Orientation Days

Welcome to the Norwegian University of Science and Technology in Ålesund! As an international student, you are embarking on an exciting journey at one of Norway’s premier universities. During Orientation Days, you will receive essential information, meet fellow students, and kick-start your NTNU adventure.
A Warm Welcome

Nestled between fjords, mountains, and the sea, the Norwegian University of Science and Technology (NTNU) in Ålesund offers a unique learning environment. As a student enrolled at Norway's largest university, you will experience an exciting blend of academic excellence, practical relevance, and natural beauty.

Our program connects you with the university and community. Whether you are studying engineering, marine technology, or sustainable energy, you will find a supportive ecosystem that encourages creativity and problem-solving.

This year, the Unit for International Relations in Ålesund consists of Anne Ulla, Karen Marie Måseide Hovland, Linda Helén Høök Skuggen, Renate Aarset Johansen, Maria Valderhaug, and Ludvik A. Kjeldsberg. Also working with international relations are the aspirants Weihua Huang and Finja Borchers. Please feel free to contact us through international@alesund.ntnu.no.
As an international student enrolling at NTNU in Ålesund, attending the university's orientation days organised by the Unit for International Relations is mandatory. In Fall 2024, this event begins on Thursday the 8th of August. You must register for the event [here](#) before the 20th of July.

We have made the following program for you. Please note that the program is subject to change. You can use the university's [map](#) feature to navigate the campus.

**Thursday the 8th of August**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>09:30–09:40</td>
<td>Welcome to the Norwegian University of Science and Technology in Ålesund</td>
<td>Anne-Lise Sagen Major</td>
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<td><a href="#">Anne-Lise</a> is vice-rector at NTNU in Ålesund and will give an official welcome to international students starting in the Autumn semester of 2024.</td>
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<tr>
<td>09:40–10:30</td>
<td>Information about NTNU and Ålesund</td>
<td>Karen Marie Hovland</td>
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<td>Ålesund is one of Norway’s most beautiful cities and NTNU is the country’s biggest university. Being a student here comes with many obligations and possibilities, which you will learn more about during this session. Fruit and coffee will be served.</td>
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<tr>
<td>10:30–11:00</td>
<td>The Expectations of an NTNU Student</td>
<td>Elisabet Simahaug Halvorsen</td>
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<td>Being an NTNU student is more than just acing exams and attending lectures. It is about navigating university life, finding balance, and thriving both academically and socially. In this session, Elisabet, head of the Education Division, will talk about the university's expectations to students.</td>
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<td>Time</td>
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<td>Organizer</td>
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<tr>
<td>11:00–11:15</td>
<td>International Students Ålesund (ISÅ)</td>
<td>Weihua Huang and Finja Borchers</td>
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<td>ISÅ is the organisation for international students at NTNU in Ålesund.</td>
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<tr>
<td>11:15–12:00</td>
<td>The Student Welfare Organisation Sit</td>
<td>Justyna Nessel and Synnøve Tafjord Hide</td>
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<td>Sit plays a crucial role in supporting students in Ålesund. Their services encompass student well-being, gym, counselling, cafeteria and housing.</td>
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<tr>
<td>12:00–13:00</td>
<td>Norwegian Lunch</td>
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<td>The lunch will consist of a packed lunch, 1/2 l drink and sweet pastry.</td>
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<tr>
<td>13:00–13:55</td>
<td>ICT Systems for Students</td>
<td>Andreas Sylte and Per Arne Orloff</td>
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<tr>
<td>14:00–14:45</td>
<td>Campus Tour</td>
<td>Ludvik A. Kjeldsberg</td>
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<td>The tour of NTNU's campus in Ålesund will include some of the most important areas for students like the offices of Sit.</td>
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<tr>
<td>15:00–15:55</td>
<td>Ålesund Uphill Walking Tour</td>
<td>Finja Borchers and Weihua Huang</td>
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<td>Join us for a walk to the city, through Aksla. The walk will take around a couple of hours and includes an elevation of approximately 80 metres. There will be a stop with snacks at Fjellstua. Attendance is optional. Please meet us on the first floor of the Kompasset building.</td>
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**Friday the 9th of August**

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<tr>
<th>Time</th>
<th>Event</th>
<th>Organizer</th>
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<tbody>
<tr>
<td>09:00–09:30</td>
<td>Q&amp;A</td>
<td>Karen Marie Måseide Hovland, Linda Helén Høøk Skuggen, Renate Aarseth Johannessen, Anne Ulla, and Ludvik A. Kjeldsberg</td>
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<td>There will be fruit and coffee available during this session.</td>
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<tr>
<td>09:30–10:30</td>
<td>Information about Immigration</td>
<td>Karen Marie Måseide Hovland</td>
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<tr>
<td>10:30–10:45</td>
<td>Norwegian Course</td>
<td>Jannecke Hofseth</td>
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<tr>
<td>10:45–11:15</td>
<td>The University's Buddy Program</td>
<td>Charan Kanakala, Henrike Strück, and Hannah McFarlane</td>
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<td><strong>Fadder</strong> is the buddy program at NTNU in Ålesund. During Fadderuka, new students are welcomed to Ålesund. The Fadder team plans and organises various activities to help students settle in and connect with their peers.</td>
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<tr>
<td>11:15–12:15</td>
<td>Norwegian Lunch</td>
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The lunch will consist of a packed lunch, 1/2 l drink and sweet pastry.

12:15–13:00
Practical and Social Information
Karen Marie Måseide Hovland

13:00–13:45
The University Library
Fredrik Sahlström

13:45–14:15
Student Card pick-up
Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg

14:15–15:00
Individual Q&A
Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg
You can meet the staff working with international affairs to address individual questions in this timeframe.

15:07–15:18
Transportation to Moa
Finja Borchers and Weihua Huang
Transportation will be by public bus from Fram, from the bus stop closest to the university to Moa. Bus tickets to Moa will be paid by the university.

15:30–
Dinner
Finja Borchers and Weihua Huang
Pizza dinner at the restaurant named Peppes Pizza in Moa. Food is provided by the university.

Saturday the 10th of August

10:00–12:00
“Matpakke” (Norwegian Lunch-box) Course
Finja Borchers and Weihua Huang

12:00–12:40
Transportation to Spjelkavik
Finja Borchers and Weihua Huang
Transportation will be by public bus from Fram, from the bus stop closest to the university to Spjelkavik. Bus tickets to Spjelkavik will be paid by the university.

13:00–
Hike to Geitnausa
Linda Helén Høøk Skuggen
The hike to Geitnausa takes approximately two and a half hours one way. The distance is 7,6 kilometres with an elevation of 472 metres. The starting point is at Skiheisa in Spjelkavik. Each student is responsible for their own travel home.
**Monday the 12th of August**

From the 12th of August, this program is supplemented by the university's buddy program, “Fadder”. See their website for more information. In addition, the university departments will arrange programs for their prospective master's students.

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<tr>
<td>09:00–09:45</td>
<td>Morning Gathering for International Students</td>
<td>Aksla</td>
<td>Karen Marie Måseide Hovland</td>
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<tr>
<td>10:00–12:45</td>
<td>Information for Exchange Students</td>
<td>Åsa</td>
<td>Karen Marie Måseide Hovland</td>
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<tr>
<td>13:00–14:00</td>
<td>Matriculation Ceremony</td>
<td>F116 Kantine</td>
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Prior to the matriculation ceremony, exchange students are invited to participate in a session where learning agreements, courses, and arrival confirmations will be discussed. Master’s students can join the program from their respective departments.

**Tuesday the 13th of August**

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<tr>
<td>09:00–11:00</td>
<td>Immigration Registration for Exchange Students</td>
<td>Ålesund politistasjon,  Nedre Strandgate 50, 6005 Ålesund</td>
<td>Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg</td>
</tr>
<tr>
<td>12:00–14:00</td>
<td>Immigration Registration for Master Students</td>
<td>Ålesund politistasjon,  Nedre Strandgate 50, 6005 Ålesund</td>
<td>Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg</td>
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It is mandatory for international students studying in Norway to register with the immigration authorities. A few exemptions apply. For more information, see the websites of the Norwegian Directorate of Immigration (UDI). The Unit for International Affairs in Ålesund has booked registration appointments on the 13th of August for all international students arriving in Ålesund Fall 2024. Thus, you should not book individual appointments if you can meet for the registration on this day.

Please make sure to bring all the necessary documents.
Wednesday the 14th of August

09:15–10:00 Alcohol and Consent
Sukkertoppen
Synnøve Tafjord with colleagues
In this session, Sit will inform about Norway's dating and drinking culture.

Thursday the 15th of August

09:15–10:30 Crash Course in Norwegian Culture
A335
Linda Helén Høøk Skuggen with colleagues
Norwegian culture is deeply intertwined with nature and simplicity. Norwegians value personal space, practice “hygge” (cosiness), and adhere to the unwritten social code of “Janteloven,” emphasizing equality. Traditional cuisine includes dishes like lutefisk and lefse, and punctuality is highly regarded. Christmas celebrations are particularly special. - In this session, we will look at some of the “normal” stuff Norwegians do that might seem strange to others.