



ERASMUS+ TRAINEESHIP UU Report 2017-2018

faculty/college	Beta Sciences
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Nanomaterials Science

destination city & country	Oslo, Norway
name university abroad	Universitetet i Oslo
start date	01 / 04 / 2018
end date	31 / 08 / 2018

PREPARATION

exchange application process

The application was spread out over a relatively long time. I got in contact with the professor at the visiting university through my professor at utrecht university. This was however during the summer holiday of Oslo

counselling & support at Utrecht University

The international office at Utrecht University helped me whenever i had questions

academic preparation

During my bachelor's and masters i have already had plenty of research experience, this was all very usefull during this research internship in oslo

language preparation

The language in the workplace is english. Given the fact that all the textbooks i've had during my bachelor's, and all my courses in my masters were in english, this posed no problem.

finances

Going to Oslo I was entitled to receive an erasmus+ grant. Although this helped a little bit, it was not even close to the living expenses in norway. If you are planning to move to norway for an erasmus internship, prepare to take the maximum loan at DUO in order to survive.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My internship was solely research, meaning i spent 40+ hours a week in the office/lab space, not following any courses

academic quality of education activities

The research group i attended (Katalyse - Catalysis), under the supervision of professor Unni Olsbye, has a very high standard for science. The research performed in the group is of excellent quality

counselling & support at receiving university abroad



The 'high executive officer' of the group was always here to help, both for finding courses to learn norwegian, but also for help finding the house before arriving to Oslo. On the research side of the internship, the professor's door was always open for questions, and the PhDs and other researchers were also very helpfull

transfer of credits

Since I my erasmus+ project is a research internship, the amount of credits was pre-set, no trouble was occurred in transferring these credits

STUDENT LIFE

welcome & orientation programme

I did not arrive during the normal erasmus+ starting period, but half way through the semester. Because of this there were no ESN/Erasmus activities during my stay. nor was there a welcom/orientation programme.

accommodation

I lived in the Sogn Studentvillage, the cheapest village in oslo (comparable to IBB in Utrecht). It was a nice place, the payments to the company (SiO) happened very easily and the houses are in a nice quality.

leisure & culture

Oslo has beautifull places to relax. During the summer you can always sit in one of the famous parks (like vigeland) and watch all the tourists walking around. But it is also a very nice place to just sit at the fjords, go to one of the islands in the fjords, or sit by one of the many lakes. There are plenty of museu and beautifull hikes that you can take part of close to or even in Oslo.

suggestions/tips

Prepare for high costs, even something as simple as 200 g of cheese already easily costs 4-5 euro's. And try to learn a bit of norwegian, you might not get to speak it often in Norway, since all the norwegian people have perfect control over the english language, but it helps to learn something about the culture. Some people say that norwegian people are very awkward, or egocentric, but this is totally not the case. It is a very nice group of people who are always willing to help! One last tip, if you are under 26 and want to make domestice flights in norway, you get up to a 50% discount with Norwegian airlines by using the code UNDER26. This enabled me to go to Spitsbergen and Tromso, beautifull places to see the midnight sun during the summer, or the northern lights during the winter.

CONCLUSIONS

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

Yes. As said earlier, it is an expensive country, but it is also a beautifull country. The nature is completly different from the netherlands, with oslo literally laying in between the hills. Norway also has a large variety of (big) wild animals such as polar foxes, raindeers and elk.

do you have any additional advice or comments?

no



ERASMUS+ TRAINEESHIP UU Report 2017-2018

Your report will be made available (anonymously) to UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

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

e-mail address	<i>daniele.technetium@gmail.com</i>
faculty/college	Science
level	<input type="checkbox"/> bachelor's • master's
name study programme	Nanomaterials Science

destination city & country	Oslo (Norway)
name university abroad	Universitet i Oslo
start date	21 /08 /2017
end date	28/02/2018

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

PREPARATION	
exchange application process	Very good, the guidelines were very clear and easy to follow
counselling & support at Utrecht University	Excellent, I was in contact with the international office all along the application process, and the staff was both available and very helpful thorough the process
academic preparation	Very good. I was relatively new to the project I was involved with during my abroad period, but both the professor who advised me to go there and the professor who acted as my supervisor in Oslo sent me background material to study to get familiar with the new techniques, and it was helpful.
language preparation	Having done my abroad period at the end of a Master Programme taught entirely in English, and the language requirement in the receiving institution having been solely English, I would say that I was prepared more than enough for the purpose of my Erasmus.
finances	Unfortunately the daily life cost in Norway is very high, and student accommodation is more expensive than the Netherlands, and to my knowing was the cheapest option in Oslo. The grant given by the Erasmus program covers the basic room in a student house, so it helps, but students going there should be advised to have some personal finances to tackle the cost of life.

STUDY ABROAD PERIOD	
Traineeship programme (content and organisational issues)	



Excellent. The traineeship was organized weekly through group meetings, so I am very satisfied with organization and content.

academic quality of education activities

The traineeship was organized in a group known through the years to be very good in the field, so it was very satisfactory. The people making up the group are often collaborating and I was involved as soon as I arrived.

counselling & support at receiving institution abroad

Administration of the receiving institution was not understanding the nature and purpose of the traineeship program, even though it is described in detail within the Erasmus guidelines booklet, and I had to spend some time convincing them before my arrival in Norway that my stay abroad was allowed within Erasmus+ program. Once I arrived I explained my situation and in a couple of days everything was cleared out, but that could have been avoided by a more careful attention on the administration part during the application process.

transfer of credits

Excellent, everything I did has been recognized by UU and all the credits have been transferred

STUDENT LIFE

welcome & orientation programme

Universitet i Oslo and the various student associations are very active at start of the year, they organize welcoming events and short trips around the city.

Accommodation

Student houses provide the essentials for the time staying as Erasmus student but have to be booked months in advance, private housing is far more expensive. Some student houses provide childcare and small flats for families. On top of that, in student houses there are various open spaces to gather to study or pass your free time.

leisure & culture

Going out in Norway is more expensive than the Netherlands, and it should be taken into account. Culture I would say it is similar to the Dutch one.

suggestions/tips

CONCLUSIONS

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

I would recommend it because the student organizations are very inclusive and the university itself offers great opportunities to know new people and take part in the campus life

do you have any additional advice or comments?

Receiving institution administration was a bit picky, and not very understanding of the type of Erasmus I was doing. I would suggest administration to check along the process with the sending institution about liability of students and variety of projects available within Erasmus+ program.