



BUDDY CONTRACT

FOR STUDYSTART 2026

I, _____, commit as a buddy to:

- Meet up at the buddy kickoff on Sunday 09 August, the orientation meeting on 10 August and studystart on 11 August and otherwise be with my buddy group during the buddy period.
- Be available if the buddy board needs help.
- Show the new international students the Welcome Ceremony on August 11.
- Bring the new international students to Association Day on 13 August.
- Make sure there's at least one buddy from my group at each event.
- Being there for the new international students and taking care of them throughout the buddy period. This implies:
 - Facilitate that the new international students get to know each other well.
 - Give the buddy group an in-depth tour of campus and the surrounding area.
 - Pass on information about all events organized by the Buddy Board and OsloMet to the new international students in a good and appropriate manner.
 - Respect the new international students and their boundaries (especially alcohol and personal boundaries).
 - Encourage the new international students to attend classes at scheduled times.
 - Contact the police/fire brigade/ambulance and the person responsible in my buddy board if there is an accident or other incident.
- Have one person in charge in my group every day who can take extra good care of the new international students. This implies:
 - That all the new international students know that I am the contact person for the day.
 - That I'm available if something happens.
 - That I am visible to all the new international students.
- To be a good role model for the new students and act in accordance with the expectations of the buddy board and OsloMet that were reviewed during the buddy course.
- Act decently and follow applicable laws during the period I have the role as a buddy.

The Buddy Board is obliged to:

- Provide sufficient information about all events during the buddy period.
- Have at least one responsible sober person per day who has overall responsibility for the events each day.
- Facilitate a safe environment around the events.
- Be available throughout the period.

Sanctions will occur in case of breach of contract. In the event of serious violations, you will lose your right to be a buddy and will not have access to events during the buddy week.

By signing this contract, you accept the terms and conditions and are aware that this is a binding contract between you, the Buddy Board and OsloMet – Oslo Metropolitan University.

(date, place)

(signature)