



First Month in Norway:

A Practical Checklist for International Students

**Brought to you by Cisco, helping students
thrive in Norway**

Velkommen til Norge!

Moving to a new country is both exciting and overwhelming, and we've been there too.

Starting university in Norway means new friends, new traditions, and a new culture to explore.

This guide is here to help you settle in, make the most of your first month, and start building your future in Norway with confidence.



Essential Logistics

Before diving into classes and student life, there are a few must-do steps to settle into Norway smoothly.

Think of this as your starter checklist for everyday life.

Get your student card + register for the semester

The card gives you access to campus buildings, libraries, and exams.

Don't forget to confirm semester registration on Studentweb.

Sort out transport

Students get discounts on buses, trams, and trains. AtB (Trondheim), Ruter (Oslo)

Download the transport app for tickets.

Health & safety

Get to know SiT (student health + counseling) for support with both physical and mental health.

Download These Before You Forget



Public transport apps (buy tickets, check timetables)
AtB, Ruter



MazeMap – Interactive campus maps (lifesaver for finding classrooms)



Blackboard – University's learning platform (lectures, assignments, announcements)



Studentbevis app – Your official digital student ID for discounts and verification

Campus & Social Life

University is more than just lectures – it's about building connections, finding your community, and creating a sense of belonging in Norway.

Getting involved early can make your semester (and your whole degree) much more rewarding.

Join Fadderuke (Buddy Week)

Your first week at NTNU (or any university in Norway) is usually filled with social activities to help you meet new people. Don't worry if it feels overwhelming – everyone is there to make friends.

Sign up for student organizations

Norway has a huge student culture. NTNU has everything from academic groups to sports clubs to cultural associations.

For those in Trondheim, the legendary Samfundet is Trondheim's student hub, with concerts, events, and volunteering opportunities. If you're international, ESN (Erasmus Student Network) is a great way to meet others.

Explore campus libraries + study spots

Every campus has cozy and quiet places for studying. Knowing where to go can make your life much easier during exam season. Try Dragvoll's reading rooms, Gløshaugen's tech library, or SIT's common spaces.

Find your go-to café/study corner

Having a regular spot helps you feel at home in a new city. Trondheim has tons of student-friendly cafés where you can grab coffee, read, or meet classmates.