

An aerial photograph of the NTNU campus in Ålesund, Norway. The image shows a mix of modern university buildings with white and grey facades, interspersed with green lawns and trees. In the background, there are rolling hills and a body of water under a blue sky with scattered clouds. The foreground shows a road and some residential-style buildings.

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.



Orientation Days



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 find the rooms.

Thursday the 8th of August

09:30–09:40 C402 Beddingen	Welcome to the Norwegian University of Science and Technology in Ålesund
09:40–10:30 C402 Beddingen	Information about NTNU and Ålesund Karen Marie Hovland and Ludvik A Kjeldsberg There will be fruit and coffee available during this session.
10:30–11:00 C402 Beddingen	The Expectations of an NTNU Student Elisabet Simahaug Halvorsen
11:00–11:15 C402 Beddingen	International Students Ålesund (ISÅ) Weihua Huang & Finja Borchers
11:15–12:00 C402 Beddingen	The Student Welfare Organisation Sit Representatives from Sit 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.
13:00–14:00 C402 Beddingen	ICT Systems for Students Andreas Sylte and Per Arne Orloff Presenting the most used ICT systems relevant for students
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.
14:45–18:00 K121 Reception	Ålesund Uphill Walking Tour Finja Borchers and Weihua Huang Join us for a walk to the city, through an area named Aksla. The walk will take around a couple of hours and includes an elevation of approximately 80 metres. Attendance is optional. Please meet up in the first floor of the building named Kompasset. Bring good shoes and clothes suitable for the weather.

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 and Social Welfare Services 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 student orientation 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 C402 Beddingen	Norwegian Lunch 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 and Ludvik A Kjeldsberg
13:00–13:45 F210 Biblioteket	The University Library Kenny Solevåg-Hoti and Monica Cecilia Marchant
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.
16:30–19:00	Barbeque

Sunnmøre Museum, Museumsvegen 12, 6015 Ålesund	Finja Borchers and Weihua Huang Attendance is optional. Depending on the weather, this event may change.
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Saturday the 10th of August (optional)

10:00–12:30 0503 Scensuren	“Matpakke” (Norwegian Lunch-box) Course Finja Borchers and Weihua Huang
12:45–13:00 0503 Scensuren	Transportation to Spjelkavik Finja Borchers and Weihua Huang
13:15–18:00 Myrdalsvegen 22, 6011 Ålesund	Hike to Geitnausa Finja Borchers and Weihua Huang 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. Bring good shoes and clothes suitable for the weather.

Monday the 12th of August

From the 12th of August, this program is supplemented by the university's buddy program, “[Fadder](#)”.

09:00 – 09:45 TBD	Morning gathering for international students. Karen Marie Måseide Hovland
10:00 – 12:00 TBD	Master Students join their departments' programs. Exchange students will receive further information and Q&A
12:45–14:00 F116 Kantine/Vrimla	Matriculation Ceremony Formal opening of the academic year 2024-2025
14:00 -	Buddy program starts. Students join their buddy groups

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 13 th of August for all
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	<p>international students arriving in Ålesund Fall 2024. Thus, you should not book individual appointments if you can meet for the registration on this day.</p> <p>Please make sure to bring all the necessary documents.</p>
<p>12:00–14:00</p> <p>Ålesund politistasjon, Nedre Strandgate 50, 6005 Ålesund</p>	<p>Immigration Registration for <u>Master Students</u></p> <p>Karen Marie Måseide Hovland and Ludvik A. Kjeldsberg</p> <p>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.</p> <p>Please make sure to bring all the necessary documents.</p>

Wednesday the 14th of August

09:15–10:00	<p>Alcohol and Consent</p> <p>Synnøve Tafjord/Sit</p> <p>In this session, Sit will inform about the dating and drinking culture in Norway.</p>
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Thursday the 15th of August

09:15–10:00	<p>Crash course in Norwegian culture.</p> <p>Karen Marie Hovland with colleagues</p> <p>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.</p>
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Friday the 16th of August

09:15–10:00	<p>Working in Norway?</p> <p>Finja Borchers and Weihua Huang</p> <p>It is not easy to get a job in Norway, but there might be options for those interested. In this session, the following questions are addressed: Can you work on a student visa? Where can NTNU students find information about jobs?</p>
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