

TRONDHEIM IN YOUR POCKET



 NTNU

Norwegian University of
Science and Technology



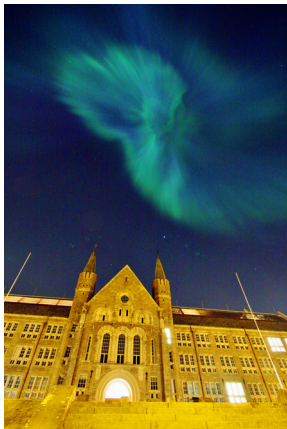
Welcome to Trondheim!

Trondheim is Norway's third largest city, but in a European scale Trondheim is small, safe and charming. We are very proud of our university and our 800 year long tradition for higher education. Trondheim has a population of approximately 200.000 of which 35.000 are studying at the university or one of the university colleges - both academic life and students are a highly visible and very important part of our city.

Trondheim celebrated its millennium in 1997, and you can still see traces of our 1000 year long history in the city. For example at the Nidaros Cathedral which was built over the grave of King Olav Haraldsson (Norway's patron saint), and the old city - Bakklandet - with the charming small timber houses. There are several museums where you can get a good impression of what the medieval city looked like. Trondheim has a rich cultural life, you will find many concert halls, art exhibits, theatres, parks, sports arenas (soccer and handball in summer, skiing and ski-jumping

in winter time), restaurants and cafés, not to mention our famous student society. When you are studying in Trondheim you are bound to fall in love. Whether with someone special, with the city itself, or both. That remains to be seen!

Vælkomen te Trondhjæm!
[vætkøməŋ tɛ trun' jæm]



Northern lights over the Main Building at NTNU campus Gløshaugen

Photo: Maxime Landrot, International student
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Norge og Nordmenn

Norway and Norwegians
www.visitnorway.com/en/

Facts

System of government:	Constitutional monarchy
Head of State:	King Harald V
Area:	385 186 km ²
Population (2023):	5 504 329
Population per km²:	14,3
Capital city:	Oslo
Monetary unit:	Norwegian kroner, NOK
Language:	Norwegian (Bokmål, Nynorsk) and Sami
Length of coastline:	28 953 km, including fjords
Highest mountain:	Galdhøpiggen, 2 469 m
Largest lake:	Mjøsa, 365 km ²
Longest river:	Glomma, 621 km

In case of emergency

Fire:	110
Police:	112
Ambulance:	113
Emergency clinic:	116 117

Academic year, bank holidays and holidays

The Norwegian academic year is divided into two semesters. The first semester starts in August, with exams in December and January. The spring semester starts in January with exams from May until early June.

Please note that all offices, banks and most shops are closed on bank holidays, including Sundays. However, some grocery stores have small "Sunday stores" selling basic necessities on Sundays and bank holidays.

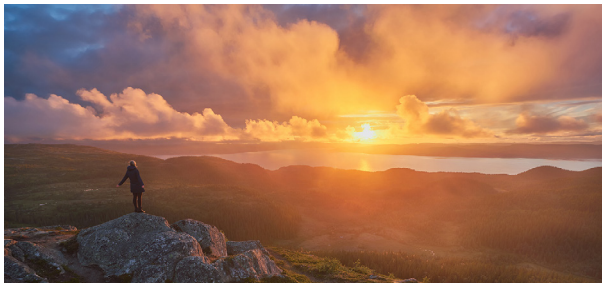


Photo: Curdin Wuethrich, international student

Norwegian way of life

Norway has 4 seasons, with distinct variations in daylight and temperature.

Spring: March – May

Summer: June – August

Autumn: November – October

Winter: December – February

Most Norwegians enjoy outdoor activities during all seasons. A favourite saying describes this:

*“There is no bad weather,
just bad clothing”*

As a newcomer to Norway you will soon discover that both umbrella and sunglasses are necessities in your everyday bag.

A favourite recreational activity is *søndagstur* (Sunday hike). This can be a casual stroll in *marka* (countryside) or a more

challenging hike up a mountain top. Or even just a walk around the city. In the cities, walking and biking is the preferred mode of transport, and you will find cycling facilities, as well as pedestrian sidewalks, everywhere.

There are ample opportunities for everyone to enjoy the outdoors in Norway. It is quite safe, with almost no dangerous animals to worry about. Forests, mountains, lakes, rivers and a varied coastline offer a wide range of opportunities for outdoor activities, and *allemannsretten* (general right of public access) ensures that large areas of Norwegian nature are open to everyone. You can camp for up to two days on any unfenced land without asking permission.

Food and drink

The Norwegian standard diet usually consists of 4 meals a day:

- *Frokost* (breakfast) is usually eaten at home, and typically consists of slices of bread or knekkebrød (crisp bread) with cheese, cold cuts or spreads.
- *Lunsj* (lunch) is usually eaten at school/work at midday, and the famous matpakke (open sandwiches packed in wax paper, pictured below) is a Norwegian tradition, though we must admit that it is not a major culinary experience.
- *Middag* (dinner) is the main – and often the only hot meal of the day. Norwegian families usually gather around the kitchen table for dinner around 5 pm.
- *Kveldsmat* (supper) – usually a couple of slices of bread – is, if eaten at all, usually around 8pm. It is worth noting that the tap water in Norway is perfectly safe to drink – in fact, many praise it as some of the best water in the world.

We encourage you to try some of the favorite specialities,



such as *leverpostei* (liver paté), *makrell i tomat* (mackerel in tomato sauce) and *tran* (cod liver oil). The latter is a great source of Omega 3 and vitamin D, but certainly an acquired taste.

Another Norwegian oddity is *Vinmonopolet* (The Wine monopoly), usually referred to as Polet. Polet is a state regulated liquor store, and the only place to legally buy alcohol stronger than 5%. The age limit for buying alcohol is 18, and strong alcohol (over 22%) is 20. Note that alcohol and tobacco is quite expensive in Norway, particularly alcohol in pubs/restaurants.

Note: Norway is not an EU member. Thus there are limited quotas you can bring of alcohol or tobacco from other countries.



Trondheim og trøndere

Trondheim and the locals, www.trondheim.com

Brief history

Trondheim has a long and proud history, and is by far the oldest of the big cities in Norway. It was founded as the nation's capital by viking King Olav Tryggvason in 997, then called *Nidaros* ("the city on the river Nid"). It quickly became the centre of both administrative and religious power, and remained the de facto capital of Norway until the reformation in 1537.

The name *Trondheim* comes from Old Norse *Thronrheimr* - home of the trønder (the people of Trøndelag). *Trønder* comes from *Throndr*, meaning strong and fertile.

In medieval times, the Nidaros Cathedral, with St. Olav's shrine, was counted among the four major pilgrimage centres in Europe. You can still walk the pilgrimsleden (the St. Olav's Way pilgrim route) from edges of Scandinavia to Trondheim.

Trondheim has a long tradition for education and has the oldest school

in Norway, dating back over 800 years. The university was founded in 1910, and since then young students from all over Norway have flocked to Trondheim in search of (especially technical) education.

Trondheim has a reputation as the best student city in Norway, and possibly in any Nordic country. The students have really put their mark on the city, and organize numerous activities: cultural; recreational; educational and innovative, as well as almost all kinds of sports, everything based on volunteer work! The key to a fulfilling and active life as a student in Trondheim is to get involved!

If you try to learn a bit of Norwegian, you'll soon find that trøndere have a rather unique dialect, quite heavy on the vocals. "Æ e i a æ, å" is a valid sentence in Trøndelag.

Also, did you know that Trøndelag has the highest density of (winter) Olympic gold medalists in the world?

Culture and recreation

www.trdevents.no

Trondheim has a lot of concert venues, museums, theatres, cinemas and festivals besides the lively student culture. Most offer good student discounts, and the NTNU University Museum grants free access for all students.

www.ntnu.edu/museum

For an overview of what to see and do: www.trondheim.com

Some useful tips:

- Trondheim Symphony Orchestra (TSO) has student discounts on tickets
www.tso.no/student
- Rosendal Theatre offers several free or inexpensive shows and plays:
www.rosendalteater.no/en/
- Trondheim Young Art (K-U-K) grants free entry for all:
www.k-u-k.no
- Buy a cinema card to get discounts on movies.
www.trondheimkino.no
- Several cafes offer concerts and cultural events for free.
- Sports and outdoor activities:
www.trondheim.no/en/map-of-recreational-areas

Trondheim is surrounded by *Bymarka* and *Estenstadmarka*, which offers great terrain for walking/hiking during summer and skiing during winter. There are many trails, and quite a few of them leads to a cabin where you can buy coffee, snacks, Norwegian waffles and even dinner. Most of them are open 10 – 16 on weekends, and Wednesday afternoons.

Marka is excellent for cross-country skiing in winter. For free sports equipment rental, see: www.ntnuibumerang.no

For alpine skiing, *Vassfjellet* offers the closest slopes. Check out www.vassfjellet.no/en for more information. Trondheim's ski-jumping arena, *Granåsen*, frequently hosts World Cups and Continental Cups competitions arranged by FIS.

You can experience Aurora Borealis (Northern Lights) in Trondheim - the best way to see it is to get away from the city lights. For an updated forecast: www.storm.no/nordlys

Transport

The best way to get around the city is by foot or bike. In summer, there are bysykler (city bikes) that you can subscribe to (NOK 429 per season), see: www.trondheimbysykkel.no/

For longer distances, the bus is a good option, and it is wise to get a t:card or the mobile app for good discounts: www.atb.no. This ticket can also be used on the tram, which takes you from St. Olavs gate, through Byåsen and up to Lian. At Lian there is a nice restaurant and it is also a great place to enter Bymarka. AtB offers student discounts on period tickets, but not single tickets.

If you want to explore other parts of Norway whilst you are here, you can often get good deals on bus and train tickets, and all offer student discounts: <https://www.vy.no/en>

If you intend to go by plane (SAS, Norwegian, Widerøe), book tickets well in advance to get a fair price!

If you intend to visit e.g. Lofoten, Hurtigruta (The Coastal Express) www.hurtigruten.com offers fantastic cruises to and from Trondheim. It is possible to book port-to-port tickets, which are reasonably priced. Students get 50% off on the travel ticket itself, but not on cabins or food: global.hurtigruten.com/port-to-port

Good to know

NRK – The Norwegian State Broadcaster

www.nrk.no

NRK is Norway's state broadcaster for news and entertainment. You can watch NRK TV for free online: tv.nrk.no/direkte

The same goes for radio: radio.nrk.no

And the online newspaper: nrk.no

Most of NRK's content can also be streamed and viewed later: tv.nrk.no. While most content is in Norwegian, there is also plenty of English language content, particularly on TV.

Newspapers

NRK covers the entire country and a wide array of news. www.nrk.no

Aftenposten is primarily Oslo-focused, but also covers the rest of the country. www.aftenposten.no

Adressa is the Trondheim region's newspaper, and can be read online, though note that many articles are subscription-only: www.adressa.no

Helpful hints:

- It is perfectly safe to drink water from the tap and in most flowing rivers and creeks in nature.
- Free Norwegian language course on the web: www.ntnu.edu/now
- How to get to Bymarka:
 - » Walk from Ila on one of the many trails
 - » Take the Tram (Gråkallbanen) to Lian
 - » Take bus number 26 to Skistua
- How to get to Estenstadmarka:
 - » Walk from Dragvoll
 - » Take bus number 3, 12, 14 or 80

- Fishing in the fjords is free, but if you want to fish in the rivers and lakes you must buy a fishing license www.inatur.no

For Bymarka, a fishing day-pass is NOK 60 and can be bought by SMS: "FISKEKORT TOF10" to 2377 (license for the whole season, and cheaper day-passes can be bought online).

- Delicious and nutritious berries can be picked many places in and around Trondheim. Stick to blueberries, raspberries, lingonberries, blackberries and cloudbberries, to be on the safe side. If in doubt, check online. Be sure about what you eat!
- Do not eat mushrooms - unless you **really** know what you are doing! Mushrooms can be poisonous!
- If you need anything; a candlelight-holder, sofa, car, cheap plane ticket, housing, or even a job, chances are you will find it on www.finn.no
- Fretex is the cheap second-hand shop in town. There is a big shop in Brøsetveien 177 and smaller ones in Rosenborg gate 9 and Fjordgata 40.
- What's happening in town? Check out www.trdevents.no
- IKEA is probably the cheapest alternative to Fretex. IKEA has everything for your house and smart solutions for small rooms www.ikea.no
- Websites for hiking trips in the area www.ut.no
- There are some really cozy cafés/bars/restaurants in town, here are some suggestions for where you will frequently find other students:
 - » Studentersamfundet (Student society), Elgeseter gate 1
Has over 10 clubs and bars of all kinds
www.samfundet.no
 - » Lokal Bar/Scene/Klubb Dronningens gt. 12
www.lokal.bar
 - » Antikvariatet, Nedre Bakklandet 4,
www.facebook.com/antikvarene
 - » Trondheim Camping (indoor minigolf and drinks), Olav Tryggvasons gate 5
www.campingen.no/en/trondheim
 - » Bar Circus, Olav Tryggvasons gt. 27
www.barcircus.no
 - » Downtown, Nordre Gate 28
www.downtown.no
 - » ME Nightclub (Trondheim's LGBTQ+ bar) Dronningens gate 15
www.facebook.com/menightclub



NTNU og studentliv

(NTNU and student life)

NTNU – Norwegian University of Science and Technology

NTNU is Norway's most innovative, exciting and largest university.

NTNU's main profile is in science and technology, with great academic breadth that includes the humanities, social sciences, engineering, economics, medicine, health sciences, educational science, architecture, entrepreneurship, art disciplines and artistic activities.

NTNU operates in three cities. Today, the campuses in Trondheim have about 36 000 students and 8 000 employees. Gjøvik has almost 4 000 students and 390 employees, while Ålesund has over 3 000 students and 275 employees.

NTNU International Office

The NTNU International Office is located in a white wooden building on the northern fringe of campus Gløshaugen. The address is O.S. Bragstads plass 3.

Check out our website to see if there is anything we can help you with:

www.ntnu.edu/studies/contact

Sit

Sit is the Student Welfare Organisation in Trondheim, www.sit.no It is a nonprofit organisation, founded by the students in 1948. They can help make your everyday life as a student easier in several ways. Students are involved in deciding what the welfare organisation should do, and make up the majority of its board of directors. Sit offers several services, such as:

- Housing
- Gym
- Food and Cafés on campus
- Health
- Kindergarten
- Courses
- Social events and venues

If you are looking to exercise, we recommend the Sit gyms, located around town and near campuses.

There are several commercial gyms in town, but they can be expensive.

All Norwegian students, and some international students* must pay a biannual semester fee to their student welfare organisation. The fee to the Student Welfare Organisation is approx. NOK 600,- per semester. It is the students themselves, through representatives, who decide what services this money will be spent on. Students who are elected to the Welfare Council (*Velferdstinget*) determine how the semester fee is going to be distributed. You can read more at Sit's website (www.sit.no) to see how the money is spent, and more about the Welfare Council on the next page.

* Exchange students from partner universities do not pay semester fees to Sit



Studentfrivilligheten (the student volunteer culture)

There is something special about Trondheim and its volunteering culture. All festivals in town are arranged by volunteers working for free, and people that need extra care and help are fortunate to have volunteer organisations that work for them. This is very visible in the student culture: an impressive amount of students spend several hours per week on voluntary work. The largest organisations with most volunteers are Samfundet (The student society), NTNUI (the university sports association), programme associations and the student democracy.

Studenttinget (the Student Parliament)

The Student Parliament of NTNU is the highest governing body of the student politics at the university. 25 students are elected for one year and represent the eight faculties at the university. The student democracy at NTNU also has elected students at the faculty and department level www.studenttinget.no

The Student Parliament has meetings once a month to debate and make decisions on behalf of all the students at the university. In essence, the Student Parliament is the students' voice

Velferdstinget (The student's welfare council)

Every year, students are elected to work for students' rights and national policy-making in regards to issues concerning students' services and financing of studies/student loans. On the local level, the Welfare Council decides what services Sit should offer and how the semester fee should be spent. They can, among other things, give you advice and assist you if you have concerns regarding housing or health (doctor, psychologist, dentist). Drop by their office at "Stripa" at Gløshaugen, or see their website at: velferdstinget.no/en/om-oss



Linjeforeninger (Programme associations)

A large number of students participate in a programme association. These associations are connected to respective study programmes and aim to facilitate contact and friendship between students from the same, or similar, study programmes.

Most associations have initiation trials for those becoming members. This is mostly harmless fun for old members on behalf of the members-to-be. The associations arrange meetings, parties, presentation of job opportunities (*bedriftspresentasjon*, or *bedpres*), excursions and many other events. Many associations have access to one of the basements at Moholt student village, with their own student-run bar, where parties and meetings are often held. Ask your fellow classmates about which association belongs to your academic field / study programme.

Studentersamfundet (The student society)

The red, round student society house is well known far outside Trondheim for being the 'beating heart' of student life. There is always something going on inside, especially at night. This is the place if you want to get to know people from other campuses. Samfundet is owned by its members, (16 100 students) and is run by student volunteers that count more than 1 700.

The volunteers are organised in groups – *gjenger* - such as the student Medias in Trondheim, the Cultural Committee and the Society Theatre, just to mention a few. Students who want to volunteer apply directly to each *gjeng* (group). With all its volunteers the Student Society is the most important organisation for students in Trondheim.

Every weekend in the academic year there are parties and concerts, and on weekdays there are various cultural events. The famed Society Meetings, which usually take place every Saturday, is an arena for political debates and other more or less intellectual endeavours. Some meetings are in English. To get the

best prices on concert tickets, beer and good food, we recommend that you buy a membership. This will also give you the right to contribute and to vote in elections and decisions during meetings.

Samfundet contains numerous bars, a café, a pub, a restaurant and three of Trondheim's best concert venues. Additionally, Norway's largest cultural festival (UKA) and the world's largest international student festival (ISFiT), grow out of Samfundet's red walls every other year.

Samfundet's Media Group also runs Trondheim's own student newspaper *Under Dusken*: www.underdusken.no, covering news relevant to the Student Society and general student life in Trondheim. Some articles are in English, and can be found at www.underdusken.no/tag/english

www.samfundet.no/en
www.isfit.org
www.uka.no

NTNUI (NTNU sports association)

NTNUI is the student sports association at NTNU. With more than 16 000 members and over 50 different activities, it is the largest sports association in Norway.

NTNUI aims to stimulate students at NTNU to participate in sports and social activities. Most members are mostly interested in keeping fit and having fun, but a few are professional athletes. NTNUI has something for everyone, from skiing and e-sports, to judo and windsurfing - they even have a popular quidditch team!

You can buy membership at the reception at either of the gyms: Idrettsbygg Gløshaugen or Dragvoll Idrettsenter.

www.ntnui.no

NTNUI membership also gives you access to one of the most popular activity NTNUI has to offer: *koiene* (the cabins). NTNUI has 24 small, cozy cabins situated all over Trøndelag, from the coast to high up in the mountains. These are run on voluntary basis by a group of students, and can be rented through the NTNUI Koiene <http://org.ntnu.no/koiene/>

We also recommend you to check out the popular Student cabin *Studenterhytta*, located in Bymarka www.studenterhytta.org

International student organisations

There are also associations specifically aimed at international students, including:

ESN – Erasmus Student Network

www.trondheim.esn.no

ESN is Europe's biggest student organization in the field of mobility and internationalization. ESN are open to all international students (not Erasmus students), and host various events, trips and activities. Both international and Norwegian students are active in the organization.

ISU – International Student Union

<http://on.fb.me/1TKNgIz>

ISU is committed to the social, academic and political interests of all international students studying in Norway. ISU Trondheim is open to all international students and arranges several trips and events throughout the year

Many other student organisations are also very welcoming to international students and will most often not hesitate to hold meetings and events in English or translate on-the-go. Don't be afraid to ask!



Photo: Hugo Cheung, international student - showing the river Nidelva running through the heart of Trondheim

“ Quotes

Nationality: Turkish

I remember those days I spent in Moholt studentby, where I spent even the Christmas holiday. Moholt seems like the city of ghost through your window and you are watching movie in your room alone, at the same time enjoying the silence of snow outside. You know, when the city is under-snow, all the sound waves created by the automobiles and electrical devices are absorbed by the snow itself and you experience a perfect silence outside. That, I would claim, the most precious moment I have ever had...



Ahmet Oguz Tezel

Nationality: American

Trondheim is a small enough city where you can stand out and if you have a good idea, then you can make it happen. However it is also a large enough city that there is always something happening which you can be a part of.



Alexander Dodge

Looking back to when I first came to Trondheim I wish I had known how important the university is for the region. The research and development environment led by NTNU is a major factor for the development of Trondheim as a knowledge city.

Nationality: Irish

When Norwegians say “Hæ?”, it either means “I’m sorry, I didn’t catch that” or “What the heck do you mean?”. Also, when you’re entering someone’s home, always take off your shoes!

Max McCorhill

Nationality: Colombian

Get to know all the services that Sit offers to students in Trondheim. Just because Norwegians won't start a conversation with you while sitting in the bus, does not mean they are not friendly people. Studenter-samfundet, ESN and diverse student associations provide a wonderful context to get to know them and start wonderful friendships.

One of my best memories has to be last autumn sitting with some friends and grilling by the river. The sun was shining and there were young people everywhere. There was a just wonderful atmosphere in town with the semester yet to start and many new people to get to know. Moments like that make you realize how wonderful it is to be a student in Trondheim.



Cesar Mondragon

Nationality: Dutch

Learn Norwegian, join a (or several) NTNUI-group, learn to go cross-country skiing and get in contact with people.

My best memory is when I went cross-country skiing with friends in Bymarka and afterwards sat in the sauna and had dinner at Studenterhytta.



Rosalie Zwiggelaar

Nationality: German

Try to go to as many parties as possible: meeting new people from all around the world will never be that easy again. Do cabin trips! Do not miss the chance to learn something about the culture of the country you're gonna live in! If you do the first step, you can make some good friends!



Roland Falk



Updated June 2023
Online version with links:
www.ntnu.edu/lifeand-housing/trondheim/