



SIÅS

INTRODUCTION TO THE UNIVERSITY
FOUNDATION FOR STUDENT LIFE IN ÅS



Dear new students

SiÅs is a welfare association for students at the Norwegian University of Life Sciences (NMBU). We are responsible for student accommodation, international guest accommodation, sports facilities, bookshop, print and copy shop, cafeterias / restaurant, rental of meeting and function rooms.

SiÅs' motto is «Focus on the student», where our intention is that SiÅs shall be the University Foundation for Student Life at NMBU that will:

- Provide students with good quality, affordable welfare facilities,
- Promote the interests of the students and contribute in making NMBU an attractive place to study or work.

SiÅs works for your and other students' welfare while studying, which means that we make sure that you have a roof over your head, food in your body, and the ability to keep both body and mind in good condition throughout the study.

SiÅs exists of 34 employees working in 5 departments:

- Sports: Office in the GG-hall
- Canteens: The student society building, Sørhellinga, Økonomikantina, Husdyrfagkantina and IMT canteen.
- Housing: Office in the Smithy
- Boksmia/bookstore: Office in the Smithy
- Management: Office in the mail building (Posten)

Ås health station for youth and students

SiÅs is cooperating with the health care center for young adults and NMBU-students in Ås. There is no limit of age for NMBU-students, and the service is free of charge. Drop-in facility and pre booked appointments. At the health care center you find: doctor, psychologist, midwife and health visitor. www.sias.no/english/healthservices/
Rådhusplassen 29, 1430 ÅS. Phone: 64 96 22 40

Opening hours/address:

Mondays at 12.00 to 16.00
Tuesdays at 10.00 to 14.00
Thursday at 14.30 to 20.00

The Health-services can give you supervision and advice on these issues:

- Sexual health
- Psychosocial support
- Lifestyle issues

NMBU also has a chaplain at Campus. You are welcome to visit the chaplain Øystein Spilling regardless of faith, religion or way of life. The chaplain is bound to professional secrecy, and has the time to talk! Contact the chaplain to pre book an appointment or just drop in. Opening hours: Monday at 10.00 to 13.30 / Thursday at 12.00 to 16.00 in the Economy building, 1st floor, room 201. Use the entrance to the right for the main entrance to the building. Phone: 64 96 63 52 / 90 95 22 82. E-mail: oystein.spilling@nmbu.no





SiÅs sports (GG-Hallen)

SiÅs Sports offer a variety of different sports and activities for students, whether you are into team sports or prefer training on your own.

We offer all new students a free punch card (5 punches). You'll get your punch card in the reception in GG-hallen and it lasts until the 6th of September.

If you want to borrow the inside hall or football fields, you can ask in the reception in the GG-hall and book a time.



Let us know if you want to join the Norwegian Outlet run in September. The price is not too high and there are good prizes for students. This fall GG-hall will also organize a tournament for the students. Follow us on facebook (studentsamskipnaden i Ås) and get more information there.



We offer

- Group training; yoga, palates, tabata, shape, strength, back/stomach, cross training, zumba, step, dance aerobic, spinning etc
- Strength and cardio
- Climbing wall
- Team sports (www.nmbui.no)
- Sauna
- Personal training
- Nutrition consultation
- Measurement of body composition
- Health profile

Phone reception: 64 96 63 47

Mandag: 0800-2230
Tirsdag: 0700-2230
Onsdag: 0700-2230
Torsdag: 0800-2230
Fredag: 0800-2030
Lørdag: 1000-1500
Søndag: 1000-1800



From January 2016 we will expand our sports hall and spaces, and our offer of activities and space will be reduced from January to July.



SiÅs Canteens

We in SiÅs canteens operate the main kitchen in the student society building from Samfunnskantina. From here we distribute food to Økonomikantina, Sørhellinga, Animal Husbandry canteen and the cafeteria at IMT. We have 5 chefs and 6 kitchen assistants. We offer students and staff at NMBU a varied range of varied, good and nutritious food.

In Samfunnskantina we serve dinner of the day (#dagensmiddag) Monday-Thursday from 2.30-6pm and 2.30-5pm on Fridays. We serve vegetarian, fish and meat every day with our vegetable buffet to accommodate your desire for healthy, good and varied dinner. We have a canteen card which will give you every 10th dinner for free. This card can be purchased at Samfunnskantina. In the other canteens, we serve baguettes, salad bar, hot lunch and hot and cold drinks in the following opening hours:

Økonomikantina (canteen)

Monday - Friday 9am - 4.30pm (parallel)

Monday - Friday 9am - 2pm (blocks)

IMT cafeteria

Monday - Friday 10am - 2.15pm

Canteen at Husdyrfag

Monday-Friday 10am - 12.30pm

Canteen at Sørhellinga

Monday - Thursday: 9am - 2.30pm

Friday: 9am - 1.30pm



Phone main canteen: 64 96 63 21

SiÅs also operates Café Klubben, the Student Society's coffee shop on the 2nd floor in Samfunnet. This is open Monday to Thursday from 3.30-10pm. Here you can buy freshly ground coffee, sandwiches, cakes, cold drinks and assorted snacks. You can come and play pool, board games, read books and even borrow with you a book for reading. NEW this semester: You will get every 8th coffee for free with our coffee card ☺





SiÅs Housing

SiÅs Housing is located in the smithy, the same house as Boksmia. We arrange for the announcement of vacant rooms, applicants and contract signing on-line. There are two main annual calls for proposals for housing: 1/10 and 1/3. Ranking of applicants is based on the already earned credits taken at NMBU. There is no notice period when you move from one residence to another in SiÅs.

In addition to flats and couple apartments on Pentagon / Pomona / Palisaden, SiÅs has flats in Fougnerbakken, at Kaja, Town Hall Square and Utveien 6/26. We also have couples and family apartments in Kajaveien 15 and Skogveien. There is no deposit required but we'll take down payment of rent (the first of each month). The invoice will be sent to your page at Boligtorget, we do not use paper. If there are any errors with your home for example that water drips from the tap, go through your page at Boligtorget.no.

There are stalls in cellars at Pentagon, and for this you need to bring a personal padlock. Hold the doors of the stalls locked to prevent burglary in the booth. On Krona and Verket there are stalls in the cellars. At Saga, Høvleriet, Barken and Veden there are stalls in the basement towards Kringla.

You can park at the residences, but this requires a valid sticker. There are also guest parking (with payment) at Palisaden north and Skogveien. It is not allowed to park inside the residential areas, nor for a short amount of time, since external p-control fee guards keep records.

- It is important that the housing collective works together on cleaning, carrying out the garbage, nightly silence, locking doors etc.
- Garbage should be sorted as follows; 1) glass / metal, 2) Cardboard / paper and 3) waste. It is garbage containers for all fractions at the entrance to Pentagon. Cardboard boxes can be pushed into the cardboard hut in the same place. It is Ås municipality that determines that garbage should be sorted in this way.
- Emergency calls; Fire: 110 Police; 112, ambulance; 113.
- Husmann at Samfunnet can be called in the evening (16-23) if there are technical problems SiÅs must be notified quickly about; 90 62 64 75.
- If you have lost or forgotten your key, you can borrow the key at the rental department.
- Phone housing: 64 96 63 00

Stop by the housing office in the smithy when you walk by, and you will get free bike pads 😊

Regular opening hours: Monday – Friday at 10am to 3pm. Contact: utleie@sias.no



SiÅs Bookshop

SiÅs Boksmia is the Ås students' very own bookshop. We are located in the old half-timbered building next to the Swan Lake centrally on Campus, where we share house with SiÅs Housing department. This is the Smithy.

We are frequently working with the lecturers and all subjects responsible at NMBU, in order to make sure we always have the right curriculum for your studies in stock. Every term we also display new and updated reading lists in the bookshop, easily at hand for the students to find all information they need for the courses.



In addition to the literature we also have all of the paper and stationary. In our bookshop you will also find supplementary reading, as well as dictionaries, pens, blocks, calculators and lots more that you as a student might need. Stop by us for great deals in the bookshop, or simply download our app: "*Bok på Campus*", to receive offers straight to your smart phone.



In Boksmia you will also find Rotator which is the students' own publishing and printing service. We are printing and binding Bachelor and Master thesis, as well as printing or laminating posters at request.

Our opening hours are:

20. August – 19. April: 8am-4pm

20. April – 19. August: 8am – 3pm

Phone: 64 96 63 45

Welcome to Boksmia 😊

Social Media

It is nice if you like / follow us on facebook, instagram and twitter to get offers, and receive information about our activities. For further information, please see our web-page

www.sias.no/english/



Studentsamskipnaden i Ås
CafeKlubben



sias1955



sias1955

Kindly regards SiÅs staff

