STUDENT LIFE IN TRONDHEIM

Office of International Relations
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Opening hours: Mondays-Fridays: 10.00 - 15.00

International House, Gløshaugen Campus

NTNU
Innovation and Creativity

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About NTNU

NTNU – Innovation and Creativity

The Norwegian University of Science and Technology (NTNU) in Trondheim represents academic eminence in technology and the natural sciences as well as in other academic disciplines ranging from the social sciences, the arts, medicine, architecture and the fine arts. Cross-disciplinary cooperation results in ideas no one else has thought of, and creative solutions that change our daily lives.

Office of International Relations

The staff at the Office of International Relations at NTNU helps incoming international students as well as students and staff at NTNU. We provide guidance and counselling to those who require our services, we try to make excellence the rule. Main activities:

- advising international students who apply for admission to NTNU
- advising students at NTNU who want to study abroad
- assisting incoming and outgoing students with practical arrangements
- helping staff and departments at NTNU to implement new cooperation agreements and maintaining current ones
- acting as the liaison between NTNU and outside agencies, scholarship or educational programmes

Norwegian University of Science and Technology

The Norwegian University of Science and Technology (NTNU) in Trondheim has an 800-year tradition in education that goes back to the first cathedral school established in Norway in 1210. Since that school opened its doors to a select few, university life in Trondheim has undergone many changes. NTNU was established in 1996 and merged the Norwegian Institute of Technology (NTH), the College of Arts and Sciences and the Museum of Natural History and Archaeology.
NTNU offers professional degrees, university studies, and interdisciplinary programmes of study and master's degrees in English.

- NTNU has 7 faculties and 52 departments.
- There are 20 000 registered students at NTNU, of these approximately 1000 are international students.
- On average, 2500 degrees are awarded each year.
- 200 PhD degrees are awarded per year.
- There are about 3500 members of staff. Over half of the staff are in academic or scientific positions.
- NTNU participates in the European Union's framework programmes, Socrates and Leonardo da Vinci; also in the Nordplus programme, Noma programme, and the Quota Programme for students from developing countries, Central and Eastern Europe.
- NTNU has sponsorship and cooperation agreements with Norwegian and international business.

Campus overview

There are two main campuses at NTNU: Gløshaugen and Dragvoll. Some faculties have facilities on both campuses but there is a majority of technological studies at Gløshaugen and a majority of arts and social science studies at Dragvoll. Some departments are on other campuses.

Gløshaugen
consists of a one kilometre belt of buildings overlooking the centre of Trondheim, with the following faculties and institutions:

- Faculty of Architecture and Fine Art
- Faculty of Engineering Science and Technology
- Faculty of Information Technology, Mathematics and Electrical Engineering
- Faculty of Natural Sciences and Technology
- Faculty of Social Sciences and Technology Management (Department of Industrial Economics and Technology Management)
- University Administration
- NTNU Library
- International House
- Student Welfare Organization
- The Norwegian Building Research Institute
- Norwegian Pulp and Paper Research Institute
- SINTEF (Foundation for Scientific and Industrial Research)
- Ergo Runit AS

Dragvoll
is NTNU's second largest campus and has the administration of the Arts and Social science faculties as well as the following faculties and institutions:

- Faculty of Social Sciences and Technological Management
- Faculty of Arts
- NTNU Library – Arts and Social Sciences
- Programme for Teacher Education (PLU)
- Norwegian Centre for Child Research
- Plant Bio Centre
- Centre for Continuing Education
- Centre for Environment and Development
- Centre for Rural Research
- Centre for Technology and Society

Departments and parts of NTNU on other campuses

Tyholt

- Department of Marine Technology along with the Towing Tank and Ocean Basin Laboratory.

Lerkendal/Valgrinda

- Department of Petroleum Engineering and Applied Geophysics
- Department of Production and Quality Engineering
- Department of Hydraulic and Environmental Engineering
- Library
- SINTEF (Foundation for Scientific and Industrial Research)

Øya

- The Faculty of Medicine and St.Olavs Hospital.
- SINTEF (Foundation for Scientific and Industrial Research)

Kalvskinnet

- The Museum of Natural History and Archaeology, the Institute of Archaeology and the Institute of Natural History. The Museum of Natural History and Archaeology is also affiliated with the Ringve Botanical Gardens at Lade and the Trondheim Biological Station located on the fjord just west of the city centre.

Brattøra Research Centre

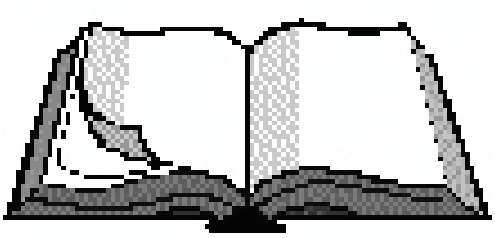
- Here you will find those involved in aquaculture activities in the Department of Botany and the Department of Zoology along with those in zoology who are working with ecological physiology.

Academic year

Each academic year at NTNU is divided into two semesters. The autumn semester starts in August. There is an orientation for international students the week before which includes the matriculation ceremony. Lectures are held until the beginning of December. Exams are in December and January, with vacation before and after Christmas.

The spring semester starts in January and lectures end at the end of April/beginning of May. Exams are from May until mid June. There are some courses being given during the summer. For information about these please contact the administration.

Every faculty has its own bulletin board where student organizations and the faculty post their messages. It is your responsibility to check the bulletin board regularly. There is a student postal service on every campus where you receive personal messages and mail from the university administration. At the Gløshaugen campus the mail will be delivered to you at Student Postal Service (stud. post). At Dragvoll it is delivered at "Velferdsrommet" ground floor. Each student is assigned a stud. post number on the basis of their last name.



Student organizations

Student democracy is well developed at NTNU. There are students on almost all major boards and councils. You will find a list of student organizations on www.stud.ntnu.no/studorg/ . Several programmes of study have their own academic student organizations (linjeforening) and joining one of these is an excellent way to meet Norwegian students with interests similar to your own.

Studenttinget (The Student Parliament)

The Student Parliament represents the highest level of student organization at NTNU. They work with the leading administrative and strategic level at the university, and are engaged in matters that concern all students.
The Student Parliament consists of 25 students from all faculties. The Parliament chooses its own leadership, which consists of three people. These three are engaged full time, and are together with three representatives of the Student Parliament in charge of the day-to-day work of the organization.
The Student Parliament meets about every three weeks, where they decide matters such as quality of studies, quality of the students' working environment and internationalization.
Student representatives on different boards and committees at NTNU are elected by the student body. The Student Parliament also deals with matters that are not directly linked to students at NTNU alone, such as offers about public transport, requirements for entering higher education and systems for financing education.
Representatives to the Student Parliament are elected each autumn, and all students at NTNU can be elected and are permitted to vote. The meetings are open for all students at NTNU.

Contact information:
sti@org.ntnu.no
Phone / fax: + 47 73 59 32 88 / + 47 73 59 14 44

www.studenttinget.no
This homepage is continually updated with student-related news from all over the country. Here you can also find forums for discussion, polls and links to other student groups.

The student committees (SU)

SU represents the students through contact with the governing bodies of NTNU. There are five separate SU´s.
SU for technological studies, SU for natural sciences, SU for arts and social studies, SU for architecture and fine art and SU for medicine and the natural sciences.

Linjeforeninger - Academic Student Organizations

A large number of students become involved socially through their linjeforening. These organizations are mainly occupied with activities related to studies, but the overall goal is social contact between students with similar backgrounds in their studies.

Some of the oldest Linjeforeninger are H.M. Aarhønen (Civil Engineering), Bergstuderendes Forening (Geology and Petroleum), Høiskolens Chemikerforening (Chemistry), A.F. Smørekoppen (Product development and Production), Nabla (Physics and Mathematics) and St Omega Broderskap (Electronics and Cybernetics). These have had an influence on both the style and organization of linjeforeninger to come. Some of the more recent active Linjeforeninger at Dragvoll include De Folkevalgte (Political Science) and PSI (Psychology).

Most linjeforeninger have initiation trials for those becoming members. This is mostly harmless fun for old members on behalf of the members-to-be. The linjeforeninger arrange meetings, parties, presentations of companies and many other events. Most linjeforeninger have a access to one of the basements at Moholt student village, where parties are held.

Some are more active than others, and it is therefore difficult to give a full overview of them all. The presentation that follows, however, gives you an insight into the main ones for studies in medicine, technology and natural science.

As you will see, meeting new friends is easy through the network of linjeforeninger.

Academic Student Organizations (linjeforeninger) for students in engineering, architecture, natural science and medicine

Gløshaugen campus

A/F Smørekoppen is the academic student organization for Product Development and Production, and was established in 1929.

Our main function is to organize social events, such as the yearly trip to Åre and theme parties. We also invite companies to present themselves, to ensure good contact between students and the industry. Smørekoppen consists of a board and several committees, which is responsible for our basement at Moholt student village, the theatre show in cooperation with the student organization EMIL and our workshop to mention some.

In the beginning of the year we have a buddy programme so that the new students could get to learn each other, NTNU and Trondheim. We hope all new students will join!

Visit us:
In our office in the basement in Sentralbygget (between 12 and 13 every weekday), or on our webpage: http://www.stud.ntnu.no/groups/smore/
Contact:
Lene Jermstad, leneboks@stud.ntnu.no

Volvox og Alkymisten is the academic student organization for chemistry and biology students attending the open bachelor and master programmes. This differentiates us from HC (Høiskolens Chemikerforening) which is primarily an organization by and for students of Master of Science programmes (former Sivilingeniør).

Volvox og Alkymisten is run by a board of nine student volunteers.

Besides handling important aspects of our members' academic life, we arrange social gatherings throughout the year. Yearly occurrings that are of special interest to the fledgling student: Getting acquainted (not to mention Getting better acquainted), Christmas Ball and Krabbefest. Most important to any new student is our buddy programme, which seeks to establish a good and lasting relation between new and old students.

The office of Volvox og Alkymisten is situated at the northern entrance of Realfagsbygget and the chemistry buildings.

Please do stop by us if you have any questions regarding our organization or anything else for that matter; we will be glad to help. If no one is in at the moment, leave a message in our post box, or come back later.

Contact information:
Email: volvox-styre@list.stud.ntnu.no
Telephone: (+47) 73 59 60 22

Website:
http://org.ntnu.no/volvox/?site=home

Linjeforeningen NABLA
mastergradsstudiet i fysikk og matematikk

Nabla is the academic student organization for those who study physics and mathematics (Master of science).

Its purpose is to provide the students with social activities, so they can withstand the pressure of everyday life.

In the beginning of the academic year, Nabla arranges welcome parties, and forms groups consisting of both old and new students. The older students work to help the newcomers adjust to the university and their class. They make sure that you get new friends, and arrange social events. They can also help you with more mundane issues, like how to enrol for different courses and so on.

In addition to this, Nabla arranges a lot of traditional events/activities throughout the year, like The XVII Jacobian Wintergames, UFO excoursion to Hessdalen and skiingtrip to Åre.

You can reach us at nabla@nabla.ntnu.no,
or go to www.nabla.ntnu.no
Contact person: Tea Sormbroen Lian, teasormb@stud.ntnu.no

Høiskolens Chemikerforening, HC is the student organisation for the students at Master of Technology in Chemistry and Biotechnology. We are here so that your stay in Norway can be as special as possible and to make our new students feel like home.

We will be organizing lots of parties and get-togethers already from the 13th of august. There will be barbequing, treasure hunting downtown Trondheim, a trip to Gråkallen and Bymarka where you can go hiking in the summer and skiing in the winter, and lots of other fun stuff.

Our office is open almost around the clock. Here you can surf on the internet, check your e-mail, play card with fellow students, take a cup of coffee (we have our own machine, only 3 NOK pr cup!!) or just sit in the sofa and reed our own newspaper, Sugepumpen.
Welcome to us ☺

You should join HC if you study:
Chemical engineering

- Biotechnology
- Organic chemistry
- Inorganic chemistry
- Physical chemistry
- Electrochemistry

Website: http://www.hc.ntnu.no/

EMIL is the academic student organization for students on the Master of Science programme in Energy and Environment. Founded in 1998, it is a fairly young but energetic organization. It is one of the most active groups at NTNU.
If you enjoy writing, we have our own newsletter, if you have an actor hidden inside you, we are setting up a theatre show every year, in cooperation with Smørekoppen, the student organization for product development and production. We have our own Gourmet committee for the gastronomes, and a sports' committee to make sure you get rid of the extra weight you gain with them. The list of activities within EMIL is long. We also invite industrial companies to NTNU, to make sure the contact between students and future employees is good. At last but not least, we throw a respectable amount of parties!
In the beginning of the academic year, EMIL runs a buddy programme, so that the new students get to know the university, the city, and most importantly the other students. These weeks are packed with barbeques, parties, trips and other social activities. We are looking forward to getting to know you.

Contact information:
emil-styret@stud.ntnu.no
phone: +47 73 56 11 45
www.ntnu.no/emil

Bergstudentenes Forening, BSF, is one of the oldest student organizations in Trondheim. The members are students who study geology and/or petroleum materials technology. Every year we host several traditional parties. Announcements are posted on billboards. We also have an orchestra, Berseblæsten, and two choirs, Lapis Audio (Male) and Spinell (Female), so if you play an instrument, or like singing, without having to be very talented, contact us.

For contacts: email bsf@list.stud.ntnu.no , visit our office at B055 in "Bergbygget" or check our website at http://org.ntnu.no/bsf/

De Høylegerte

De Høylegerte or DHL, is an interest group for students studying materials science at NTNU. We are a member of Bergstuderenes Forening or BSF, and thereby form a subgroup for this particular field of study. We try to make a good social environment for our members during their time at NTNU.
Come visit our lunchroom which is situated at 1.st floor in Bergbygget for a friendly chat.
Homepage: http://org.ntnu.no/dhl
Gunstein Skomedal
Bedriftskontakt DHL
+47 911 13 267
dhl-bedrift@list.stud.ntnu.no

H.M. Aarhønen is a non-profit organization representing students studying civil engineering, construction and building, environmental studies, water, roads, and project management.
We have a buddy program for new students. The students are divided into groups of approximately five students, with one buddy per group. The buddy can help with general advice. Our goal is to improve our members' welfare. We do this by organizing happenings so "Bygg-students" can get to know each other. These happenings are mainly arranged for new students, but we also have arrangements that others can join. Contact us by sending an email to: aarhonen@stud.ntnu.no
You are welcome to join us.
Website: http://www.aarhonen.ntnu.no/

Abakus is an academic student organization for students in the computer science and communication technology programmes at NTNU. It is run by students who, on a voluntarily basis, arrange parties, study related courses, presentations of companies and much more.
It also runs a buddy programme in August that is an offer to all new students in our subject areas. Older students take care of the new ones during the first couple of weeks, by taking them to different arrangements like parties and barbeques, answering questions and showing them the campus and the city.

If you have any questions about Abakus or the buddy programme that we organize for international students, please send an email to:
abakus@abakus.no
Website: http://abakus.no/news/

Industrial Engineering and Management (IEM) at NTNU focuses on the integration between technological understanding and management skills. Students are challenged to enhance their analytical capabilities, engineering knowledge and practical management experience through a wide range of different choices. IEM is one of the smallest areas of technology at NTNU, and this creates a good and friendly student atmosphere. Three different student organizations all connected to IEM, take care of the students' well being. Bindeleddet creates a connection to the professional world, ESTIEM is concerned with international networking and Janus encourages the students to participate in various social activities.
Website:
http://www.bindeleddet.ntnu.no
Email: kontakt@bindeleddet.ntnu.no

Contact information:
Website: http://org.ntnu.no/janus/
Email: janus@org.ntnu.no

The Omega brotherhood is one of the oldest brotherhoods at NTNU. If you study cybernetics or electronics, you should definitively consider being a part of the 86-year-old traditions that we have to offer. The main objective of “Omega” is to maintain the social and academic interest of the brotherhood, by arranging social events and inviting companies to information meetings. We have a certain number of thematic parties every year, held at different locations, where all Omega brothers are invited. We party a lot, the Norwegian way.

Contact information:
hs@omega.ntnu.no
http://www.omega.ntnu.no/

Online
Linjeforeningen for Informatikk

Online is the student society for all students that study IT-subjects at NTNU. Our main goal is to make your time as a student in Trondheim as nice as possible. To achieve this we arrange parties and various other social events and we arrange short courses on different subjects. We also cooperate with a lot of companies to help bring potential employers in contact with potential employees. In order to facilitate this we most often arrange a presentation followed by dinner, so that students can talk to the recruiters and other employees in a social setting.

The student community is of course also a social club, and it is a good way to meet new people and make new friends. To help people get a smooth start we arrange a "Welcome Week" ("Fadderuke" in Norwegian) at the start of the fall term. Here everyone that wants to participate is divided into small groups that each has an older student as a guide/mentor. These groups can then participate in the various events during the "Welcome Week", such as BBQ at the fortress, quiz-night, a guided tour of "downtown" Trondheim, going for a go-cart/bowling/pool night and much more. The details will be given at the start of the term.

Everyone is also welcome to visit us at our office at the 2nd floor of the computer lab building ("P15" or "Høyskoleringen 3"). You can go there for a chat or to get help figuring out student-related problems. If we can't help we will most likely be able to tell you who can. You may also visit our webpage http://www.online.ntnu.no for information about upcoming events (this is mostly in Norwegian). If you have any questions you can contact us at hovedstyret@online.ntnu.no

"**Hybrida** is the fraternity or "linjeforening" for students doing the Master of Science program in Engineering and ICT at NTNU, Trondheim. It's a fairly new program; we are only four years old, but still has a great deal of traditions and activities for you to participate in.

Hybrida differs from the others academic student organizations in that the students don't choose their major until the third year, they just study basic math and computer science first. Then they choose a main profile within the IVT Faculty (Construction, Production, Marine Technology, Geology and Petroleum Technology, etc). Therefore Hybrida takes a wide range of students, and if you do computer science and some engineer subjects as well, you will fit well in our group.

Our main goal is the promote solidarity and brotherhood within Engineering and ICT, doing so by throwing arrangements of a social and academic art.
In the beginning of the school year, we have a buddy program, where the older students show the new students around, take them to parties and such, and let them get to know the others in the program. Later we arrange student trips to Røros and a skiing-trip to Åre, Sweden. We also arrange a monthly come together at "Den Gode Naboen" and enjoy a beer and good stories, and play soccer once a week - the opportunities are plenty!

If you want to know more, feel free to contact us at:
E-mail: hybrida@org.ntnu.no
Phone: 73 55 05 41 or read more at
Website: http://www.hybrida.ntnu.no (in Norwegian only, sorry)"

Timini

Timini is the student organization for the nanotechnology students at NTNU. Timini is only a year old, but is already a very active organization. We arrange various social events for our members, such as the big BuckyBall, a ski trip to Åre in Sweden, and various other parties and trips. We have our own men's choir, and a sports group with many branches, including soccer, martial arts, orienteering and skiing. Timini is also in the process of establishing good ties to the Norwegian industry, ensuring opportunities for the future nanotechnologists.

Delta

Delta is the academic student organization for students in physics and mathematics attending the bachelor and master programmes in natural sciences, contact information: http://linjedelta.net/

ARKITEKTENES LINJEFORENING

ALF Arkitektenes Linjeforening (The Architecture students Union)

ALF is an organisation run by architecture students and is mainly occupied with planning parties and social arrangements, trips, and courses in 'croquis', drawing and other subjects more or less related to architecture. Our goals are to make a better social arena outside the classroom and to improve the relationships between new and experienced students. We will also try to improve our cooperation with other student organisations and towards the building industry.

Contact information: alf-styret@list.stud.ntnu.no
Web page (Norwegian): http://org.ntnu.no/alf

Øya campus

Placebo is the academic student organization at the Medical Faculty. The board consists of nine enthusiastic med. students who try to positively affect the student's everyday life. We organize different arrangements; movies in the auditorium, classes in wine-tasting, trips to the chocolate factory and more.
We include different sports activities, such as hockey and bandy, but we also have a variety of equipment for other activities, like climbing and camping. In addition we arrange a scandalous trip to Åre in Sweden after Christmas. This is a trip you certainly don't want to miss: four days of endless skiing, After-Ski and parties.
Placebo also has guitars and drums for the music-interested.
At last, but certainly not least, we arrange LOTS of great parties! These begin with "fadderuka"; one whole week where the new students get to know each other and the city, as well as other students at the faculty and the rest of the University through trips and parties. From this, the autumn continues with endless festivities all the way to Christmas. After the Christmas holiday we pick up where we left, and continue until it is exam time (round Easter.). Hopefully we will give you a fantastic ending with a last party after the final exams!
placebo@stud.ntnu.no

SOMA is an academic and social student organization for all master students at The Faculty of Medicine (Det Medisinske Fakultet). This includes the master's programmes of Molecular Medicine, Neuroscience, Health Science, Child and Adolescent Mental Health and Exercise Physiology and Sport Science.

The purpose of SOMA:

- create communication between the different master programs
- organize social events
- be an academic meeting place
- market the master programs according to recruitment and employment

About 10 voluntary students operate the SOMA organization. We run a buddy program in August that is an offer to all new students in the master's programmes. Older students take care of the new ones during the first couple of weeks. This includes arrangements of social events,

answering questions and showing them the campus and the city. Outwards the school year the social events continue and we also arrange different academic courses.

Please check out our web site http://org.ntnu.no/soma/ or contact us at soma.ntnu@hotmail.com. You are welcome to join us!

Tyholt campus

TYHOLT CAMPUS

The student organization Mannhullet is for students studying Marin teknikk (Master's studies in Naval Architecture and Marine Engineering). If this is your field of study, you should definitely join Mannhullet. We were established in 1917, and are very proud to continue the traditions passed on since then. We arrange parties, excursions and practically everything that has to do with the social life of our student body. We also have several different sub organizations that manage the following:

"Steinbiten III" - our 37 foot sailingboat, to satisfy your yachting needs.
"Havfruen IV" - a 24 foot motorboat, perfect for fishing and diving
Tåkeluren - singing just for fun (You don't need any singing talent at all!)
MiT - Mannhullets theatre group puts on a great show for the other students!
Bedriftskontakt - The company connection – Link between the students and the maritime industry
Marina - newspaper for maritime students at NTNU
Turlaget Coma – Arrange exucursions, hiking, skiing…
Skipslogen – this is where we have our partys, watch sports on tv...
NTHS - shippingcongress for maritime students in Scandinavia

If any of this applies to you, you can contact us via this email address:
mannhullet@marin.ntnu.no
Hope to hear from you!

For students in humanities and social sciences:
"Fadderordningen" at NTNU DRAGVOLL CAMPUS.

FADDER

Dragvoll Campus has its own orientation week for the new students. During the first week of the semester each new student is assigned a "Fadder" – who is a senior student at NTNU who will guide you and the rest of your group of new students during the first 8 days. We will divide all new students into groups of about 15-20 people who all are studying the same subjects. This is an excellent opportunity to get to know your classmates, the student life at the university and Trondheim!

Contact us for more information at fadder@list.stud.ntnu.no or see http://www.ntnu.no/fadder for more information.

The International Buddy programme at NTNU- for all international students- arranged by International Student Union (ISU)

This is run by students who have experienced the adventure of being an international student at NTNU. As an international student at NTNU you will get new friends from all over the world, who are in about the same situation as you. Every day you will experience the Norwegian culture, and this may be quite different from what you are used to. Norwegians are usually very helpful, however they have their own lives, duties, interests, and often a different rhythm of life than the international students. It can therefore be difficult to get to know them, and it happens that international students never make friends with any Norwegian at all. Hence the Buddy programme. Our buddy programme contacts Norwegian students with the help of the Norwegian student organizations, the Student Parliament and the Office of International Relations. The Buddy programme will put you in contact with a Norwegian student who becomes your personal buddy - somebody who knows a lot about the university, social life, places to go, and who has contacts with other Norwegians. The buddy will take time to meet you and join various activities with you. We also organize several activities for buddies and their guests throughout the semester. To join our buddy programme, just fill in the form at www.buddy.ntnu.no

International Student Organizations

BEST (Board of European Students of Technology)
BEST works in close collaboration with student associations and university authorities, to improve the exchange of technological students in Europe.

ESN (ERASMUS Student Network)
The organization works to integrate international exchange students in the student life at NTNU. Priority tasks at the moment are to build a buddy system and reception programme. Throughout the year ESN arranges trips, parties, excursions, and meetings.

IAESTE (International Association for the Exchange of Students for Technical Experience.)
IAESTE provides students at institutions of higher education with technical experience abroad relative to their studies in the broadest sense. For many students this takes the form of short work placements abroad.

ISU (International Student Union)
ISU works for international students' rights in Norway. It is also in charge of many arrangements throughout the year.

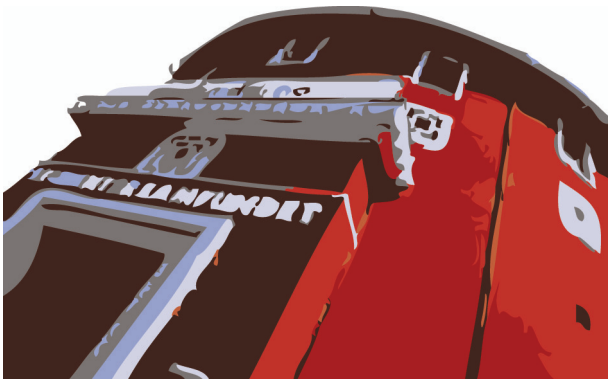
ICOT (International Club of Trondheim)
ICOT was established by a group of international students studying at NTNU. The International Club of Trondheim (ICOT) is a non-profit, non-political and purely social organization for students and their families.

Religious Organizations
There are many religious student organizations at the university. Some of them also have their own sports clubs. Further information on religious organizations can be found at www.stud.ntnu.no/studentorg

The Student Society in Trondheim

STUDENTER SAMFUNDET

Apart from housing the biggest nightclub in Trondheim, with dance floors, DJs, lounges, and 6 bars, the round, red building by Elgeseter bridge has several other offers for you. 1200 students work voluntarily to run the restaurant, café, football pub, library, theater, and cinema. Samfundet hosts weekly meetings on everything from religion and politics to how you make ordinary household-objects blow up. Many guest speakers, ranging from ministers to comedians visit Samfundet.
In the heart of the building you will find the largest of Samfundets stages, the great hall “Storsalen”. Designed like a circus, it keeps giving us unforgettable concert experiences with local bands, a well as world famous artists, in a variety of genres from rock and metal to pop and hip-pop, several days each week. Every once in a while Samfundet hosts theme parties, like 70ties parties and the very dressed up masquerade ball.
Membership at Samfundet gives you free entrance to the house, which includes meetings and several concerts, discounts on food and drink, and cheaper concert tickets.
Whether you choose to join Samfundet as a member, or want to apply for admission in a voluntary group, it is definitely one major step in the direction of having a great year!



Leisure activities

Studenterhytta

Studenterhytta is a lodge that is owned by the Athletics Union NTNUI in Bymarka (the hills and forests to the west of the city). A full-time employee runs the lodge together with a student board. It has 41 bunks, and to stay the night costs less than NOK 50. Even breakfast is not expensive. If you choose to use the lodge often you can buy an overnight card. This costs approximately NOK 100 and you can spend as many nights as you like in one semester. Inside there is a modern locker room with showers and a mixed gender sauna. You can have dinner every weekend. On Saturdays they serve pancakes, but on Sundays the menu varies. On these days you must order dinner at least two hours in advance. Phone: 72 56 19 65. The price is low by Norwegian standards.
There are many traditional arrangements at Studenterhytta. With its location in Bymarka Studenterhytta is a natural starting point for trips both in summer and winter. During exams, Studenterhytta is open for studying. You bring a lamp for reading, and you get full board and lodging. To get to the Student hytta, follow the signs after you arrive at Skistua (see below), which is 300 m from the cabin. There are several ways to get there: Take bus number 10 from Dronningens gate all the way to Skistua. Take the tram from St. Olavs gate (no. 1) to Lian and walk 3 km up along a trail. Take either bus 8 or 9 and get off at the Folk Museum (Folkemuseet). Walk 5 km up Fjellseterveien. If you have a car you can drive there since the road goes all the way to the hytta. Tuesdays there is a Hyttebuss that goes to Studenterhytta from Steinan at 18.00, passing Moholt, Gløshaugen and Studentersamfundet. Return at 22.00. For further information about the hytta, see www.ntnui.no/hytta/

Koier

For a real taste of Norwegian life you should experience the log cabins (koier) run by NTNUI. NTNUI has about 25 koier in the forests/mountains. These vary in size and equipment from small tuft huts that will take two, up to koier with many bunks. The price for one night is approximately NOK 50 for members of NTNUI depending on the koie. In addition, you must pay a small reservation fee. You have to sign up for

the koie in advance. Make sure that you have a large scale map, some of these koier are difficult to locate. For further information about the koier you can look at the koietavle at Stripa (at Gløshaugen) or Dragvoll, or the the book Koieboka which can be bought from the bookstores at the different campuses. Koieboka describes most of the koier, how to get there and gives you tips on some tours you can take when you are at the koie. For further information, see www.ntnui.no/koiene/

Sightseeing

Trondheim celebrated its millennium in 1997 and boasts quite a number of historical buildings. Some of these are the Nidaros Cathedral, Kristiansten Fort and Munkholmen (small island outside Trondheim). The city is surrounded by vast recreational areas, ideal for sports activities and relaxation. In general, the possibilities for recreation and sports are extremely good in Trondheim and have been highly praised by exchange students. The hilly forests east and west of Trondheim are a must for nature lovers. The largest, Bymarka, lies to the west and Estenstadmarka is in the east. There are several lodges open to the public during weekends, and some are also open one additional weekday. In the winter you can usually go skiing from November until April, although you will occasionally find someone skiing in shorts in May. The ski trails are marked and prepared all winter. You can get a report on the conditions in Bymarka by calling 820 52 050. The reports are given in Norwegian. Every weekend, one trail is specially marked and dubbed "trail of the day". If you like skiing, selecting this trail will offer you the opportunity to experience a variety of terrain in the course of the skiing season. The rest of the year you can explore the forest trails, which range from gravel roads to almost undiscernible paths. They are excellent for hiking and an increasing number of people also use them for mountain biking. Many students living at Moholt/Steinan Student Villages exercise or take a leisurely Sunday stroll in Estenstadmarka.

Ski resorts

There are a several ski resorts around Trondheim. The closest is Vassfjellet Ski Centre (Vassfjellet Skisenter), which is located 20 km from Trondheim. On weekends buses leave Trondheim in the morning and return in the evening. Vassfjellet Skisenter has facilities for alpine and Telemark skiing as well as snowboarding. You will also find a ski school and a sports shop where you can hire equipment. Oppdal, the largest ski/snowboard resort in central Norway, is located about 120 km from Trondheim. The terrain is varied and you will find slopes for beginners as well as the advanced. You can also easily switch between cross

country/telemark skiing, downhill skiing and snowboarding. Oppdal is open every day throughout the winter, provided there is enough snow.
There are buses every weekend to Oppdal. They leave Trondheim in the morning and return in the evening. Many Norwegian students have at least one pair of downhill skies, so ask if you can borrow a pair before you hire. There is also a large ski resort in Åre in Sweden, which is about 150 km from Trondheim. Students often go to Oppdal or Åre after the autumn semester final exams. The telemark group and the alpine group from NTNUI usually go to Oppdal for one week after the winter exams. Quite a few international students have enjoyed going. Even if you have never skied before, you can go, learn when you get there and have a fun time doing so. The students live in cabins six and six together, which is a good way to get to know some Norwegian students. (Prices are reduced on these trips). The snowboarding group also plans excursions to Oppdal.

Sports

The Athletics Union NTNUI

The Athletics Union has more than 8000 members and over 40 different sports groups. NTNUI is a national leader in several sports, and can boast of having had several world champions. However, most students are members for the social aspects and the training. Many international students have enjoyed being a member of one of the groups.

To take part in athletics, you have to be a member of NTNUI. Membership costs 500 NOK per year or 300 NOK per semester. You can buy your membership at the reception at either Gløshaugen Idrettsbygg or Dragvoll Idrettsenter. In the beginning of the autumn semester you can also buy your membership at "Stripa" Gløshaugen or "Gata" Dragvoll. You will get a personal membership card when you subscribe and as a member you can take part in all the activities NTNUI has to offer. For further information see www.ntnui.no

Bicycling

Bicycling is not only an excellent form of exercise, but also a reliable and quick way to travel. Some roads between Moholt/Steinan and the different campuses, and around Trondheim have bicycle paths. Be sure

and buy a copy of the "sykkelkart", a bicycle map of Trondheim, or pick up a free copy at the municipal office building in Holtermannsveien. Since bikes often share the road with automobiles, remember to wear your helmet and use a light when riding in the dark. Also, although you're allowed to bicycle on most pavements, please bike slowly and be considerate of pedestrians. During the winter it is often too slippery to ride a bike, but you can buy studded tyres.
Remember to lock your bicycle whenever you park it. Please note that illegally parked bicycles might be removed. If you want to buy a used bike, check the ads in the local paper almost every day. You can also check NTNU's electronic bulletin board, NETTOPP: http://nettopp.ntnu.no/ under "Annonser". Most of these ads are in Norwegian, but bicycle in Norwegian is "sykkel" and your fellow students can help you with the rest. Often students post a notice on the bulletin boards around NTNU if they are selling their bikes, or other items of interest. In addition, the police arrange an auction twice a year where they sell stolen bikes that are not retrieved and you may be able to find a bargain. You can hire bicycles from Sykkelsenteret located on the far west side of town at Ilevollen 2. Phone number: 73 51 09 40. Price: NOK 140 per day.

During summer the city of Trondheim has bicycles that you can use freely within the city limits, but which must be returned to one of the racks.

Golf
Byneset Golf with its 18-hole master course is situated about 20 km southwest of the centre of Trondheim. In Bymarka there is a 9-hole golf course. You will need a green card to play, and in addition you must also be a member of a golf club (bring documentation), or accompany a member of the local golf club.

Bowling and pool
There are two bowling halls in Trondheim: Centrum Bowling Tinghuspl. 1 73 52 47 51 Bowlingsenteret A/S Kobbesgt 6, Dora I 73 53 22 60

Fitness centres
There are several fitness centres in Trondheim. Prices and equipment varies greatly, so check for details. However, the best deal in town is the student athletics union, NTNUI. They organize aerobic sessions several times a day both at Dragvoll and Gløshaugen. These are designed for

beginners as well as top athletes. You will also find an exercise/weight room. NTNUI has more than 30 different sporting activities. For addresses and phone numbers of commercial fitness centres see the yellow pages under "treningsinstitutt og fritidssenter".

Swimming halls
There are two swimming halls in the Trondheim area. Pirbadet is near the city centre at Brattøra. Pirbadet houses Norway's largest indoor swimming facilities with a variety of pools.
Contact information: 73 83 18 00.
Husebybadet is a public swimming bath situated in the southern part of Trondheim, at Heimdal. Contact information: 72 54 80 75

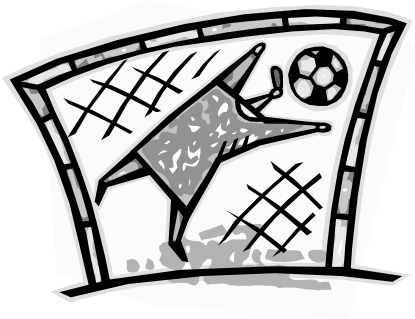
Spectator sports

Rosenborg ballklub
Lerkendal stadium is the most northerly venue for the Champions League in the world and the home of Rosenborg. This is not just Trondheim's top soccer club, but is one of the best in Scandinavia. Rosenborg has been league champions in Norway for 13 seasons in a row and has played in the Champions League for almost every season since 1996. Lerkendal is thus not only the place to see domestic football, but also some of the giants in Europe: Deportivo la Coruna, AC Milan, Real Madrid, and Dortmund. These are just some of the clubs that have failed to beat Rosenborg which has also beaten the last three on rare occasions. Some of the top European clubs in Spain, Germany, France, Denmark, Scotland and England have ex-Rosenborg players. Most of the senior Rosenborg players have been or are in the national team. NTNU has close links to Rosenborg and many of the players already have degrees from NTNU or are students there now. With regular matches from April until October, Lerkendal is a place to be and join the 12 000 or so spectators. See www.rbk.no for details.

There are many other soccer clubs in Trondheim in the lower divisions. Women's soccer in Trondheim has the club Trondheims-Ørn. They have almost as good a track record as Rosenborg in the women's premier league in Norway.

Skiing, Handball, Ice hockey, Trotting

Skiing and handball are especially popular sports with top-line facilities and many exciting tournaments and events. The skiing World Cup in Nordic disciplines has Trondheim on its circuit. Many of the top handball clubs in Europe play against Trondheim's leading women's club, Byåsen. There is a local ice hockey in the top division and Leangen is one of Norway's trotting tracks for those who like to bet on the horses.



Social life

Most Norwegian students go to "vorspiels" in which a few friends meet over a beer before they go out, or go to a party. Even though there are many parties in the student villages, most students go to the city centre or Studentersamfundet when they party.
The most common home parties are house warming and birthdays. At Moholt, the different faculties have their own basements. These are usually open on Friday and Saturday nights. This is a good place to meet fellow students in an informal fashion and in a relaxed atmosphere. Students take turns being bartenders and it is quite fun to be a bartender for a night.
There are some formal parties each semester, where students dress smartly. All faculties have a party at the beginning of the first semester, each year. Most students in the faculty attend this party.

Festivals

Every other autumn, i.e. each odd year, the students in Trondheim host the nationally acclaimed UKA, "The Week", a 3-week festival which really brings Trondheim to life. Concerts, cabaret, parties, and many other events are arranged all over Trondheim. Every other early spring, i.e. even years, there is a large international student festival in Trondheim, ISFiT. This is arranged with a specific theme of international interest.

Holiday parties

As Christmas approaches many Norwegians go to special Christmas dinner parties called Julebord. There is usually an extensive buffet where they serve hot and cold dishes. The most common dishes are pork, sausages, smoked lamb, and salmon. Most Norwegians celebrate the 17th May, Constitution Day, with friends and relatives. Parades with school children and different organizations are common in all cities and villages. All Norwegians dress smartly or in national costumes and watch the parades. If you have the chance you should not miss this day. Students at Moholt arrange a large party the night before. They barbeque, listen to music, light fires, play ball games etc.

Entertainment
Films both on TV and at the cinema in Norway are not dubbed. The Norwegian subtitles are an excellent way to learn some new words and improve your Norwegian.
There are two large movie theatres in Trondheim with a total of 19 different cinemas. The two centres are named Prinsen, on Prinsens gate, and Nova, on Lilletorget. They have quite a wide spectre of movies. If you intend to be a frequent user of the cinemas, you can buy a discount card. This entitles you to a discount per film. There is also a Film Club and Cinematek in Trondheim. Both are situated just outside the city centre, at Rosendal. The Film Club and the Cinematek are closed during summer.
On Tuesdays during the semester an old feature film is shown at Samfundet at 17.00. This is open to members of Samfundet and members of the Film Club.

Concerts
There are concerts in Samfundet every Friday and Saturday. Different pubs have small jazz, blues and rock concerts both during the week and on weekends. You may find out more about this by checking the local newspaper, Adresseavisen, and watching for posters. You will be surprised to find that even if you don't read any Norwegian, you can find out quite a bit about what is going on in Trondheim from the local newspaper Adresseavisen.

Olavshallen concert hall
You can pick up programmes and brochures outside the ticket booth in Olavshallen. They normally offer a discount for students.

Theatre
Trøndelag Teater is Norway's oldest institutional theatre. They have several different theatres housed at Leutenhaven. Almost all plays/shows are in Norwegian. If you plan on attending several shows it pays to buy a Student Discount Card.
There are also some excellent private theatres in Trondheim. They usually advertise in Adresseavisen.

Restaurants
There are many types of restaurants in Trondheim; Chinese, Japanese, Vietnamese, Italian, Indian, Mexican, Greek and of course Norwegian. You will find fine gourmet restaurants, which are very expensive, and fast food restaurants.

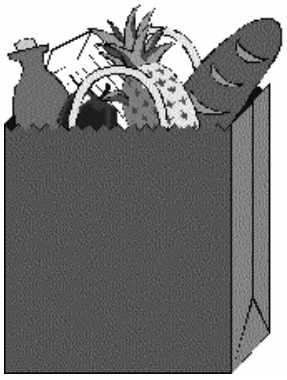
When students eat out they often go to pizza restaurants. Some of the pizza restaurants have a lunch buffet with pizza and salad every day between 11.00 -18.00, and you can eat as much as you like for a fixed sum (drinks are extra). Service charges are included at restaurants, but it is customary to give a small tip, if you are satisfied. You can also get a pizza delivered home, but you will have to pay extra for the transportation. Some restaurants have the dish-of-the day ("Dagens") which is usually reasonably priced.

Discotheque/nightclub
You'll find discos/nightclubs in Trondheim to fit just about any taste. Mostly they require a cover charge. Some establishments have student nights with reduced prices. Remember to bring your student ID card.
Students often get together for coffee or maybe a glass of wine/beer at one of the many cafés in Trondheim. Bakklandet and Solsiden are currently among the more popular areas, but be sure and try some of the other places mentioned below and others you happen upon. Don't miss the student-run cafe Edgar, which is located in Studentersamfundet. In this café students meet to talk or to read local newspapers. They also have a lot of board games you can play while you are there. During summer Edgar is used as a café/bed and breakfast called the InterRail Centre. When Edgar is operating as an InterRail Centre they have a variety of foreign papers.

General advice

Shopping

The opening hours of the shops vary depending on what the shops sell and whether they are located in a shopping centre/mall or not. There are several shopping centres in and around Trondheim where you can find a variety of shops in close proximity to one another (Sports-, clothes-, record-, shoe-, books, hardware etc). In the city centre you will find Trondheim Torg, Solsiden, Byhaven and Mercur (MerQr) shopping centres. You might also want to check out City Syd, a large shopping centre just south of Trondheim. (Bus no. 46 from the center of town or Bus no. 9 from Moholt), the shopping centres on the east side of town near the Marine Technology centre (Valentinlyst centre and KBS centre) or the new shopping centre City Lade situated at Lade (Bus no. 3 or 4). There are two pedestrian streets in Trondheim, and a variety of shops are located on these streets (Nordre gate and Thomas Angells gate). By the canal you will find the well-known fish market, Ravnkloa.



There are also several stores located quite close to Moholt and Steinan student villages. Most stores, with the exception of garden centres, are closed on Sundays, but there are several 24-hour gas stations, Seven-Eleven in the city centre and a few small food stores which are cheaper, such as Bunnpris. It is not the custom to haggle (bargain) about prices in shops in Norway. On the other hand, if you buy something from a private individual, most will expect a discussion about the price (used bicycles, for instance).

Supermarkets

There are many national supermarket chains. The most common, and generally those with the lowest prices, are REMA 1000, RIMI, Bunnpris and Coop Prix. The variety in these shops is often less than that in other chains e.g. ICA and ULTRA.

The supermarkets are often close to large residential areas and have shops within walking distance of Moholt/Steinan. You will also find numerous international food shops in the centre of city. Prices are relatively reasonable. There is one small food store at Gløshaugen and Dragvoll, Tapir Mat, where you can get most essentials, but Tapir Mat is not rated among the cheapest stores. Most supermarkets in Trondheim sell beer. Some have a wide variety of beers, both Norwegian and foreign. Stronger alcoholic beverages, strong beer, wines, and liquor are

sold in state-run shops called Vinmonopol. Used clothing and cutlery can be bought at very low prices at the Salvation Army shops, FRETEX. If your bed-sitter does not have a duvet and pillow, these are inexpensive to buy. Chain stores such as Kids and Jysk have reduced prices. TV sets can be rented or bought used at stores in the city centre. You need to bring your student ID card when you rent a TV.

Newspapers

You can buy foreign newspapers at many Narvesen kiosks. There is one at Moholt and near Steinan, but they do not have a large selection. The largest selection you will find at a Narvesen kiosk in the city centre, on the corner of Nordre Gate and Dronningens gate.
You can read newspapers at the public library in the centre of Trondheim and at the main library at Gløshaugen. The main library at Dragvoll has a small selection of foreign newspapers. There is also a university newspaper, Universitetsavisa (online only) and a student magazine, Under Dusken.

Information about certain events

Information about certain events and other general information from different organizations concerning students are given in a weekly news bulletin on the web.
Stud. Post is the place to go when you want to check your grades or collect your mail from NTNU. There you will find notebooks with the grades on a counter next to the mailboxes. On the Dragvoll campus the ORIGO centre and the Student Service Office maintain bulletin boards where announcements are posted. Information in Norwegian on the various programmes of study is available in the Student Service Centre at the Gamle Kjemi building, Gløshaugen campus.

Public Holidays

On public holidays buses, trains, ferries etc. run on a reduced schedule. During long public holidays like Christmas and Easter almost everybody is off work. Shops are closed and people gather with friends and relatives. You will find small food stores and petrol stations open, though it is advisable to get most of what you need before the holidays. The city is quiet, and you will not find many Norwegian students in the student villages.

Language skills in Norway
English is a compulsory part of Norwegian schooling, which means that practically every Norwegian has a reasonable knowledge of English. Many Norwegians learn one or more foreign languages besides English. German and French are the most usual third languages.

Transportation
The public transportation network in Trondheim is quite good. It covers most of Trondheim and the surrounding area. Buses go regularly to and from the city centre from 06.00 in the morning until about midnight. If you need to change buses you can re-use your ticket or ask for a transfer ticket ("overgang") so that you don't have to pay twice. The transfer is valid for 1 hour and can also be used to transfer between the buses and the tram. You can also purchase a ticket that is valid for unlimited use in a 24 hour period. Other types of tickets are also available and can be bought at the service centre on Dronningensgate. Night buses go to some parts of the city on weekends. There is also a tram in Trondheim. This goes from the city centre to Bymarka, the forests on the west side of Trondheim.

Taxi
It is usually easy to get a taxi in Trondheim. You can either order a taxi to pick you up or go to a taxi stop and see if there is a taxi there. There is a taxi stop at the reception building at Moholt. But if you want one for Friday or Saturday night you usually have to order some hours in advance. There are different sizes of taxies, but most of them only take four passengers. To order a taxi you can phone 07373 or 08000.

Credit cards
Credit cards are useful at all banks and almost all shops and restaurants. The most widespread cards are VISA and MasterCard, which can also be used in cash dispensers throughout the country. Travellers cheques are a safe way to keep cash, and you can exchange them in banks and post offices. Most banks also have a "Swift service" that can be used to transfer money from your home country in one day. Ask a bank if you require this service. Money exchange offices are also found at most major railway stations, tourist offices & customs offices in Norway.

Post and Telephone
There are both Post Offices and also shops with postal services in Norway. The latter are open longer.

Telephone services: Consult telephone directories for full details.
www.telefonkatalogen.no

International calls: Outgoing calls: prefix: 00 and then the country code. Incoming international calls: country code for Norway: + 47 + eight digits. For domestic calls, just dial the eight digits.
Numbers to help you:
International collect calls: 115
National reversed charge calls: 117

Fire 110
Police 112
Ambulance 113

Public library
There is a public library in the city centre where you can loan books, CDs and and films. The library also has books in many different languages. You have to apply for a library card before you can loan material. This library card is free. The library (Folkebibliotek) is located at Peter Egges plass 1, and it is open Mondays-Thursdays 09-19, Fridays 09-16 and Saturdays 10-15. There is also branch library near Moholt student village, the Moholt Bibliotek, address: Brøsetveien 168. In summer the libraries have restricted opening hours. For further information see www.tfb.no

Electricity
The electricity supply in Norway is 230 V, but appliances up to 240 V will work. Plugs have two round pins, and adapters are available.

Legal advice
Sometimes students find themselves in need of legal advice and counselling. If you do, you can contact Jushjelpa § Midt-Norge:
jushjelpa@jushjelpa.no
Address: Sverres gate 12
Phone: 73 51 52 50

Driving

Several cities in Norway have a road toll system so drivers have to pay to get in and around the city. While staying in Trondheim, we recommend drivers to get an Autopass.

An Autopass is an electronic transponder (small plastic unit) which you mount on your windshield and which allows automatic payment of tolls when you pass a toll booth. It is considerable cheaper than paying manually. Applications for an Autopass may be picked up at the Trøndelag Veifinans AS office located at Vegamot 4A at Moholt.

Phone: 73 82 48 00) www.veifinans.no

When you leave Trondheim you should return the transponder to the company and they will refund you for the unused portion. It is best to allow at least 2 days for the reimbursement.

Parking is good both at the student villages and the Dragvoll campus, but be aware that it is almost impossible for students to park at Gløshaugen campus. When parking in the centre of Trondheim you must remember to display the parking ticket in the front window/dashboard of your car. You can save a little bit by parking in one of the multi-storey carparks outside the centre.

Useful web links

Office of International Relations
www.ntnu.no/intersek/

Erasmus Student Network
www.stud.ntnu.no/studorg/esn/

International Students' Union
www.stud.ntnu.no/studorg/isu/

Addresses of faculties and departments at NTNU
www.ntnu.no/administrasjon/adresse/

Computer labs at NTNU (in Norwegian)
www.orakel.ntnu.no/datasaler/

Tips for using the NTNU course catalogues
www.ntnu.no/intersek/coursecatalog

Bus information
www.ntnu.no/intersek/Dale/webpages/geninfo/how2norskbussched.htm

Academic calendar
http://www.ntnu.no/portal/page/portal/eksternwebEN/studies/is_academic_calendar

Maps of campuses (in Norwegian)
www.ntnu.no/kart/

Trondheim
www.trondheim.com
www.visit-trondheim.com

More links at
www.ntnu.no/intersek/intstud/links.html

Trondheim - Norway

Trondheim

Trondheim is the third largest city of Norway, with about 146 000 inhabitants. It was founded in 997 by the Viking king, Olav Tryggvason. Work on what was to become the Nidaros Cathedral commenced about the year 1070. Since then the Kings of Norway have been crowned in Nidaros Cathedral, and the present King Harald V received the blessing there in 1991. Trondheim became the first capital of Norway. No longer the official capital, Trondheim has been the technological capital since the Norwegian Institute of Technology, NTH (now a part of NTNU) was established in 1910. Much of the national responsibility for research in science and technology lies in Trondheim.

The centre of Trondheim is sited inside a wide meander of the river Nidelven. This makes the city centre quite compact, with the river as a barrier in the south and east, and the fjord in the north. The other parts of the city are spread over a large area.

Norway

Norway's topography is a mountain plateau intersected with deep valleys and fjords. Only 4% of the country is cultivated land. About 0.5% of the country's area is towns and built-up areas, populated by 70% of Norway's inhabitants. The Arctic Circle cuts just about through the middle of the country. The distance from Oslo to the North Cape is the same as the distance from Oslo to Rome. Norway's climate is less severe than might be expected from its geographical location. The warm Gulf Stream flows northwards along the coast and saves the Norwegians from having the Arctic tundra that might be expected at such high latitudes. Trondheim has a typical coastal climate, which usually means changeable weather.

The temperature seldom drops below -7 degrees Celsius in winter (December-February). In summer (June-August) the temperature may vary from 10 to 30 degrees Celsius, but usually is around 15-20 degrees. Inland, the weather is more stable than on the coast with more continental conditions, deep freeze spells of -25 degrees in the winter and subtropical summers. There is usually enough winter snow in Trondheim to make skiing feasible from December until April.

An interesting phenomenon in Norway is the seasonal change in the length of day and night. In midwinter, daylight lasts for about four hours in central Norway. It is quite a pleasure to take a walk in the snow during the dark period when all streets are illuminated, and experience the northern lights "floating" in the winter sky. To be in Norway in the winter is an exotic experience you will never forget. The special light conditions in the late autumn, winter and early spring have inspired artists for centuries. Sometimes it is hard to get out of bed because you feel it is still night, but take that as a challenge. In midsummer, daylight takes over and there is no "real" night during June and July, even as far south as Trondheim.

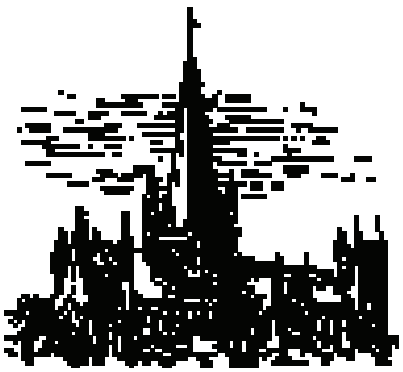
Because of Trondheim's coastal climate and weather changes, we suggest that you bring rainproof clothing and waterproof shoes or boots. If you are in Norway in the winter, it is best to wear warm clothing. "Isbrodder" or crampons that easily slip on and off your shoes are well worth the investment. This clever device will make you feel much more stable when the streets and sidewalks are covered with ice. You can buy these in Trondheim at different leisure stores and gas stations. Also remember to bring some sports clothing if you want to follow Norwegians in their leisure time activities and weekend trips.

History

Norway's history begins in the early Viking age, before the year 900. Since then Norway has been united with both Denmark and Sweden. The Norwegian constitution dates from 1814. Since World War One, Norwegian politics have been influenced by social democracy. Today, Norway is a social democratic monarchy.

Brief overview of Norway's history (www.odin.dep.no)

9000-8000 B.C.:	Earliest signs of settlement.
8000-4000 B.C.:	Old Stone Age: Hunters and fishermen, rock carvings, milder climate.
4000-1500 B.C.:	New Stone Age: Livestock, early agriculture.
1500-500 B.C.:	Bronze Age: Foreign trade. Agricultural tools, jewellery, glass, weapons.
500 B.C.-1000 A.D.:	Iron Age: Iron ploughs and scythes.
800 -1000 A.D.:	Viking period: Longships, trade and conquest. Runic inscriptions, voyages of discovery.
1030:	Unification of Norway into one kingdom. Introduction of Christianity.
1200:	The Norwegian empire.
1350:	The Black Death. Population reduced.
1380-1814:	Union with Denmark.
1814:	Constitution adopted.
1814-1905:	Union with Sweden.
1905:	End of Union. Haakon VII crowned king.
1940-1945:	World War II. German occupation.
1957:	Death of Haakon VII. Olav V becomes king.
1970:	Oil and gas deposits discovered off the Norwegian coast.
1981:	Norway´s first female Prime Minister.
1991:	Death of Olav V. Harald V becomes king.
1997:	Trondheim celebrates its millennium.

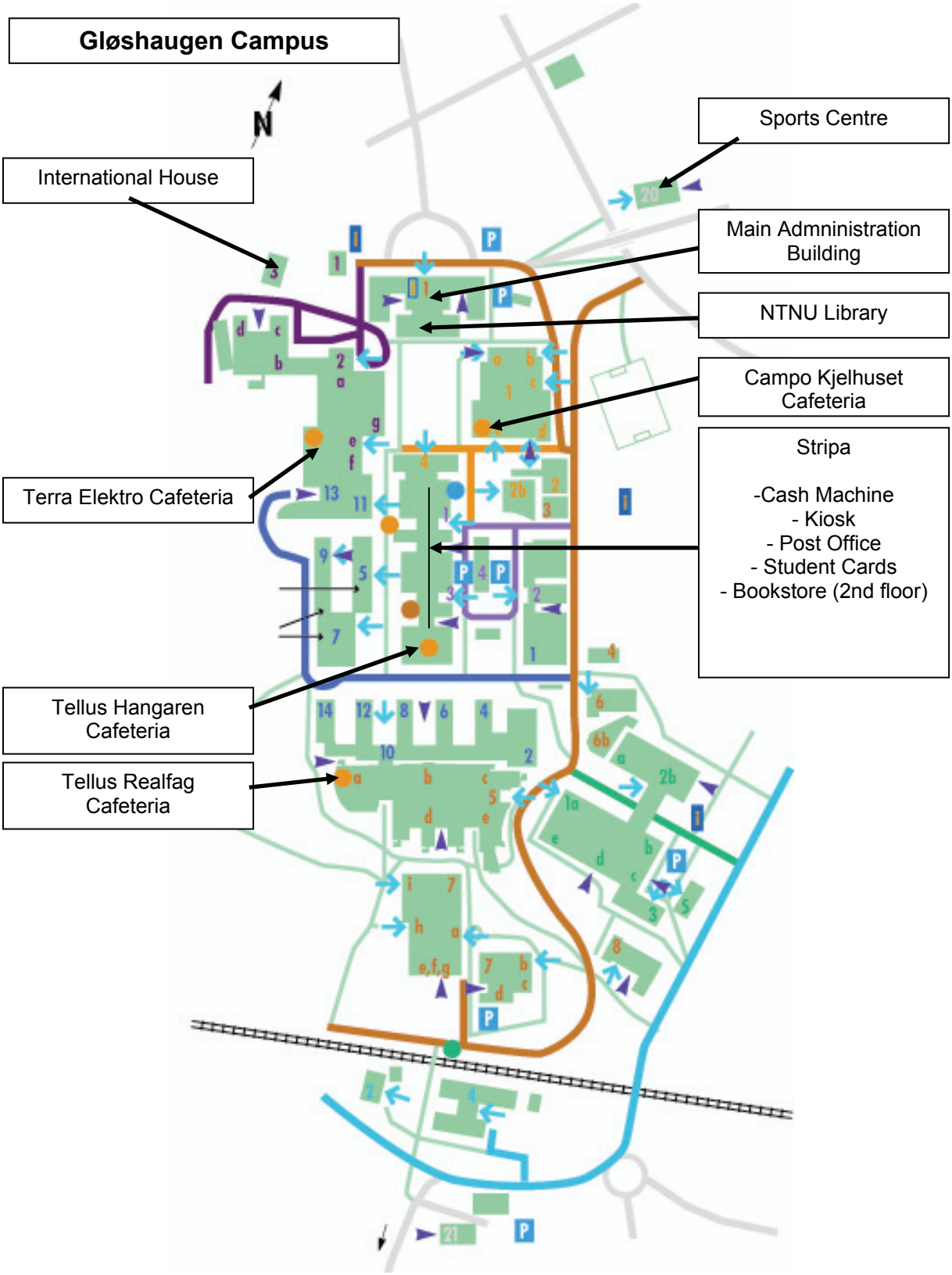


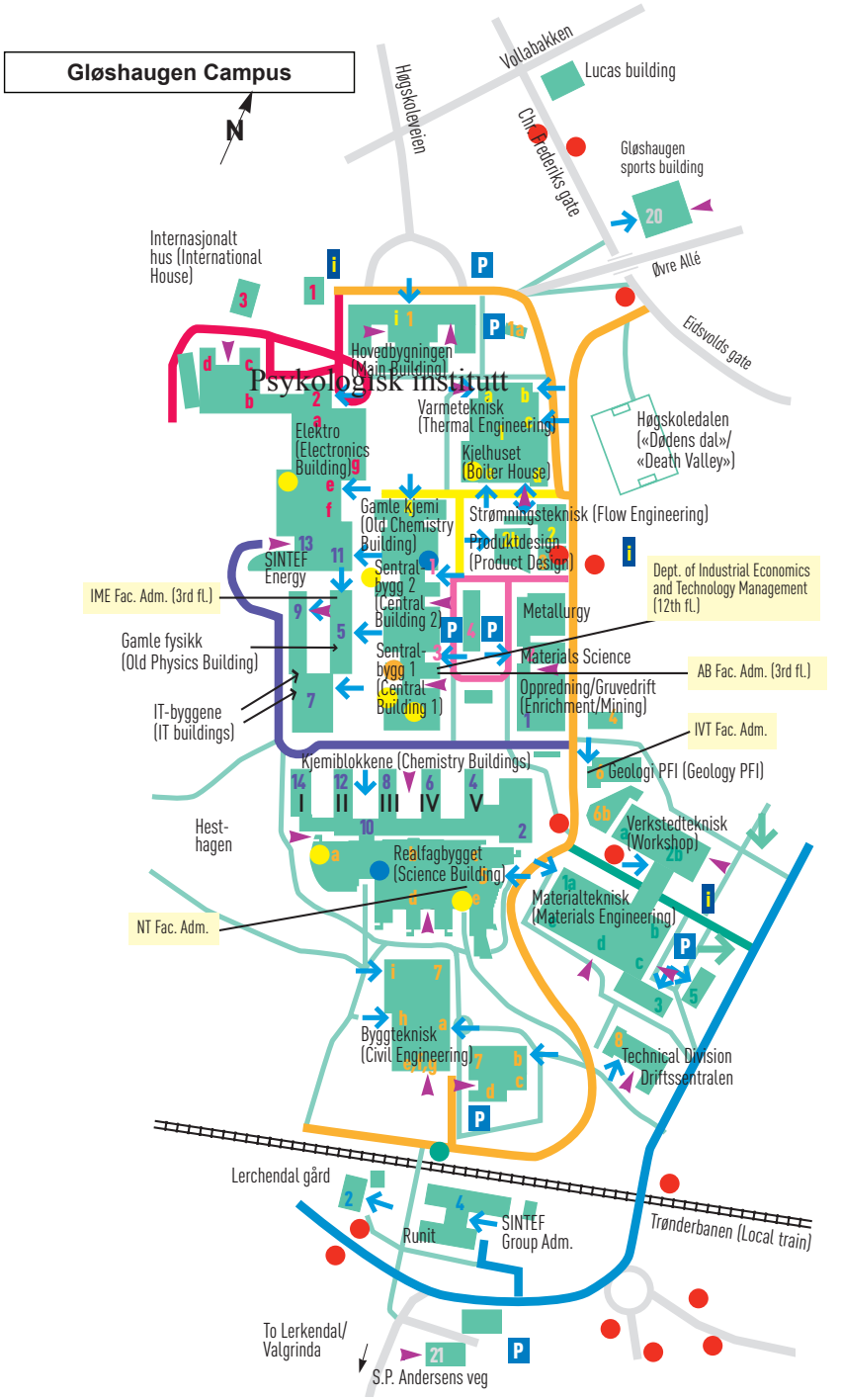
Facts about Norway

System of government: Constitutional monarchy

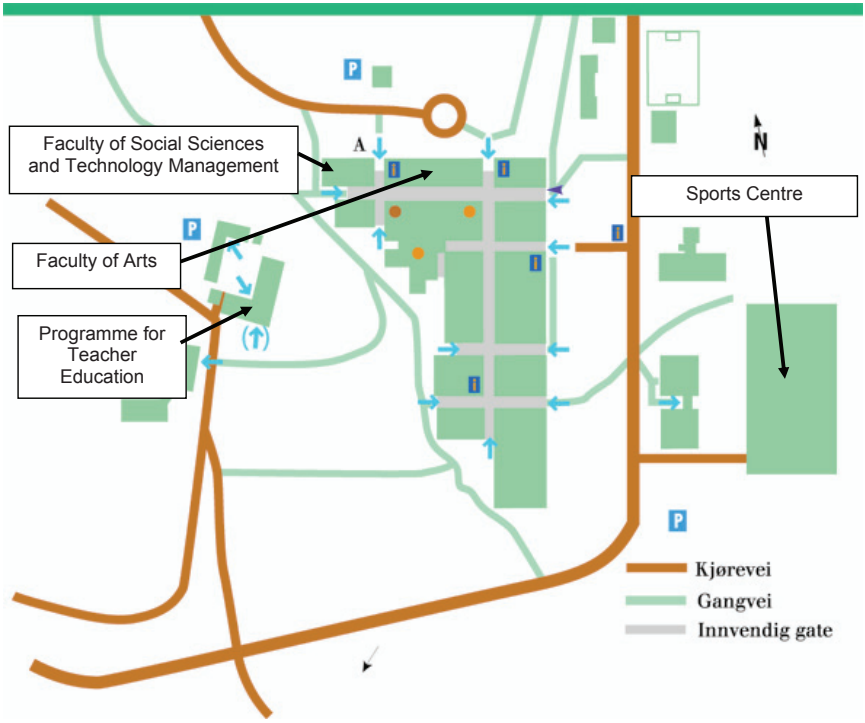
Head of State:	King Harald V
Area:	386 958 km²
Population (2006):	4 649 300
Population per km²:	11.7
Capital city:	Oslo
Monetary unit:	Norwegian kroner, NOK 1 USD = 6.32 NOK (June 2006) 1 Euro = 7.94 NOK (June 2006)
Language:	Norwegian (Bokmål and Nynorsk)
Length of coastline:	25 148 km, including fjords
Highest mountain:	Galdhøpiggen, 2 469 m
Largest lake:	Mjøsa, 362 km²
GDP, 2004:	NOK 1 685 552 million

Maps

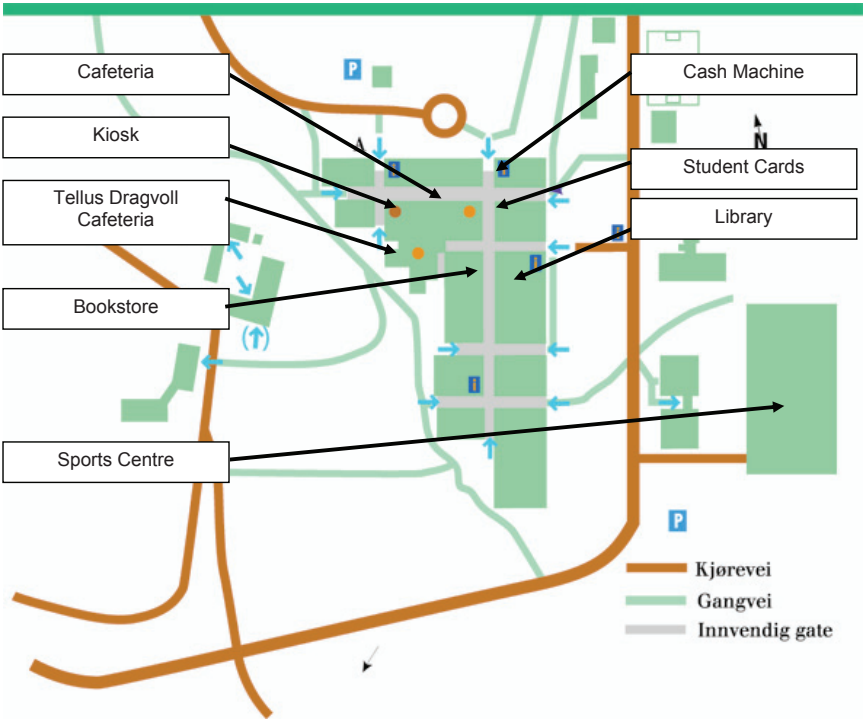

Gløshaugen Campus
N
International House
Sports Centre
Main Admninistration Building
NTNU Library
Campo Kjelhuset Cafeteria
Stripa
-Cash Machine
- Kiosk
- Post Office
- Student Cards
- Bookstore (2nd floor)
Terra Elektro Cafeteria
Tellus Hangaren Cafeteria
Tellus Realfag Cafeteria


Gløshaugen Campus
N
Vollabakken
Lucas building
Høgskoleveien
Chr. Frederiks gate
Gløshaugen sports building
20
Øvre Allé
Eidsvolds gate
Internasjonalt hus (International House)
Hovedbygningen (Main Building)
Psykologisk institutt
Varmeteknisk (Thermal Engineering)
Høgskoledalen («Dødens dal»/ «Death Valley»)
Elektro (Electronics Building)
Kjelhuset (Boiler House)
Gamle Kjemi (Old Chemistry Building)
Strømningsteknisk (Flow Engineering)
Produktdesign (Product Design)
SINTEF Energy
Sentral-bygg 2 (Central Building 2)
Dept. of Industrial Economics and Technology Management (12th fl.)
IME Fac. Adm. (3rd fl.)
Metallurgy
Gamle fysikk (Old Physics Building)
Sentral-bygg 1 (Central Building 1)
Materials Science
AB Fac. Adm. (3rd fl.)
Oppredning/Gruvedrift (Enrichment/Mining)
IT-byggene (IT buildings)
IVT Fac. Adm.
Kjemiblokkene (Chemistry Buildings)
Geologi PFI (Geology PFI)
I II III IV V
Hest-hagen
Verkstedteknisk (Workshop)
Realfagbygget (Science Building)
Materialteknisk (Materials Engineering)
NT Fac. Adm.
Byggteknisk (Civil Engineering)
Technical Division Driftssentralen
Lerchendal gård
SINTEF Group Adm.
Runit
Trønderbanen (Local train)
To Lerkendal/ Valgrinda
S.P. Andersens veg

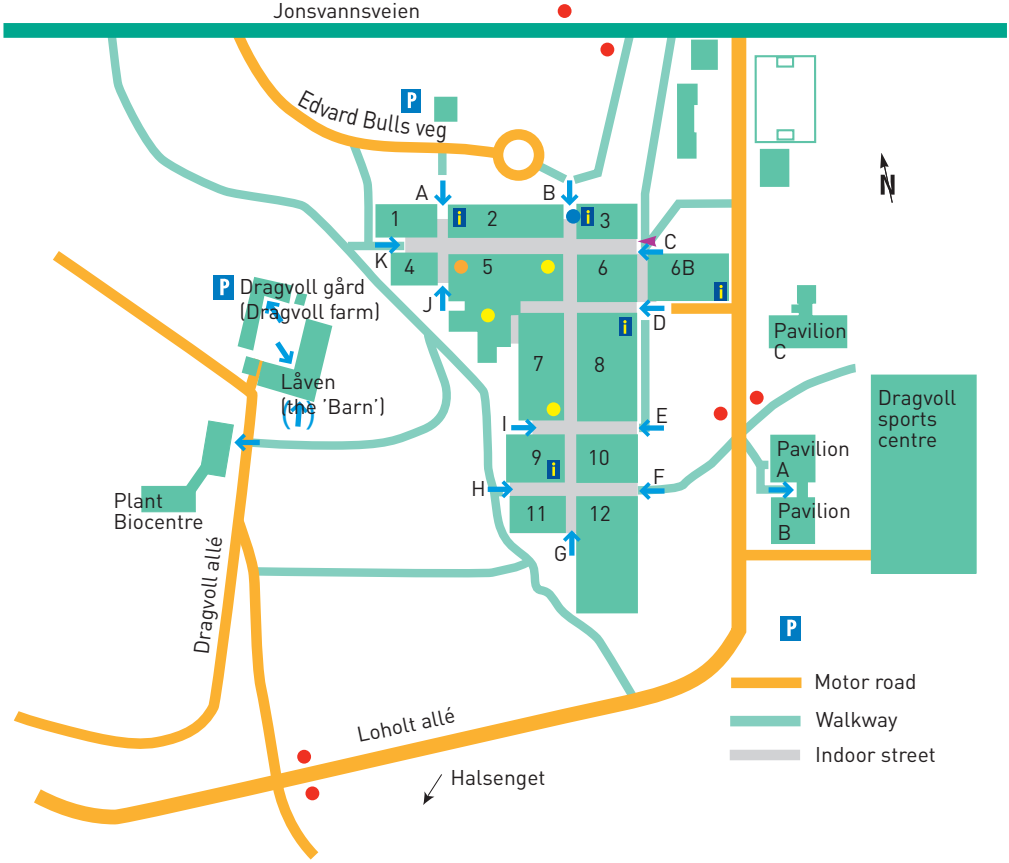
Dragvoll Campus



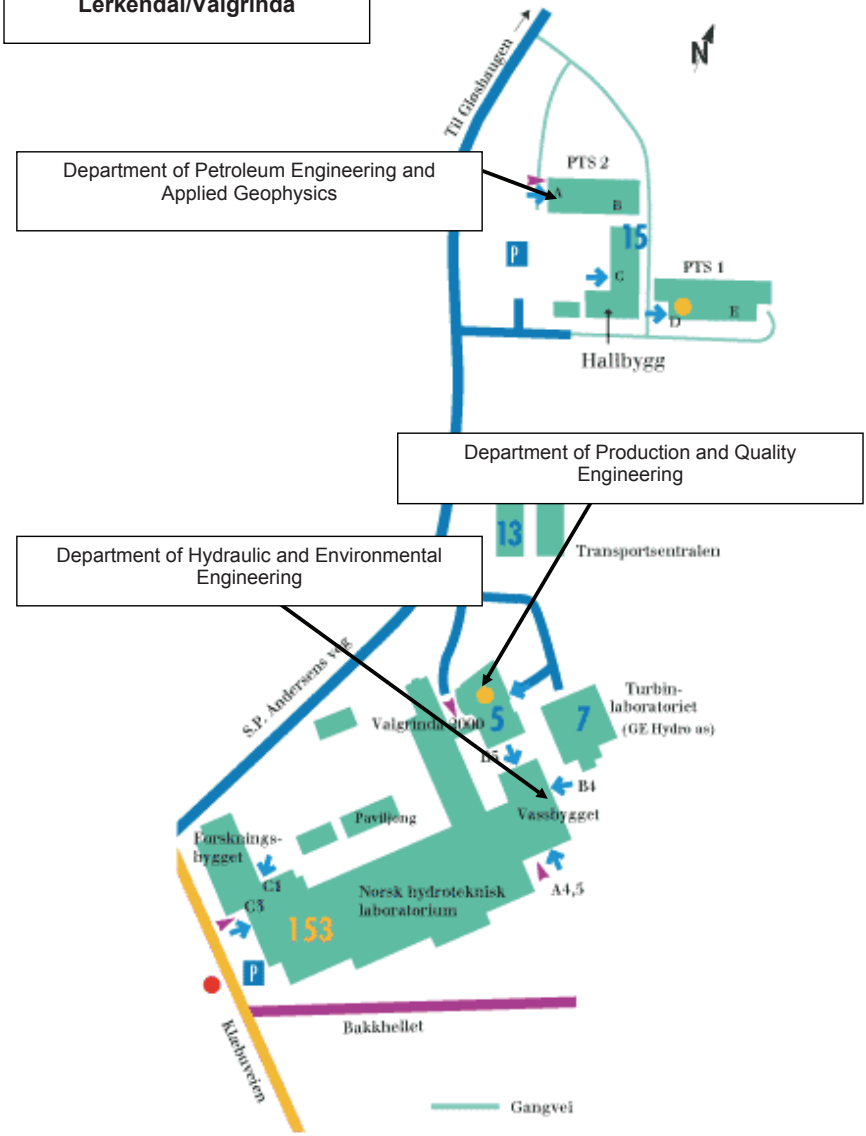
Dragvoll Campus



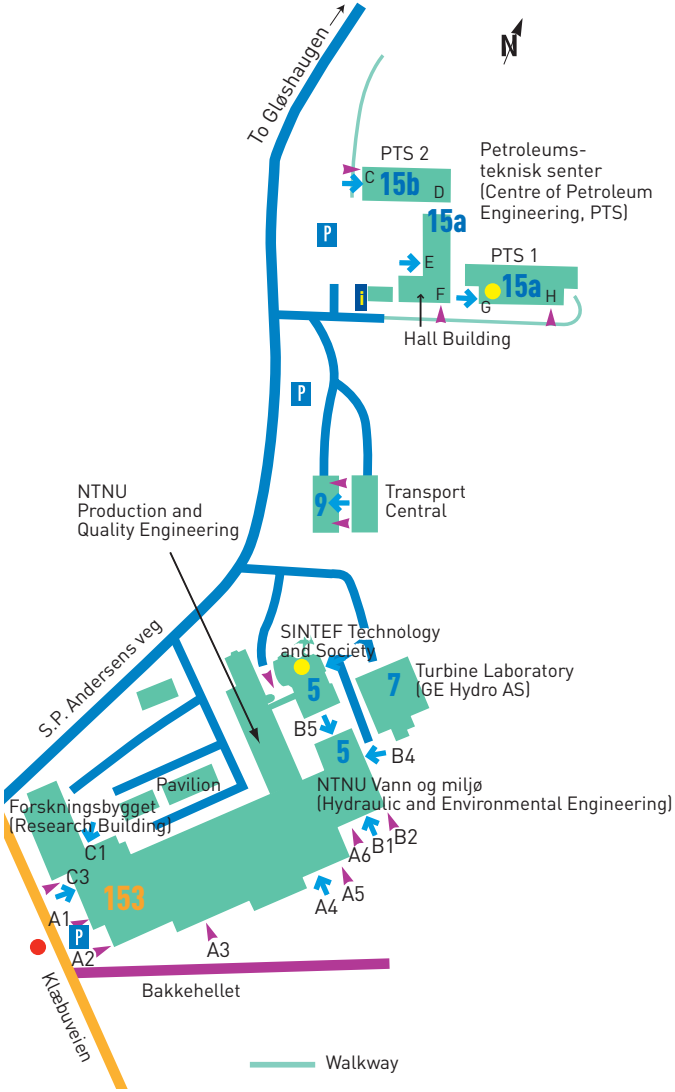
Dragvoll Campus



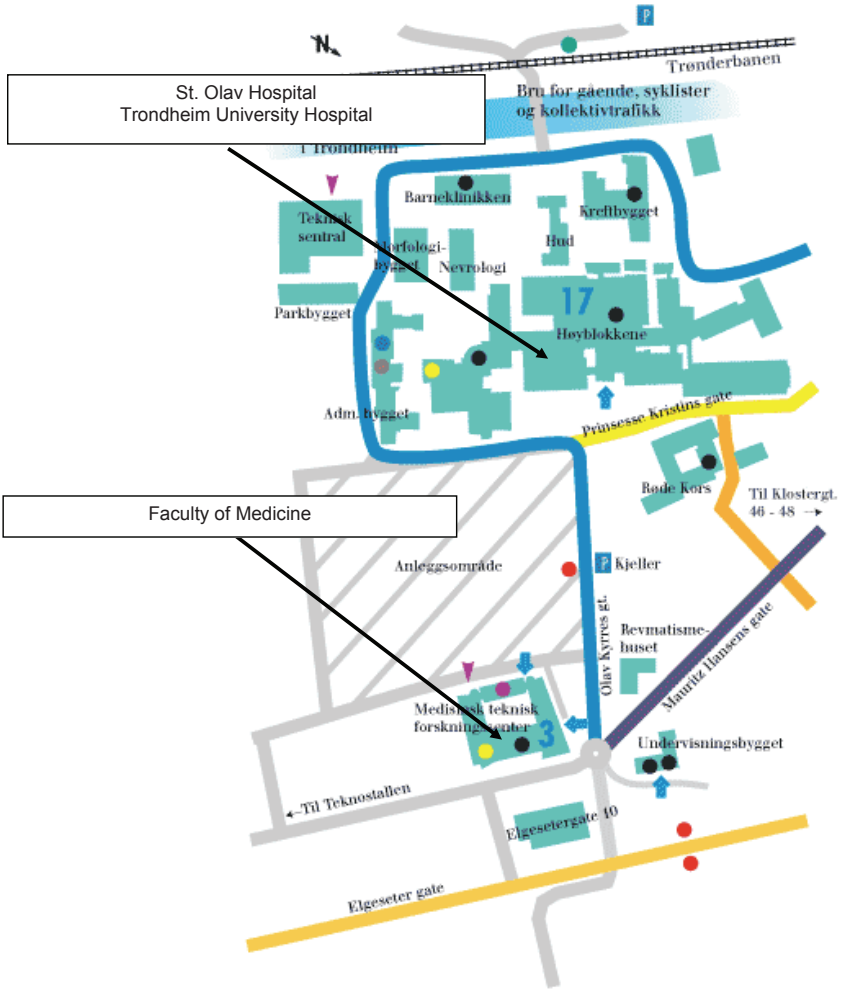
Lerkendal/Valgrinda



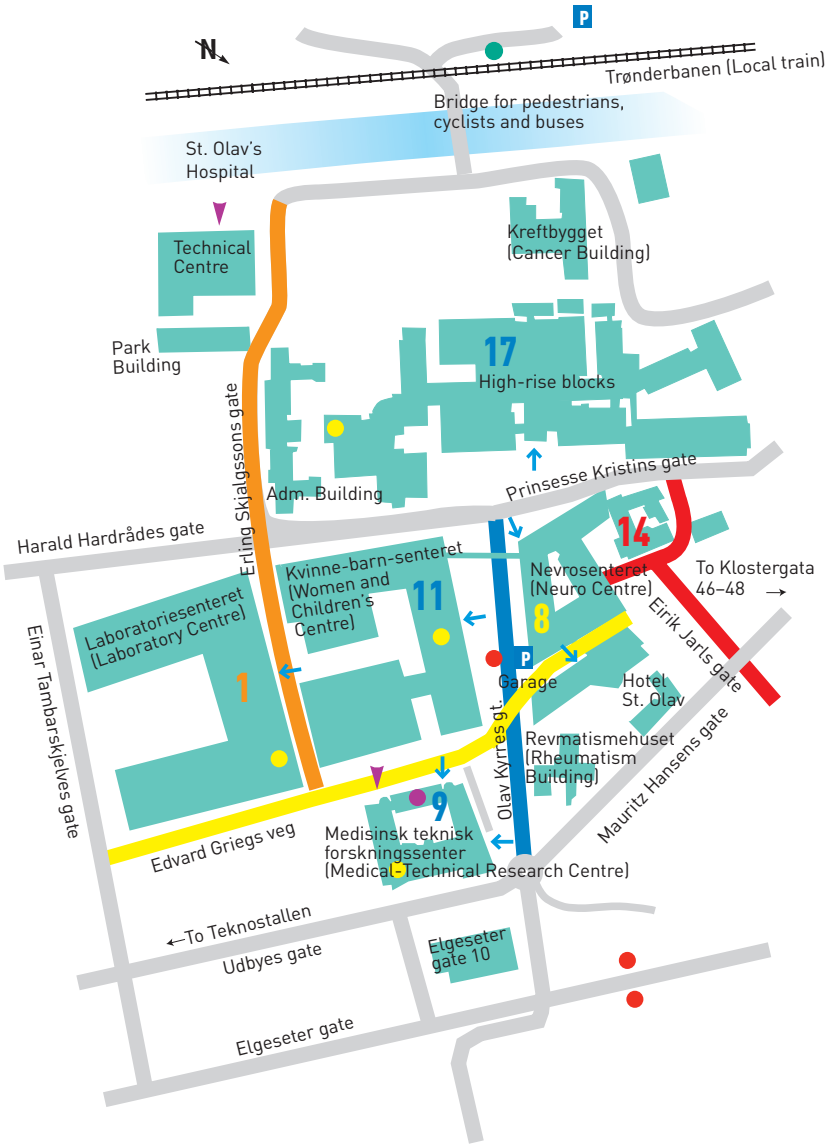
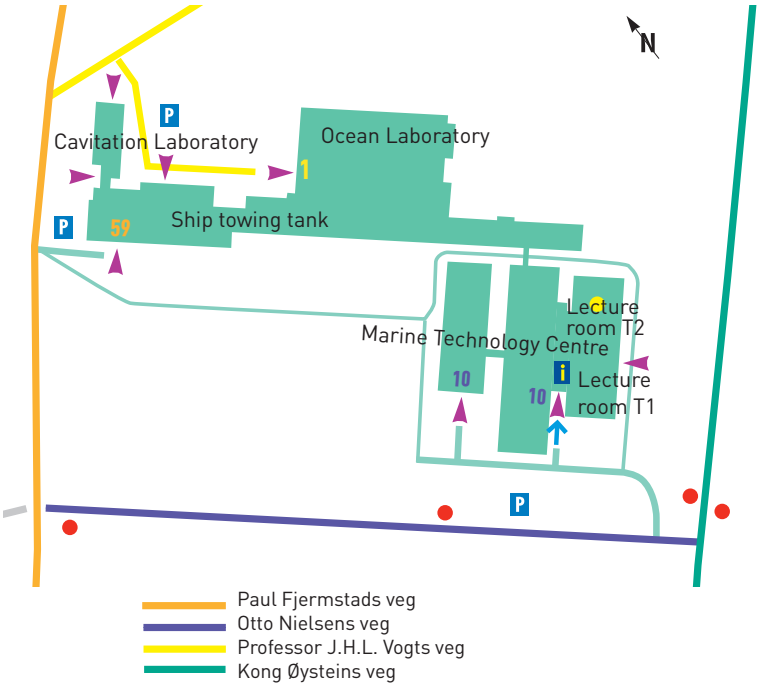
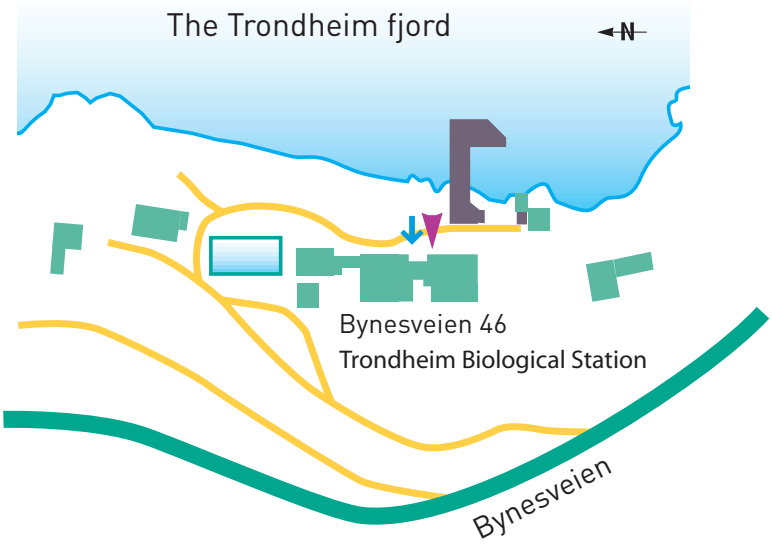
Lerkendal/Valgrinda



Øya


St. Olav Hospital
Trondheim University Hospital
Faculty of Medicine
Trønderbanen
Bru for gående, syklister og kollektivtrafikk
Barneklinikken
Kreftbygget
Hud
Nevrologi
Parkbygget
17
Høyblokkene
Adm. bygget
Prinsesse Kristins gate
Røde Kors
Til Klostergt. 46 - 48
Anleggsområde
Kjeller
Olav Kyrres gt.
Revmatisme-huset
Mauritz Hansens gate
Undervisningsbygget
Til Teknostallen
Elgeseter gate

Øya


N
P
Trønderbanen (Local train)
Bridge for pedestrians, cyclists and buses
St. Olav's Hospital
Technical Centre
Kreftbygget (Cancer Building)
Park Building
17
High-rise blocks
Erling Skjalgssons gate
Adm. Building
Prinsesse Kristins gate
Harald Hardrådes gate
14
Kvinne-barn-senteret (Women and Children's Centre)
11
Nevrosenteret (Neuro Centre)
To Klostergata 46–48
Laboratoriesenteret (Laboratory Centre)
1
8
Eirik Jarls gate
Einar Tambarskjelves gate
P
Garage
Hotel St. Olav
Olav Kyrres gt.
Revmatismehuset (Rheumatism Building)
Mauritz Hansens gate
9
Edvard Griegs veg
Medisinsk teknisk forskningssenter (Medical-Technical Research Centre)
To Teknostallen
Udbyes gate
Elgeseter gate 10
Elgeseter gate

Tyholt/ Heggdalen