



UU Report form - Erasmus 2018-2019

permission to publish contact details** <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: m.e.oostveen@hotmail.com my weblog <input type="checkbox"/> yes: my Facebook account <input checked="" type="checkbox"/> yes: Maartje Oostveen other (social) media <input type="checkbox"/> yes: or <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Culturele antropologie en ontwikkelingssociologie

destination city & country	Bergen, Norway
name university abroad	Univeristy of Bergen
start date	04 / 01 / 2019 (dd/mm/yyyy)
end date	27 / 05 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The application process was very well organised and the UiB was very clear in what we needed to do in order to apply so I did not have any trouble with that.
counselling & support at Utrecht University	Utrecht University also helped a lot with my preparation before leaving and provided all the information needed.
academic preparation	I had no specific academic preparation before I went on my exchange, but this was also not very necessary because the academic skills that I obtained during my first year of my bachelor at the UU was enough to follow my semester at UiB
language preparation	I did not put any effort in my language preparation because in Norway everything is in English and my level of English was high enough.
finances	I made a budget to see how much I would approximately spend per month and how much money I would receive. Once there things are ofcourse always a bit different than expected, but I did not have nay financial problems.

STUDY ABROAD PERIOD



study programme (content and organisational issues)
The study programme at UiB was very well organised and at the beginning of the semester they gave us a clear overview of all the available courses and credits, also on their website every course was described and signing up for courses was very easy.
academic quality of education activities
The academic quality of the education activities was also very good, the way the lectures were given and how the courses that I followed were set up was really good. The interaction with the teachers was also good and they are always open for input of discussion which is very important for me when we talk about academic quality.
counselling & support at receiving university abroad
UiB was also very supportive towards the international students, you could easily go to them with questions, and everything around the international students was very well organised.
transfer of credits
The transfer of credits happened without any problems.

STUDENT LIFE
welcome & orientation programme
The orientation and welcome programme was very well organised, people were super kind and willing to help and all the information needed was given. The welcome programme was just one day, which was quite intense and a bit short to get to know people, but it was enough to receive all the information that we needed for the university and studying in Bergen.
accommodation
The welfare organisation in Bergen provided student accommodation for all the international students, so it was very nice to be sure that you have accommodation before you go there, and we also were able to choose the kind or place we wanted to stay in. The accommodations were very well organised, and contained all the things you need as a student in your accommodation
leisure & culture
All the student organisations in Bergen that were about leisure or culture were also very welcoming to international students which was very nice. In the beginning of the semester there was a big student fair so we could get to know all the student organisations that are in Bergen. In this way it was very easy to become part of the organisations and of Bergen its student life
suggestions/tips
For me everything was very well organised and clear, but maybe an introduction period of several days would be nice.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes I absolutely would recommend this university to others because the University of Bergen is a very nice University with a good atmosphere and kind people, and Bergen is an amazing and beautiful city that is both in nature but also has a vibrant student character
do you have any additional advice or comments?
no



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	<p>my e-mail address <input checked="" type="checkbox"/> yes: e.e.hoffstadt@students.uu.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input type="checkbox"/> yes:</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @</p>
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology

destination city & country	Bergen, Norway
name university abroad	Universitet i Bergen
start date	02 / 01 / 2019 (dd/mm/yyyy)
end date	20 / 06 / 2019 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The applications process went well. UiB is helpful and responds quickly to questions. Besides that, the website of UiB is good with clear steps to follow for your application.
counselling & support at Utrecht University	Also Utrecht University helped me well when I had questions.
academic preparation	None
language preparation	I took courses in English during the semester before I left. This made it probably a bit easier to understand the courses and to communicate in classes, but it is not necessarily since you get used to it quickly.
finances	I saved money and had the erasmus grant, but be aware that Norway is very expensive so be prepared to spend lots of your savings there.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took an anthropology course from 15 ECT (SANT240). This course took a lot of time with lectures, seminars and readings but I found it very interesting. It was comparable with anthropology courses in Utrecht. I also took



the short introduction to Norwegian language and culture (NOR-INTRO). I would recommend this because it was a lot of fun, however you are only able to have very basic conversations. The third course I took was from comparative politics about gender (SAMPOL221). This course only had lectures so there was not much discussion or conversation.

academic quality of education activities

The quality of the courses is comparable to courses at Utrecht university. Only I felt they were less strict and you have to study more independent with not as many obliged assignments. The norwegian intro course is easy, SANT240 is also in level comparable with anthropology courses in Utrecht. Also the way it is taught is similar to anthropology courses in Utrecht with lectures and seminars to discuss the readings. SAMPOL221 is comparable to a level 1 or 2 course at Utrecht university.

counselling & support at receiving university abroad

There is not as much personal contact as at uu but teachers are very helpful and always willing to answer your questions.

transfer of credits

I took 32.5 credits and I assume this will be worth the same at Utrecht University.

STUDENT LIFE

welcome & orientation programme

Since I arrived the second semester there were much less students arriving compared to the first semester. Because of this we had just one day of introduction to get to know the university and some people. The focus was on information about the university and we had a lecture about Norwegian culture and nature. This was helpful to get to know how the university works and what students life in Bergen offers.

accommodation

You are always assured to have a room at Sammen housing. I lived at Fantoft, which is the place where most of the international students live. This is why I would recommend to live there. It is twenties minutes with public transport to the city centre where also the university is. There are many activities in Klubb Fantoft which helps you to get to know people. Besides that, it is nice to have some flatmates to talk to and having friends of you living close. The buildings are all just renovated so of good quality. I shared my kitchen with 9 and had my own bathroom. It costed around 420 euros a month, so if you want something cheaper I would recommend Alrek which is also a big students housing with many international students. The advantage of living in the city centre can be that you live with Norwegians instead of internationals.

leisure & culture

Mostly if you like nature and hiking I would recommend Bergen. Within half an hour from the city centre you are in the mountains which is really nice. So I mostly hanged out with friends, made bonfires, hiked and went on trips during my leisure time. There are nice bars but it is quite expensive to go out. Bergen is furthermore a nice city with nice architecture and some museums. Besides that, there are many student organizations who organize activities, for example ESN.

suggestions/tips

I would recommend to go out explore the nature around Bergen and in Norway. Also when you like outdoor activities join the students organizations BSI Friluft because they organize some nice trips and it's a good way to get to know people with the same interests as you. If you are less into outdoors I would recommend you to become a member from another students organization.



CONCLUSIONS

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

I would really recommend Bergen to study. I love outdoor sports and nature so this was just perfect because I met so many people who were interested in this as well. Also Norway is a very well-organized country which made it easy to get used to a new country. Also the university is of good quality with a broad range of study topics to choose from.

do you have any additional advice or comments?

Go abroad if you are in doubt because it is the best experience you can have during studying. Although I was very scared in advance this disappeared quickly when I were here and met people. The community of international students is really nice because everyone always wants to meet new people. Don't be scared about being able to find friends, it is almost impossible not to find them. Also the studying made a good balance between all the fun things you do and learning new things.

UU Report form - Erasmus 2018-2019

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

destination city & country	Bergen, Norway
name university abroad	University of Bergen
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!

PREPARATION

exchange application process

The application process was quite easy to do if you just follow the steps. I do recommend to start in time just to be sure there aren't any problems.

counselling & support at Utrecht University

The counselling process was mainly through emails, which was okay for me because I didn't need much help with anything and didn't run into any problems.

academic preparation

I did not really prepare academically because I didn't need to know anything specific while taking the courses

language preparation

I didn't do any language preparation in advance. While in Norway I followed a Norwegian language course which was really nice to do

finances

I was aware that Norway is an expensive country so I saved some money up before I went



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed some courses in different fields. I followed the courses Personnel Psychology and Labour market policies in a comparative perspective. Besides that I participated in the norwegian language course. All the courses were well organized with a syllabus and clear information about the readings.
academic quality of education activities	All the professors were really good in English so I didn't experience any problems with understanding. All the lectures were well organized and you knew what was expected from you although it wasn't really necessary to go to the lectures of these courses because you could just pass the exams without attending any of the lectures.
counselling & support at receiving university abroad	I didn't use any counselling and I didn't need support from the University of Bergen.
transfer of credits	I received an online form with a signed transcript of records really soon after I requested it. I didn't experience any problems with it.

STUDENT LIFE	
welcome & orientation programme	The university had a really good welcome program. In the faculty you were divided in smaller groups of around 20 students with Norwegian and international students combined. That was really nice to get to know both locals and internationals. During the welcoming week you got to know the university and the city really well as they had an extensive program every day. You could choose if you wanted to attend the program or just a few parts of it.
accommodation	The student organisation SIB makes sure that you are given an accommodation. Most international students stay at Fantoft, which is 15 minutes away from the city center. I stayed in an apartment where I had to share my kitchen with 15 others and I had a roommate. That was the best part of the whole exchange because you start to feel like a family in the end and we did a lot of stuff together. The building where I stayed in was built 2 years ago so it was quite new and it looked really good.
leisure & culture	Bergen is a beautiful city. If the weather isn't too bad you go hiking most of the time in the surrounding mountains because the view from the top is amazing every single time.
suggestions/tips	Make sure you have rainproof clothes and also hiking boots and hiking clothes because that is what you'll probably do a lot of your spare time!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes i would definitely recommend it. The city is beautiful and especially if you are a bit sporty and like to be outside this is the perfect destination. Also everything at the university was really good organized. I didn't come across any problems.
do you have any additional advice or comments?	Don't doubt, just go and you'll have the best experience ever.



UU Report form - Erasmus 2018-2019

faculty/college	Faculty of Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychologie: Studiepad Klinische Psychologie
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	08 / 08 / 2018 (dd/mm/yyyy)
end date	13 / 12 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	To prepare for the application process I mainly used the information given by UU on the website, Osiris and the information given to me by e-mail. Also, I contacted friends whom also were in the process of application, or already went through the process in the past. Their help and tips helped me write a good motivation letter for example.
counselling & support at Utrecht University	I don't recall asking for counselling or support at Utrecht University. This is because the information given to me in advance was sufficient enough that I did not need it.
academic preparation	I did not need to prepare academically. The courses I chose to do were courses where I did not need to have previous knowledge from courses. Although I would like to add that if the course information says so, this is not necessarily true. I chose one politics course where the course information stated that, but the course was too hard for me without any previous politics courses followed. I decided to switch courses.
language preparation	My English was therefore sufficient that I did not feel the need to prepare this even more before going abroad. I prepared my Norwegian knowledge by following a Norwegian language course during my stay in Bergen.
finances	I saved some money before going to Bergen by working almost fulltime in the summer break. I also used my student loan to get by. Besides that life in Norway is more expensive than life in the Netherlands, it is also nice to have some savings going to Norway because there are so many opportunities to take nice trips that all cost money.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Studying psychology, I chose one Personell Psychology course (15 ECTS), a Norwegian language course (7,5 ECTS) and a Development Economics course (10 ECTS). Before the course Development Economics, I chose a Chinese Politics course, which turned out to be too hard. The organisation went very easily, I'm also glad that I still had the possibility to switch courses even after both courses had already started.



academic quality of education activities
I think the academic quality was pretty good. My Norwegian language course was a bit easy, but I feel like my Norwegian is pretty good now so it's still good. My Personell Psychology course was very interesting for me, but I feel like it shouldn't be worth 15 ECTS, but less. Most lectures where however very good and also the seminars where for all courses very useful.
counselling & support at receiving university abroad
I did not request any counselling or support
transfer of credits
Not applicable

STUDENT LIFE
welcome & orientation programme
The welcome & orientation programme was very good. We got a nice introduction to the University, the resources and to Norwegian culture in general. We also had a nice introduction week where we got to meet other Norwegian and international students.
accommodation
The accomodation was decent. The price was pretty low and the housing was nice and modern. The location was not ideal, but the very good streetcar connection made up for that.
leisure & culture
Bergen is a very nice town with lots of culture and leisure activities. However, it's a bit expensive. There are also a lot of hikes to do which are ofcourse free and very nice when the weather allows them. The student home, which was Fantoft, organised many activities like movie nights or quiz nights. Also, there was a game room with pool tables etc. Bergen, the gateway to the fjords, is very close to cool nature and popular destinations in Norway.
suggestions/tips
If you're going in the autumn semester, bring good rain clothes.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, the university is really good and Bergen is a nice town. Sometimes it could be a bit boring because in the autumn semester it rains a lot. But if you live at Fantoft, where almost all international students live, there is enough to do there.
do you have any additional advice or comments?
No.



UU Report form - Erasmus 2017-2018

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

destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	10 / 08 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process starts by following the steps that are described on the website of Utrecht University. The steps are easy to follow and as long as you complete the application within the deadline you shouldn't come across problems you can't solve by yourself.

counselling & support at Utrecht University

If you find yourself experiencing problems with your application you can always contact the international office and they are happy to help you out. I went to the international office to get some information about one of the partner universities and by the afternoon I received an email that included the information I was not able to find by myself.

academic preparation

I was not worried about the level of education I was going to find at the partner university. Since I was told that the educational level in The Netherlands is quite high in comparison to other countries throughout Europe I wanted to go to a country where I could be sure that the educational level was equal to that at Utrecht University or higher.

language preparation

The study programme I was following at Utrecht University was in English so I was used to having my lectures and seminars in English. This led me to do nothing specifically different than following this study programme to prepare myself for my studies abroad.

finances

I tried to save as much money as possible for my studies abroad at my parttime job. I wanted to be able to enjoy my stay abroad without having to worry about my finances. Norway is an expensive country for foreign students and I would recommend everybody who wants to study there to make a clear and advised financial plan as far in advance as possible.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme I attended consisted of a master course at the faculty of psychology, Norwegian language and a bachelors' course at the faculty of humanities (this because I wanted to experience the working methods at another faculty). It was easy to choose these courses and when I accidentally filled in the wrong level of the Norwegian language course I got an email from the university that they already changed it into the right



course for me and they wanted to make sure that this was what I intended to do.
academic quality of education activities
The first two weeks of my semester were also the weeks in which I had the most lectures and they each took 4 hours. The quality of these lectures was quite similar to the lectures I was used to in The Netherlands. The lectures from the course Music, Gender and Sexuality were very different from what I was used to because the teacher spoke a lot about his own opinion and I was missing the (in my opinion) Scientific background. Even though this course was different it showed me that the way I was thought to study is not the way that is common at every faculty. I would recommend to follow a course outside of your own faculty to experience this and see things from a different research perspective.
counselling & support at receiving university abroad
The counseling and support at the university of Bergen is very well taken care of. They helped me with the norwegian language course (as I wrote down above). During my stay I didn't have much difficulties where I needed counseling for, but I am sure that you could expect help with all kinds of problems (study problems and personal problems)
transfer of credits
I did not receive all my results yet.

STUDENT LIFE	
welcome & orientation programme	The welcome programma (fadderuken) is so much fun. As long as you don't attend the law faculty you get mixed up with norwegian students in a faddergruppe. In one week they show you the city and a bit of the Nowegian student culture, this week is a great opportunity to meet norwegian students and to go out for (a more) reasonable price since alcohol is very expensive in Norway. During the fadderuken there are all sorts of activities organised during the day and night but nothing is obligatory. There is also a welcome meeting from the university for all the new international students in grieghallen (the big concert hall of the city), this meeting gives you immediately a feeling of being welcome and the small part of doing the whole exchange on your own disappears.
accommodation	When you apply for accomodation you probably get to choose between Alrek and Fantoft. If you want to make a lot of international friends and are in for a party now and then choose Fantoft. I lived in the new building where I shared a kitchen and living room with 14 others and I'm really happy that I ended up there. At first I wasn't aware of the fact that I had to share a room and bathroom with one other person but since everything in the building was completely new and the kitchen/living room was really big I only used the room when I had to study and living with a roommate was very nice.
leisure & culture	If you go to Bergen you choose one of the best places to experience the Nowegian nature. From Bergen you can travel to al lot of nature parks where you can make amazing cabin trips and hikes. Because Bergen is surrounded by mountains you can also just hike up a mountain from the city center (even before a lecture if you feel like it). The nature and hiking trips are by far the things I'm never going to forget about my exchange. If you're not an experienced hiker you can join the organisation BSI and join their guided trips. Besides the fact that Bergen is the perfect location to discover the nature is it a true student city so the night life is buzzing. There are a lot of clubs and small bars so after the fadderuken you know that there are places to go that please everybodies wishes. Most of these clubs are open till 3 but the norwegian students start early (pre-drinks at 6/7) so you still have a long night.
suggestions/tips	



One of the tips I would give is attend the faddruken, this way you get to know the city fast and you will meet a lot of amazing people. One thing you have to keep in mind when you consider going to Norway is that it is an expensive country for foreigners so you have to save some money in advance, that way you can fully enjoy your exchange without worrying about money.

CONCLUSIONS

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

I would definitely recommend this university to others, I can say that it was the best semester of my studies and it is an experience that enlarges not only your educational knowledge but also your professional-, personal- and social knowledge. I think you will experience this during every exchange period but Norway is a country that shows you the most beautiful nature, sustainability and a high educational level.

do you have any additional advice or comments?

I think that every abroad experience will be fun but I can say for sure that Norway and especially Bergen is a place that will show you a different way of living and studying that will stay with you for the rest of your life .



UU Report form - Erasmus 2017-2018

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Clinical Psychology
destination city & country	Bergen, Norway
name university abroad	Universitetet i Bergen
start date	10 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was going very well, due to the preparation made by Utrecht University and Universitetet i Bergen as well. The site of the home university and the receiving university are very clear about the conditions for applying, the application steps that you have to follow and the possibilities that are offered. Make sure you have all the required documents ready and the process will be very quick.

counselling & support at Utrecht University

Utrecht University is very supportive for students that would like to go on exchange, so there is plenty of information available as well as enough people at the International Office. They are very helpful and act quick, so your process won't be delayed. During the stay, Utrecht University is keeping you in track via e-mail and are always available for further questions and updates on what you should do during and after your stay.

academic preparation

The academic preparation is made by following courses at your home university and taking that knowledge with you when you go on exchange.

language preparation

The language preparation is important especially for students that have to follow courses that are not in English. For me that wasn't the case, so I prepared myself by reading the information of the university, so I had everything clear for myself. I think it is important to take extra language courses if your English isn't that good, but otherwise you will manage with average English.

finances

Finances was not a problem for me, because my parents supported me and I worked hard before I went on exchange. The Erasmus grant can also be very helpful when you need some extra support.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses that I followed in Bergen were not very intensive courses. The literature was not too much and the amount of lectures and assignments was low, so I had a lot of free time. The organization of the exchange was very good. The introduction week was clear and very helpful and the university (site) gave a lot of information about where to go and what to do. Thereby there were no issues and everything was very well organized.

academic quality of education activities



The academic quality was good, but the level wasn't that high as I expected it to be. The level of literature, assignments and requirements were not higher than Utrecht University.

counselling & support at receiving university abroad

The counselling and support was very well organized, so there were no issues or misunderstandings about certain cases. They were very supportive when there was a question or when something needed to be signed, so the process was quick and clear.

transfer of credits

The credits were giving within 3 weeks after delivering in assignments or making tests. The final credits are easy to get from the studentsite that is available, so you don't have to go to the university to get them.

STUDENT LIFE

welcome & orientation programme

The welcome was real welcoming. There was a very nice, clear and fun introduction in a big theatre where they gave all the information that was also made available online. They also 'introduced the country' and it's possibilities, so a full introduction was given. The next week there was a mentor week where you got to know people from your faculty and did a lot of fun things.

accommodation

The accomodation was good, because we were in the new Fantoft building. We lived in a house with 15 people, so we had a lot of people to go out with and do fun things. We could help eachother with exploring the university as well as the city. It is easy to find good housing via the universities student department. The housing is not far from the city center and easily reachable by tram.

leisure & culture

Norway is a country with endless possibilities for exploring various things, especially when you love nature and walking in the mountains. Bergen is a beautiful city that gives both room when you need a quiet place, but also when you want to go out there is a lot to do. Around Bergen there are 'the 7 mountains' that you can explore by walking up and down in a few hours. The station is in the centre and brings you to wherever you want to go by train and bus, so you can go into the country easily and explore other cities, mountains and beautiful trainrides. You can also travel by plain to the north for example, but this can be very expensive...

suggestions/tips

Go hiking in the mountains and sleep in a cabin! The nature is beautiful and you see so much more of it when you walk for hours with a little group of people and don't see other people for hours while admiring waterfalls, fjords etc. Sleeping in a cabin gives a great feeling and is very nice when you need some time off from studying. Sign up with an organisation and enjoy staying in cabins very cheap.

CONCLUSIONS

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

I would defenitely recommend this university and destination for it's beautiful location with endless possibilities for a variety of people. The university is of a good level of education and is very clear and helpful as well. Bergen is the most beautiful city that I have seen so far in Norway, because of it's old houses, the mountains, fjords and nature. The people are very nice and love to help you.

do you have any additional advice or comments?

Don't wait to long with going into the nature, you will love it!



UU Report form - Erasmus 2016-2017

faculty/college	Facult of Social Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	05 / 01 / 2017 (dd/mm/yyyy)
end date	20 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application proces was quit difficult. You have to be aware of the deadlines and what you have to hand in for the application. But the university of Utrecht has a very clear website, where you can find all the dates and forms that you have to hand in.

counselling & support at Utrecht University

The help from the international office was good. I went there a couple of times and they were always able to answer my questions. I also sent them an email a couple of times and they always replied really fast. I also went to the student advisor who helped me with planning my studies.

academic preparation

I followed two courses in English to prepare myself a bit for the fact that everything was going to be in English. This gave me a good idea of what to expect and I could recommend it to everyone.

language preparation

Apart from following some English courses at my home university I also tried to read a few English books. Just to get more common with the language again.

finances

I made a good overview for myself how much I thought I was going to spend and how much money I would get. I think it is really important to have a good overview, especially if you go to a expensive country. I also asked for a loan by DUO. It is not nice to have to think about every peny you spend. Make sure you have clear for yourself how much you approximately want to spend and what sources you want to use.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The content of my study programme was good. The course description I read when I choose my courses connected good to the content of the courses. The content was not too difficult, but also not too easy. The organisational issues of the course were also good. Everything was clear and if something wasn't clear the professors were always open to help you. Everyone spoke English very well, so it was easy to communicate with them. They always gave me the feeling that nothing I asked was to much. The university offers a big variety of courses for international students and it is easy to follow a course at a different faculty.

academic quality of education activities



The academic quality of all the lectures and seminars I followed were good. The faculty organized a few educational activities beside the regular lectures, that were open for everyone. There were often guest lecturers coming from abroad to give a few lectures about a certain topic.
counselling & support at receiving university abroad
The support they offered was really good. Nothing was too much to ask and they really tried to help you with finding a solution for your problem. This was so for the people working at the university, but also for the students. Everyone is really friendly.
transfer of credits
I could order my transcript of records online and they sent it to me with the post to my address in Utrecht. I could already order it before I had all my credits back and ask them to send it after I got them back.

STUDENT LIFE	
welcome & orientation programme	Because I arrived in the second semester the faculty didn't really have a orientation program. The university, however, did have a welcome program of 2 days which was really nice. They gave you all the important information you needed to start your semester abroad and there were many possibilities to ask questions. Apart from the information they gave about studying, they also gave a lot of information about the student life in Bergen and how to get around in the city. They even spent a whole part on going out in nature in Norway.
accommodation	The accommodation was nice. It was old, but it is going to be renovated this summer. There were different rooms you could get. I got a room where I had my own bathroom and shared the kitchen with 7 other people. There are also rooms where you share the bathroom and kitchen with someone else or have everything for yourself. Because I shared the kitchen with other people, I got to know them really well. The kitchen had everything you needed. They have different laundry rooms with washing machines and dryers which you can reserve. In the room was the basic stuff as a bed, chair and a desk. They had a second hand market where you could buy some other things for in your room to make it a little bit more cosy. On the terrain there is also a big common area that is always open and where you have the possibility to play games or just chill. Every other week they also organize a party here. Apart from the common area there is also a gym and the supermarket is across the street.
leisure & culture	There is a lot to do in the area of Bergen. Especially hiking is something everyone does here. The nature is absolutely amazing and if the weather is nice, everyone is going outside. It is pretty easy to explore the nature from the city without having to take a car or bus. The city center is small, so everything is easily accessible. The public transport is perfect and brings you to the most remote places. They have quite a few nice museums for the people who like culture and during spring and summer every weekend something is going on in the city center.
suggestions/tips	Save money. Norway is a really expensive country and you don't want to be thinking about money all the time. Be sure you have good (waterproof) clothing. In Bergen it rains a lot (really a lot). If you can, go in the second semester. In the beginning it is dark really early, but in the end the sun barely sets and the nature is absolutely amazing when everything gets green. Try to get in contact with some local students. It can be challenging to get in contact with Norwegian people, but once you get to know them, they are really nice.

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



Yes I would. First of all, Norway is an amazing country. The people are friendly and the nature is beautiful. Everything at the university was really good organized and I thought the lectures had a good quality. The university has good facilities for studying and every faculty has it's own library and studyplaces. Norway is a well organized country which makes travelling on your own really easy. Bergen is a nice cosy city in the nature and is often referred to as the most beautiful city in Norway.

do you have any additional advice or comments?

Don't hesitate, just go! It is a experience you will never forget.



UU Report form - Erasmus 2016-2017

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology
destination city & country	Bergen, Norway
name university abroad	Universitetet i Bergen
start date	03 / 01 / 2017 (dd/mm/yyyy)
end date	22 / 06 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process starts quite early which is good I think. You really consider your destination in an early stage in that way and you make the right decision for sure.
counselling & support at Utrecht University
Utrecht University supports and counsels really good. Every time you mail the international office you have an answer the next day for sure, which is really nice.
academic preparation
I did not really have to do an academic preparation.
language preparation
Since Anthropology is a study that is given in English already it has not been a problem for me with the language.
finances
It is good to make a proper financial plan just so you know that you are really capable of paying this exchange in such an expensive country as Norway. It has really helped me to realize how much I will need every month, but ofcourse with all the trips that you are going to do, you will spend way more than expected.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
Universitetet i Bergen is a really nice university and is well organized as long as you are able to visit them. Before arriving they sometimes forgot to answer my mails and stuff, but in the end everything was signed and uploaded way on time.
academic quality of education activities
The academic quality of the education activities are kind of simlair compared to Utrecht. The English level is a bit lower in my opinion, but the knowledge that you need to have before an exam is a lot as well.
counselling & support at receiving university abroad
There are different international offices and that was quite difficult sometimes for me as a student who was following three courses at three different faculties. They are really helpful once you step into their office and they help you with everything you ask for.



transfer of credits

They just changed their rules about that, so i have to wait until they send it to me.

STUDENT LIFE

welcome & orientation programme

The spring semester is not with a big orientation programma which is a pity. Compared to the autumn semester it was less organized if I believe other students. There was a little welcome programme which was nice to get to know some people already.

accommodation

I stayed at Fantoft studentboliger, which was really nice! If you are someone who wants to meet a lot of people than Fantoft is the place to stay. I shared my kitchen with 8 people in total, so everytime you needed someone to talk to or wanted to have study break, there was someone around.

leisure & culture

The norwegian culture is different to the Dutch one. The people are really closed and do not really talk to eachother in public transport. Everyone is really active which I really like.

suggestions/tips

Make sure to choose the right accomodation to stay, I met so many people who regretted their choice. So just have a good look at all different options.

CONCLUSIONS

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

Yes definitely. it is a really nice university and the city is just amazing! If you love the outdoors it is fantastic. You only need five minutes of public transport and you can start a hike if you like or just enjoy a beautiful view.

do you have any additional advice or comments?

no



UU Report form - Erasmus 2016-2017

faculty/college	Faculty of Social Sciences
level	bachelor's
name study programme	Psychology
destination city & country	Bergen, Norway
name university abroad	Universitetet i Bergen
start date	09/ 08 /2016
end date	21 / 12 /2016

PREPARATION

exchange application process

The application process was easy but it took me quite some time to prepare my application. I was not selected for one of my first three choices, but Bergen was a great alternative.

counselling & support at Utrecht University

The International Office was easy to reach and I got all the help I needed to prepare myself for my time in Norway. The pre-departure meeting was also helpful.

academic preparation

I did not need any specific academic preparation.

language preparation

The university of Bergen offers many courses in English so I did not need language preparation.

finances

Unfortunately Norway is not cheap. Especially restaurants and alcohol are way more expensive than in the Netherlands. Before my departure I had saved up money and my parents also supported me. In addition I received the Erasmus grant. This helped me to make ends meet. Also, after a while you will find out how you can save some money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The offer of psychology courses was a bit limited so I decided to take part in a Norwegian language course next to some psychology/pedagogy courses. I had only a few lectures a week, but the content of all courses was interesting and useful. The university in Bergen often uses take home exams, which were a bit easier than the exams I have had in Utrecht. All in all, the workload was lower than I was used to.

academic quality of education activities

The quality of education was good. The teachers are both professional and easy to get in contact with. There is a motivated atmosphere among the students.

counselling & support at receiving university abroad

The international department was easy to get in touch with. The emails I got before my departure were very informative and the application process was clear.

transfer of credits



My credits are not transferred yet, but I do not expect any problems.

STUDENT LIFE

welcome & orientation programme

The welcome programme was both informative and fun. We took part in the same programme as the Norwegian first year students. Unfortunately, one of my courses had already started during the introduction week so I could not join all activities.

accommodation

I used the housing guarantee that had been provided by the student welfare organization. The application was easy and the rooms were affordable (+- 350 euros per month). I lived at Fantoft and shared a my kitchen and bathroom with one other student. The accommodation is old and basic and you will need to buy some things when you arrive. The city centre is about 20 minutes away by public transport.

leisure & culture

Bergen is a small city, but it has everything you need. During the semester I really got into hiking and I spent a lot of my leisure time in the mountains surrounding the city. Going out is quite expensive, but there are a lot of nice places to go for a drink. The museums are free on thursdays. And of course the fjords and mountains are worth a visit.

suggestions/tips

Go for a weekend trip to a cabin to enjoy the amazing nature. Usually they are cheap and really cosy.

CONCLUSIONS

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

Yes! The quality of education in Bergen was good. Although Norway is expensive, it will definitely pay you back. I think it is one of Europe's most beautiful countries and it felt like a privilege to live here for a semester. Bergen is nice city with a lot of students and events.

do you have any additional advice or comments?

Try to get in touch with locals by joining an organization or by volunteering at an event. This will help you to experience the Norwegian culture. Although Norwegian might seem a bit introvert, many of them love to share their traditions and food!



UU Report form - Erasmus 2016-2017

faculty/college	Faculty of Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	09 / 08 / 2016 (dd/mm/yyyy)
end date	01 / 12 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process at the University of Utrecht was clear and the deadlines were clear too. I handed in my motivation letter, financial plan and other documents in time. Bergen was my first choice in my top three. I'm very glad I was allowed to go to my first choice location. The only problem I had was with the recognition of the courses by the examination commission. I found out that it was mandatory to let them check the courses which I wanted to follow, therefore I missed the deadline. I had to change some courses, because they overlapped with previous courses.
counselling & support at Utrecht University
The International Office and STIP is very helpful with all the questions considering my exchange.
academic preparation
I didn't do anything regarding this topic
language preparation
I didn't feel the urge to improve my english language skills beforehand
finances
I've been working during summer and saved some money for my exchange, since Norway is a really expensive country.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
The UiB (University of Bergen) is well organized and the website is very usefull to get most of the information. In my opinion, I found the course catalogue for international courses a bit small. I followed the Norwegian Language course (10ECTS) which was really fun. And I followed Work Psychology (15ECTS) course. This course wasn't that hard, the examination consists just the of writing an essay in the end of the semester. The lectures were interesting, but not really necessary to pass the exam.
academic quality of education activities
I would say that the academic quality is comparable to the University of Utrecht. At first it may seem hard to do all the courses and exams in English, but you get used to it. I didn't have any complications with this language barrier.



counselling & support at receiving university abroad

The student welfare organization (SIB) offers counselling and support for the students. I haven't used it.

transfer of credits

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STUDENT LIFE

welcome & orientation programme

The UiB offers a really nice introduction week for new internationals coming in the fall semester. This week also consists of the 'Fadderukken', which is an introduction week for all the norwegian students. Here you get mixed in a group with local norwegian students and do a lot of social activities. I would relaly recommend to join this week! internationals arriving in the spring semester had a bit of a smaller introduction week and no Fadderukken.

accommodation

Mostly all of the international students stay in Fantoft, which is 18min with the Bergen Lightrail away from the city centre. Fantoft is one of the cheapest student accommodations in Bergen and since all of the internationals were staying there I chose to stay there as well. A lot of social activities were held in 'Klubb Fantoft'. The apartment are a bit old and not really beautiful, but it is doable for one semester.

leisure & culture

In my free time I went a lot of hiking in the mountains. It is really easy to get from the city centre into the mountain areas. Eventhough it rains a lot in Bergen. You will get used to the rain and appreciate the days without rain :)

suggestions/tips

Try to meet some norwegians. If you are living in Fantoft it may a bit difficult to meet norwegians and become friend with them. The say norwegians are shy and a bit reserved, which is true, but they are one of the most helpful people I've met!

CONCLUSIONS

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

I would definitely recommend Bergen to others. If you like nature and the norwegian environment Bergen is a really good choice. The culture is interesting and I found Norway a special location to go, since most of the students prefer a warmer climate.

do you have any additional advice or comments?

Make as many trips as possible in this beautiful country. Rainboots are socially accepted in Bergen and umbrellas don't really work.



UU Report form - Erasmus 2015-2016

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural anthropology
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	07 / 01 / 2016 (dd/mm/yyyy)
end date	20 / 06 / 2016 (dd/mm/yyyy)

PREPARATION

exchange application process

I took a long time to consider my choice for a semester abroad. When I was sure I wanted to do it, I checked several factors to determine the first and second choice of destinations. I took into account the area I was interested in, nature, language, safety/organization, but mainly also academic reasons such as courses which suited my curriculum and interests. I did the application via Osiris and I made a motivation letter, which is a really important part. Several people in my surrounding read the letter as well to check if it was good enough. This helped a lot. In Osiris everything is pretty clear about what you have to do and when something is not correct they inform you on what you have to change.

counselling & support at Utrecht University

At the STIP information point they are willing to help you with everything, and the international office. My advice is that you start preparing everything a long time in advance because when the communication did not go very well and you have to come back again, or there is no one at the moment you came there, you still have time to settle everything.

academic preparation

I made a well thought decision about the subjects I wanted to do in Bergen and these subjects were still available when I came there. The subjects were one of the main reasons to go to Bergen and it is very important that you like it at school as well in the city you will live in. The subjects suited my interests, curriculum and even specialization I want to direct myself towards, so that was perfect. I did not need to prepare myself for the subjects there. The most important is that you inform yourself about the courses and what you have to do and when, what you have to buy et cetera, beforehand.

language preparation

The language spoken there was English so I did not have to prepare myself for that. They have a lot of English courses available, and also Norwegian language courses which is really nice!! It is a very international university and everyone speaks very well English.

finances

Beforehand I made an estimation about the expenses I would make there. My advice is to take into account extra expenses because it is always more expensive than you thought. It is smart to think about the finances to not be surprised in the end.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	<p>I followed three courses in Bergen: Norwegian language course level 1, Music in World cultures and Anthropology, intervention and development. The norwegian language course is a very nice way to receive a lot of stuy points while having fun with learning the language. You have six hours a week lessons and the tempo is not very high so it is easy to follow. Since Norwegian is very similar to Dutch, as a Dutch student it is not the most difficult course. Music in world cultures is a more specific course about ethnomusicology. Very interesting, and it give you the oppportunity to carry out your own small fieldwork project which is very useful and cool! The anthropology course is a little bit more demanding and has more theoretical concepts. I liked it a lot! The exam is pretty long, but it is not more difficult than in the Netherlands. I had lectures, seminars and workgroups and this was a nice division. With respect to the organization of the study programme, it is a bit similar to the Netherlands. It is encouraged to think indepently and work with the concepts you get from the lectures, to talk about it. This really develops your critical thinking, creative thinking and academical skills.</p>
academic quality of education activities	<p>The academic quality is relatively high. However, since my experience in the Netherlands was as well of high quality, almost everyhting is a little bit of a less academical quality somewhere else. In Bergen they have similar ways of thinking about education and how to study or work. I found the courses less challenging than I was used to, but still interesting. I had to work less and had good results with less work. But I still had to work there. It was the perfect combination: I was interested in the courses I followed, I had to work for it but not so much so I could also enjoy a lot of other things. They have less papers or assignments in between, so in general there is one assignment and one exam. The courses are spread over one whole semester, so two blocks in the Netherlands. One assignment and one exam is not so much then. Some exams do last for six hours though, but I did not experience that as a problem. You get a lot of credits per subject. The teachers are easily approachable, and you can always email them with questions. They make time for you and want to help you. It is an informal atmosphere, which is really nice. You are equal with respect to the teacher.</p>
counselling & support at receiving university abroad	<p>I never experienced such a well organized university. I knew exactly where I had to go when I had a question, and when I emailed persons I got an answer within several days. Everything was very friendly and fast and I never had problems with anything of administrative things. It is amazingly well organized.</p>
transfer of credits	<p>I do not know how this works yet because it is not transferred yet. In Bergen they have a system from A till F, with F meaning failed.</p>

STUDENT LIFE	
welcome & orientation programme	<p>The welcome programma was not so elaborate. It was enough but not so much so I would have liked it if it would have been a little bit more. It depends on when you arrive: I studied in Bergen in the spring semester (which is nicer because of the light) but in August they had a more elaborate orientation programme. I still liked the programme and it is a good way to get to know people.</p>
accommodation	<p>They have different locations where you can live. I lived in fantoft and I liked it a lot. That was one of the best things about my semester. I lived with seven other people and we had a shared kitchen, but we all had our own room and even bathroom! The rooms were big enough and the nice thing was that a lot of international students live there, so you practically live with all your friends in the same building, and this is just a unique situation. Fantoft is situated 20 minutes from the center, and the bybanen, a sort of tram, leaves every seven minutes. So the connection is fast and easy. Also the organiation around the accomodation was very clear.</p>



When there was a problem, immediately there came a person to fix it. There was a good laundry system, a trainingscenter, so a lot of good things about living there. It just did not look so beautiful.

leisure & culture

Bergen is a very cosy cultural city. They have a high cultural standard with a lot of museums. The city center is small but very beautiful. The nature around is also very special. Around Bergen lie seven mountains, which is an amazing opportunity to hike in your free time and enjoy all the beautiful views. Within a second you are out in the nature. So in my free time I hiked a lot, was in the nature a lot, but I also enjoyed the city. The pre-party's in the kitchen were also always very nice.

suggestions/tips

Norway is expensive, but when you take this into account beforehand, you really should enjoy living there as well. Discover a restaurant now and then, or order a coffee somewhere. Try also to travel through Norway. It is such a beautiful country! The north is also amazing, and the capital city as well. And in my opinion Bergen is nicer in the spring semester.

CONCLUSIONS

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

Definitely yes! I had the best semester in Bergen. The combination of university and courses, but also city, country, language and of course all the international friends you make (but also norwegian friends) makes this experience definitely worth it. I was scared to go before, but it is one of the best decisions I have made. If you think you would regret it when you do not do it, then you should do it! I loved the city and the country, my courses were very interesting and not too much work, and I made friends for life.

do you have any additional advice or comments?

In every respect Bergen is a good choice. It is small but big enough, has a lot to offer, both in culture and nature. The country itself is also beautiful, the university of Bergen is very good, with good teachers and a very good organization around. But the best thing about a place are always the people you meet there, which makes the Erasmus a great experience. My advice is to think well before you go, what do you want? What do you expect? Think everything through, but also be open minded. It is an adventure as well. But be prepared, take the time to organize everything. And then enjoy! It will be amazing :).