



UU Report form - Erasmus 2019-2020

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
how did you travel to your destination?	By airplane
name university abroad	Universitetet i Bergen
start date	08 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The process itself was very easy to follow and the university together with the International Office provided a lot of support. It must be mentioned that there still is a lot of paperwork that you have to do; you have to put some time in that.

counselling & support at Utrecht University

The counselling and support at the university was very nice. I got immediately response if I had any questions, and I could always hop by if I had some problems with the application process. I am very positive about it all.

academic preparation

I did not put effort in certain academic preparations. I've already had some English courses the last years at UU, so I was already used to that form of academic teaching.

language preparation

Since the language that I would be using in Norway was going to be English, I did not need certain language preparations.

finances

Since Norway is a relatively expensive country, I tried to save up as much money as possible the last couple of months before moving to Norway by working more and skipping holidays. I also applied for more money from the government, which I have to pay back later.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I got into the psychology programme, since there was not really a pedagogical sciences programme that the university offered. I already had some experience with child development courses, so I tried to take courses which would differ from that. I got into a course about the education systems of Scandinavia and in particular Norway, and into a course about migration and integratio in Scandinavia and in particular Norway.

academic quality of education activities

The academic quality of the educaton activities can be compared to the quality provided by Utrecht University; it was not easier, but also not way harder.



counselling & support at receiving university abroad

There was a lot of support and counselling offered at the receiving university. We had a lot of information in the first week, and they provided us with information about what we could do if we occurred with (certain) problems.

transfer of credits

There was not really a transfer of credits, since the University of Bergen also used the ECTS-system.

STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme at the University of Bergen was very helpful. We got provided with a lot of information about the ins- and outs of the university itself, but also about what we could do in our freetime. Therefore, it helped me a lot further in trying to 'integrate' into the Norwegian studentslife.

accommodation

The University of Bergen provided me with an accommodation at a small campus. It is really nice that they will guarantee you accommodation, because then you don't have to stress about finding a place to stay for these 6 months. My apartment was recently renovated and therefore brandnew and also not that expensive.

leisure & culture

The Norwegian culture is all about the outdoor-life. The university was surrounded by big mountains, which was normal to climb (almost) every day. I therefore spend almost all my free time in and around the mountains with my hiking shoes and backpack.

suggestions/tips

Try out hiking, even if you have never done it before and/or think you are not fit enough. Everybody can hike, and the adventures you make + friends you get to know are all worth it!

CONCLUSIONS

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

Yes, I would definitely recommend the University of Bergen. The university itself is nice, in the middle of the citycenter and everybody is very welcoming towards you. The classes are given in fluent English, and they are not hard to follow. The city is surrounded by big mountains and give you the opportunity to go on an adventure when you have a day off.

do you have any additional advice or comments?

No, I do not have any additional advice or comments except for: enjoy your Erasmus!!



UU Report form - Erasmus 2019-2020

faculty/college	Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	08 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The instructions for the application process were clear and everything was well explained on the website.

counselling & support at Utrecht University

The International Office was helpful and responded quickly when having questions and they were clear about when documents had to be arranged. They were also quick with signing documents.

academic preparation

On the website of the University of Bergen everything for exchange students is clear and well explained. There was a course list with an overview of all the courses they offer. They mostly offer courses from 10 or 15 ECTS, but there are also courses with less ECTS.

language preparation

As all of the courses for exchange students at the University of Bergen are offered in English I didn't need any language preparation. In daily life all Norwegians speak really good English (I would almost say better than people in the Netherlands) so you won't have any issues with that.

finances

Norway is an expensive country but if you prepare for it and save money it will be fine. You can make it as expensive as you want. You will mostly be spending money on your rent, public transportation, groceries and travelling.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The counsellor gave a good overview and the course description of a course clearly lined out what they expected from you. I think on average Norwegian education at Universities is a bit less difficult than in the Netherlands, at least in my case when studying psychology. For a psychology course I choose Personnel Psychology (15 ECTS). For this course you only had the exam at the end of the course where you had to write two essays during the exam. I wasn't used to that kind of examination but it turned out to be fine. I also choose a French course and the Norwegian Introduction Course (7.5 ECTS) to learn basic Norwegian and to learn a bit about the culture, I really recommend it! It wasn't hard as it was an oral examination (instead of writing something) and because Norwegian turns out to be a bit of a mix of Dutch, English and German.

academic quality of education activities



As stated above I think in general you have to do less work to obtain a certain amount of ECTS than compared to the work I have to do in the Netherlands to obtain ECTS. For the Personnel Psychology course there were lectures and seminars. The seminars weren't compulsory but they can be useful to prepare for the exam. Some lectures were really good but for some lectures I thought the level was disappointing because these were given by a PhD student, however they might change that in the future.

counselling & support at receiving university abroad

The University of Bergen is well-organised and they are quick in responding e-mails when having questions or needing help. The international contact person of the University of Bergen for Psychology was really nice and made me feel very welcome. On their website you can find a lot of information for new exchange students, everything is really clear. The only thing that was a bit badly organised is the registration with the police. The University of Bergen has booked two days for their international students to go to the police and get the registration done (this is obligated, it is instead of a visa). I recommend you to book an appointment by yourself to prevent long waiting.

transfer of credits

This was really easy because the University of Bergen also uses the ECTS system, so your credits will easily be transferred. The grade system in Norway ranges from A to F, where A/E is pass and F is fail. When transferring your grades you only get a pass or fail at Utrecht University so you don't have to worry a lot about the height of your grade, only about pass or fail. I also received credits for the Norwegian Introduction Course.

STUDENT LIFE

welcome & orientation programme

The University of Bergen was really welcoming! During the first semester there are more international students than during the second semester, I liked that. There were two welcoming days for international students only and a whole week where you had your own mentorgroup together with 4 other international students and with Norwegian students (I think this differs from the welcome programme for the second semester as it will be smaller). The idea of putting international students and Norwegian students together is nice but in my experience Norwegian students are open for you the first day but after that they spend more time together with the Norwegian students only. The orientation programme also differs between faculties. The faculty of Psychology and the faculty of Social Sciences had a very extensive programme compared to other faculties that had a less extensive programme.

accommodation

The University of Bergen offers housing guarantee which is really nice as it can be difficult to find accommodation by your own while being in the Netherlands. The housing organisation is called Sammen and you can give your top three preferences. Be sure to apply in time as otherwise you won't have the guaranteed housing! I lived at Fantoft (20 minutes outside the centre) which I found very nice because most international students live there, so you have your friends nearby. There are studios, single rooms, and shared rooms during the first/autumn semester (due to more exchange students in the first semester). You don't always have the choice as you have to accept the room Sammen gives to you. I had my own room (approximately 17 m²) with my own bathroom in it and I shared the kitchen with seven others. For my room I paid around 430 euro which is cheap compared to other accommodations in Bergen and Norway. All rooms and kitchens are new and renovated at Fantoft so that was really nice. The people who were offered a shared room eventually also thought it was fine. At Fantoft there is a gym and there is a grocery store. There also is Klubb Fantoft that organises activities, which is nice to get to know people in the beginning.

leisure & culture

Norway is comparable in culture to the Netherlands but there are differences. Things are more expensive but it's not too bad. For example when doing groceries the prices can be comparable to prices in the Netherlands if you pay attention to it. Public transportation costs 46 euros for a month for a student. If you will live at Fantoft



you will definitely need it as you have to take the bybanen (tram) to go to the centre and to the university. One thing that is really expensive is alcohol and, except from beers that you can buy in the supermarkets, you will have to go to the Vinmonopolet to buy any other alcohol. In Bergen, you can party a lot and they have really nice clubs, such as NATT, Sgjeneros, Lille and Vaskeriet. On sunday all supermarkets and shops are closed. For shopping there also are nice stores, like the Bikbok and Gina Tricot which are scandinavian brands, next to the more standard stores like H&M etc. Going to a restaurant might be expensive but you can easily eat a pizza in a restaurant for 16 euros. A lot of places offer a student discount, so use it as you have a student card. Next to that Bergen is such a nice place as it is located between seven mountains. You can hike a lot and i really did like it although I didn't necessarily expected it to be something i would do a lot. Take also time to travel as there are so many nice places around Bergen. The national parc of Folgefonna is very nice, where i did a glacier hike for example. Bergen is also surrounded by fjords, so you can't miss out on a fjord tour. Furthermore trips to other cities are nice, for example Oslo, Stavanger and Tromsø. In Tromsø i saw the northern lights and I went reindeer sledding (it is very difficult to see the northern lights in Bergen, so be prepared to travel if you really want to see them). To finish, they say that Bergen is the city of Europe where it rains the most. This might be true but during my stay in the autumn semester of 2019 the weather hasn't been bad at all. I might have been very lucky with this but don't let the weather stop you as Bergen has so many nice things to offer!

suggestions/tips

- It is really nice to meet Norwegian people but this might be hard. The most of your friends will probably be other international students. You will meet norwegians in your mentorgroup which is nice but a buddy program can be nice to. Therefore you should sign up as fast as possible because there are a lot of students searching for a buddy.
- Tavel to nice places around Bergen and in Norway as it is a beautiful country. Flåm is for example a really nice place, next to other norwegian cities. Go up to the north in Norway as it is so different from Bergen.
- Take a look at organisations as Study Bergen, ESN and BSI Friluft as they organise nice trips for generally not a lot of money.

CONCLUSIONS

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

I would definitely recommend Bergen and the University of Bergen. Bergen is a Norwegian city how you expect it to be with a harbour, coloured houses and surrounded by mountains. The University is good and they are very welcoming and will always help you if you have a problem. Next to Bergen, i really recommend Norway as a country.

do you have any additional advice or comments?

Enjoy your time, don't worry too much about money and just make the most out of it!



UU Report form - Erasmus 2019-2020

faculty/college	Faculty Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences
destination city & country	Bergen, Norway
name university abroad	Universitet i Bergen
start date	08 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I applied for University of Bergen as my first choice and Univeristy of Helsinki as my second choice. I wanted to go to Scandinavia and in particular Norway. From all the universities in Norway, Bergen had the most interesting courses for me. I applied through my faculty and not universitywide, because I felt like I had more chances of getting my first choice through my faculty.

counselling & support at Utrecht University

I've had contact with the International Office FSW a couple of times. They are really helpful and usually answer the same or next day. However, if you have questions about specific locations or universities, I would have preferred to speak with someone who has been there instead of an employee who knows as much as is stated on the websites from universities abroad.

academic preparation

I haven't done any specific academic preperation, other than my ususal courses. The courses I was going to do at the Faculty of Social Sciences were in line with my academic career here in Utrecht.

language preparation

The courses I was going to do are taught in English. My English was sufficient enough before going to Norway without needing any extra preperation. I learned some Norwegian for fun though.

finances

I applied for and received the Erasmus grant. The residual costst I paid with some savings and my loan from DUO.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The academic year is divided in two semesters. Some courses last the entire semester, others are only half of the semester, depending on the faculty. I though the different timelines would be a problem with choosing courses from different faculties, so I stuck to courses from the Faculty of Social Sciences. I choose two anthropology courses. SANT104: Culture, Meaning and Communication, which was a really good course taught by a very captivating, fun professor. And SANT105: Power, its articulations and disguises, which I dropped because it was a bit more boring in my opinion. There were both Norwegian and English workgroups. It was not mandatory to attend the workgroups, but your own responsibility. On the other hand, if you were planning to attend the workgroups, you had to be prepared and be present every workgroup, otherwise you would be



kicked out.

In retrospect, I would have chosen for the first anthropology course (SANT104) and a course from the music faculty. Because of the different timelines I thought it was not possible, but I know some others who have done it. So don't let it stop you from choosing courses in different faculties. Just make sure that your courses don't overlap in time.

Last but not least, consider taking the Norwegian class for beginners. It is really fun with other internationals, and you will be able to understand more from everyday life in the city! The application process for this course is a bit different than for regular courses. The application starts at the first of August (last year at least). BE ON TIME, because the spots will be filled in just an hour or so. I was too late, but I managed to get a free spot in one of the groups while we were already two weeks in the semester.

academic quality of education activities

The academic quality is comparable to the Netherlands in my experience. Like I said, in regards to the workgroups, they expected more independence from students. However, this was the case for my courses, but as I heard from my international friends, not so much for other faculties.

I had to pay for my books (worth 120 euros) and for many additional academic papers, which was a bit of a setback. In the Netherlands you can get access to academic papers for free usually. On the other hand, it was not really necessary for me to buy the books, so consider that before buying your books. I can't speak for all courses ofcourse.

counselling & support at receiving university abroad

Any contact with the International Office in Bergen took a bit more time than my contact with the IO in Utrecht. Also, there was a bit of a hassle about the Learning Agreement, because Utrechts sent me a pdf-copy, while Bergen insisted on not giving a signature unless it was via the Online Learning Agreement. All was well in the end though.

transfer of credits

In Norway, credits are given via the ECTS-system as well, so credits can be transferred easily to Utrecht University.

STUDENT LIFE

welcome & orientation programme

Univeristy of Bergen offers two kinds of welcome programmes for international students. The first one is a one-day big welcome for all the international students and a one-day gathering with all international students from the same faculty. The second one is the Mentor Week (or Fadderuken in Norwegian) and is also the welcome programme for first-year Norwegian students. All students from the same faculty are divided into mentor groups with both Norwegian first-years and international students, among with a few second year Norwegian students as mentors. This week is in some ways comparable to th UIT, with a big market with all the students organisations, a few competitiongames between the mentor groups, and every night a party in one of the student clubs. You could also choose to go to more lowkey activities, such as a boardgame or a pubquiz, but my mentor group was more about the parties. Mentor Week was a fun way to get to know some Norwegian students as well and a good introduction to the student life/night life in Bergen. It depends a little bit on your mentor group however; I was lucky to have a very welcoming mentorgroup. I heard from other international students that not all Norwegian students were that eager to talk to internationals.

The Mentor Week is only happening in the fall semester of course and not in the spring semester.

accommodation

University of Bergen works together with Sammen, a big organisation which provides gyms, doctors, mental well-being counseling, child care, cafeterias, but also accomodation. Sammen housing offers different options for international students, varying from big flats with almost only international students, to houses with Norwegian students, and also varying in price range. Before the semester starts you can apply for three options.



My first choice was a shared bedroom with another student and a shared kitchen and living room with 15 other students. I don't mind sharing my stuff and it also happened to be the cheapest one (approx 310 euros). This kind of apartment is located at Fantoft, where many international students live, both in the kind of apartment I got and a bigger, not-shared, one. The international students who only stayed one semester usually got the shared room, while the international students staying for the whole year usually got the individual room, whether they applied for it or not.

Due to less international students in the spring semester, the shared rooms are usually only occupied by one student, which means that the kitchen and the living room will then be shared with only 7 other students. Fantoft is from all the accommodations the farthest away from the city center, but it only takes 20/30 minutes by tram, which is called Bybanen and has fast successive departure times. The only thing is that Bybanen doesn't drive after 1 am during weekdays, and 4 am at Friday and Saturday.

leisure & culture

SPORTS:

- Sammen trening: a membership for 1200 NOK per semester gives you access to Fantoft gym and other gyms and the swimming pool in the city center.
- Cabin trips: everyone has access to all the cabins in the country. If you are planning on staying two or more nights in a cabin (does not have to be sequentially) then it is cheaper to buy a membership for 360 NOK (youth till 26 years) for one year (1st of January till 31st of December)
- Going on cabin trips or mountain hikes, you probably need some more stuff than you took with you. Take a look at Fantoft Renting (outdoor gear and household stuff - in one of the flats at Fantoft - cheap renting prices), BSI Renting (outdoor gear - in the faculty of Natural Sciences - cheap renting prices, you need to buy a membership though) and BUA Renting (outdoor gear - don't remember where it was - free renting, we went there for skitrousers, but they only had children sizes, but if you are a small girl, that will do.)
- BSI climbing: they have some climbing stuff at Sammen trening at Fantoft, but from what I heard BSI climbing was better. You can use the same membership for renting stuff for their climbing hall.)
- Bergenshallen ice skating: in the winter months the ice skating hall (two tramstops away from Fantoft) is open from 10.00-14.00 for free during weekdays (Thursday from 10.00-12.30). Also the renting of ice skates is for free.

CULTURE:

- Grieghallen concerts: somewhere in september the Bergen Symphony Orchestra gives a free concert for students. You have to make a reservation, but it's for free if you give your student number.
- Lysfesten: at the end of november/beginning of december the city starts the Christmas season with a big light festival in the city center. They lighten the Christmas tree, and there is firework, and Norwegian christmas carols and other music. Christmas is big in Norway!
- Keep an eye on the Facebook pages of museums to see when they have reduced prices/free entrance. In the beginning of the semester there is a Museum Night in which many museums have reduced prices. I missed it unfortunately.
- If you're interested in classical music you will have the time of your life in Bergen. Plan a visit to Trolldhaugen, the old house of composer Grieg.

FOOD AND DRINKS:

- Egon Restaurant: 122 NOK for pizza buffet (all you can eat), during Sunday and Monday, and other days till 18.00.
- Kvarteret student center: several student activities are organised here, but they also have a restaurant with student-friendly prices.
- Sammen Spise (eating): cafeterias in university buildings. You can buy a coffee thermoscup for 500 NOK which gives you free coffee and tea during the whole semester.
- Cafe spesial: cosy restaurant in the city center with (for Norway considered) cheap prices.
- Johanneskirke gives waffles (typical Norwegian food) and coffee/tea for free to students on Wednesday starting 12.15. Entrance is at the back of the church.



- Supermarkets: Kiwi and REMA1000 are the cheapest ones, and Bunnpris as well I think. At Fantoft there is only a Meny, which is slightly more expensive, but it has a lot of 10 NOK (1 euro) deals. If you are vegan, consider going to Xtra, for more vegan options.

SHOPPING:

- Garage sales: in the beginning of the semester in one of the Fantoft flats, has a lot of household stuff.
- Fretex: second hand store with several affiliates, one close to university. I could easily find some nice clothes every time I gave the store a visit.
- Kid home and furniture: in the beginning of the semester they have a student deal with a discount for bedding.
- Normal: drugstore with cheaper toiletries than in regular supermarkets.

TRANSPORTATIONS:

- Bybanen (light rail) and bus in Bergen and surroundings: is organised by Skyss. Download the Skyss Billett app to buy a ticket. For me it was the cheapest option to buy 5 times a ticket for 30 days for students (480 NOK). I bought tickets for Zone A, which is the whole of the city Bergen. If you travel outside the city you need to buy tickets for Zones B, C, etc. To plan your travel, you can download the Skyss app. The bus to Ikea is for free.
- Train: if you are planning to travel by train, take a look at Vy.no.
- Plain: some Scandinavian airlines offer reduced prices for students inbetween Scandinavian airports.

suggestions/tips

- Take a look at the market of student organisations which takes place during the Mentor Week. There is probably something (sports, music, vegan groups, charities, student media groups) which is interesting for you.
- There are many Facebook groups for international students and for people living at Fantoft or other Sammen accomodations.
- Finn.no is kind of the Markplaats.nl of Norway.
- MAKE SURE YOU HAVE A CREDIT CARD!!! You have to pay a lot by credit card, such as Skyss tickets, laundry service, cabins.

CONCLUSIONS

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

Yes, definitely. Bergen is a lively city with a relatively a lot of students. Within a few moments you are able to be in the mountains surrounding Bergen. And yes, it is raining a lot, but just bring an umbrella with you and you will be fine. It is not like your cycling in the rain like in the Netherlands, but most of the time you're in the Bybanen anyway. If you want to experience snow and skiing, you can easily find some good spots just an hour from Bergen in the winter months. There is a lot to do in the city both for sports and culture lovers.

do you have any additional advice or comments?

Be on time with all application steps, both before, during and after your stay abroad. The process itself is not that difficult, but there is a lot to think of, so I recommend making a list and keeping that in a place where you see it regularly.



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)

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



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p> <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>
	<p>faculty/college Social Sciences</p>
<p>level</p>	<p><input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD</p>
<p>name study programme</p>	<p>Cultural Anthropology</p>

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

PREPARATION

<p>exchange application process</p>
<p>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.</p>
<p>counselling & support at Utrecht University</p>
<p>Also Utrecht University helped me well when I had questions.</p>
<p>academic preparation</p>
<p>None</p>
<p>language preparation</p>
<p>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.</p>
<p>finances</p>
<p>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.</p>

STUDY ABROAD PERIOD

<p>study programme (content and organisational issues)</p>
<p>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</p>



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)

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)

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 were 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 bachelor's 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 easy 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 similaire 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
-

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.