

ISB HANDBOOK

Parent-Teacher Organization (PTO)



INTERNATIONAL
SCHOOL OF
BERGEN

This book is an introduction to settling in Bergen. It is intended to offer something to both new families and more established ones.

E-mail: pto@isbergen.no

All parents (or primary care givers) of ISB students and all ISB faculty and administration are members of the Parent-Teacher Organization (PTO). The members of the PTO are all volunteers.

The representative body of the PTO is the PTO Executive Committee, comprised of the 4 elected Executive Officers, the 2 representing teachers and the Director. The PTO Executive Committee will elect a Chair, Vice-Chair, Secretary and Treasurer to oversee meetings and produce documentation to update the school community. The PTO Executive Committee will include class contacts with the organization and help of events.

The purpose of the PTO is to actively promote cooperation between parents and the school, which creates a productive and supportive school environment as well as fosters a sense of support, pride and enthusiasm for the school.

PTO has the following main objectives:

1. To organize events, programmes and projects that support the school community.
2. To raise and award funds to support general student activities that cannot be provided by the school budget.
3. To ensure on-going communication among all members of the school community.
4. To promote cooperation and community spirit.

The members of the PTO are all volunteers. The committee welcomes any help you can offer and encourages you to do what you can, whether to help out in annual activities or in the form of a more regular commitment.

If you are in doubt about something, do get in touch with your class contact. Your child's class teacher can provide you with the names and contact numbers of your class contact.

PTO Events

The PTO organizes many fun and exciting events throughout the school year. Volunteers are always welcome. We also encourage fresh ideas for new events and/or existing events. A calendar of events will be published at the beginning of each school year after the first Executive Committee meeting. This will also be available on the school website: www.isbergen.no

Disclaimer

Every care has been taken to ensure that the information contained in this booklet is correct. However, no responsibility is accepted for any possible errors.

Please contact the PTO if you wish to add something or correct something in this booklet.

Life in Bergen

Bergen is the second largest city in Norway, after Oslo, and has a population of around 265,000. It was founded in 1070 AD by King Olav Kyrre and was the largest city in Scandinavia from the early 1200's until 1299. It continued to be the largest city in Norway, until around 1830.

Towards the end of the 13th century, Bergen became one of the most important cities of the Hanseatic League, due mainly to the trade of dried cod from the northern Norwegian Coast. Bergen was the administrative centre that interconnected continental Europe with northern and coastal parts of Norway. Today, the old Hanseatic Wharf, Bryggen, is a UNESCO World Heritage Site and is the most familiar site associated with Bergen.

It is an important cultural hub in the county of Vestland and is also a major port for cruise ships in Scandinavia. In 2000, Bergen became a European City of Culture and the city offers a wide variety of events, such as the Bergen Film Festival, Ballet, Jazz and Blues Festival, several theatres and concert halls, a professional ballet company and outdoor summer concerts and operas. Bergen also offers many sporting events from professional football matches to treasure hunts at Mount Fløyen for the children.

Weather

Bergen has become well known in Europe for its rainy weather. Each year, around 250 days feature some sort of precipitation. May generally offers the most appealing and driest climate in Bergen. The weather forecast for Bergen can be found on the Norwegian Meteorologist Institute website: www.yr.no. Long-term weather forecasts in Bergen are not very predictable and are likely to change daily. You can also find a weather forecast on the TV2 website: www.storm.no. Both Yr and Storm also have apps available for forecasts on your phone.

The Norwegian Language

Norwegian is a Germanic language with close affinity to the other Scandinavian languages of Danish and Swedish. There can also be quite some differences in the dialect or accent between the Norwegian spoken around different regional areas of the country. Most Norwegians speak two or more languages. Around Bergen, English is well understood by the majority of people. Children start learning English from age 7 in Norwegian schools.

Introductory Norwegian Words

Norwegian

Hallo
Hei
Ha det!
Takk
Bare hyggelig
Vær så god
Ja
Nei
Hjelp
Jeg heter...
Du
Snakker du engelsk?
Unnskyld...
Kan jeg få....?
Ha det bra
Et øyeblikk
Vil du ha pose?

English

Hello
Hi
Bye
Thank you
You're welcome
Here you go
Yes
No
Help
My name is (name)
You
Do you speak English?
Sorry/excuse me
May I have...?
Goodbye
Just a moment
Will you have a carrier bag?

Norwegian Language Classes

Folkeuniversitet (University for Continued Adult Education) is a great place to start looking for language classes in all Norwegian cities. You can register for the classes online. www.folkeuniversitetet.no choose "språkkurs" in "Hordaland".

Nygård Skole, Lars Hilles gate 16a. You must meet in person at the Nygård school's building. www.nygardskole.no click on the "English" link on the left side under Nygård Skole for more information. Bring your passport or alternate educational documentation. Registration can take some time. *Registration times: Mon, Tues, Wed., 13:00-15:00 and Thurs. 13:00-15:00 and 16:00-18:00.*

University of Bergen also offers Norwegian language courses for foreigners:

www.uib.no/poa/en/field-of-work/internationalisation/norwegian-as-a-second-language-for-employees.

Lingu.no

They offer online classes and classes in person for all levels. They are located in town at Domkirkegaten 3, 5017 Bergen (<https://lingu.no/>).

Norwegian Etiquette

- Always take off your shoes when you enter a private home, unless the host says differently. In the winter this is compulsory as snow, salt and dirt will ruin the floors.
- Tipping is not required anywhere. Service (as well as sales tax) is always included in the bill at restaurants and bars; however, it is not unusual for Norwegians to leave a tip in restaurants and bars if they are happy with the service. You can round up to the nearest 10 or 100NOK (leaving coins). A 10-15% tip is considered generous.

- Norwegians have a reputation for being shy and reserved and are not known to be open to strangers. This can be perceived as aloofness. It is apparent in the service industry as employees just do their jobs without wanting any sort of interaction with the customer at all.
- Norwegians are generally informal and there is very little difference between “high” and “low” in society.
- Norwegians are egalitarian and casual. They often introduce themselves with their first names only. In Norwegian schools (not ISB), children call their teachers by their first names. The use of “Herr” (Mr.) and “Fru” (Mrs.) is not commonplace in Norwegian society.
- Sincerity is very important. Never invite someone to dinner or suggest “getting together” without following through with a sincere invitation.
- Do NOT drink and drive. Norway has very strict laws for intoxicated drivers and the limit for blood alcohol content is very low. One beer can put you over the limit. There are police checks set up at all times during the day and it is common to be checked at 7:00 or 8:00 in the morning.
- Norwegians are very proud of their landscape. Take the time to notice it, appreciate it and comment on it. There are many lovely hiking trails around Bergen.

Dining Etiquette

- Punctuality is expected at any Norwegian function, particularly someone’s house. Norwegian friends will arrive at exactly the time invited and you are expected to do the same.
- When invited to someone’s house, take a small gift such as flowers, chocolates, wine. Do not give carnations, lilies or a bouquet of only white flowers as they are used at funerals. Do not give wreaths, even at Christmas. They are reserved for funerals as well. Do not give an even number of flowers. A house plant is well received in the winter months and a bouquet of freshly picked wild flowers is always appreciated. Gifts are opened when received.
- Offer to help the hostess with the preparations and the clearing up.
- At the meal itself, there is a strict code of conduct. Table manners are more formal than one might expect of a culture that is informal and egalitarian. Do not begin eating until the hostess starts. The host will welcome his guests and will offer the first toast. Toast the host/hostess during the meal. Women may offer toasts. When someone is being toasted, raise your glass, look at the person, take a sip, look at the person again and then return the glass to the table. Women must put down their glasses first after a toast.
- When you have finished eating, place your knife and fork across your plate with the prongs facing down and the handles facing to the right.
- The male guest of honour, generally seated to the left of the hostess, thanks the hostess on behalf of the other guests with the phrase “takk for maten” (thanks for the meal).

Corporate Culture Etiquette

- Norwegians take punctuality for business meetings very seriously and expect that you will follow suit. Call if you will be more than five minutes late.
- Management style is similar to the participative management style in the United States and employees are asked for their opinions.
- Consensus is a high priority, but the boss makes the final decisions.

Jante’s Law and Norwegian Culture

The poet Aksel Sandemose put Jante’s Law into words and it conveys an important element of Norwegian culture: humility. Jante’s law teaches people to be modest and not “think big”. It is demonstrated in most people’s refusal to criticize others. Norwegians try to see all people as being

on equal footing. They do not flaunt their wealth or financial achievements and look sideways at those who do.

The tenets of Jante's Law are:

- You shall not think you are special.
- You shall not believe you are smarter than others.
- You shall not believe you are wiser than others.
- You shall not behave as if you are better than others.
- You shall not believe that you know more than others.
- You shall not believe that you can fix things better than others.
- You shall not laugh at others.
- You shall not believe that others care about you.

News and newspapers

News in English

There are several on-line English newspaper websites.

- <http://theforeigner.no>
- www.newsinenglish.no
- www.norwaynews.com
- www.nowarypost.no
- www.thelocal.no

News in Norwegian

There are two main newspapers in Bergen.

- Bergens Tidende: www.bt.no
- Bergensavisen: www.ba.no

BT and BA have Apps for the mobile phone.

Shopping

Shopping in Norway may be more expensive than one is used to, however, the quality of goods is generally high. There are many shopping malls in Bergen and the surrounding areas.

Finn / www.finn.no: is a web-based site where Norwegian residents sell everything from houses to toys. You can find furniture, sports equipment, holiday cabins, clothes, bikes, etc.

Loppemarkeder or Used Item Sales: These take place from October to April, generally during the weekends, with days and times varying between different markets. The focus is generally on second hand goods. The Facebook group *Loppemarkeder i Bergen* has information on upcoming flea markets.

Ordering from Overseas: A word of warning when ordering goods from overseas, including Europe: any product over around 200NOK is liable for import tax, with the exception of books. Import tax and duty is extremely high and it is sometimes cheaper to purchase the product in Norway. Do your homework first. You can calculate your import tax on www.dutycalculator.com.

English Books: Many book stores will stock a limited range of English-language books, but it may be difficult to find English children's books in Norway. Many people buy them online or bring them in from overseas. Books are exempt from customs duty charges in Norway.

Clothing: For children's clothes, some of the bigger names are Cubus, H&M, KappAhl, Lindex and Exit. There are many children's clothing boutiques in most shopping areas. You can also find good

bargains at some supermarkets (e.g., Coop). Your child will need good waterproof gear from head to toe. Shops for this are XXL, Sport Outlet, Barnashus, Coop. For children's shoes and boots, each shopping area has at least one children's shoe shop. Gore-tex shoes are recommended and very popular. In the winter, it is highly recommended to get lined rubber boots as it can be very wet and cold.

Norwegian

Åpent /Stengt
 Bakeri
 Slakter
 Bibliotek
 Apotek
 Bank
 Dag og natt/full dag/døgn
 Frisør
 Toaletter
 Kvinner/Dame
 Menn
 Gratis
 Spesial tilbud
 Redusert pris
 Kasse
 Selvbetjening
 Gangsti
 Hunder ikke tillatt
 Røyking ikke tillatt
 Dra/Dytt
 Renseri

English

Open/Closed
 Bakery
 Butcher
 Library
 Pharmacy/Chemist
 Bank
 Day and night/full day
 Hairdresser
 Toilets
 Women
 Men
 Free
 Special offer/Sale
 Price Reduced
 Cashier
 Self service
 Footpath
 Dogs not allowed
 No Smoking
 Pull/Push
 Laundry

Supermarkets

It may be difficult to purchase everything on your shopping list from one supermarket, so be prepared to visit a couple. Supermarkets such as Meny stock a wider range of international products, but prices are higher than Rema 1000. *There is a charge for plastic bags, so you might want to recycle and keep your own shopping bags.*

Many supermarkets offer online shopping and home delivery.

If you are looking for international food that you cannot find in the usual supermarkets, there are a number of international supermarkets including Oliven Eksotisk Mat (near Danmarks plass), Mango Supermarked (near Bergen busstasjon), Global Food (near Bergen busstasjon) and Sletten Eksotisk Mat.

Opening Hours: The opening times and days differ between shops, but most shops are open 9:00 to 20:00, Monday to Saturday and closed on Sunday. Always check opening times before a Bank Holiday as these also vary from general opening hours.

Fruit

Appelsiner
 Epler
 Pærer
 Bananer
 Ananas
 Jordbær
 Bringebær

Oranges
 Apples
 Pears
 Bananas
 Pineapple
 Strawberries
 Raspberries

Vegetables

Gulrøtter
 Løk
 Brokkoli
 Paprika
 Poteter
 Tomater
 Agurk

Carrots
 Onion
 Broccoli
 Peppers
 Potatoes
 Tomatoes
 Cucumber

Blåbær	Blueberries	Hvitløk	Garlic
		Ingefær	Ginger
Dairy		Baking Products	
Skummetmelk	Light milk	Bakepulver	Baking powder
Helmelk	Whole milk	Natron	Bakingsoda
Lettmelk	Skimmed milk	Sukker	Sugar
Kefir	Buttermilk	Melis	Icing sugar
Kremfløte	Whipping cream	Brunt sukker	Brown Sugar
Kaffefløte	Coffee cream	Gjær	Yeast
Smør	Butter	Hvetemel	White flour
Ost	Cheese	Grovt mel	Wholewheat
Rømme	Sour cream	Honning	Honey
Wheat, Grains and Cereal			
Brød	Bread		
Rundstykker	Buns		
Havregryn	Oats(for porridge)		
Frokostblanding	Cereal		
Meat		Fish Products	
Kjøttdeig	Minced beef	Fisk	Fish
Karbonadedeig	Minced lean beef	Laks	Salmon
Kylling	Chicken	Torsk	Cod
Kalkun	Turkey	Reker	Shrimp
Biff	Beef	Tunfisk	Tuna
Svin	Pork		
Egg	Egg		

Accommodation

In order to find rental accommodation for the duration of your stay in Bergen, you can look for advertisements in local newspapers like Bergens Tidende or online on www.finn.no, - click on "Eiendom" (property), then "Bolig til leie" (housing to rent). Many newcomers find they have better luck putting their own ad on Finn stating what kind of rental they are interested in than waiting for answers on existing ads.

You can also contact a real estate agent in Bergen, your employer, the school, or the PTO at ISB. Remember that often other parents can be your best source of information. It is very likely that as you are preparing to move to Bergen, another family might be preparing to move out of Bergen. You might be able to secure their home for yourself. This also gives you the possibility to ask for recommendations about the landlord and get firsthand information on the neighbourhood.

Babysitting/Childcare

The easiest way to find a babysitter is to ask friends, neighbours, parents at ISB, etc. if they know of any young people who would like a babysitting job. You could also ask some of the older students at ISB if they are interested in earning some extra income. An alternative is to look in the classified sections of the newspapers or www.finn.no to find people looking for "barnevakt" job; however, this site is in Norwegian only.

Babysitters are generally paid anywhere between 50kr and 150kr an hour. Make sure you agree on an hourly rate beforehand.

Another option is to hire an au pair – possibly from your native country – so that your children can practice their native language. Options vary depending on the country you come from and you must check the immigration rules in order to obtain a visa.

Clubs

A good way to meet new people in Bergen is to join a club. Many countries have their own national clubs or expatriate societies. There are also various business clubs to suit your needs and tastes:

- InterNations: www.internations.org/bergen-expats
- INN – International Network of Norway: company sponsored membership for employees to have access to services and resources, see www.bergen-chamber.no/page/43/inn-international-network-of-norway
- Petroleum Women's Club – Bergen (International Women's Club): <http://groups.yahoo.com/group/pwc-bergen/>
- Bergen Rotary Klubb: www.bergenrotary.no

Hairdressers

Expect to pay a lot to have your hair cut in Bergen: hairdressers (frisører) generally charge in the region of 600 to 800NOK, although there are a few cheaper salons. Hairdressers in Bergen are, in general, pretty good, especially the ones in the city centre. Be aware that a good hair cut done by a senior artist/stylist, as they are called, will be costly. Ask around for personal recommendations.

Dry-cleaning and Launderettes

Renseri/Rensriet include pressing, priced individually. They will launder bedspreads, duvets, comforters, etc. Some dry cleaners have “shirtdeals” where you prepay 2900kr and then you get 100 shirts dry-cleaned and pressed.

Postal Service

Posten Norge (www.posten.no) is part of the Norwegian society's infrastructure and the company is the largest workplace in Norway according to the number of employees. It is 100 percent owned by the State through the Norwegian Ministry of Transport. In addition to postal services, you can also do banking transactions at Posten Norge. The closest Post Office can be found in Obs in Lagunen Senter.

Junk Mail/Advertisements

To avoid advertising material delivered by the Post, you have to mark your post box clearly. You can do this either on your own (“Nei til reklame, takk”) or by contacting the post office to receive a sticker, which you then glue onto your mailbox. You should no longer receive junk mail. Digital post box can be created by registering at Digipost.no. Most public as well as private institutions use this service.

There are other agencies, in addition to the Post, that deliver advertisements. The Post does not guarantee that everyone will respect your reservation against junk mail.

Banking

The most common banks in Norway include:

- DnBNor Bank: www.dnb.no
- Nordea Bank Norge: www.nordea.no
- FokusBank: www.fokus.no
- Sparebank 1: www2.sparebank1.no
- Skandia Bank: www.skandia.no

To open a bank account in Norway, you will need to bring your passport as well as your “D” number. Unfortunately, you cannot open an account before you get your “D” number. Normal banking hours are 10:00 to 15:30, Monday to Friday. Most banking transactions are done through Internet banking. It is very rare that you will have to go to a bank in person.

Currency can be drawn from cash dispensers placed outside many banks. If you use your debit/credit card to pay in a supermarket, you can ask for cash back. This is an easy and convenient way to withdraw cash – and you pay no extra fee for the service.

You cannot deposit a cheque into your Norwegian account that is drawn on a foreign bank.

Bills and Invoices

Nearly all bills and invoices come with a pre-printed GIRO form. You can either pay the bill through Internet banking, go into the bank personally or pay at the post office. There is a small fee for a GIRO transaction at the post office or through a bank teller. The cheapest and quickest way to pay them is through Internet banking.

In addition, it is becoming more common to opt out of paper invoices and instead, choose electronic invoices or “eFaktura”, which you receive automatically in your bank account in box before payment due date. If you choose this option, remember to check the list of eFaktura in your bank account regularly because they do not get paid automatically.

Vipps

Sports and Leisure Activities

It is a good idea to speak to the parents in your child’s class and find out what activities their children are doing and what club they are with.

Most sports clubs’ websites are in Norwegian only, but just try to find a phone number and ring for more information. You can also send an email, but keep in mind that it might take the organization a week or more to get back to you.

Here is a list of some of the sports clubs and activities in and around Bergen. We welcome additions to this list for future editions.

School of Music and Arts

Bergen Kulturskole: A Municipal School of Music and Arts with individual and group lessons in music, dance, theatre and visual arts. The programme is for children and young adults from 6 to 20 years of age. Teaching takes place in Bergen City Centre and the municipalities around Bergen. The application deadline is April 1 for the following academic year, but if there are available places you can start at other times of the year. There are waiting lists to get in to some programs, but it is still worth inquiring.

Phone: 55 56 80 50 (Monday to Friday, 8:30to15:00)

E-mail: Bergen@kulturskolen.no

Website: www.bergen.kulturskole.no

Sports Clubs (Idrettslaget-IL)

Bønes IL - website: www.bonesil.no

- Football,

- Handball

Fana IL - website: www.fanail.no

- Cross Country Skiing (Langrenn/skiskyting),
- Handball (Håndball),
- Cycling (Sykkel),
- Alpine Skiing (Alpin),
- Athletics (Friidrett),
- Orienteering,
- Speed Skating (Skøyter),
- Gymnastics (Turn),
- Football/Soccer (Fotball)

Gneist IL - website: www.gneist.no

- Football/Soccer (Fotball),
- Athletics (Friidrett)
- Handball (Håndball)
- Climbing (Klatring)
- Orienteering
- Gymnastics (Turn)
- Volleyball

Gular IL - website: www.gular.no

- Athletics (Friidrett),
- Orienteering

LoddefjordIL - website: www.loddefjordil.no

- Football (Fotball),
- Basketball, Athletics (Friidrett),
- Gymnastics (Turn),
- Ski (CrossCountry and Alpine),
- Kunstløp (FigureSkating)

Nordnes IL - website: www.nordnesil.no

- Football (Fotball)
- Handball (Håndball)

Other Activities

Capoeira is a Brazilian martial art that combines elements of dance and music.

E-mail: guc.bergen@gmail.com

Phone: 92 24 91 04 (Cacheado) or 92 31 03 79 (Sorriso)

Website: www.guc.no/bergen/

Dance

Bergen Dansesenter

Classical ballet, Jazz dance, Hip Hop, Modern/Contemporary, Dance & play.

Address: Georgernes Verft 12i, inngang E, 5011 Bergen

Website: www.bergen-dansesenter.no

E-mail: post@bergen-dansesenter.no

Phone: 55 32 08 66 (10:00 to 14:00– Mon, Wed, Fri and 12:00 to 16:00– Tue, Thurs)

Bergen Kulturskole (see above under Music, Dance and Arts)

StepIn Dansestudio

Children's Dance, Classical Ballet, Jazz, Street Jazz, Modern, Step, Hip Hop, Break and House.
2 studios: one in Nesttun (Ulsmågveien 7) and one in Fyllingsdalen (Jonstadveien 6).

- Lessons are fun. Everything is in Norwegian, but the teachers are very friendly and make an effort to speak in English if the child does not understand.

Phone: 55 98 14 66 (Thursdays, between 13:00 and 16:00)

E-mail: kontakt@stepindansestudio.no

Website: www.stepindansestudio.no

Dungeons and Dragons

Rollespillklubben Golem

D&D club for teens about 14+, normally meets Saturdays 17:00-22:00 at Vitalitetssenteret, Møhlenpris, but only meets online during COVID.

Golem Junior is for 12-16 year olds, and normally meets every other Saturday, but is on hiatus during COVID.

While Norwegian is the official language there is a lot of English spoken, and rule books are in English.

Website: <https://www.facebook.com/groups/265027303524850>

E-mail: Rollespillklubb@hotmail.com

Diving (Stupe)

Bergen Stupeklubb, Sentralbadet

Website: www.bergen-stupeklubb.no

E-mail: pjoachim@online.no

Phone: 93 29 99 95 (Paul Joachim Block Thorsen)

Fencing (Fekting)

Bergen Fekteklubb

Haukelandshallen, St.Olavsvei 50, Bergen

Website: www.bergensfekteklubb.org

E-mail: info@bergensfekteklubb.org or styret@bergensfekteklubb.org

Figure Skating

Bergen Kunstløpklubb www.bergenkunstlop.no

Football/Soccer

It is usual to play football for your local football club and there are more than enough of them. Ask your neighbours which club the local children go to or call sports club in your area and inquire there. You can also ask some of the children in your child's class which club they play at.

Golf

Bergen Golfklubb(9 holes)

Ervikveien 120

ØvreErvik

5876 Bergen
Tel:55 19 91 80
<http://bgk.no/>

Sotra Golfklubb (9 holes)
Kolltveitvegen
5353 Kolltveit
Tel:41 54 10 84
www.sotragk.no

Fana Golfklubb (18 holes)
VestreRå 82
5239 Rådal
Tel:94 23 10 00
e-mail:fanagolf@fanagolf.no
www.fanagolf.no

Meland Golfklubb (18 holes)
Beitingsveien50
5918 Frekhaug
Tel:56 17 46 00
e-mail:post@melandgolf.no
www.melandgolf.no

Gymnastics

BergensTurnforening
Vilhelm Bjerknes vei 22, 5081 BERGEN
bergen.turn@c2i.net
www.bergensturnforening.no

Horse Back Riding

Moldegaard Riding Skole
Riding school for children and adults
Moldegaard, Bjånesvegen 23, 5200 Os
Phone: 56 30 00 00
www.moldegaard.com

Bergen Rideklubb
Riding school for children and adults
Sletteneset 12, 5258 Blomsterdalen
Phone: 901 99 736
www.bergen-rideklubb.no

Åsane Rideklubb
Riding school for children and adults
Hjortlandsveien 119, 5135 Flaktveit
Phone: 476 50 009

www.asanerk.no

Alvøen Rideklubb
Riding school for children and adults
Håkonshellaveien 21, 5179 Godvik
Phone: 473 70 150
www.rideklubben.no

Epona Rideklubb
Riding school for children and adults
Unnelandsvegen 233, 5268 Haukeland
Phone: 954 80 662
www.eponarideklubb.wordpress.com

Ice Hockey

Bandyskole (non-contact ice hockey) Bergenshallen
Age groups: 4 to 6 years & 6 to 12 years.
Contact: Sigrid Lise Nonås - 41 93 29 18
e-mail: sigrid-lise.nonas@nhh.no Walter Wheeler: 90 20 79 99
www.bergenbandy.no

Bergen Ishockey klubb
Ice hockey for boys and girls and "old boys".
www.bergenishockey.no

Karate

Bergen Karate & Kampsport Klubb
Sentralbadet 3. Etasje, Teatregaten 37, 5010 Bergen
Website: www.bkkk.no
e-mail: info@bkkk.no
Phone: 99 70 10 59

Bergen Karate Klubb
Hatleveien 3, 5038 Bergen
Website: <http://kyokushin.no>
E-mail: bergen.karateklubb@gmail.com

Bjørgvin Karateklubb
Myrholtet 131, 5142 Fyllingsdalen
Website: www.bjorgvin.net
E-mail: hovedinstruktur@bjorgvinkarate.no
Phone: 94 89 48 45

Fana Karate Klubb
Kokstadflaten 30, 5257 Kokstad
Website: www.fanakkk.com
E-mail: ingbjo4@gmail.com (Ingrid Bjordal)
Phone: 91 51 85 49 (Ingrid Bjordal)

Fjellsiden Karateklubb
Kalfarveien 36, 5018 Bergen

Website: www.fjellsidenkarate.no

E-mail: See website under “Omklubben” then “Kontaktoss”

Lyderhorn Karateklubb

Olsvikåsen18, 5884 Bergen

Website: www.lyderhorn.no

E-mail: karate@lyderhorn.no

Phone: 91 60 25 76

Nordnes Karateklubb

Bønesheien214, 5152 Bønes

Website: www.nordnes-karate.no

E-mail: nordnes.karate@bkkfiber.no

Phone: 41 52 35 40

Storetveit Karateklubb

Nesttun

Contact: Einar Brown Berg

E-mail: einarbrownberg@hotmail.com

Phone: 90 71 28 85

Sentrum Karateklubb Bergen Kampsportsenter

Fabrikkgaten7B, 5059 Bergen

Website: www.sentrumkarate.no

E-mail: cato.lothe@sentrumkarate.no

Live Action Roleplaying (LARP or “laiv” in Norwegian)

Tidsreiser offers children’s larps about once a month.

Eventyrspill is an outdoor medieval adventure larp for 8-16 year olds that runs Saturdays

11:00-16:00 every second month at Langeskogen.

Trolldomsakademiet is a Harry Potter themed larp for 10-16 year olds that runs Saturday-Sunday every second month. The Facebook groups Trolldomsakademiet i Bergen and Eventyrspill i Bergen have updated information and dates. Parents are welcome to participate, but this is not required or expected.

Website: <https://tidsreiser.no>

Rugby

Bergen Rugby Club

Junior Rugby: 12 to16 years of age

Mini Rugby: 12 and under

Lessons are in a mix of English and Norwegian.

Website:www.rugby.no/Bergen/

Contact:

Seniors: Karl Frisch: 98 88 2437

Juniors: Kevin Tobin: 97 13 70 93

Minis: Hanro van Wyk: 91 30 60 85

Scouts and Guides - Speider

Norwegian Guide and Scout Association (NSF) – Speiderforbund

Guides and Scouts is a very active organization in Norway. There are around 30 co-ed groups in Hordaland. Unfortunately, there isn't an English-speaking group in Bergen at this time, but it is a great way for your child to learn the Norwegian language. To find a group near you, contact the District Scouting Association listed below. You can also look on the website and then click on the "våre speidergrupper" link on the right hand side of the page under the photo of the District Office. This will pop up a map as well as the meeting places, contact names and phone numbers of local groups.

Hordaland District of Norway Scout Association
District Office: Tverrgaten 2, Bergen Sentrum
Office Hours: Tues 9:00-15:00, Thurs 16:00– 20:00, Sat 10:00– 14:00
Website: www.hordalandsspeiderne.no
E-mail: speidersenteret@hordalandsspeiderne.no
Phone: 55 31 74 58

Swimming

Tryggivann.no

All swimming courses are registered here. Easy to search and apply for the preferred course and location. Only in Norwegian.

Bergens Svømme Club
Pool: Sentralbadet, Stemmemyren svømmehall
e-mail: krisarn.bsc@gmail.com
<http://idrett.speaker.no/organisation.asp?orgelementid=65725>

Bergens Svømme- og Livredningsklub - www.bs-lk.no
Pool: Ortunskole, Løvåsenskole, Sentralbadet, Landås skole
Tel: 40 33 01 83 (Tues.&Fri.10:00to14:00)
e-mail: irene@bs-lk.no or kurs@bs-lk.no

Delfana Svømmeklubb - www.delfana.no
Pool: Slåtthaughallen, Ytrebygda, Storetveit
Tel: 95 12 37 23 (Wed.&Thurs.9:00 to12:00)
e-mail: morten@delfana.no

Åstveit Svømmeklubb - www.astveit.no
Pool: ÅstveitHallen
Tel: 91 80 02 45 (Mon.,Wed.,and Fri.9:00to11:00)
e-mail: faestvedt.linda@gmail.com

Tennis

Bergen Racket Senter (Tennis, indoor - Football, Handball, Badminton Squash) -
www.bergenracketsenter.com
Fjellsdalen 9, 5155 Bønes
e-mail: btk@bergentennis.no

Paradis Tennisklubb - www.paradistennis.no
Bubble: Vilhelm Bjerknesvei near Bergenshallen
Activ365 (Tjernvegen30,5232 Paradis)
paradistk@hotmail.com

Family Activities In and Around Bergen

BarniByen (Children in the City) is a free Norwegian magazine that is distributed every second month to the children in Bergen and is one of the best sources of information on activities, prices, timetables, etc. Your child should bring one home from school, but if they don't, you can pick one up at the library, public swimming pools, cultural institutions, museums and hotels. The magazine (and website www.barnibyen.no) gives a complete overview of the cultural and sporting activities in and around Bergen.

BUA is a national nonprofit that lets you borrow equipment for sports and outdoor life, for free. There is more information on their website: bua.io

There are many wonderful museums, historical sites and art galleries in and around Bergen. Websites like www.visitbergen.com and www.bergen-guide.com are a good place to start for opening times and prices in addition to the information centre, located in the Harbour by the fish market.

Swimming pools

AdO Arena

Address: Lungegårdskaien 40, 5015 Bergen
adoarena.no

- Indoor swimming arena with Olympic size pool, diving pool, children's pool and waterslides. They also have swim lessons.

Vannkanten Waterworld

Address: Loddefjordveien 2, 5171 Laksevåg / www.vannkanten.no

- Waterslides and pools for all different ages.
-

Bergen Aquarium - Akvariet i Bergen

Address: Nordnesbakken 4, 5005 Bergen
www.akvariet.no

Cinema

Bergen Kino AS

Address: Neumanns Gate 3, 5015 Bergen / www.bergenkino.no

- Most animated movies will have an English version (or "Original Versjon") when they first come out. The program will state whether it is "Norsktale" – Norwegian or "Original Version" – English or the language it was produced in.

Lagunen Kino / Nordisk Film Kino

Lagunen Storsenter

Address: Laguneveien 1, 5239 Rådal / www.nfkino.no/kino/lagunen

Fløibanen Funicular

Address: Vetrilidsallmenningen 21, 5014 Bergen / www.floibanen.com

- The Fløibanen funicular is an 8-minute ride to the top of Mount Fløyen. It is also a lovely walk to the top on a sunny day. At the top there is a Children's playground and organized family activities, such as treasure hunts, during the school holidays. There is also a restaurant and giftshop.

Gamle Bergen–Bymuseet I Bergen

Address: Nyhavnsveien 4, 4052 Sandviken / www.bymuseet.no

- Gamle Bergen is an open-air museum consisting of wooden houses and buildings from the 18th, 19th and 20 th centuries. There are many activities going on at the museum for families to take part in.

Natural History Collection – University Museum of Bergen

Address: Muséplassen 3, 5007 Bergen / www.uib.no/universitymuseum

Vilvite – Bergen Science Centre

Address: Thormøhlensgate51, 5006 Bergen / www.vilvite.no

Rush - Trampolinepark

<https://www.rushtrampolinepark.no/bergen/>

Kokstadveien 23, 5257 Kokstad

Leos's Lekeland

<https://www.leoslekeland.no/bergen/>

Kokstaddalen 18, 5257 Kokstad

Libraries

Libraries in Bergen have a selection of English books for children and adults. They also loan out DVDs, PlayStation games, Wii games, computer games, CD's, LP's,etc. The Central Library also shows movies to the public free of charge.

Main Library

Strømgaten 6, 5015 Bergen

Opening times:	Mon. – Thurs.:	10:00 - 20:00
	Friday:	10:00 - 16.30
	Saturday:	10:00 - 16:00

Monday to Friday you can read the newspapers and use the Internet from 8:30am.

Some libraries (Fana, Oasen and Loddefjord library) have activities and you will find links to those libraries on the webpage: www.bergenbibliotek.no

Hiking and Running

There are many beautiful walks around Bergen and seven mountains to climb. You can pick up maps and information at Bergen Turlag (Bergen Trekking Association). You can also get information about the free cabins Bergen Turlag has to offer if you become a member: Bergen Turlag, Tverrgaten 4-6, 5017 Bergen / www.bergen-turlag.no

The 7 or 4 Mountains Hike

This event is held every year in June and was first organized in 1948.You must sign up at www.bergen-turlag.no before March 1st. If you want a shorter hike, the 4 mountains hike is arranged at the same time.

The 7 mountains hike is up and down Bergen's 7 mountains:

- Lyderhorn (396 meters high, 4km)
- Damsgårdsfjellet(317 meters high, 8km)
- Løvstakken(477 meters high, 11 km)
- Ulriken (643 meters high, 17 km)

- Fløyfjellet(440 meters high, 22km)
- Rundemannen (568 meters high, 25km)
- Sandviksfløyen(417 meters high, 26km)

Fanamilen - www.fanamilen.no

A family friendly race that takes place every September at Fana Stadion, by Lagunen Storsenter. The run is either 5km or 10km and everyone gets a medal when they finish. Refreshments are served at the finish line.

StoltzekleivenUp (the world's steepest race) - www.stoltzen.no

This is a race up Sandviksfjellet, which has stairs all the way to the top. The event is so popular that it is held on 2 days, a Friday and a Saturday in September. Everyone above 10 years old can participate at his or her own risk. People with lung or heart disease are not recommended to participate. Warm up is 20 minutes beforehand. It is low key and is meant as a competition with yourself.

Summer Activities for Families

Family Beaches and Swimming Spots

There are many beautiful beaches and swimming spots around Bergen. On a warm day you will find many people enjoying the sun and water. BOF (Bergen og Omland Friluftsråd – Bergen Outdoor Recreation) has maps and pictures of all the beaches and swimming spots in the Bergen area. Website: www.bof.no/omrader.htm

Outdoor Pool – Nordnes Sjøbad

Nordnes sea water pool is located not far from the Aquarium and within walking distance from town. The swimming area has an outdoor 25 meter heated (25degrees) saltwater pool, a wading pool for children, a diving board into the harbor and a marked off area in the harbor for swimming. There are men's and women's changing rooms with showers and lifeguards are present. There is also a grassy area for picnicking.

Tur Orienteering – Family Orienteering

Orienteering is great fun for the whole family. Many clubs set up trails in the “forests” around Bergen. You can purchase the maps from Bergen Turlag, Platou Sport in Sentrum and MXSport in Lagunen.

There are many more outdoor activities for families in and around Bergen. Voss is only a short drive or 70 minutes away by train. There are also many site-seeing boat trips leaving from the harbour near the fish market.

Winter Activities for Families

Skiing

There are a few Alpine ski resorts within a 1 – 2 hour drive from Bergen. They also offer cross-country skiing.

Furedalen, Kvamskogen

Alpine and Cross-Country Skiing

Less than one hour drive from Bergen. TIDE bus serves the centre every weekend and on school & most bank holidays.

www.furedalen.no

Eikedalen Ski Senter

Alpine and Cross-Country Skiing

1 hour drive from Bergen. Eikedalen bus shuttles to and from Bergen on weekends and school & most bank holidays.

www.eikedalen.no

Voss Resort Fjellheisar

Alpine and Cross-Country Skiing

1.5 hour drive from Bergen. 70-minute train ride from Bergen Centre, then 200meter walk from Voss train station to gondola, which takes you up to the ski hill. Fjord Tours also offers ski packages that include transportation and ski lift passes.

www.vossresort.no

Voss Fjellandsby Myrkdalen

Alpine and Cross-Country skiing

2 hours from Bergen. 70 minute train ride from Bergen Centre plus 45 minute bus ride from Voss train station. Fjord Tours also offers ski packages that include transportation and ski lift passes.

www.vossfjellandsby.no

Sledging and Cross-Country Skiing

When it snows in Bergen, people pull out their sledges and cross-country skis and enjoy the white winter playground. When the snow melts in Bergen, you can usually find snow up on the tops of Fløyen and Ulrikken. For cross-country ski enthusiasts, there is a trail on top of Fløyen. Kvamskogen is also a popular place for cross-country skiing.

Skating

There are a few options for ice-skating in Bergen in the winter. It is recommended that you always wear a helmet when skating.

Outdoor Skating

Slåtthaugsbanen

Address: Slåtthaugvegen 142, 5222 Nesttun

is an excellent outdoor 400 meter oval skating rink. There is also an additional ice rink in the centre of the oval. The rink is located next to the sports hall in Slåtthaug, Nesttun. Skate rentals are available.

It is open from early November until March:

Mon., Wed., & Fri,	9:00 - 22:00
Tue & Thurs,	9:00 -16:00
Sat	12:00 - 17:00
Sun	12:00 - 20:00

Indoor Skating

Bergenshallen: Indoor ice skating rink near ISB. Skate rentals are available.

Address: Vilhelm Bjerknesvei 24, 5081 Bergen

Open: Mon to Fri 10:00 to14:0,

Sun 12:00 to15:30

Vestkanten: Indoor ice skating rink and curling. Skate rentals are available.

Address: Loddefjordveien2, 5171 Laksevåg

www.vannkanten.no/iskanten/om-iskanten/

Open Sports Halls for the Public

Fysak

Address: Vilhelm Bjerknesvei 42, 5081 Bergen

Activity hall for children and young adults. Activities include table tennis, acrobatics, martial arts, skateboarding, bmx, in-line skating, street sports and sand sports.

www.fysakbergen.no

Bergen Kommune offers free use of the following sports halls on Sundays from 10:00 to 13:00 during the months of January through to the end of April. They pull out sports equipment and have bouncy pillows so the children can enjoy, play and blow off some steam during a rainy Sunday.

- Åstveithallen
- Landåshallen
- Stemmemyren Idrettshall
- Slåtthaughallen
- Sandslihallen
- Kaland Idrettshall

Birthday (Bursdag) Party Venues

Bowling

Bergen Bowling Sandsli

Sandslihaugen 10, 5254 Sandsli

Tel: 55 99 10 10

www.bergenbowling.no

Bowling1 Vestkanten

Lyderhornsvei 351, 5171 Loddefjord

Tel: 55 50 77 80

<http://vestkanten.bowling1.no/>

Cinema

Cinema / Bergen Kino - www.bergenkino.no (search "kinobursdag")

Neumanns Gate 3, 5015 Bergen

Phone: 55 56 90 50 (Mon - Fri 8:00 to 15:00)

E-mail: bergenkino@bergenkino.no

Indoor Play Area

AdO Arena

Address: Lungegårdskaien 40, 5015 Bergen

adoarena.no/en/birthday-parties/

Bergen Aquarium - Akvariet i Bergen

Address: Nordnesbakken 4, 5005 Bergen

Tel. 55 55 71 71

Email: post@akvariet.no

www.akvariet.no/planlegg-besoket/arrangement/bursdag/

Leo's Lekeland - www.leoslekeland.no

Kokstaddalen 18, 5257 Kokstad

Tel.55 52 04 50

E-mail:bergen@leoslekeland.no

Laser Tag / Wasteland - www.wasteland.no

Strandgaten 56, 5004 Bergen

Tel:55 35 90 00

McDonald's Birthday Party

www.mcdonalds.no/no/familie/bursdag_paa_mcdonalds.html

Peppe's Pizza – www.peppes.no (bursdagsdeal)

Science Centre / Vilvite - www.vilvite.no/bursdag/

Thormøhlensgate 51, 5006 Bergen

Tel.55 59 45 00

e-mail:post@vilvite.no

Rush Trampolinepark

Kokstadvegen 23, 5257 Kokstad

Tel. 55 99 09 09

bergen@rushtrampolinepark.no

<https://www.rushtrampolinepark.no/bergen/barnebursdager>

Skateboarding/Rollerblading/ActivityHall - Fysak

Vilhelm Bjerknesvej 42, 5081 Bergen

Tel.55 28 84 15

www.fysakbergen.no

Water Park & Waterslides - Vannkanten

Loddefjordveien 2, 5171Laksevåg

Tel: 55 50 77 77

www.vannkanten.no

Religious Services (non-Norwegian)

Anglican Chaplaincy - Engensenteret Chapel

Baneveien 1, 5010 Bergen

Website: www.bergenanglicans.net

English Services:

Common Worship for Family Service: 11:00am the 2nd Sunday of the Month

Holy Communion Service: 7:00pm the 4th Sunday of the month

Bergen International Church - St. Markus Church

Lotheveien 1, 5057Bergen

Email:post@bergenchurch.no

Website: www.bergenchurch.no/index.html

English Services: Sunday at5:00pm

Chinese Services: 2nd and 4th Saturdays each month at 10.30am

Bergen Mosque

Jektiviksbakken 27, 5006 Bergen

Tel.55 23 37 10

Website: www.facebook.com/BergenSMosque

E-mail: islam_bergen@hotmail.com

Catholic Church - St. Paul's Kirke

Nygårdsgaten 3, 5015 Bergen

Tel.55 21 59 50

Website: <http://bergen.katolsk.no/engelsk.html>

English Service: Sunday at 18:00

Information about services in other languages can be found on the following website:

<http://bergen.katolsk.no/kalender.htm>

Church of Christ

Steinkjellergate 9, 5003 Norway

Tel.55 93 74 01

Website: http://church-of-christ.org/churches/Norway/Hordaland_S.htm

<http://kristimenighet.no/>

Hindu Temple

Bergen Hindu Sabha

Storetveitveien 5, 5067 Bergen

Tel.55 28 22 45

<http://bergenhindusabha.info/>

Jewish Services

Contact: Zoby

Tel.98 47 92 76

Norwegian Public Holidays and Culture

January

New Years' Day - Nyttårsdag

Public Holiday: Schools, Stores and Banks closed.

February

Mother's Day – Morsdag

This is celebrated the second Sunday in February. Norwegian children usually get up early to decorate the house and serve their mother breakfast in bed. They also might give their mother flowers or gifts.

Vinterferie

ISB has one-week winter vacation that occurs late in February.

Fastelaven

Fastelaven is celebrated seven Sundays before Easter, and on that Sunday Norwegians eat wheat buns filled with cream (Fastelavensbolle). It has a long history but is nowadays a celebration of the transition from winter to springtime. You can see women from Sanitetsforeningen, which is the largest female humanitarian organization in Norway, selling bouquets of Birch branches to raise money to improve women's health and general living conditions. These branches are decorated with brightly coloured feathers. Preschools have Carnivals during the week before Fastelaven.

March-April

Easter – Påske

The week before Easter is called Påskeferie and schools are closed during this week. There are also several bank holidays around Easter Sunday. Many Norwegians head up to their cabins (hytter) and /or go skiing during this week.

- Maundy Thursday/Skjærtorsdag: Bank Holiday
- Good Friday/Langfreda: Bank Holiday
- Easter Eve (Saturday)/Påskeaften: *Shops Open*
- Easter Sunday/1. Påskedag: Bank Holiday
- Easter Monday/2. Påskedag: Bank Holiday

May

May 1st, Labour Day – Arbeiderenes Dag

Labour Day is the first bank holiday in May. There will be speeches on workers' rights, flags will be raised high and wreaths will be laid at war memorials and other monuments. There might also be some small parades.

Ascension Day – Kristi Himmelfartsdag

Ascension day is observed on a Thursday 40 days after Easter Sunday. It commemorates the last event of the physical presence of Jesus on earth according to Christian belief. It is a bank holiday in Norway, so all schools, stores and banks are closed.

Pentecost – Whitsuntide

This is another Christian bank holiday in Norway related to the death and resurrection of Jesus. It occurs on the seventh Sunday and Monday following Easter and celebrates the descent of the Holy Spirit to Christ's Apostles. This is a great day for a BBQ if the weather is nice.

Russ Celebration – Ending 13 Years of School:

Russ is celebrated from around the 1st of May to the 17th of May by the High School (videregående skole) graduating class. During this period you will see Russ (the students) wearing red, blue, white, black or green overalls depending on the graduate's line of study. The most common colour you see is red, which represent courses taken that are geared towards higher education. Blue corresponds to courses in business, white for medical and social studies courses, black for engineering (mechanics or electrics) and green for agricultural studies.

Each Russ has a stack of Russ Cards, which are mock business cards made for the occasion. They contain a picture (usually a picture of the graduate), the name of the school, name of the Russ candidate and a slogan of their choosing. Younger children are eager to collect these cards and run around asking the "Russ" for cards during the day. Many Russ will buy a van or a bus as a group and use it as a place to party and for transportation. They paint the vehicle red or blue and they fund it by getting advertisements put on the car. These cars are often old and in poor condition.

The 17th of May is their last day celebrating and they are up all night the night before. They traditionally drive around waking up their teachers early in the morning. They join the parade in the city and normally run around cheering and being happy. Russ have their own parade in the afternoon where they drive their cars around and some walk with banners. This is an event people come to watch. They make political statements and act out small plays while parading through the community.

May 17th, Norway's National Day - Grunnlovsdagen

This is the biggest celebration in Norway and one of Norway's favourite holidays. It celebrates the signing of the National Constitution, which took place in Eidsvoll on May 17th, 1814. Traditionally, Norwegians wear their National costume "bunad" or parents will purchase new clothes for their child specifically for this day. People dress up in their Sunday best, as this is a day Norwegians are very proud of.

All over the country there are children's parades in the city and town centres. The children carry national flags and they parade with their school, sports club or other extra-curricular activity club through the city streets. Each group or school carries a banner that announces their club or school. There are marching bands and the children walk and shout "HURRAH!!" Many schools and clubs start the day off with breakfast parties before the parade starts.

Everyone watching follows the parade and it concludes at Festplassen near the pond, Lille Lundgårdsvann, in the city centre of Bergen. When the parade is finished, there is a celebration with singing of the national anthem "Ja vi elsker dette landet", the royal anthem "Kongesangen" and a speech.

Ice cream and hot dogs are very popular for the children on this day. After the celebrations in the city, Norwegians go home to celebrate with their family and have a nice meal. The meal differs from family to family, but Norwegians tend to decorate their houses with Norwegian flags and birch branches.

June

Midsummer - St.HansAften

June 23rd is the celebration of midsummer's eve, the longest day of the year. Norwegians celebrate the night with bonfires, music and barbeques. In earlier times, Norwegians believed that fertile land that was lit up by the bonfire's reflection would be extra fertile and that the bonfire would protect against evil spirits. According to ancient superstition, if a young woman picked 7 different varieties of flowers and put them under her pillow that night, she would dream of her future husband.

October

Høstferie

ISB has a one-week autumn vacation that occurs in the middle of October.

Halloween

Halloween (October 31) is not part of Norwegian tradition but is starting to grow in Norway. Some children are seen dressed up and going trick or treating in the neighbourhoods and you can purchase pumpkins to carve jack-o-lanterns. Halloween parties are common with families at ISB.

November

Father's Day – Fars Dag

Father's Day is celebrated on the second Sunday in November. Norwegian children usually get up early to decorate the house and serve their father breakfast in bed. They also might give their father flowers or gifts.

Advent

Advent is the time Christians prepare for the celebration of Jesus' birth or Christmas. It begins the fourth Sunday before Christmas. Norwegians typically have an advent candle holder, which holds 4 purple candles. They light one candle the first Sunday, 2 candles the second Sunday and so on. They have a poem for each candle lit. Norwegian children typically get a homemade or store bought Advent calendar, which starts on the 1st December. The calendars contain a small edible treat or a small present that they open every day until 24th December.

December

Lucia

The day of Saint Lucia is celebrated on the 13th December and is an essential part of Christmas in Scandinavia. The celebrations come from stories told by the monks who brought Christianity to Scandinavia. One legend says that Lucia lit up the lives of poor people in Sicily despite the will of her husband. A more common story is that Lucia secretly brought food to Christians hiding in the catacombs under the city of Rome. She would wear candles on her head so her hands were free to carry things.

Most Norwegian schools celebrate Santa Lucia by children dressing up in white gowns, girls with glitter in their hair and a glitter band tied around their waist and a candle in their hand. Boys will wear a cone hat and have a glitter band tied around their waist. They hold a stick with a star on top. Lucia has a candle wreath on her head and a red ribbon tied around her waist. Lucia leads the school in a procession where the children sing the Lucia song.

Norwegians serve lussekatter, which are yellow wheat buns in a specific shape, decorated with raisins. The colour comes from the Saffron in the recipe and adults drink mulled wine.

Christmas

December 23rd is called Lille Julaften (Small Christmas eve). This is the day that many Norwegians decorate their Christmas tree and make final preparations for the big day.

December 24th is called Julaften (Christmas Eve). This is the day Norwegians celebrate Christmas. The morning is spent with lots of cooking going on and getting ready for the evening's celebrations. Some people go to a church service in the afternoon and light candles on the graves of loved ones. In the evening, Norwegians will typically dress up and have a traditional Christmas dinner. The meal differs from region to region, but in the West of Norway, Pinekjøtt (lamb ribs) or Smalahove (sheep's head) is the traditional meal. In other parts of Norway, they often eat Porkbelly and up North, Cod is the traditional meal on Christmas Eve. After dinner, there is a gift exchange and Julenissen (Santa Claus) arrives with gifts for the children. Some families sing Christmas carols while walking around the Christmas tree and some will also read Juleevangeliet, which is the story about Jesus' birth.

December 25th: 1st Juledag (Christmas) is traditionally a family day. Each family has their own tradition, but it is common for families to stay at home and relax. It is not a day to go and visit friends unless you are invited.

December 26th: 2nd Juledag (Boxing Day) is also a day to relax.

New Year's Eve Celebrations

Norwegians love to bring in the New Year with a big bang and in high spirits of happiness. Early in the evening children get dressed up in wacky costumes and go from door to door singing Carols. It is customary to give the children candy or cookies just like trick-or-treating on Halloween. The evening is usually celebrated with family or friends at a house party. Adults usually get dressed in their best for this occasion.

The Bergen Kommune puts on an official celebration of fireworks in the centre of town. Private households are not allowed to send up their own fireworks in the city centre as a fire precaution because of all the wooden buildings there. Fireworks start in the early evening and build up until midnight. At midnight, private households outside of the centre of Bergen send up fireworks. Everyone empties out into the streets and you will see sparklers and a fantastic display of light in the sky.

Travelling

Airport

Bergen Airport Flesland - www.avinor.no/lufthavn/bergen

There are no budget airlines that fly out of Bergen, although you can get reasonably priced fares on BMI, Norwegian, and SAS if you book early. There are cheap flights from EasyJet out of Copenhagen and Ryan Air flies out of Oslo in Norway or Billund and Aarhus in Denmark.

Airport Express Coach

Flybussen - www.flybussen.no

Bus route leaving every 15 minutes between the centre of Bergen and Flesland Airport. Remember you have to wave a bus down for it to stop.

Public Transport

Skyss

The public transport system in Bergen is operated by Skyss, which provides transport by bus or the Bergen Light Rail (Bybanen) throughout the region of Hordaland. You can plan routes and view time tables with the Skyss Reise app. The stop closest to the school is called "Sandslivegen".

There are numerous types of Skyss cards that you can purchase. You are advised to go to the Skyss ticket office in Bergen Storsenter to discuss your needs. If you have your name on your card and it is lost, you can claim back the amount of money on it and have a new one issued. You can also purchase all fares directly on your phone through the Skyss Billett app.

A one-way bus/tram ticket is quite pricey in Bergen. Children under 6 travel free. Children between 6 and 17 travel half price. Family discount: An adult traveler can bring up to four children for free on Saturdays, Sundays and public holidays. *Remember – in order to ensure bus stops at your bus stop, you must wave it down!*

For more information visit the website: www.skyss.no

Train -Vy

The central train station is located in the city centre across from Bergen Storsenter. Children 0-5 travel free, children 6-17 get 50% discount on single tickets and flex refundable tickets.

www.vy.no

Taxis

Norges Taxi: 08000 - www.norgestaxi.no

Bergen Taxi: 07000 - www.bergentaxi.no

Prices for taxi rides within the city are in the range of 150 to 250NOK.

If you are calling the evening before, you can negotiate a price with the company

Driving in Norway

Traffic Signs and Common Road Words

Norwegian	English
Brannstasjon	Fire Station
By	Town
Stengt	Closed
Åpent	Open
Parkering	Parking places
En veiskjøring	One way
Fare	Danger
Forbudt	Forbidden
Havn	Harbour
Inngang	Entrance
Ingen adgang	No admittance
Nødutgang	Emergency Exit
Ingenparkering mellom 8-17	No parking except during hours indicated
Kvartal	Square
Skolebil	Learner Car
Strand	Beach
Timer	Hours
Utgang	Exit
Vei	Road
Fartskontroll	Speed Control

Bergen Traffic Services Office – Statens Vegvesen

<https://www.vegvesen.no/om%2Bstatens%2Bvegvesen/kontakt-oss/trafikkstasjoner?fylke=Vestland>

Bergen trafikkstasjon (førerkort) : Nygårdsgaten 112, Bergen

Bergen trafikkstasjon (kjøretøy): Heiane 4, Nyborg

E-mail: firmapost-vest@vegvesen.no

Website: www.vegvesen.no

Driver's License

In Norway the legal age for driving a car is 18. Teenagers can start on-the-road driver training at the age of 16.

A valid driving license from any European country, Iceland or Liechtenstein may be used to drive in Norway. If your license from one of these countries is going to expire while you are residing in Norway, you must exchange it for a Norwegian license before the expiry date.

If your driving license is from Japan or Switzerland, you must exchange it within one year of your taking up normal residence in Norway. You are not required to take a practical driving test.

If your driving license was issued from outside the EU/EEA in one of the following countries you must exchange it within one year of taking up normal residence in Norway.: Australia, Canada, Hong Kong, Israel, Monaco, New Zealand, San Marino, South Korea or the USA. In order to exchange it, you must pass a practical driving test.

For more information see: www.vegvesen.no

Seat Belts

Seat belts are compulsory. All children must be firmly strapped in using approved safety seats that match the child's age, size and weight. Children under 135cm must have their own seat or safety restraint.

Children over 36 kilos or 135 cm are not required to use a safety seat.

Headlights

It is obligatory for all vehicles to drive with dipped headlights at all times, even on the brightest summer day. This includes motorcycles and mopeds. Do not forget that right hand drive cars will require black adhesive triangles, usually supplied by the ferry company you travel with, or clip-on beam deflectors, so as not to blind oncoming drivers. Carrying spare headlight bulbs is recommended. They can be picked up at a car dealer, Biltema, and most petrol stations as well as other places.

Visibility Vests

It is compulsory to have at least one visibility vest in your car.

Mobile Phones

It is an offence to use a handheld mobile phone while driving.

Drinking and Driving

Norway has severe penalties for drink driving and the legal limit is very low. One beer or one glass of wine can put you over the limit. There are police roadside checks at all times of the day including 7:00 or 8:00 in the morning.

Medications marked with a red triangle should also be avoided if you intend to drive as they can cause you to fail a breathalyse test.

Speed Limit

In general, the speed limit for cars on Norwegian roads is 80km/h. Fines for speeding are extremely high, so be aware of the speed limit on the roads you are driving.

Exceptions are:

- Residential areas: sometimes as low as 30km/hr. Watch out for speed control bumps. They are not always signposted.
- Built-up areas/town centres: All vehicles 50 km/hr.
- Dual carriageways and motorways: either 90 km/hr or 100 km/hr for cars.
- Motor vehicles towing caravans/trailers may NOT exceed 80km/hr even if the local speed limit is higher.
- Motor vehicles towing a caravan/trailer without brakes – with a gross weight of over 300 kilos – may not exceed 60 km/hr even if the local speed limit is higher.
- Sign posted otherwise.

Pedestrian Crossings

You must always stop for pedestrians in pedestrian crossings marked with stripes on the road and often, but not always, a pedestrian signpost. Responsibility lies with the driver. Pedestrians will take it for granted that the vehicle has seen them and will step out onto the crossing without looking. Be very careful in the winter months when it is dark outside.

Priority Roads

Unless you are driving on a road marked with this yellow sign: ,you must yield for all traffic coming from your right. Be careful as most Norwegian motorists will pull out assuming that you will stop regardless of how fast you are travelling or how close to the junction you are! They have the right of way and the fault for the accident will lie with you.

Toll Roads

Norway has more than 70 years' experience in using road toll payment as a financial instrument for building bridges, tunnels and roads. There are around 50 toll stations in Norway and most of them have automatic fee collection. You can pay automatically by either registering your credit card and vehicle registration number or you can use an auto PASS contract. For more information see the following web page: www.autopass.no

Information about Roads, Distances and Driving Conditions

Phone (inside Norway): 175

Phone (abroad): +47 815 48 991

Webpage: www.vegvesen.no/Trafikkinformasjon

Please note that certain roads are closed during the winter and it is common for mountain passes to be closed or convoy driving to be enforced during the winter.

Mountain Passes

When going over mountain passes, there are often very long downhill stretches when brakes may overheat. To avoid this, drive in a low gear (i.e, the gear you would use if you were driving up the slope). This means you will not have to brake so hard and that the brakes will not heat up so quickly.

When driving up steep slopes, keep an eye on the car's temperature gauge, because the car can quickly overheat.

It is not uncommon for mountain passes to close due to poor visibility or poor road conditions during the winter months. Be prepared for this and monitor the weather reports. In the winter, it is recommended to travel with a shovel and sleeping bag/blankets in case the roads close.

Tyres

There must be a minimum 1.6mm tread on summer tyres and a minimum 3mm tread on winter tyres. Vehicles must not be used unless the tyres have sufficient road grip for the road surface. It is also required that all 4 tyres be the same. You cannot drive in Norway with different types of tyres on your vehicle.

During the winter, you must drive with winter tyres. They can either be with studs (piggdeck) or without studs (piggfri). Studded tyres are allowed from the 1st November through to the 15th of April and Bergen has introduced a piggdeck tax, which you must display in your car window if you have studded tyres. Studded tyres may also be used outside these periods if the weather and road surface conditions make it necessary.

Vehicles weighing 3.5tonnes or more must carry snowchains if ice or snow is expected on the road. These chains must fit the vehicle's wheels. It is recommended that vehicles less than 3.5tonnes carry snow chains if they are travelling outside the local area.

Breakdown and Assistance

You are required to carry a red warning triangle and a yellow fluorescent vest in your car in case of a breakdown or an accident.

If you require salvage or technical assistance with your vehicle you can call the following numbers 24/7:

- NAF: www.naf.no, 810 00 505 (local rate)
- Falken: www.falken.no, 02 222 (freefone)
- Viking: www.vikingredning.no, 06 000 (freefone)

In the Event of an Accident

You are required to carry a red warning triangle and a yellow fluorescent vest in your car in case of a breakdown or an accident. Emergency telephones can be found on mountain stretches and in tunnels.

The following telephone numbers will provide help:

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

Medical and Dental Needs

Norwegian Medical System

Norway has a “user fee” medical system. Adults pay a small amount for medical services and children are free. Once a person has paid a certain amount in user fees they will receive a health care exemption card. There are also private fee-paying clinics in Norway that you can go to.

Emergency Telephone Numbers

Ambulance	113
Police	112
Fire	110

Helse Norge - Health Centers and School Health Centers

In Norway regular health and wellness checks and vaccinations are provided through healthcenters (helsestasjon) and school health centers (skolehelsetjenesten). You may need to contact your closest helsestasjon or school nurse to make sure your child is registered. More information on services provided through Helse Norge can be found at helsenorge.no.

General Practitioner - Fastlege

Most Norway residents are entitled to a regular GP. Once you get your personal number you can find an available GP on the HELFO website www.helfo.no. You may change your GP twice in one calendar year or if you move house and submit a change of address to the Norwegian Population Register. You can also change it if your regular GP leaves the surgery or cuts his/her patient list.

Dental Services - Tannlege

In Norway, children get free dental care until they are 18 years old. Children in Norway usually have their first dental visit at the age of 3 years old. Contact a dentist in your area and ask which dental office your children should go to. They will provide you with all the information you require.

Emergency Doctor and Dentist

In Bergen, when you have a medical emergency, you go to the Legevakt. At times, they can be quite busy and you will be required to wait, but they do prioritize patients based on the severity of their ailments.

Opening hours: 4 - 10pm (Mon – Fri) and 12 - 6pm (Sat, Sun, red days).

- Centre of Bergen – Bergen Legevakt (Vestre Strømkaien 19 - close to the bus station): 55 56 87 60
- Bergen South - Fana Legevakt (at Nesttun Kommunehus): - 55 56 13 00
- Bergen West - Loddefjord legevakt (at Vestkanten Shopping Centre): 55 51 33 70
- Bergen North East - Åsane legevakt (at Åsane Shopping Centre): 55 56 70 00

Private Doctors

Volvat Medisinske Senter in Bergen - www.volvat.no/sentrene/volvat-bergen/
Laguneveien 9, by Lagunen Senter
Tel. 55 11 20 00

Aleris Sykehus and Medisinsk Senter in Bergen - www.aleris.no
Marken 34, 5017 Bergen
Tel. 55 59 99 99

Pharmacies/Chemists - Apotek

Some common medicines, such as cough mixtures, anti-fungal creams, mouth-ulcer gels and mild painkillers (paracetamol or ibuprofen) can be purchased over the counter, but often you will need to see a doctor to obtain a prescription first. Pharmacies/Chemists can be found all over Bergen. Some common shops are Apotek1, Vitus Apotek or Boots.

The apotek in Bergen Storsenter is open Sunday and Bank holidays: Vitus Apotek Bergen Storsenter, Strømkaien 8, 5015 Bergen - Tel. 55 21 83 84
Opening Hours: 8:00 to 23:00 (Mon - Fri), 13:00 to 23:00 (Sat, Sun, red days)

Recycling and Rubbish Collection

BIR is the waste management company that operates in the municipality of Hordaland. There is lots of information on their webpage www.bir.no. Most of it is in Norwegian, but just run it through Google translate to get the language you require.

Returnable Bottles

Most bottles such as plastic bottles (mineral water and sodas) and metal beverage cans (beer and cider bottles) are returnable in Norway. If they have a recycling sign on them with PANT or a kroner amount then they can be returned.

Refundable bottles or PANT bottles/cans can be returned at any grocery store using the bottle return machine that is usually close to the entrance of the shop. You insert the bottles or cans in the returns lot bottom first. When you are finished, you press on the green button, which gives you a receipt that you bring to the check out where you can get your refund.

Paper Recycling

Paper, cardboard and drinks cartons:

- Newspapers, magazines, advertising, stationery, all kinds of cardboard and drinks cartons.

- Not: Soiled or wet paper/cardboard.
- Note: Brown paper provided separately at some stations.

You will have a container with a blue lid at your home for paper recycling. It gets picked up once a month. There are also paper recycling skips at various drop-off spots around Bergen.

Plastic Recycling

- Plastic packaging
- Plastic bags, large plastic cups and plastic bottles, shopping bags and other plastic packaging in large flakes. Styrofoam from packaging.
- Note: Plastic for recycling must not be soiled. Deliver anywhere in the BIR's collection bag.

You can pick up rolls of clear plastic bags for free at KIWI and some other grocery stores. These are to be used **ONLY** for plastic recycling. They are normally in a box on your way out of the store. You can place your plastics in these bags and put them out on the same day your paper is collected. There are also plastic recycling skips at various drop-off spots around Bergen.

Glass and Metal Recycling

- Glass and metal
- Coloured and clear glass containers and metal containers (cans, lids).
- Not: Ceramics, porcelain, crystal, window glass, automobile windshields.

Glass and metal are recycled in the same skip, so you can leave your lids on your glass jars. These skips are found along the roadside at various drop-off spots.

Lights

Most grocery stores that sell lights also have a spot for you to recycle your old lights.

Batteries

Most grocery stores have a place for you to drop off old batteries. Please do **NOT** throw them in with your household rubbish.

Unwanted Household Items Appliances

- Cookers, washing machines, refrigerators, etc.
- Note: Preferably take to a dealer who sells the same type of product(s).

Electrical Appliances

- TVs, stereos, computers, electrical kitchen appliances, lighting fixtures, lamps, light bulbs, heaters and other electrical equipment.
- Note: Preferably take to the dealer who sells the same type of product(s).

All shops that sell electric household items (Elkjøp, Lefdal, Expert and others) recycle light bulbs, and you can return your old/broken electric household items there.

Garden Waste*

- Twigs and branches
- Not: Soil and rock.

Garden waste (twigs, branches, leaves) must be delivered to one of the BIR Stations. Soil and rocks need to be separated. You cannot take Garden waste and soil & rocks to the Bergen Sentrum Station at Møllendalsveien.

Hazardous waste

- Residue from oil, chemical and paint products, adhesives, solvents (white spirit, thinner) and automotive and rechargeable batteries, pressure-treated materials.

- Note: Pressure Impregnated materials cannot be delivered to our receipt of hazardous waste. Payment obligation. Take the pressure – treated material to a recycling centre and place it in labelled containers.

Waste

- Items that are not working or not included in general waste container. For example, floor coverings, defective furniture, large plastic items such as sleds and covers.

Wood

- All types of clean boards and debris. There is a special site for pressure-treated material.
- Note: Pressure Impregnated materials are hazardous waste. But this type of hazardous waste cannot be delivered to our receipt of hazardous waste and we must take payment for it. Take the impregnated material to a recycling centre and place it in labelled containers.

Metal

- All kinds of pure metals and any objects that are mostly composed of metal.
- Soil and rock*: Soil, small roots, stones, bricks, masonry and concrete debris.
- Not: Plastic bags, garden waste.

PCBs insulating window glass

- Insulating window glass produced during the period 1965 – 1975.
- Note: Available throughout.

Asbestos

- Remains of asbestos from vents, porch boxes, etc.
- Note: Asbestos to be carefully and closely packed with transparent plastic.

Tyres with or without wheels

- Note: Tyres can also be delivered to the tyre dealer.

Textiles/footwear

- All types of clean and usable clothing and shoes.

Note: Preferably take to charity shop (they also accept usable furniture).

Thrift Shops – Gjenbruksbutikker – Brukthandlere

There are many thrift shops or used items shops in Bergen where you can deliver your re-usable goods. A couple of the shops are listed below.

Fretex – Salvation Army

www.fretex.no

- Strandgaten 90/92, 5004 Bergen
- Lars Hilles gate 14, 5008 Bergen
- Lagunen, Laguneveien 13, 5239 Rådal

Misjonssentralen GjenbrukAS

www.misjonssentralengjenbruk.no

Hardangerveien 543, 5268 Haukeland

55 24 31 90

Dump/Tip

BIR has 11 recycling stations in the municipality where private households can deliver sorted bulky waste. There is a charge for delivering some of the items to the depots.

Opening hours:

Mon & Thurs. 10.00- 20.00

Tues, Wed & Fri 10.00- 17.00

Sat.09.00- 16.00

BIR stations around Bergen:

Bergen Sentrum, Møllendalsveien 31

Tel.55 52 71 47

Bergen, Åsane, Salhusveien

Tel.55 52 71 50

Bergen, Ytrebygda, Espehaugen

Tel. 55 52 71 55

* Not at all stations

Fusa, moors: No garden waste + soil and rock

Bergen, Møllendalsveien: No garden waste