (Sit)
- ...and many more!

# After arrival – orientation week



- 11-15 August is orientation week for new international students
- You will get a detailed programme before arrival
- Master students also have information sessions with their departments
- Practical, social and study-related information
- **Registration at immigration office on 15 August**
  - Pre-registration on UDI.no before arrival





## Climate and clothing

- Bring rainproof clothing if possible
- Average annual temperature in Ålesund is about 5-6 degrees Celcius
- Often wind and rain in the autumn
- Some snow and frost in the winter
- Check forecast before hiking

Photo: Martin Nilsen / Fjellfotografen.no

# Sick, need to see a doctor or emergency?

- Sick? Call “Legevakt”. Open 24/7, call **116117**.
- Dentist is not included in national health plan – please contact private clinic for dental issues.

## Emergency?

- Ambulance: 113
- Police: 112
- Fire/rescue: 110



(on the back of your student ID card)

# For exchange students

- Learning agreements can be signed once you have enough courses approved
- You may change courses until 1 september
- You are expected to do 30 ECTS while on exchange
- You may sign up for the introduction course in Norwegian language at arrival (7,5 ECTS)

# Useful links

- Sit.no (housing)
- Yr.no (weather)
- [New international student checklist - NTNU](#)
- [Student in Ålesund - Life and housing – NTNU](#)
- [Ålesund & Sunnmøre - Where mountains and fjords meet the ocean](#)





**For more  
information:**  
[www.ntnu.edu](http://www.ntnu.edu)

Contact information:  
[international@alesund.ntnu.no](mailto:international@alesund.ntnu.no)

Photo – first slide and this slide: Gløshaugen – Photo: Mentz Indergaard/NTNU  
Gjøvik – Photo: Espen Taftø Vestad/NTNU | Ålesund – Photo: Sissel Basso/NTNU

