



Orientation Days

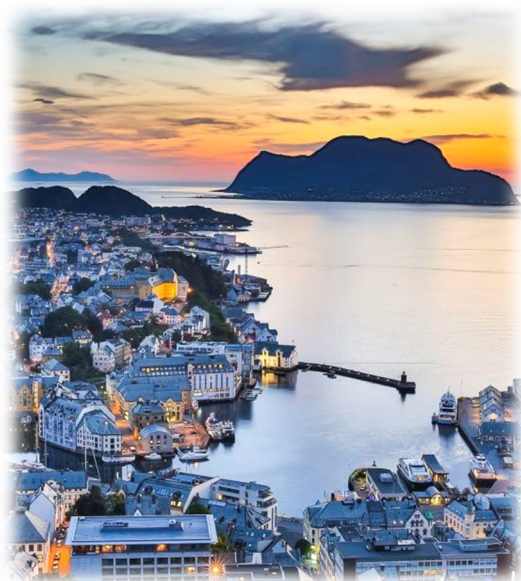
Welcome to the Norwegian University of Science and Technology in Ålesund! As an international student, you are embarking on an exciting journey at one of Norway's premier universities. During Orientation Days, you will receive essential information, meet fellow students, and kick-start your NTNU adventure.

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 Høøk 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.



Program

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

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| 09:30–09:40
C402 Beddingen | Welcome to the Norwegian University of Science and Technology in Ålesund
Anne-Lise Sagen Major

Anne-Lise is vice-rector at NTNU in Ålesund and will give an official welcome to international students starting in the Autumn semester of 2024. |
| 09:40–10:30
C402 Beddingen | Information about NTNU and Ålesund
Karen Marie Hovland

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. |
| 10:30–11:00
C402 Beddingen | The Expectations of an NTNU Student
Elisabet Simahaug Halvorsen

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. |

11:00–11:15 C402 Beddingen	International Students Ålesund (ISÅ) Weihua Huang and Finja Borchers ISÅ is the organisation for international students at NTNU in Ålesund.
11:15–12:00 C402 Beddingen	The Student Welfare Organisation Sit Justyna Nessel and Synnøve Tafjord Hide Sit plays a crucial role in supporting students in Ålesund. Their services encompass student well-being, gym, counselling, cafeteria and housing.
12:00–13:00 C402 Beddingen	Norwegian Lunch The lunch will consist of a packed lunch, 1/2 l drink and sweet pastry.
13:00–13:55 C402 Beddingen	ICT Systems for Students Andreas Sylte and Per Arne Orloff
14:00–14:45 C402 Beddingen	Campus Tour Ludvik A. Kjeldsberg The tour of NTNU's campus in Ålesund will include some of the most important areas for students like the offices of Sit.
15:00– K121 Reception	Ålesund Uphill Walking Tour Finja Borchers and Weihua Huang 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.

Friday the 9th of August

09:00–09:30 C402 Beddingen	Q&A Karen Marie Måseide Hovland, Linda Helén Høøk Skuggen, Renate Aarseth Johannessen, Anne Ulla, and Ludvik A. Kjeldsberg There will be fruit and coffee available during this session.
09:30–10:30 C402 Beddingen	Information about Immigration Karen Marie Måseide Hovland
10:30–10:45 C402 Beddingen	Norwegian Course Jannecke Hofseth
10:45–11:15 C402 Beddingen	The University's Buddy Program Charan Kanakala, Henrike Strück, and Hannah McFarlane Fadder 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.
11:15–12:15	Norwegian Lunch

F116 Kantine	The lunch will consist of a packed lunch, 1/2 l drink and sweet pastry.
12:15–13:00 C402 Beddingen	Practical and Social Information Karen Marie Måseide Hovland
13:00–13:45 F210 Biblioteket	The University Library Fredrik Sahlström
13:45–14:15 K121 Reception	Student Card pick-up Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg
14:15–15:00 K162 Education Division	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 Campus Ålesund bus stop	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– Peppes Pizza, Amfi Moa, 6010 Ålesund	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 0503 Scensuren	“Matpakke” (Norwegian Lunch-box) Course Finja Borchers and Weihua Huang
12:00–12:40 Campus Ålesund bus stop	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– Myrdalsvegen 22, 6011 Ålesund	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.

09:00–09:45

Aksla

Morning Gathering for International Students

Karen Marie Måseide Hovland

10:00–12:45

Åse

Information for Exchange Students

Karen Marie Måseide Hovland

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.

13:00–14:00

F116 Kantine

Matriculation Ceremony

Formal opening of the academic year 2024–2025.

Tuesday the 13th of August

09:00–11:00

Ålesund politistasjon,
Nedre Strandgate 50,
6005 Ålesund

Immigration Registration for Exchange Students

Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg

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.

12:00–14:00

Ålesund politistasjon,
Nedre Strandgate 50,
6005 Ålesund

Immigration Registration for Master Students

Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg

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.

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Wednesday the 14th of August

09:15–10:00

Sukkertoppen

Alcohol and Consent

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

A335

Crash Course in Norwegian Culture

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.

