



UiT The Arctic University of Norway

Debut Week International Autumn 2026

Welcome Programme for Exchange and International Degree Students



Tuesday 04 August

Venue: [Teorifagbygget, Auditorium 1](#)

08.30 – 09.00	Registration
09.00 – 09.30	Welcome session • Welcome to international students by <i>Professor Rikke Gürgens Gjærum, Pro-Rector for Education</i> • General information by <i>Sigrid Ag, Head of International Cooperation Section</i>
09.30 – 09.45	Students' welcome! by <i>Arild Furfjord, the Student Parliament</i>
09.45 – 09.55	UB – Library services by <i>Tine Lillegård Bergli, University Library</i>
09.55 – 10.10	Information about full-day trip to Grøt fjord by <i>Line Vråberg, Student Counsellor</i>
10.10 – 11.00	Quiz
11.00 – 12.00	Lunch break with baguettes/wraps Sign-up to Grøt fjord trip/print your arrival document
12.00 – 12.15	IT-resources by <i>Martin Hykkerud, IT department</i>
12.15 – 12.30	Trekking in Tromsø by <i>Kjersti Bakken, The Norwegian Trekking Association (DNT)</i>
12.30 – 14.00	Group work: Preparation for the cultural night by <i>Line Vråberg, Student Counsellor</i>
14.00 – 15.00	Optional: Campus tour
15.00 – 16.00	Optional: Guided tour to the City Center
19.00 – 21.15	Optional: Quiz Night at Storgata Camping Team registration fee 100 NOK (max. 6 participants per team).
20.00 – 22.00	OR: Karaoke at Fun Pub

~ End of Day 1 ~

Wednesday 05 August

Venue: [Teorifagbygget, Auditorium 1](#)

09.00 – 09.15	True North 2026 by <i>Vilde Furuhaug Westby</i>
09.15 – 09.25	Norwegian Language Courses by <i>Ingrid Bondevik, Department of Language and Culture</i>
09.25 – 09.45	Examination at UiT by <i>Nina Merete Rebni, Examination Office</i>
09.45– 10.00	Survival Guide and Erasmus Student Network by <i>Erasmus Student Network</i>
10.00 – 11:00	Erasmus students: • Signing of Arrival documents Degree students: • Meet and greet with course coordinators
11.00 – 12.00	Social Hour: Explore activities by <i>Student volunteers</i>
12.00 – 13.00	Lunch break with baguettes/wraps Sign-up to Grøt fjord trip
13.00 – 13.15	Information on religious services by <i>Franziska Förster, The university chaplains</i>
13.15 – 13.45	Immigration Issues by <i>Helle Harang Edorsen, Tromsø Police</i>
13.45 – 14.15	Introduction to Norway's Arctic Student Welfare Organization by respective representatives from <i>Samskipnaden</i> on: • Housing/Economy • Health and Counselling • Student life • Students' sports opportunities
14.15 – 15.00	Information stands: • Samskipnaden • Religious services • Tromsø Police

Last chance to sign up for the Grøt fjord!

15.00 – 16.00

Optional: Guided tour to Jekta Shopping Center

~ End of Day 2 ~

Thursday 06 August

Trip to Grøt fjord

Venue: Samskipnaden Counselling Center, Breiviklia building
[Klokkargårdsbakken 40](#)

Participation fee: 250 NOK

09.45

Departure from the student counselling centre to Grøt fjord

11.00 – 16.45

Spending the day at the beach, hiking, playing games and BBQ

16.45

Departure from Grøt fjord to UiT

18.00

Arrival at UiT

~ End of Day 3 ~

Friday 07 August

Venue: [Teorifagbygget, Auditorium 1](#)

12.00 – 14.00

Preparation for Cultural Night

Fruit, cookies, coffee and tea will be served

14.00 – 17.00

Free time

17.00 – 21.00

Cultural Night

Snacks and soft drinks will be served

21.00 –

After Party at [Bryggeriet Scene](#)

~ End of Debut Week International ~

Want to keep the fun going?

Join our Norwegian students during their orientation program, Fadderuka, and take a look at all the exciting activities our colleagues have planned

Fadderuka Activities

Some recommended activities:

Thrift Party

StudEXPO