

**2018-2019**

**Report 1**

Please use Tab to go to the next (text) box.

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Communication and Information sciences

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	13 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>	
exchange application process	My exchange application process went really smooth, with the help of my home university. All the information regarding deadlines, forms etc. was available on the website of my university. I also (regularly) received emails with important information and things to take into consideration when applying. The first step in my application process was attending one of the meetings regarding an exchange in general. There I received all of the basic information, which helped me to make the decision whether or not I wanted to go on an exchange. Once decided, I chose the country and university I wanted to go to and applied (with the help and information of my home university). All the steps for the application process that followed were clear and doable. However, it is important to start early.
counselling & support at Utrecht University	As mentioned, I got a lot of support from the university of Utrecht. They basically guided me through the whole process of applying for the exchange. Everything I needed to do (and the deadlines with it) was clearly sketched out and information was available online and/or send to me via email. If you had any questions you could easily call the university or send an email.
academic preparation	Before going on the exchange, I already finished the first two years of my bachelor. I was confident that this was enough to be able to participate in classes at different universities in different countries. As far as I know, this was the only academic preparation I had/needed.
language preparation	Although I went to Oslo, English was the language of instruction. I therefore did not really need to prepare myself. It was not obligated to know Norwegian, but they (University of Oslo) advised a free online language course so you would know the basic things when arriving in Norway.
finances	I saved a lot of money before going to Oslo, but I also got money from my parents and raised my student loan. Overall, this was enough to cover my expenses. I do have to say, Norway is a lot more expensive than I originally anticipated. However, in the course of time you get used to this and also learn how to shop more efficiently.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
I followed three courses during the 4,5 months I was there. Each course only had a 2 hour seminar each week, so I didn't have to go the university that often. However, the courses I took required a lot of reading, which filled my day. It was therefore important to plan, so you would have enough time to prepare. Due to the few contact hours I had during the week, I found it hard to really get into the literature. We only had little time every week to discuss the literature and moved on very quickly.
academic quality of education activities
The way of teaching was different than I was used to. Having only two hours each week for one course is in my opinion not much. Topics were therefore not really discussed in depth and there was not that much time for individual questions. However, I think the academic quality of the education of activities was still good. The professors were really knowledgeable and the literature was interesting.
counselling & support at receiving university abroad
During the first week in Oslo all the exchange students received a lot of information regarding the courses, exams, (police) registration etc. Overall I found the support from the University of Oslo excellent. It was clear who to go when you had questions and you could always write an email. The teachers were also really invested with the students and were always willing to help when you had problems with assignments and so on.
transfer of credits
I believe that the credits work in the same way. At the University of Oslo most of the bachelor courses are 10 ECTS (unless stated otherwise). I therefore took 3 courses (instead of 4) during my stay abroad to get the 30 ECTS I normally would have got in the first semester at Utrecht University. Furthermore, the grading system in Norway is different than in the Netherlands. You will get an A through F for your assignments or exams. These grades will be (automatically) translated into Dutch grades.

<b>STUDENT LIFE</b>
welcome & orientation programme
All the new exchange students are automatically signed up to a buddy group with one or two so-called buddy leaders. During the first week (Buddy week) you will join multiple events and activities organized by the university with your buddy group. This group is a great way to make friends from all over the world, to get to know the campus and specifically your own faculty, and to take part in a lot of fun events. Because of this buddy group I already made lots of friends during my first days in Oslo.
accommodation
All students admitted to the exchange programme at the University of Oslo can apply for student housing. As long as you apply before the deadline, you will have guaranteed housing. When applying you can choose between several student villages and different sorts of rooms. Even if a specific room is not available when applying, you can still give a preference for this room as it may be available when you arrive. Most of the exchange students live at Sogn or Kringsjå, since these are the largest student villages. You have to list a couple of different rooms and student villages. Later on you will get an offer for one of the rooms. You don't know the specific room and exact rent until you arrive in Oslo and pick up your keys. I had a single furnished room in a house with three other students in the student village Sogn. I was very happy with my choice for this student village since it is closer to the university and city centre (15 á 20 min metro ride to centre) and metros from the nearby metrostation Ullevål leave almost every 5 minutes (at Kringsja this is different).

leisure & culture
<p>Oslo is a thriving, active city where you can do a lot of different things during summer and winter. The city offers tons of musea, shops and events. Basically, every weekend there is something fun to do. The organization ESN also organizes fun activities in Oslo for students. Furthermore, there are dozens of student associations, so there is something for everyone. Everything in the city is easily accessible with public transport or by bike if you decided to buy one.</p> <p>In my opinion the culture in Oslo is not that different from the culture in the Netherlands. I didn't experience a culture shock (only the prices for food shocked me). Also, be prepared for the cold. I went in August and at that time the weather was pretty nice. Lots of people even went swimming in the harbour. However, when I left in December we already had snow for more than 3 weeks and the temperature sometimes dropped to -12.</p>
suggestions/tips
<p>Accommodation wise I would definitely recommend to look at Sogn. You can choose between a house with 3 other students (a mix of Norwegian and international students) or a room with 7 others (one bathroom, one toilet and one kitchen). As mentioned, Sogn and Kringsja are the most popular ones (both have a supermarket in the student village).</p> <p>Practical: To use public transport you can buy a (Ruter) card and renew it monthly or you can buy it via an app on your phone. It really depends on what you like most. As a student you can also get a discount.</p> <p>I would also recommend to join a student association and follow a lot of different Facebook groups. As mentioned, there are so many events and activities every week you can attend, so be sure to don't miss out on all the fun.</p>

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
<p>Yes, I would highly recommend the Univerisy of Oslo and Oslo/Norway in general. It is a beautiful city with loads of stuff to do. In my opinion the level taught at the University is quite similar to that at the Utrecht University (although the lectures are quite different). I also really enjoyed living in a student village and going to campus every day. The university is quite big and has a lot of different places to study, to chill or to grap a bite to eat. The University of Oslo also offers various courses I think you wouldn't find at the Utrecht University. The exchange will therefore help you to broaden your knowledge and also helps you to increase your level of English (or Norwegian).</p>
do you have any additional advice or comments?
<p>I would say, just go on an exchange, have fun, make new friends, but also study hard. In my opinion, most people forget that you also have to study (a lot) when you go on an exchange. However, there is always time to do fun stuff.</p> <p>As mentioned earlier, be aware of the high prices in Oslo. Norway is a beautiful country, but the prices for alcohol, meat and vegetables are extremely high compared to the Netherlands, so make sure you don't forget this when planning your exchange.</p>

**Report 2**

Please use Tab to go to the next (text) box.

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD

name study programme	Taal & Cultuur studies
destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>	
exchange application process	The exchange application process was quite complicated at times, but I could find a lot of information on the websites of both Utrecht University and the University of Oslo about it, so it was manageable.
counselling & support at Utrecht University	The international office at Utrecht University was really helpful if I had any questions. And don't be afraid to ask questions, because the international office really wants to help.
academic preparation	I had enough academic preparation, but I found the level of English at the University of Oslo quite high.
language preparation	I didn't prepare any Norwegian, but that wasn't necessary since everyone in Norway speaks English. I also didn't prepare my English, because I thought it would be good enough, but the level of English was higher than I expected. But after a few weeks I had no problems with the language anymore.
finances	I saved up money for my exchange period and I would really recommend to do that, since Norway is a really expensive country. Be prepared to spend twice as much money on groceries and things like that than in the Netherlands.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I found it not very difficult to figure out how to sign up for courses, but after I arrived in Oslo I learned that I couldn't participate in one of the courses I signed up for, this happened to more students so it is something you should consider. For example by signing up for one more course than you need. The courses you could choose were very interesting.
academic quality of education activities	I found the academic quality of the courses I took high and challenging, I think that is especially the case if you choice courses that are indicated with a high level on the course programma of the University of Oslo.
counselling & support at receiving university abroad	The international office in Oslo was also very helpful, there was always a quick and clear reply to my emails and the possibility to pop in during the hours when someone was present in the office.
transfer of credits	

This has not happened yet.

### STUDENT LIFE

welcome & orientation programme

I really enjoyed the first week of the semester, the buddy week. In this week you are put in a group with about 20 other international students and there are a lot of activities organised by the university. The people I met during the buddy week became really good friends during the semester. So I would really recommend to arrive in Oslo before the buddy week.

accommodation

The housing was really well organised, I had no trouble finding a room. I rented a room from SIO in Sogn student village. I think Sogn, Kringsja and Bjolsen are all good student villages if you are an international student.

leisure & culture

Oslo is a really great city to explore, and I think that Norwegian culture is quite similar to, for example, Dutch culture.

suggestions/tips

I would suggest not underestimating that Norway is an expensive country and saving up money before you go, so you can also take some trips while you are abroad.

### CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

I would really recommend this university and destination abroad to others, the academic level was high and there are a lot of interesting courses to choose from. On top of that, Norway is a really beautiful country with a lot of different landscapes which is really amazing to explore during your period abroad. Oslo is a beautiful city.

do you have any additional advice or comments?

-

### **Report 3**

Please use Tab to go to the next (text) box.

<b>permission to publish contact details**</b> <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>		
	my e-mail address	<input checked="" type="checkbox"/>	yes: mewimke@hotmail.nl
	my weblog	<input type="checkbox"/>	yes:
	my Facebook account	<input checked="" type="checkbox"/>	yes: Imke Hiddink
	other (social) media	<input type="checkbox"/>	yes:
faculty/college	Humanities/Utrecht University		
level	<input checked="" type="checkbox"/>	bachelor's	<input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	English Language & Culture		
destination city & country	Oslo, Norway		

name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>	
exchange application process	This process was fairly easy, and the people from the International Office provided a clear manual with dates etc. of when to hand particular forms in.
counselling & support at Utrecht University	I did not have a lot of questions with regard to going abroad, as the provided manual was clear enough for me, but I did have a couple of questions, which I sent via e-mail to the International Office, and they always got back to me really quickly!
academic preparation	Be sure that you have plenty of ECTS before applying, in order to make sure that the chances of being picked for a stay abroad are the best. I think I had over 100 ECTS when I applied, since I was too late applying for last semester, so make sure to keep a close eye on the deadlines/dates.
language preparation	If you decide to learn a new language whilst studying abroad, like I did, you have to make sure you know what kind of courses your university abroad offers. In my case, I was lucky that they offered a beginner's course in Norwegian for international students, which meant that I got to learn Norwegian amongst a bunch of others who didn't speak the language yet either. Make sure your English, or depending on where you want to go what other lingua franca they speak, is on point though, as you have to be able to communicate clearly in at least the lingua franca of the place you want to go to. This is commonly English for European countries, but be sure to check things out beforehand regardless, for if it is e.g. Spanish.
finances	Save up as much money as you can beforehand! Depending on where you go the prices can differ immensely! For example, Norway is a lot more expensive than the Netherlands, which I did account for when saving up, but I did not have enough funds to go on i.e. big trips throughout the country. I am likely to go back to Norway to do exactly that, but if you are not sure whether you will have that possibility in the future then make sure you have enough funds to support/use for your extra activities.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	Very clear and organized, with easy access to your time table etc.!
academic quality of education activities	Very professional, and I was lucky enough to have a very nice study program as well; with classes starting at 12 or later!
counselling & support at receiving university abroad	

I did not really use these facilities when I was abroad, but I would recommend doing so. The culture shock was pretty bad for me, and it took me a while to get used to all the changes I was experiencing.

transfer of credits

All the courses I took were 10 credits each, which did mean a lot of studying at home, but I did not particularly mind that. I am guessing this depends on what university you want to go to though.

## STUDENT LIFE

welcome & orientation programme

I actually skipped out on this activity, as I am not too fond of things like this. However, I was not left in the dark, because the UiO has a Facebook group for exchange students, they handed out a lot of flyers during the first few weeks, there are maps everywhere on campus and I also received a lot of emails.

accommodation

I can't say too much about this, as I stayed at my boyfriend's apartment during my stay, since he is actually Norwegian!

leisure & culture

As can be read above, I did not do too much outside of Oslo, but Oslo itself is still very pretty and there is plenty to do!

suggestions/tips

Around the beginning of November it starts getting dark at 4, and it only gets worse from there onwards, so if you are anything like me; someone with seasonal depression, then be sure to get as much sunlight as you possible can per day and, if necessary, take naps during the day i.o. late at night. Trust me, you do not want to mess up your sleeping schedule!

Also, the weather can be very unpredictable, so be sure to pack enough clothes for warm and for cold weather. My suggestion is to bring things you can layer, so you can always add another layer if it's too cold. Also invest in some proper spikes for underneath your shoes, for if it gets too ice-y. If you forget to do so, no worries, because even our local supermarket started selling them at one point.

With regard to the expenses here in Norway, watch the sales and use those to your advantage! I know this seems like something that goes without saying, but still.

Get your student card as quickly as possible and then immediately apply for a monthly travel card with student discount, as it saves you a lot of extra cash.

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

Yes, definitely! Despite the fact that I had a hard time dealing with being away from home/the culture shock/the expenses etc. at first this country is absolutely gorgeous. The university is very accessible from anywhere in Oslo, as public transportation rocks over here; the Netherlands can definitely learn from the Norwegians in that regard! Furthermore, since Norway has so many hills etc. I felt like every time I went outside to get groceries I had worked out, especially in the beginning. The Norwegian people might seem a bit standoffish, but that is because the Norwegian mindset is very much 'Let everyone mind their own business'. However, alongside that philosophy, they are also very helpful, as long as you instigate the conversation yourself. Whereas in the Netherlands you often have people you don't know randomly talking to you, it is the complete opposite in Norway.

do you have any additional advice or comments?

Not really, but I hope I managed to pitch Norway to at least some fellow students!

### **Report 4**

Please use Tab to go to the next (text) box.

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Art History

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>	
exchange application process	The exchange application process turned out not to be difficult at all. The UU and the University of Oslo were both really clear in what you needed to do. The University of Oslo sent me mails about the application from the beginning. Therefore I didn't miss any deadlines.
counselling & support at Utrecht University	The support at Utrecht University was great; you can always ask the International Office questions through mail and they respond very quickly. There is almost nothing you have to figure out by yourself.
academic preparation	I did not do any academic preparations since the academic year in Oslo started after I arrived. The courses were a little bit easier than the courses in Utrecht so it was unnecessary to prepare on an academic level.
language preparation	I did not prepare anything that had to do with language. Probably you have nothing to worry about when your English is at least of a moderate level. Also, you have to keep in mind that most of the teachers and students at the University of Oslo are also no native speakers.
finances	Finances are really important to take care of. Make sure you have set up a clear budget for yourself for each month with what you can spend and on what expenses you will spend it. Life in Oslo is expensive so you will most likely need to have saved money; with just the Erasmus+ grant you will not make it.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	Three courses are enough for 30 ECTS. I would recommend to choose this amount of courses. More is probably too much and less will be too boring. You have to keep your eyes open for the registration deadlines but you will also receive emails about this from the University of Oslo. The deadlines are really clear. The courses in

Humanities are based around themes and less general which, in my opinion, is very interesting. You will learn more specific knowledge about certain topics.
academic quality of education activities
The quality in teaching is quite high. All teachers are well qualified and provide interesting topics and discuss them at a pace that is not too slow. However, the way the essays are rated is less strict than in Utrecht, which is also nice. The teachers are a little bit more open for different opinions and ideas which makes that the courses sometimes feel a little bit easy because anything goes. The prescribed reading is of a high academic quality and was overall very interesting.
counselling & support at receiving university abroad
I did not need any specific counselling or support during my stay. But, there is an office for international students to which you can always pay a visit if you have any questions. Besides this, the teachers are very open to questions and are always ready to help you. Their offices are also open for visits.
transfer of credits
Up until this point I don't know the way in which my grades are being transferred for my transcript of records. In Oslo the courses are graded from A-F. It was quite easy to gain high grades and therefore to receive the credits you need. If you just prepare classes and study the things you need to study you will not have to worry about gaining credits.

<b>STUDENT LIFE</b>
welcome & orientation programme
In the first week of your exchange there is a so called Buddy Week you can join. Make sure to arrive in time in Oslo in order to join the Buddy Week. You will be assigned to a group and a buddy. In this week you will get to know Oslo, the university and a lot of other students; it's a great way to start exchange.
accommodation
Accommodation is really well arranged for international students in Oslo. If you make sure you hand in all the information before the deadlines, the student housing company SiO will provide you with housing. Student housing is granted for all international students. There are many places that you can choose, but I experienced that it was nice to live in a housing complex where a lot of international students live. All your friends will live nearby and you can even make friends on campus. Kringsja and Sogn are maybe a little bit further away from the city centre, but you will be closer to all the international students and they are relatively cheap.
leisure & culture
In Oslo and Norway in general there is loads of stuff you can do in your free time. Make sure you reserve enough time to travel in Norway. I traveled to the Lofoten Islands, to Swedish Lapland, Bergen, Copenhagen and Göteborg. This is a great way of making use of your freedom. But, Oslo is a great city on its own and has a lot to offer regarding the cultural field. There are always interesting events, lectures and exhibitions. Also if you are into the outdoors there is a lot you can do; go on a hike to Vettakollen or go skiing in the winter in Tryvann.
suggestions/tips
Something I would highly recommend in connection to leisure is the outdoor rental company Frigo. They organise camps for children and therefore they have a lot of camping and skiing stuff. When they are not using this for the camps, they rent it out for free. I rented a free tent and sleeping bags and did zero ground camping on an island in the fjords. I also went skiing with their stuff.

<b>CONCLUSIONS</b>
--------------------

would you recommend this university/destination abroad to others? please explain
I would definitely recommend the University of Oslo. The courses were very interesting and the university is a very welcoming place. In general, Oslo is a really warm city and will make you feel at home quite quickly. Also, Norway is a great country with a lot to offer in terms of traveling and leisure.
do you have any additional advice or comments?
Try to prepare really well in terms of your budget. I had enough money, but there were also some people who couldn't go to a party or couldn't go traveling because they didn't save enough money.

**Report 5**

Please use Tab to go to the next (text) box.

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Artificial Intelligence

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	26 / 12 / 2018 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>
exchange application process
At first the process seems like a lot of work to do, but in practice it is not. All the things you have to fill out are self explanatory and not that difficult. It just takes some time because you have to send all the papers back and forth to both the receiving and the sending University.
counselling & support at Utrecht University
Support from Utrecht University is wonderful. They are here to help you and they really do. Don't be afraid to ask something because the will probably not be the first one with that question. They will help you with every question you have and also try to do that as best as possible.
academic preparation
As academic preparation I just looked up some stuff on the internet regarding my courses. I didn't feel like preparing more than I would normally do here at University Utrecht. When I started my courses in Oslo I was prepared enough to participate to the courses.
language preparation
As preparation I only did an mandatory test for Erasmus+. Besides that I tried to learn some Norwegian. I thought it might be come in handy during my stay, but I didn't really needed it. From my experience Norway is one of the best English speaking countries.
finances

As financial preparation I have been saving some money way before I was leaving. I know Norway is an expansive country so every bit of money was welcome. Therefor I was happy to here I could get an Erasmus+ grant. This helped me a lot espacially in the beginnen of my stay.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

For the content I could pick a variety of different topics. I chose to pick courses in which I would learn different things about Norway. For example in one of my courses we had different topics regarding Norway every class and in that way I would get knowledge about Norway in an academic setting.

The organisation of the courses was as I aspected. It did not differ that much from what I was used to.

academic quality of education activities

The quality of education was really good. In my opion it is comparible with the quality of University of Utrecht. Therefor it was quite easy for me to participate in the courses, because I did not had to adjust to much to the way of teaching. In two of the three courses I participated in we also did some activities outside the reagular class room. We went to museums and to some different motion capture labs which were all very intresting. It were fun activities to do and I also learned a lot during those activities.

counselling & support at receiving university abroad

The help I received from the University of Oslo was wonderfull. I could go to them and ask anything and they would made sure I did not leave until I completly understood the anwser. Also help with any papers regarding Erasmus+ was really easy to do because of the great support from the University of Oslo

transfer of credits

There was no problem at all with the transfer of credits. All the courses in Oslo would gave me a certain amount of ECTS, which the University of Utrecht also uses. The University of Oslo would send my transcript of records to the University of Utrecht and they would make sure the ECTS get into my regular degree.

### STUDENT LIFE

welcome & orientation programme

The first week was perfectly arranged by the University of Oslo. The first day they help you a bit to find you way around. They help you with your first steps like getting your key, give you directions to your accomodation etc. The orientation week was also lots of fun. We were put in groups with people from all over the world and together with this group you could do different activities every day where you could explore Oslo and get familiar with your new enviornment.

accommodation

The acommodation was in my opion just perfect. It was not massive but it was enough space. Not very modern, but that wasn't really a problem for me. It really felt like my house and that was the most important. The organization regarding the accommodation was also perfect. From getting your keys to make the monthly payments to ask to reparde something. Everything was organization perfectly.

leisure & culture

If you really like the nature you definitely have to go to Norway. In my free time I mostly just went out into the nature. It is really beautifull and definitely worth your time.  
 Norway is culturally speaking not a great country. They do not have a great indipented history and there culture is therefor a mix between multiple cultures.

suggestions/tips
I just have one tip and that is just go to Oslo. It is a great city which has a lot to offer. Besides that the nature in Norway on its own is already worth going.

<b>CONCLUSIONS</b>
would you recommend this university/destination abroad to others? please explain
I would highly recommend going to to Oslo. Everything in and around the Univeristy of Oslo is really good orginazed. Besides that they give you plenty of free time to explore the city of Oslo and the beautifull nature Norway has to offer.
do you have any additional advice or comments?
No, just go to Oslo.

### **Report 6**

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural History of Modern Europe

destination city & country	Oslo, Norway
name university abroad	University of Oslo (UiO)
start date	01 / 01 / 2019 (dd/mm/yyyy)
end date	31 / 05 / 2019 (dd/mm/yyyy)

**You are requested to write on the following topics. Text boxes will expand automatically while typing!**

<b>PREPARATION</b>
exchange application process
The process of application was for me a bit different than normal. I really wanted to go abroad during my master's degree because I did not have the chance during my bachelor's degree. When I started my master program, I asked for the possibility to go abroad. First was told me that I was too late, but in the end the mastercoordinator arranged a place for me at the University of Oslo. So I had only one option, Oslo or not going abroad. This decision was easy to make for me, Oslo! The application process takes some time, but it is not that much if you do everything on time.
counselling & support at Utrecht University
The support of the International Office was really good, because I had to arrange everything in 1,5 month; they helped me very well.
academic preparation
Nothing.
language preparation

Nothing.
finances
I already saved money because I had worked a couple of years, so that was not an issue for me. But still the prices in Oslo surprised me, everything is really expensive, also food in supermarkets. So make sure you have enough money, at least 1250 euro per month (also dependent of your rent ofcourse).

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
I signed in for three courses on a master level, although I needed only two courses (20 ECTS) for my master program. When I arrived, there was a time overlap with two courses. Therefore I switched to a Norwegian language course for international students, which I can really recommend because you learn not only a bit of the language but also about the culture of Norway.
academic quality of education activities
The level of education was less than I expected. I signed in for courses on a master level, but the courses were given both for bachelor- as masterstudents so both of the students joined the same seminars. Therefore, the level of knowledge was very different in one seminar (from second year bachelorstudents to masterstudents). Moreover, the hours of classes is way less than what I was used at the University of Utrecht.
counselling & support at receiving university abroad
I had no need for counseling throughout my exchange.
transfer of credits
Grades appear in Studentweb, and the University of Oslo transfers your credits directly to the University of Utrecht.

<b>STUDENT LIFE</b>
welcome & orientation programme
The introduction week is very useful and fun! You meet a lot of international students, learn about the university and the campus and get a chance to see the city. Especially the guided tour with the bus through the city was very nice! I would definitely recommend to be part of the introduction week, because in this way you meet already a lot of people (friends).
accommodation
I lived in Kringsja, a studentvillage close to the nature. For me this was the perfect place to live in Oslo! SIO is the organisation that organizes all the studenthousing in Oslo, which is really nice. The contactservice is really good, and they even take care of the common area's in your house (they make clean). In Kringsja there is a café, a supermarket (Kiwi which is one of the most cheapest in Oslo) and a gym. The subway is also really close and brings you in 14 minutes to the citycentre. I really liked to live in Kringsja because you have all the facilities around you and especially the nature, which is ofcourse the unique point of Norway. Especially during winter time, you see a lot of people who are going to cross-country sky around Sognvann.
leisure & culture
Oslo is a really nice city with a lot of things to do, also for free, but you have to know the nice places. It is expensive ofcourse, but there are ways to managed it. Also, there a lot of events that are free for students. And the nature is free ofcourse!

suggestions/tips

I you are looking for a really Erasmus-party-experience, than Oslo is not the best place to go. But if you like to hiking, skiing, nature, sport etc, than it is the perfect place for you!

### **CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain

I would recommend the university for its orginzational features, everything was always wellorganized and clear. This is the same for the city, public transport etc. Everything is clearly explained and accesible. You need some money to live in Oslo, but it is totally worth it!

do you have any additional advice or comments?

Save enough money, be flexible and openminded!

**2017-2018  
 Report 1**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> n.l.hugas@student.uu.nl
faculty/college	Humanities/Philosophy and Religious Studies
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Philosophy

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	14 / 08 / 2017 (dd/mm/yyyy)
end date	22 / 12 / 2017 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

<b>PREPARATION</b>	
exchange application process	For me the application process took quite some time. There are so many universities to choose from and I did not have a prevailing preference for a particular country or city. First I needed to check which universities offered courses that I was interested in. Be sure to take enough time to do this research. Since every uni has a different looking website and is organized differently, it can take up much time to figure out which courses will be available to you. It helps is you know what you are looking for, that way, when they don't have any such course, you can just scratch that uni off your list and move on. Once you have found something you like, you will have to check if the courses of your choice can be implemented in your transcript. That can take a bit of figuring out as well. Then you will need to write a motivation for your studyplan and a financial plan. Do not underestimate this last part. On exchange you will probably try many new things and try to see many places, which will cost money. Make sure you have enough money to get to your destination and back and also some extra for you to make your exchange an amazing experience, because it would be sad to have to miss out on stuff. When planning my exchange I mostly noticed that everything took time, a lot of time!
counselling & support at Utrecht University	The support that the university provided was great! The whole process of going on exchange is layed out very clearly on the website and whenever I reached out to the Interntional Office they were very helpful. If I do have one remark it would be that would sometimes be hard to reach them on the phone. I would have to wait long or be connected through but then the connection got broken in stead.
academic preparation	For the particular courses that I did I did not need to prepare academically any more than reading the readings for the first lectures.
language preparation	At the univerisity of Oslo I took only English courses and since my English was already sufficient there was no need for me to do any language preparations.
finances	

As soon as I knew I was going on exchange I started saving. In total I saved about 1000 euro's. The Erasmus was in total about the same. I put my student loan on maximum and my parents contributed an amount per month. Also I spent two months working when I was in Oslo, which paid very well, because salary in Norway is usually quite a bit higher than in the Netherlands. In the end I earned around 1700 euro's in Norway. All of these funds combined were sufficient for me and I travelled a lot when I was away. About twice a month I would leave Oslo to go and explore the nature in Norway and the rest of Scandinavia or see another city.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

Upon arrival in Oslo I learned that one of my course was not exactly what I thought it was going to be. In the discription it said continental philosophy but the course was about a very specific kind of continental philosophy and more specifically about one book by Merleau-Ponty and I did not really like this subject. So if you are in doubt about the content of a course, I would recommend to send the teacher an email to check. The University of Oslo was very clear and well-organized about all study-related issues, so that was very pleasant!

academic quality of education activities

The education at this university was very different from what I was used to in my philosophy studies in Utrecht. I felt less challenged than I would have in Utrecht and I would have liked. Although all three the courses were very interesting, the classes were not structured too well and that made some classes a bit dull.

counselling & support at receiving university abroad

I had no need for couesling throughout my exchange.

transfer of credits

Credits would always be uploaded on either Studentweb or Fronter, sometimes it could take a while.

### STUDENT LIFE

welcome & orientation programme

The buddy week was great! In this week two students of the uni will take a group of about 30 exchange students and show them around the city and the university. I was very lucky with my group and with my leading buddies. They showed us a lot of cool places around the city and even organised a tour for us in a scupture park! They also opened their home for us to have pre-drinks before going to parties. It was a lot of fun and I ended up spending most of my time in Oslo with the people I met in this week! I totally recommend going, even if in the beginning it seems a bit akward.

accommodation

I stayed at Stensberggata student building. Sio is the organization that collaborated with the university to provide its students with affordable housing. All exchange students are assured a furnished room in a student house and you can apply on their website for the buildings of your choice. You will then get an email when they know which one will be available for you. Stensberggatta was definitely more expensive than rooms in the bigger student villages at the edge of the city like Sogn and Kringja, but I loves living close to the city and thought it was totally worth it! The uni however was a bit out of the city and I know that people living in the bigger student flats had a lot of fun there too. I went over there a lot for parties!

leisure & culture

I have discovered that Oslo is a beautiful and fun city, but because Norway is really expensive and has really strict alcohol rules (in a lot of clubs and bars the age limit was 21 or 23 even), it is not a place where a student

can afford to go out a lot. Of course there are cheap student places and house parties and you can always make it a good time as long as you make some nice friends, but if partying and having a different musical or cultural event happening every week is your thing, I would not recommend this city. I would however recommend it if you love being out in nature, hiking along the most beautiful fjord scenery and like being able to have an amazing view just 20 mins walking from the last metro stops of the city. If you are planning to travel and like the outdoors than this is the place for you! All of the best memories that I have of my exchange are from trips outside of the city and the Norwegian nature is truly unlike anything I have ever seen.

suggestions/tips

### CONCLUSIONS

would you recommend this university/destination abroad to others? please explain

To sum up, I would recommend the university for its organizational features, everything was always well-organized and clear, but not per se for the teaching, but that might be very different for different courses. I would recommend the city because of its proximity to the Norwegian fjords, but not for the city itself. For me, getting to travel around Norway for 5 months while also studying, was totally worth it to live a bit of a low key life in the city itself.

do you have any additional advice or comments?

If you have the funds to travel around Scandinavia during your exchange and you would like to live in a more exciting city, then I would recommend a city in Sweden rather than Norway, cause then you can travel to the fjords from there. I went to Gothenburg, which I really loved! It is a bit cheaper too and much more happening.

### 2016-2017

#### Report 1

faculty/college	University of Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Linguistics

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	01 / 08 / 2016 (dd/mm/yyyy)
end date	31 / 12 / 2016 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

### PREPARATION

exchange application process

Lots of documents to upload, but it is made very clear when what document needs to be handed in.

counselling & support at Utrecht University

Didn't really use it, but I feel like it would have been good if I had.
academic preparation
My exchange university has about the same level as my home university, so no problems there.
language preparation
Everything works in English, and my level was high enough for this. It helps if you already have had some courses in English in your study at your home university, but you learn English fast enough if it's the only language you'll be speaking for a semester.
finances
Living in Oslo is tough economically, but you can make it work if you keep track of what you spend.

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
This worked all fine. Dates and deadlines were very clear, application for courses was easy.
academic quality of education activities
Seminars and lectures were useful, great variation between forms of teaching.
counselling & support at receiving university abroad
Haven't made use of this, but I know who to go to if I needed it, so I would say this was done very well.
transfer of credits
This hasn't happened yet, I assume it will all go smoothly.

<b>STUDENT LIFE</b>
welcome & orientation programme
Rich welcome programme with lots of fun activities. You'll get in a buddy group, which is a great way to get to know lots of people in your first week. Some of the people in my buddy group are now my very best friends, so make sure you'll participate in this week.
accommodation
This is very well organised in Oslo. Every student gets a room for sure, and you can even choose how much you want to pay and where you want to live. I recommend choosing student village Sogn, most international students live there.
leisure & culture
Lots of museums to visit, fun city center. Students get huge discounts on the gym and museums. Student life is great, especially when you live in a student village where there are parties every weekend. Going out into the center is also fun, but the prices are very high and age limits are often above 23.
suggestions/tips

<b>CONCLUSIONS</b>
--------------------

**Norway – University of Oslo**

would you recommend this university/destination abroad to others? please explain

Yes, very much. The university has a high level and lots of different courses. Oslo is a great city to live, because it has lots of culture. It has a great student life, although it is very expensive. The nature is the best about the city in my opinion, you can take a walk up a hill or in a forest as a study break.

do you have any additional advice or comments?

I would recommend anyone to go abroad, it is an amazing experience and I will never regret doing it!