



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	Psychology

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	5 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process	The application process was easy. I had to make a study plan and I had to write a motivation letter. After putting my request on Osiris I first got a confirmation of the University of Utrecht and after a little while also a confirmation of the University of Oslo.
counselling & support at Utrecht University	The University of Utrecht sended a couple of emails with information. They also responded fast in general on extra questions. They also organized a meeting for all students who where going on exchange. Here we got all the information you needed to know when you go on an exchange.
academic preparation	I didn't have to do any academic preparation.
language preparation	Because you can follow English courses in Oslo, there was no language preparation needed. You only had to make the Erasmus language test for your Erasmus grant.
finances	Norway is an expensive country. The student life is more expensive than in the Netherlands. The Erasmus grant was very usefull.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	I followed three courses, all the courses had 10 ETCS. I followed one course at the Faculty of Psychology and two courses at the faculty of Social Siences. The courses I took were all interesting. For two courses I only had one lecture in the week and for the other course I also had seminars. For two courses I also had take home exams and only for one course a normal exam.
academic quality of education activities	I think that the academic quality of the courses at the University at Oslo are comparable to the courses at the UU. The only difference is that in Oslo you follow 3 courses in one semester, which you have the whole semester long and in Utrecht you do 4 courses in one semester but divided in a shoter time period.



counselling & support at receiving university abroad
There is a lot of information at the site of the University of Oslo. You can sent them an email when you have a question and they respond fast. At the University they also have an office where they help you directly. In the buddy week they also have make hours free where they help you when you have questions.
transfer of credits
The transfer of credits was very easy.

STUDENT LIFE
welcome & orientation programme
On the Friday before the orientation programme started there was an meet and greet service at the airports for the international students. They helped the students to get from the airport to the place where you could get your keys for your housing. In the evening there was a welcome party to meet other international students. The next week the buddy week started. This was a week with a lot of events to get to know exchange students. The groups were selected on which courses everybody did so the people you meet in the first week are also the ones which you have courses with. We did a lot of events from seeing the university, games to get to know eachother, get to know the city and there were also a lot of parties.
accommodation
The accomodation was very nice. I lived in Sogn. I had 6 other international housemates. The room was fully equiped and everything was new. In Sogn was a grocery store. There is a bus which is directly going to university which takes around 10 minutes. When you want to go to the city centre you can take the bus and then the metro but you can also walk around 10 minutes to the metro and then take the metro from there. The gym is also very close. There is also a night bus on Friday and Saturday which takes you from the city centre to Sogn. In general, the most international students live in Sogn or Kringsja.
leisure & culture
There are a lot of things organised for students. The study association organise many events. There are also a lot of sport and leisure associations you can join. There are also associations only for internationals. In the first week there is an meeting where you can see every association which you can join and then you can decide if and which one you want to join. Besides the associations there are also events which are organized only for internationals. I joined the study association and I was a volunteer at the bar. Here you also meet Norwegians. Oslo is also a nice city where you can do a lot. The Norwegian Culture is not very different from the Dutch culture. Oslo is a really nice and chill city. There are a lot of different things to do.
suggestions/tips
Oslo is a very beautiful city so try to explore it. But Norway is also a beautiful country so when you have the chance try to visit other places to.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, the university of Oslo is very nice. They arrange a lot for international students. I felt very welcome. Oslo is also a beautiful city.
do you have any additional advice or comments?
No.



UU Report form - Erasmus 2019-2020

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

destination city & country	Oslo, Norway
how did you travel to your destination?	By car
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was not too hard. It is just important to keep track of all the emails you receive , and write all the deadlines down in your agenda. As long as you pay attention to the deadlines, it is pretty easy to do. It is just a lot of forms and mails to fill in and send.

counselling & support at Utrecht University

The support from Utrecht Universty was good in my opinion. I only had practical questions, and the international office responded really fast with accurate information.

academic preparation

I don't think you need a lot of academic preperation. The level of education is pretty much the same as on the Universities in the Netherlands. However, in Oslo you often have even less contact hours, and more self study. Often, you only have a lecture per course instead of a seminar and a lecture. Moreover, you mostly have exams in the end of the semester (which are often long in class written exams or take home exams) instead of multiple assignment and essays per course. It is hard to get a really good grade, but it isn't too hard to pass an exam if you keep up with the readings and lectures.

language preparation

The level of English in Norway is pretty good. Almost everyone speaks English (even more than in the Netherlands). You do not have to prepare a lot in terms of language. It might be a bit difficult at first to speak English all the time, but you get used to it so easily. After a while you do not have to think about it at all anymore, and you might even start to think in English.

finances

Norway is an expensive country. Especially in terms of alchohol, and food in general. The housing prices are comparable to the prices you would pay in Utrecht (if you live in a student village). At the beginning the prices may be a bit of a shock if you arrive in Oslo, but trust me you will get used to it. It is useful to buy food at Gronland (this is a multicultural neighborhood were food is pretty cheap). Beer and other beverages are just really expensive, especially in bars in the centre (but also in supermarkets). I think you will manage if you keep track of your finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I followed three courses: North/South development, religious violence and extremism, and digital anthropology. The content in all the courses was really interesting, especially in the religious one and the digital anthropology course. The organisation of the courses were good as well. You mostly had just one lecture a week, and a lot of reading to do for self-study. This is not that many hours, but I still feel like I have learned a lot.
academic quality of education activities
The academic quality was pretty good. The lecturers were really good and interesting to listen too. The level of education was comparable to that in the Netherlands. The only thing that I liked less, was that there was less discussion because there were often only lectures and no seminars. I did like that you had a lot of freedom, because there were not that many assignments and you had a lot of self-study and reading to do. The hours that you did have to spend in class were very productive and full of useful information.
counselling & support at receiving university abroad
I barely made use of this, but in terms of practical information they were very efficient and available.
transfer of credits
Has not happened yet.

STUDENT LIFE
welcome & orientation programme
I thought the welcome and orientation programme was really good. In the first week you had a buddy group, which is a group of around 40 international students from the social science department, with who you do a lot of activities. The activities might not always be that great or nice but I think it is very important to be open to it and participate with most of the activities. It is a very easy way to make friends with other internationals in this first week, so it is useful to be present. I feel like most people made friends with others during this week, because later in the semester it is harder because you do not spend many hours in class and internationals are way more easy to make friends with than Norwegians. Moreover, you see a lot from the Campus and Oslo during this week, which is also very useful.
accommodation
There are multiple student villages in Oslo, of which Kringsja and Sogn are the most well-known, especially for International students. I would really recommend living in one of these two villages, because it makes meeting people really easy. It is a bit further away from the city centre, but it is really easy to get there by metro. Kringsja is near a beautiful lake and is a bit bigger and more modern, but further away from campus and the city centre. Sogn is a bit more old and small and closer to the city centre and campus. I lived in Sogn and I really enjoyed it there. I would highly recommend living with a lot of roommates. I lived in a house with 8 students, of which most were internationals coming from many different countries, and I made so many good friends there. I had some friends in Oslo who did not have a roommate or who only lived with people who weren't open to making friends, and they felt pretty lonely. You get used to living with a lot of people really easily and you have much higher chances of living with someone you like and could become friends with.
leisure & culture
Oslo is a capital city, so there is a lot to do. Although it is a capital city, it still feels very small if you have lived there for a while. It is easy to get to know the city fairly fast. Norwegians really enjoy sports and there are many options for this. Moreover, Oslo has beautiful nature and you should really go hiking in the mountains. In terms of culture there are some museums that sometimes have good expositions (Astrup Fearnley Muset & Munch Muset). A nice bar that has live music every Sunday evening is 'Bla', they also have a lot of concerts and nice flea markets.
suggestions/tips



Be open to meeting new people and do not be afraid to talk to people, and be open to new experiences. I feel like I have learned a lot from meeting many other Internationals with different life experiences. There may be a lot of Dutch people, but it might be more fun and interesting to meet people from different backgrounds. So, do not stick to what feels safe because you speak the same language.

CONCLUSIONS

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

I would highly recommend Oslo to other students. It has honestly been one of the best experiences of my life. Oslo is not too big and not too small, it has culture and beautiful nature, everyone speaks English, it is very easy to meet other internationals, the university is good, and it kind of feels like an Utopia in a way.

do you have any additional advice or comments?

Just really enjoy your time there, because it is over before you even realize. Step out of your comfort zone and make the most of all the fun experiences!



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	Educational Sciences

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	There were a few spots available for studying in Oslo and to be accepted at the university, there were no extra requirements or tests I had to attend. I only had to write a motivation letter for the International Office and was then also accepted by the University of Oslo
counselling & support at Utrecht University	Whenever I had questions, the International Office helped me.
academic preparation	The courses I followed did not ask for any preparation
language preparation	The language used in the courses was English and that did not pose any problem to me
finances	I received an Erasmus+ grand, which helped a bit to cover some expenses, but life in Norway is very expensive. I would recommend to rent at DUO and to do some savings.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed three courses from different faculties: Education for All, Introduction to Personnel Psychology and Applied Ethics. Education for All only took five weeks (7,5 hours per week), whereas the other courses were spread out over the whole semester (3,5 and 1,75 hours per week).
academic quality of education activities	In general, the courses were of good academic quality. However, they were not very challenging compared to what I am used to in the Netherlands. Also, the study load was much lower.
counselling & support at receiving university abroad	I did not make use of any counselling and support, but I am sure I would have gotten help from the university when necessary.
transfer of credits	



All my courses were worth 10 credits and no trouble occurred in transferring these credits

STUDENT LIFE

welcome & orientation programme

The university organized an orientation week, in which you were assigned to a buddy group. This really helped to get to know a lot other international students. All the activities can be a bit overwhelming, because you get so many new impressions and meet so many new people. However, they are not mandatory, so you can decide yourself whether you attend them or not.

accommodation

Student housing is very well organized by SiO. If you sign up in time, you are assigned to a room. Make sure to accept the first room that is offered to you, because you might not get a second offer! I lived in a student village called Sogn and really enjoyed it. I payed approximately €420 per month.

leisure & culture

Oslo has a lot of nice activities to do. I would recommend going to Blå, because every Sunday a band plays amazing music there. Furthermore, when exploring the city, you should go to Akkerbrygge, the Operahouse, the fjord sauna close to the Operahouse, Oslo Streetfood, Mathallen, Akerhus, Vigelandsparken, Ekebergparken and the islands of Oslo. Also, keep an eye on all activities suggested by Facebook.

suggestions/tips

For groceries, I would recommend going to Gronland! I did my weekly groceries there, which really helped me save some money. Furthermore, plan your trips in time. For example, going on a hike to Trolltunga is best to do in september. Also, going to Bergen is quite cheap by train if you plan it early.

CONCLUSIONS

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

Yes, I would definitely recommend going to Oslo. The university is very well organized, as well as housing and Norway is such a beautiful country. It is great to have the time to do trips and see more of everything Norway has to offer.

do you have any additional advice or comments?

If you are hesitating to go abroad, please don't! Half a year might seem like a long time, but it is over before you blink. You might never get another chance to do this, so go for it!



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	Sociology

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	Universitetet i Oslo
start date	09 / 08 / 2019 (dd/mm/yyyy)
end date	17 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is inasently easy. As long as you make you sure know the deadlines you need to make, there are no problems. For me the application process started around december i believe and in januari i knew that i was going to Oslo. I knew to Oslo university had a deadline for guarantee housing so i applied on time and had no issues.

counselling & support at Utrecht University

The university of Utrecht has great counselling and informative meetings/e-mails. Especially the meeting with all the other abroad students from your own faculty was helpful to get some pre-departure information about where you will stay. During opening hours the international office is always very helpful and willing to do what they can do to help you as much as possible in your application process.

academic preparation

For me there wasn't really a academic preperation. You need to have a certain amount of ECTS before you can go abroad but that was it. The books i needed to buy and the classes i applied for was all arranged in Oslo self so.

language preparation

Norway has an insanely high level of english speakers. Especially in the university area everybody speaks enough english to have a talk about almost everything you can think off. There is no need to speak Norwegian yet i would recommend it, it is insanely fun and easy.

finances

Norway is an expensive country, be prepared for that. The erasmus scholarship helps out a little bit but you need a lot of money to make sure you can enjoy the living there. Especially if you are planning on also traveling some, you need more than the 5.000 Euro's they state on the UiO website. Yet it is all worth it, just make sure you have some savings and a back up plan. Also if you do groceries at the right spots you can safe money, and flying with the SAS gives you a student discount.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three courses of each 10 ECTS. The courses where an Norwegian laanguage course for international



students, a life and society course about Norway and a sociology course about the Nordic welfare society. All three where relative low in demand. I had around the 5 to 6 lectures in a week and there where no midterms. So it was all information up till the last exam. Passing the exams is easy, if you follow all the lectures and read the books you get atleast a E which is already passing in Norway. If you want a high grade you need to study some but this is for sure not impossible.
academic quality of education activities
The academic quality is a bit lower than we are used to here in the Netherlands. The system is more organised on trusting that people are intrinsic motivated and not on getting good grades. Yet everything is very good organised and very relaxed. If you need help the teachers are always there and the helpdesks are easy reachable.
counselling & support at receiving university abroad
The first weeks they get you settled very nicely. And beforehand the e-mail contact is quick and adequate. Nevertheless i haven't had any problems during my stay so i have not regulary used their counselling or support
transfer of credits
N/A. Have not done that yet.

STUDENT LIFE

welcome & orientation programme
The welcome is insanely warm. They have a meet and greet on the day of arrival and they help you getting your keys for your room and show you in which direction you need to go. In the first week there is a buddy week. There are no lectures yet and you as international will get aquanted with the city and campus during this week. You get dividided in to some groups of around 40 international students and there are a lot, and i mean A LOT of really cool and fun activities they organize in that week. Think of bbq'ing, city detour games, pub crawls, semester start parties and much more. After that during your whole stay this buddy group is more or less your friendgroup.
accommodation
The accomodation in Oslo is really nice. If you apply on time the university offers guaranteed living in the city. The prices differ from around the 400 euros up to 700. Yet if you live in the two bigger student-cities it is most likely you pay around the 420 with and than you have 5 roommates, shared kitchen and shared bathroom. Yet most of the apartements are already furnished and have kitchen stuff in them so you do not need to buy that. But this depends on the room, all the information you can find when you are applying for a room.
leisure & culture
Oslo is a upcomming urban area. The metropol has almost 1.4 million people living there but it feels like you are living outside in a small nature town, with the upsides of the big city. In 15 minutes you are outside the city and you can hike, ski, sleigh, ice skate and run in the forest. In winter snow will fall and be prepared for this. But in summer Oslo is crowded with spots where you can swim. Also there are a lot of cultural activities, there is an opera house that is not too expensive. Football games and movies are payable and in the neighborhood Grunnerlokka there are a lot of upcomming bands playing.
suggestions/tips
When you are there, make a tour to the islands in the fjords. Go swimming in summer in the Akerselva. Go iceskating and sleighing in the winter. And do some partying in the city centre which is expensive but really fun.

CONCLUSIONS

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



Yes. Oslo is a very good experience for those who want to have a low threshold for going abroad. Everything is really good organized and easy to arrange, yet it is insanely different and beautiful.

do you have any additional advice or comments?

Be on time with the application for UiO so you have guaranteed housing. And try to live in either Sogn or Kringsja because these have the mosty students living there.



UU Report form - Erasmus 2019-2020

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	Social Psychology

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

About a year in advance you start orientating for studying abroad. I knew that I wanted to stay in Europe, so I went to the University of Utrecht website to see what the options were for the Erasmus exchange. I had written down on paper which cities seemed interesting to me and whether the universities offered courses that aroused my interest. I then made a top three of cities and filled it in on Osiris. You also have to write a motivation letter, this can take some time. I asked my friends and parents for help and I worked on that letter for three days. You write the letter in English so it takes a while to assemble it grammatically well. After uploading the motivation letter, it takes a while before you receive a message from Utrecht University due to the selection procedure. After a few weeks you will be informed whether you are selected or not. Once you have received the message that you have been selected, you can also better focus on your departure and what you need to arrange.

counselling & support at Utrecht University

Utrecht University organized an information evening for students who went abroad. During the information evening I received a lot of information what certainly helped me. In addition, I also met the people who were also planning to go to Oslo. Eventually I had contact with one girl before my departure and during my stay in Oslo.

academic preparation

It was not necessary for me to prepare academically.

language preparation

I did the language test and this resulted in a good score (c1) so I didn't practice my English. I also did not learn the Norwegian language beforehand, this was not necessary because Norwegian people have a good level of speaking English.

finances

During my stay I lived from Erasmus scholarship, money that I borrowed from the government and money that I had saved myself. Norway is an expensive country so it is certainly advisable to set aside some money. In addition, there are few opportunities to work in Norway if you are staying for a short period. It is difficult to open a Norwegian bank account.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The website of Oslo University was clear and well-arranged and almost everything was translated into English.



The lectures and seminars were very interesting and the study pressure was lower than I was used to in the Netherlands. The exams consisted mainly of writing essays and take home exams.
academic quality of education activities
the academic quality is almost the same as University of Utrecht. For me personally it was it little bit easier and I had less contact hours at the University itself. The grade system is different then the one we have at University Utrecht. In Oslo you have a grading system of A till F. A till E is a pass and only the F is failed.
counselling & support at receiving university abroad
The information desk at University of Oslo was very helpfull. You can mail them and they respond to you very quickly.
transfer of credits
this is still in progress

STUDENT LIFE
welcome & orientation programme
I arrived a few days before the orientation week started. That evening when I arrived there was a meeting for all the erasmus students to get to know each other. I found this so nice at the moment because I arrived in the afternoon and had no idea what I had to do and who everyone was. Then the first week there is a orientation week organised for the buddy groups. They organised tours in the city and the campus, parties and games. This was a nice opportunity to meet all of the other international students. That whole week was very busy, you see and do a lot and make some new friends. This week was so important and nice because this was the time I became friends with other students for the whole semester , so I highly recommend you to go.
accommodation
In Oslo you have one main company SIO that arranges the housing. SIO has an information point at the university campus, they are very friendly and can help you with mostly everything related to housing. Remember that you must always accept your SIO offer, because otherwise you are back at the end of the row of people who wants a room. Two of the biggest studentvillages are Kringsja and Sogn. During my stay I lived in Sogn, I shared a bathroom and kitchen with 6 other people. This sounds like a lot but it was actually very nice. Our building was just renovated so everything was in plastic and very clean, since this year a lot of the buildings in Sogn are renovated. I had the fully equipped room, wich means you have furniture (bed, desk, closet etc) but also a duvet, pillow, chair, cutlery, plates, kettle and pans. I really liked this because i didn't have to buy stuff in a unknown city. Kringsja is closer to the nature (sognsvann lake) but Sogn is closer to the university. It is a 7 minute walk from sogn to the metro station, but you can also take the bus right next to the studentvillage. I really enjoyed my stay in Sogn, a lot of international students live there and a lot of parties can be hold in the attics of the buildings :) .
leisure & culture
ESN organise parties and trips athletica mmembership with a student discount. Highly recommend you to buy one because there are a lot of things you can do. Train for yourself, have sport classes and you can use the sauna's if you like. Athletica is located at a lot of place around the city. DNT (Norwegian Trekking Association) has a lot of cabins throughout Norway that you can hire. If you have a membership the prices can be very low. Mostly they are located in the beautiful nature of norway, very nice if you spend a night at a cabin with a group of friends. Visit places in Norway and other countries. Norway is such a beautiful countries with a lot of nice (small) cities and stunning nature. There are also a few hikes you can do, I would recommend the Trolltunga hike and Preikestolen hike. Also the train ride to Bergen is wonderfull and if you book early it can be cheap. My last trip



was Tromso, were you can see the Norhthern Lights if you're lucky.
SAS airlines also offers a student discount.
Skiing in Oslo vinterpark. On Friday they have a discount for students!

suggestions/tips

gronland is the place to be if you want to buy cheap fruit and vegetables.
Bla is nice bar with free concerts on Sunday night.
Bring warm clothes with you, it can be very cold during the winter. Also a rain coat is highly recommended because it can rain a lot in Oslo.

CONCLUSIONS

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

I would deffinitly recommend this university to other people. I had a great time here in Oslo, everything is good organised and the Norwegian people are very thrust worthy and helpfull. The prices are high but you will get used to it and eventually you will find cheaper options. You will meet a lot of new people around the world and with them you will have the best time in Oslo and discover how beautiful Norway is.

do you have any additional advice or comments?



UU Report form - Erasmus 2018-2019

faculty/college	Sociale wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Culturele antropologie en ontwikkelingsociologie
destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	07 / 01 / 2019 (dd/mm/yyyy)
end date	30 / 06 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

You need to keep track of all the deadlines for the necessary documents, but luckily there are enough web pages with overviews of this. And it's all definitely worth it!

counselling & support at Utrecht University

The International Office is very useful, so I have been there a couple of times to get documents signed or ask questions about the application process. They also respond quickly to e-mails. I would not say that Utrecht University actively supports studying abroad, because there is a lot to research yourself and that requires quite some time.

academic preparation

As a student of Utrecht University, there was no need for academic preparation for me personally. But I did pay attention to the level of the courses while choosing, so that I would be able to pass them.

language preparation

There was no need for language preparation, because my English was sufficient enough. I did some courses in English at Utrecht University as well, so that was not new for me. Besides that, it was not necessary to learn Norwegian to be able to live in Norway.

finances

I had saved up some money, because of working at a bar, before my study abroad period. Besides that and the Erasmus grant, I loaned money from the Dutch government and I wanted to look for a job in Oslo to have some extra money to spend.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Oslo has a very useful website and everything was made very clear. The lectures, seminars and literature of the courses were mostly very interesting. The classes differed in size and teaching method per course. I enjoyed this variety.

academic quality of education activities

I would say that the academic quality is similar to Utrecht University. One difference is, however, that I had less (group) assignments to do at the University of Oslo compared to Utrecht University. Therefore, if you pass the course depends on one grade.

counselling & support at receiving university abroad



There was a very helpful information desk at the social sciences department. They also respond to their e-mails quickly. And besides that, the website already had a lot of information. So I am very satisfied with that.

transfer of credits

The University of Oslo uses the same credits system, so I did three courses of 10 ECTS in one semester. The grading system is different though, because they use letters from A to F.

STUDENT LIFE

welcome & orientation programme

The orientation programme of the University of Oslo was very practical and a good time to meet people and make friends for the semester. It's a busy week, full of fun activities.

accommodation

The SiO student accomodation is well organized. I lived in a smaller flat, near the centre and the location was perfect, walking distance from everything you need and just a short trip with the tram to the campus.

leisure & culture

Oslo has a rich cultural life, which was important for me when choosing to come here. I volunteered at three different music festivals and besides that, there are a lot of other cultural events to attend.

suggestions/tips

I would recommend volunteering at festivals, because you easily meet other people interested in the same thing, in my case music, and you get to know Norwegians and the city of Oslo better.

CONCLUSIONS

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

I would recommend to go to Oslo, if you know that you are able to finance yourself, because it is a very expensive city to live in. Oslo is a really nice, calm and safe city to live in with a rich cultural scene.



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	Sociology and Sociology of Law

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	04 / 01 / 2019 (dd/mm/yyyy)
end date	14 / 06 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I would recommend to take your time to fill in all the forms they need for the exchange application process. However, everything you have to do to complete the application is very clear and well explained.

counselling & support at Utrecht University

Utrecht University offers a pre-departure meeting with some general information. Besides, the International Office replied very quickly when I emailed them with questions.

academic preparation

language preparation

I started to learn the basics of Norwegian via the app Duo Lingo, and did a few classes from the Norwegian language course. However, everyone in Norway speaks perfectly English.

finances

Because I knew that Norway is quite expensive, I saved some extra money, especially to be able to travel around. Besides, the Erasmus Grant helped and I used money I got from DUO as well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did three courses at the University of Oslo. Two at the Faculty of Law: Crimonological perspectives on gender, sexuality & violence and International criminal justice & mass violence. The third course was at my own faculty (Social Sciences): Family, gender equality and the welfare state. They were all super interesting, and I would especially recommend the first two courses I mentioned.

academic quality of education activities

I would say that the quality of the courses is quite high. Compared to courses from Utrecht University the acadamic quality is the same, although the work load is a bit lower. I almost only had lectures and very few seminars. Also, I only had take home exams.

counselling & support at receiving university abroad

The support at the University of Oslo was well organised, there was a desk in my own faculty where you could always ask your questions immediately, and they reply very quickly on your e-mails as well.

transfer of credits



30 ECTS

STUDENT LIFE

welcome & orientation programme

The first week in Oslo is the 'buddy week', which is a week full of activities with international students and norwegian students where you get to know the university and its facilities, as well as the city itself.

accommodation

I lived at Sogn student village which was absolutely great. It was pretty cheap (3780 NOK/month), had all the facilities you need and was super close to the university as well as pretty close to the city center and a beautiful lake (Sognsvann).

leisure & culture

I made friends during the first week I arrived in Oslo, and travelled around with them a lot. Norway is a beautiful country, I especially would recommend going to the westcoast of Norway. We also did a lot of cabintrips close to Oslo (from DNT) which is only 50 NOK per night for students. During the week, next to studying, I worked out quite a lot (I had a membership at SiO sports) and went skiing, played a lot of cards and drank a lot of coffee at all these nice coffee places in Oslo (Heimatt Løkka in Grunerløkka was my favourite!). Besides, I volunteered as a bartender at the study association of the social sciences faculty.

suggestions/tips

Travel as much as you can but don't forget that Oslo itself is awesome as well. Go skiing, snowboarding, hiking, and do as many cabintrips as possible!

CONCLUSIONS

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

Yes, definitely! Norway is a beautiful country to explore with its great nature. Furthermore, the level of education is quite high and the courses you can apply for are super interesting.



UU Report form - Erasmus 2018-2019

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

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

PREPARATION

exchange application process

Because people told me that the application process would take a lot of time, I started early with this. There's a lot to arrange, but the International Office at UU also offers very useful meetings and documents that you can visit/use to make sure everything goes well. I really recommend to use these and to keep in mind that it's worth the time!

counselling & support at Utrecht University

Whenever I had a question I could always email the International Office at UU and they responded very quickly. Besides, UU arranges a lot of helpful meetings in which they explain everything you have to know.

academic preparation

I didn't need to do any academic preparation.

language preparation

My English was already sufficient so I didn't need to do any language preparation. However, since I was interested in learning the Norwegian language, I downloaded the Duolingo app to learn some basic Norwegian which was fun and useful.

finances

Norway is an expensive country. I knew this in advance so I was aware of it and saved some extra money which was useful. You can make it as expensive as you want but there are also cheap options for everything. Just keep in mind that everything is way more expensive than back home so you won't be surprised. I received the Erasmus grant, used my own savings and luckily my parents supported me.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took 3 courses, one Special Needs Education course at the faculty of educational sciences (10 ECTS), one course in psychology at the faculty of social sciences (10 ECTS) and a Norwegian language course at the faculty of humanities which was really fun! (10 ECTS). At UiO it is possible to choose courses at different faculties which is definitely a pro. Just make sure that all your courses fit with each other in your schedule. In the beginning I didn't know that you can see the schedule of the courses at the UiO website. Because of this I didn't notice that I had two take home exams in the same week. This wasn't really a problem in the end, but it was a stressful week.

academic quality of education activities



The academic quality of the courses were good, but I think the load and pressure is much less compared to UU. Only the language course had an exam as I was used to it at UU. The other two courses had take home exams for which we had 1 or 2 weeks. Besides that, the SNE course was only for 5 weeks and I received 10 ECTS for it.
counselling & support at receiving university abroad
In general, the support at UiO was good. The faculty gave us some information about important stuff during the buddy week. They told us where to go and what they expected from you as an exchange student. Besides, the faculty and UiO both have places where you can go for questions.
transfer of credits
Still in progress.

STUDENT LIFE

welcome & orientation programme
In the first week of the semester, UiO arranges a buddy week for all new students. For the first time, the faculty of educational sciences at UiO decided to put all the internationals (masters and bachelors) in one buddy group. This was a really nice and fun way to meet all the internationals at the faculty and to make friends. Our buddies were Norwegian. They showed us the city and told us everything we wanted to know about Norway, Oslo and the university. The buddy week was one of the best weeks I had in Oslo.
accommodation
I stayed in an accommodation in Sogn arranged by SiO. If you apply in time, you will get the accommodation of your choice. I recommend to stay in either Sogn or Kringsjå because most internationals are staying their. From Sogn it is a 10 minute walk (or few minutes bus) to a metro station at which every few minutes a train leaves. Kringsjå has its own metro station, but trains only leave every 15 minutes and it is further away from the city centre, but closer to the nature. I think they are both nice to live in as an exchange student but I was happy to stay in Sogn.
leisure & culture
Norway is a wonderful country so I did a lot of trips which were all really nice. It costs quit a lot to do these trips, but it is definitely worth the money. I also saved some money for these trips before my exchange, because I already knew I wanted to do as much as possible. The surroundings of Oslo are also really nice. You can do a lot of nice hikes in Nordmarka, or visit the islands in the Oslo fjord. The ferry to these islands is included in your metro card! You can also join SiO's gym 'Athletica' which has several gyms all over the city and has really nice group lessons and includes a swimmingpool.
suggestions/tips
It is quit cheap to fly domestic in Norway if you use discount codes at both Norwegian and SAS. This can save you a lot of money. Every faculty at UiO has its own studentpub runned by students. These pubs organise a lot of fun parties with cheap beer offers! I joined the student pub at the faculty of educational sciences, 'Kjellern', as a volunteer. This is a really nice way to meet Norwegian students. I did a few shifts at the bar and this was really fun. Download the app 'Outttt' on your phone. This app shows a lot of nice hikes in Norway.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university and destination. Norway is a beautiful country, especially when



you love nature. Oslo itself is a really nice city to live in. I always felt safe and welcome. Norwegian people are really nice and do speak English perfectly. In general, everything at the university was arranged well.

do you have any additional advice or comments?

If you are still in doubt about going abroad, just do it. You will make a lot of new friends, learn new things and have the best time of your life.



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	Educational sciences

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

PREPARATION

exchange application process

It was a process with lots of components, but it that is a good thing I think. In order to be prepared as much as possible you need to know everything that has something to do with your stay abroad. The preparation process prepares you well.

counselling & support at Utrecht University

Great! I send a lot of emails with many questions, and every question got answered and I got a lot of useful tips too. The general emails I got from the International Office were helpful for me as well.

academic preparation

This was as good as it could be I think. The academic level of the content abroad was not as hard and as much as I am used to at UU, so I had no issues with that.

language preparation

I did not prepare myself when it comes to language, because I can speak English well. Even if your not sure about your English it is no problem because there are a lot of students there who have English as their second language as well.

finances

I am glad you had to make a plan for this, because it makes it easier to know how much you need per month from DUO, and how much of your own savings you have to put into it.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

For me the subjects I took were interesting. Eventhough the level of the content was not as high as it is at UU. I found this to be an advantage because that leaves a lot of time to hang out with your new friends, and to go on trips to explore the country. I think the reason for the lower content level is that the subject is in English, and that is already a step up for the Norwegian students, in my case. The organisational aspect was sometimes different to what I am used to, but I just asked Norwegian students and then it usually was clear what was expected from me.

academic quality of education activities

In classes we did some different activities than I am used to at UU. Other things, like giving a presentation in front of class was sort of the same. But I think the academic quality of education activities is better at UU than at UiO.



counselling & support at receiving university abroad
This was good, as I mentioned it was not always clear for me what they meant, but when I asked someone from the staff or another student then everybody was always friendly and happy to help.
transfer of credits
This has not happened for me yet.

STUDENT LIFE
welcome & orientation programme
We started the semester with a buddy week. All international students from my faculty were together in a group and the week was filled with activities, such as seeing the campus, exploring the city, getting to know each other, and of course a great party every night. This was a very helpful, and most of all fun week to participate in.
accommodation
This was arranged perfectly. International students got priority over Norwegian students when it came to housing. Most student houses were located in Sogn and Kringsjø, these were studentvillages in the city, this meant that you live very close to a lot of friends, and that you get to know a lot of people quickly.
leisure & culture
I had a lot of spare time, and so did my friends, so we went out into the city or the nature around the city a lot. Nature is beautiful there, and in the city are countless culture activities to do. I cannot remember feeling bored for a moment in four months.
suggestions/tips
Make sure you make the best of it with your new roommates. Everybody gets placed there, so it is very likely that you all are very different types of people in one house. I had this and we had dinner every other week together, and in the end we did a lot of things together because we got to know each other that well. When it comes to activities, make sure to visit Sognsvann, it is close to the studentvillages and great for a quick walk. Also try to go on trips around the country because there is so much more than the city you live in, these trips really made it for me. Finally, it is great to get to know some locals (I know this can be hard), I volunteered in the studentpub of my faculty, and that left me with some ties to the students from there.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Definitely! I think going abroad in general is one of the best things you can do during your time as a student. Norway specifically was great for me, it had city and nature combined. The people there are so sporty that you will leave more active than you came, and also they don't know stress. My time there really taught me that it is important to take care of yourself, and not to stress too much over everything. I only met nice people there, not only when it comes to friends, but also in university, the city and on trips. If you go there I am sure you will not be disappointed.



UU Report form - Erasmus 2017-2018

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

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

PREPARATION

exchange application process

People told me that the application process for studying abroad was stressful and complicated, so I started very early with orienting myself and gathering the required documents. This way it was not very stressful, but you have to arrange quite a lot. Luckily everything I had to do was clear, and if I had any questions I could just e-mail the IO. It's a bit of work, but it's doable and definitely worth it!

counselling & support at Utrecht University

UU was very helpful during the preparation and application process. They arranged a pre-departure meeting, where I could meet the other girls of the FSW faculty that were gonna go to Oslo, too. This was great, because we could make a WhatsApp-group and discuss everything we had to do before we left. The IO has always been quick in replying to e-mails, whether I had questions or needed something signed.

academic preparation

I didn't need to do any academic preparation. I made sure that the courses I wanted to take didn't require any prerequisite knowledge, and the two years of studying at UU were enough preparation for me.

language preparation

The courses I took were all in English, and literally every Norwegian I met spoke perfect English. I didn't need to prepare anything language-wise, as my English was already sufficient. However, I took a Norwegian for beginners-course at UiO for 10 ECTS which was a lot of fun, and quite easy to do if you speak Dutch!

finances

Norway is very expensive, so I had to loan a little extra money from DUO. But the Erasmus grant helped a lot, and if you get your fruit and vegetables at Grønland it saves you quite some money. Alcohol and cigarettes are outrageously expensive, so keep that in mind. If you want to travel around and see a bit of Norway (which I highly recommend), save some money for that too!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three courses at UiO, all worth 10 ECTS. They were all very interesting, and well organised. The contact with professors was very personal, they were always willing to help if you didn't understand something. Everything I needed for the courses was very clearly indicated on StudentWeb and Fronter (a kind of Blackboard), such as examination dates, lecture slides and so on. I am a Social Sciences student, but I only took one course in that faculty and ended up taking three courses in three different faculties. Even though I had some problems at the beginning (StudentWeb indicating that all of the courses I wanted to take were full, even



though I registered first thing), the people working at the info desks were incredibly helpful and arranged that I could be enrolled in two of the three courses I wanted anyway. As a backup course I took Norwegian, and the other two were a criminology course (KRIM2956) and a sociology course (SOS2700). I especially recommend the latter course.
academic quality of education activities
As I mentioned before, Norwegians speak perfect English and the lectures were comprehensible and interesting. I think the quality of education is comparable to the level in the Netherlands, so that was good. I didn't have a lot of mandatory lectures or seminars, but I think that depends on which courses you're taking. I took courses in fields I didn't know much about, so I learned a lot of new stuff and the professors are always willing to help and answer questions if you get stuck. The work load really differs for each course, because some students that took a psychology course only had to write an essay and didn't have to read much at all, but for my courses I had to read quite a lot. But overall I would say it's not significantly harder than at UU.
counselling & support at receiving university abroad
The support at UiO has been incredible. Because of my problems with course registration in the beginning and some struggles with overlapping seminars later on I've needed the people at SV-info a lot, and they have been so helpful and quick to reply, always finding a solution. For other issues such as retrieving a student card I could always go to Knutepunktet, they are open almost every day and the people are very helpful.
transfer of credits
This is not yet applicable to me, as my results are not in yet.

STUDENT LIFE	
welcome & orientation programme	I arrived in Oslo a week early to get familiar with the city a bit, and this was great! The weather was still really good in the beginning of August, and I saw a lot of the city, figured out everything with supermarkets, student accommodation and laundry... then, in the first week of the academic year, UiO organised a buddy week - a great opportunity to meet other international students (and some Norwegian students too!) and we discovered the city together, got a campus tour, went to a few parties, and so on. It made me feel very welcome at UiO and I met people there that I would continue to hang out with during the semester.
accommodation	The student accommodation in Oslo is arranged by SIO, and if you apply before the deadline you are almost certainly assigned a room. I strongly recommend going with this option, as renting something on your own is 1) difficult and 2) way more expensive. Sogn and Kringsjå are the two biggest student villages, and they house the most international students. I recommend choosing one of these student villages for your stay abroad, as it's very easy to make friends there and it's relatively cheap. I lived in Kringsjå, and shared my kitchen with 6 others and the bathroom with only 1 other person. For me, Kringsjå was perfect, because it's super close to nature (Sognsvann (the lake) and the forests), but there's a T-bane stop right outside the student village and it takes you to the university and the city centre in just 10-15 minutes. Make sure to apply for housing before the deadline, and you get assigned a room with SIO (saves you the stress of finding a room!).
leisure & culture	Oslo is a wonderful city with plenty of stuff to see and do. I went on a few trips throughout Norway, too: I really recommend doing this, because the country is so beautiful and there's so much to see! I went to Bergen, Trondheim and Tromsø. If you're younger than 26 years old, you can fly to destinations within Norway with Norwegian Airlines for half the price, and if you're early, the train can be cheap too :) I'd definitely go and see the beautiful nature this country has to offer! There's plenty of nature around Oslo too, if you want to stay close and go on hikes. ESN organises a lot of parties and activities for international students, and they're generally free or cheap. I'd definitely go to these activities, because you'll meet a lot of people there!



suggestions/tips

Things I didn't bring from home and wish I did were a rain jacket, an umbrella, a water + wind proof winter jacket, wool socks (= warm!), and a backpack (one that's a little bigger than your usual bag, it's ideal for trips!). It's a good idea to bring hiking shoes too, since they're warm, handy for hikes and trips, and generally offer good grip when it's snowy or icy out.

Another tip is to plan as much trips as you can early in the semester, when the work load is not that high yet and you can still afford to miss a few days. You will thank yourself later! Also, if you can, join a student's association, a sports club, or volunteer in one of the student bars. It's a wonderful way to quickly meet a lot of people, including Norwegians!

CONCLUSIONS

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

I would definitely recommend this destination. Everything is well organized at UiO, the housing offered by SIO is great and everything just gets taken care of. I didn't have much to worry about. The city is beautiful and the country even more. I've always felt very safe in Oslo, and the people are kind and welcoming. Literally the only 'drawback' I can think of is the expensiveness of Norway, but don't let that scare you off. You'll find ways to work around it, and the experience is more than worth it!

do you have any additional advice or comments?

Don't let the 'hugeness' of a study abroad period hold you back. It seemed like a big mountain I could never climb when I started the application process, and going away all by myself seemed way too scary. There have been many moments where I thought 'what am I doing? I can never do this!' but truth is, the whole process is a step-by-step thing. Everything always turned out alright, and if there are things you don't know, there are always people you can ask. Before I knew it, I was on top of the mountain I thought I could never climb ;) If you still have doubts, go for it! The experience is unforgettable and absolutely worth it.



UU Report form - Erasmus 2017-2018

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

destination city & country	Oslo, Norway
name university abroad	University of Oslo (UiO)
start date	07 / 08 / 2017 (dd/mm/yyyy)
end date	24 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

I found it really hard to decide where I wanted to go, so I mostly looked up information about the cities/countries you could go to, and read other people's exchange reports. I made a list for myself of the destinations that appealed to me and then made my decision mostly based on courses offered, travel opportunities in the country, finances and whether one could live there with only English as a second language. I completed the application process (writing a motivation letter, CV, finances, etc.). Luckily I started on time: the application process is absolutely not difficult or complicated, it just takes a while to complete everything and find the information you need. Oslo was my first choice, and luckily I got to go there.

counselling & support at Utrecht University

The International Office is really helpful for any kind of questions and they respond to questions or messages really quickly. I didn't receive much counselling or extra support, though.

academic preparation

I chose courses which are in my field of studies, so I didn't do anything to prepare myself academically

language preparation

I didn't do any language preparations as all my courses were in English and the Norwegians are great at speaking English

finances

I tried to calculate my average monthly expenses to figure out how much money I needed to save or how big my loan would need to be. Information about things such as rent, you can find on the SIO website (organization that provides housing). Norway is an expensive country, so make sure you keep this into account. Groceries are more expensive than in The Netherlands, but especially drinks/food in a bar are expensive. Also, if you would like to travel when you're in Norway, make sure you have a big enough budget for this. I would advice you to really expect the worst when making a budget and do the calculations with higher costs than what might be the actual amount. Things might be more expensive than you think, but also you'll probably you'll want to do more (travelling, fun things) once you're there and then it's nice that you have enough money!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Courses at UiO have 10 credits each, so I took 3 courses. 1 course was in Pedagogics (Children, Language and Text Comprehension) and 2 in Education (Comparative and International Education (master's course) &



Towards Inclusive Education (Special Needs Education). I thought all of them were really interesting and worth doing. I was lucky I got in the the Comparative and International Education course, because apparently usually the don't allow bachelor students in this course, so be aware of that. If you can get in and you think it's interesting, it's definitely worth it! In Oslo they don't have 2 terms in a semester like we do, so you have to make sure yourself that your courses don't overlap. You can find the schedules on the website and then figure out yourself if you can combine the courses. This also means that sometimes I had a rather full schedule, while there were also a few weeks in which I only had one class per week. Course registration took quite a while, I had to register on multiple websites and occasions, but it was easy and there was good support from UiO. When I arrived in Oslo, it turned out that one of the courses I registered for was full so I didn't get in. A few days later however I could get in because others dropped out. In between those days, I could easily pick another course and the help I received at UiO was good. So, also be aware that you are not guaranteed to do the course you registered for.
academic quality of education activities
I think the courses are a little bit less demanding than in Utrecht, but overall I think the quality is really similar. Most striking was that I only had to deliver papers instead of the MC-tests that I'm used to here, so that took some getting used to.
counselling & support at receiving university abroad
You'll meet the person you need to go to in the first week. There were always willing to help you and very supporting. UiO offers a lot of additional support courses such as counselling for writing or interesting open lectures for those who are interested, they help you get around in the first week, help you with anything you need.
transfer of credits
30

STUDENT LIFE	
welcome & orientation programme	UiO organizes a buddy week in which you meet other students from your faculty. Most faculties put the international students within a faculty together, which is nice because those are most likely the people you'll have class with and who also want to explore the city, travel, etc.. However, my faculty put the Norwegian and international students together, which could be nice too, but didn't work out very well. The buddy week itself was nice. Some faculties had really busy programmes while we had quite a lot of freedom with our group to decide ourselves what we wanted to do. They organized scavenger hunts, information meetings (for international students like how the library works), there were parties every night, an outdoor games day... Was really nice and fun way to meet people!
accommodation	I lived in Sogn, which together with Kringsja houses by far the largest proportion of international students. So, if you want to live with other internationals, I'd really recommend you to pick one of those places. I believe they're also one of the cheapest. In Oslo, housing is guaranteed for international students so that's really nice and saves a lot of stress of finding a place to live. By metro, Sogn is about 5 minutes away from campus, and 10-15 minutes away from the city centre. It's a 10 minute walk from your flat to the metro. I lived on a floor with 6 other people and we shared a large kitchen and bathroom. Housing is really well organized, my room was clean and spacious and housing was not much more expensive than in Utrecht. I really liked living in Sogn as it was closer to campus and the city centre than Kringsja (which is closer to the lake, Sognsvann). It really felt like an international village with your friends living nearby and parties going on, really fun.
leisure & culture	Oslo is not a capital with famous sights, but the city centre is really vibrant. Especially in summer, there are



really a lot of activities, festivals, parties, cultural events, etc. going on. In winter however, people really make the best of the cold with christmas activities, ice skating, skiing, sledding, etc.. The city centre is beautiful and has a lot of nice places to go to and musea to visit. A big part of the city Oslo is also the nature around it: just 20-30 minutes by metro there are a lot of great places to hike, forests, lakes and even a skiing resort. Also Norway has a really nice culture and great places to travel. Good to know: you have to be 20 or 23 to go out in most of the places in Oslo (nightlife)

suggestions/tips

Make sure you join the Facebook group for international students and any other groups that people create themselves, good way to get to know people and try doing new things.
In summer, you can go Island hopping in the Oslo fjord, your metro ticket also covers the ferry to the islands. Really fun to go to the islands on a sunny day and go swimming or just enjoy the ferry. In winter, if there's enough snow and you like skiing, I would recommend you to go skiing in Oslo Vinterpark, just 30 minutes from Oslo city centre.

CONCLUSIONS

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

Yes, I would absolutely recommend Oslo as a destination for exchange. The city and the country are really beautiful, there are great places to travel and Oslo offers a nice student life. Also, in Oslo/Norway everything is taken really well care of: your housing is guaranteed and good, the communication with UiO is really easy, the quality of the courses offered is good, there's good public transport. I liked the University of Oslo, there's a nice atmosphere, they offer interesting courses and I liked the campus.

do you have any additional advice or comments?

Don't feel stressed or scared because of the paperwork that comes with an exchange, and the application process. It's really not that bad as you think, and it's all worth it. And if you don't know where to go, don't worry too much: it will be fun anywhere!



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	Pedagogy

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

PREPARATION

exchange application process

The application process was quite easy, in my opinion. The website of UiO is very clearly and offers a lot of information. You have to hand in a couple of documents in Osiris, Like your transcript of records, motivation letter and CV. You can easily ask for an English translation of your transcript of records, and there is also an option to have your motivation letter being checked and get tips to improve it.

counselling & support at Utrecht University

Both the International Office of Utrecht University and UiO respond to all of your questions very quickly and accurately, so don't hesitate to send them an e-mail.

academic preparation

I didn't have to do any academic preparations. If you have been studying at UU for 2 years, you are able to follow courses at UiO

language preparation

Except for the Erasmus Language Test, you don't need any language preparation as people in Norway speak English very fluently.

finances

I had some personal savings, and I was very glad my parents were able to support me. You also get an Erasmus Grant, which is very helpful! Of course life in Norway is quite expensive, but you really get used to it and you can easily find cheap options for almost everything! I also really recommend to try to save some extra money for activities/parties and trips.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I attended 3 courses for which I received 10 ECTS per course. You can find all courses on the website of UiO. I had one course in Norwegian Language. It was only a level 1 course, but I really enjoyed it. As I am studying Pedagogical Sciences in The Netherlands, which isn't really known in other countries, I attended 1 Educational Sciences course and one Psychology course.

academic quality of education activities

The level of courses (except for my Norwegian Language course) was comparable to the level of courses in Utrecht, but I needed less time to prepare for lectures or seminars. Moreover, for 2 courses I only had to write a paper and there was no exam.



counselling & support at receiving university abroad
There is an information center for every faculty where you can ask all your questions related to your study (SV-info for the faculty of social sciences). Also my professors were very kind and willing to help if needed.
transfer of credits
You can ask for your transcript of records in Studentweb (a device UiO uses). You have to hand this in at STIP in Utrecht and they will transfer your grades. After that, they will be published in Osiris.

STUDENT LIFE
welcome & orientation programme
The first week of the semester is a buddy week. In this week you get to know your buddygroup and do a lot of activities with them. It is a really good opportunity to meet new people and make friends. The buddies (mentors and Norwegian students at UiO) introduce you to the university and city and they can help you with all practical issues the whole semester.
accommodation
The accomodations are arranged through SIO. When you apply before the deadline, you are garunteed for a room as an international student. Ther are 2 big so called studentvillages and I really recommend to apply for a room at one of those two places. I had a room at Kringsja. It was about 10 minutes to the university and 20/25 minutes to the city centre by metro and there are nightbusses which can bring you back after a night of partying in the city centre. Both the bus stop and the metro station are right in front of the studentvillage. The room was basic, but you get everything you need. I shared a bathroom with 1 flatmate and a fully equiped kitchen with 6 other flatmates.
leisure & culture
I did a lot of sports: you can buy a membership at the gym (SIO atletica) with a student discount. There are a lot of activities for international students being organized by UiO and ESN. Also lots of houseparties are being organized by international students themselves in the big studentvillages. I really loved the city of Oslo. It is a very nice city with cool pubs, bars, clubs, museums, parks, nature and architecture. And from halfway November on, there is a Christmas market in the city center. So no need to be bored and for everyone lots of opportunities to enjoy your time abroad!
suggestions/tips
Plan trips through Norway! Oslo is really nice, but it's only a very small part of the whole big, beautiful country! I went to Trolltunga by car, which was a beautiful ride and an even more beautiful hike. I went to Bergen by train. That trainride is on of the most beautiful ones in Europe, and really recommendable. The city of Bergen was tiny but very nice and pretty. My last trip was to Tromsø, where we have seen the Northern Lights! I definitely want to go back to experience more of Norway's beauty!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I had the best time of my (university) life, so YES, I really recommend Oslo as a destination to go abroad. Don't be afraid of the prices, because after some time you find cheap options for most things. Go to activities, talk to people, make the best of it and enjoy your time abroad! I heard literally no one who regretted it.
do you have any additional advice or comments?
If you don't know anyone who is going to the same destination, try to find them (for example at the pre departure meeting) and talk to them! For me it was really helpful to be able to ask others what they already did (before departure) and it was also nice to know some people when you arrive.



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	Educational sciences

destination city & country	Oslo, Norway
name university abroad	Universitetet i Oslo
start date	14 / 08 / 2017 (dd/mm/yyyy)
end date	21 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process	The application process was easy because the International Office gives a lot of guidelines of what to do before the deadlines. The process takes a lot of time but it is totally worth it.
counselling & support at Utrecht University	I always received a fast response from the International Office when I sended them an email. There is also a lot of information on the uu.nl site about the erasmus exchange and deadlines.
academic preparation	I did not do any academic preparation because i knew the academic level in Oslo is rather equal to the level in the Netherlands.
language preparation	There was an english language test that we needed to take, it was not hard to make this test and it gives a good insight in your English level.
finances	Eventough my parents were not able to give some financial support I expected no financial problems. I knew beforehand that Norway is a really expansive country, so I carefully considered the expanses i would make.

STUDY ABROAD PERIOD

study programme (content and organisational issues)	When I arrived in Oslo I figured out that the University of Oslo is well organised. Knutepunktet is the place were you go to as an international student and receive answers to your quistions. I took two Special Needs Education courses and two language courses (Norwegian and English). All my courses were in a small classroom, which made the courses very personal.
academic quality of education activities	I experienced the atmosphere at the University of Oslo a bit more relaxed than at Utrecht University. Eventhough the Special Needs Education courses were combined with a master's programme there were less assignments you needed to do at home. There was quite a lot of literature to read but that was doable because of the low workpressure. I enjoyed my Norwegian course a lot because the teacher was amazing and very funny.
counselling & support at receiving university abroad	



The support of the University of Oslo was very convenient and clear. It took a little bit longer to get a response from the UiO than from the UU but the answers were always clear and in time.
transfer of credits
I received all the original credits, which is 40 ECTS for the 4 courses I followed.

STUDENT LIFE
welcome & orientation programme
The buddy week was well organised. But the faculty of Educational Sciences decided that the international students needed to be in a norwegian buddy group eventhough all the other faculties had special international buddy groups. I ended up in a group with 20 norwegians and 1 other international students. Everything was in Norwegian so I decided to do my own thing during the buddy week. I hope they will make international buddy groups for the next orientation week.
accommodation
The accomadation was very convenient and close to the University and the gym. I stayed in Sogn, which is a place where almost only international students live. There was also a studentpub in Sogn, with "cheap" beer for Norwegian understandings. If you volunteer at the pub you could get vouchers for drinks. The accomadation is well organised and you always will get a room if you sign up for it in time.
leisure & culture
A gym subscription at SiO is not so expansive and they have nice grouplessons and a swimmingpool with sauna. Oslo is a beautiful city and you can get a cheap travelcard for a month if you are a student. You can take the metro to very nice hikingspots like Vettakolen or Kolsas. In the city, especially in the summer are always nice activities and festivals. I would recommend to go to the sauna Salt which has a nice view on the opera house.
suggestions/tips
Take a router with you because you will need it in your room.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would defenitely recommend Oslo and the UNiversity of Oslo. I have discovered a lot of beautiful place in Norway and made a lot of international friends and some norwegian friends. The nature is amazing, the norwegians are really nice once you get to know them. Everything in Norway is well organized.
do you have any additional advice or comments?
The Norwegians are closed people, it is weird if you say "hello"to the busdriver. But they are very helpfull and open when you get to know them better.



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	Educational Sciences

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

PREPARATION

exchange application process

The exchange application process went smooth and I got enough information from both universities (by email and on the websites) to help me with the application, but it is important to start early and keep track of the various deadlines yourself. Going abroad takes quite a lot of arrangements, but it is doable and definitely worth it!

counselling & support at Utrecht University

The International Office helped me very well with the preparations and replied quickly on emails. However, it is still very recommendable to start preparations on time, especially since it can take some time before your messages are being responded to during summer holiday. The pre-departure meeting was also helpful and interesting, especially the opportunity of talking to students who went to Oslo the year before.

academic preparation

When doing a bachelor's program at Utrecht University you are well prepared for following bachelor courses (or what I heard from other students: even master courses) at the University of Oslo. It is useful to check the content of the courses you are going to take on the website of the University of Oslo on beforehand.

language preparation

Norwegians speak English quite well. No language preparation is needed. However, it can be fun to try to learn some Norwegian before going there (a free course is available on the website of the University of Oslo).

finances

Although Norway is an expensive country, daily life does not have to be that expensive. My rent was comparable to what it would cost in Utrecht and when sticking to budget brands and going to Grønland for fruit and vegetables, groceries are also not too expensive. Most expensive is going to restaurants or pubs or on trips. It is recommendable to think about your expenses in advance. The public transport compensation and Erasmus + grant helped me to finance this semester. Besides, I had some savings which I used for financing my stay. Getting a parttime job in Norway is really difficult when you are there for just one semester, so you should not expect (a lot of) expenses from that. Furthermore, it is useful to have a creditcard when going to Norway.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I obtained 30 ECTS in my stay abroad period, divided in three courses. I followed an educational course: Towards Inclusive Education (SNE3120), a pedagogical course: Children, Language, and Text Comprehension, and a Norwegian course: Norwegian for International Students - A 60-hour Introductory Course (NORINT0114).



<p>On the website clear descriptions of all courses are available. Do not forget that once you arrived in Oslo you still need to arrange certain things, for example for the registration of your courses or registering at the post office.</p>
<p>academic quality of education activities</p>
<p>I think the academic quality of education activities was good in general. The lectures were often informative and interactive. I think, however, that the academic quality in the Netherlands/in Utrecht is even higher. I discovered during my stay that the amount and level of work Dutch people are used to is really high compared to students from other countries. Although the quality of education was good, studying and earning credits costed me less time than in Utrecht. The amount of lecture hours was about the same as in Utrecht. There is a difference in examinations; there are more often take home exams (papers) instead of written exams.</p>
<p>counselling & support at receiving university abroad</p>
<p>The University of Oslo helped me very well, although sometimes it took some time before they responded to my emails. Going to the information department of your faculty is really useful if you need counselling or support. The Facebook group for international students was also useful.</p>
<p>transfer of credits</p>
<p>Is still in progress, but requesting the Transcript of Records was really easy. You should ask permission for your courses from the Exam Committee at Utrecht University on beforehand, so you can be sure the credits you obtained are valid in Utrecht.</p>

STUDENT LIFE	
<p>welcome & orientation programme</p>	<p>The welcome and orientation programme at the University of Oslo was really great. Much information about the introduction week can be found on their website. In the introduction week I was assigned to a buddy group with which I did various activities, got to know the city, and it was a good opportunity to get to know other students. In the introduction week there was e.g. a welcome ceremony, information meetings, information about student associations, a barbecue, and games. It was a really busy week but I definitely recommend going to all of the activities, since it is a good opportunity to get to know other students.</p>
<p>accommodation</p>	<p>Housing was guaranteed (when applied for SiO housing) which was a big benefit. Kringsjå and Sogn are the student villages in which most international students live. The price, location, and with how many students you are sharing the kitchen and bathroom can vary. You can choose your room and building when you arrive. I lived in Kringsjå which I really liked, especially because it is very close to the nature (lake 'Sogsvann' is a 5-minute walk) and the university is just 10 minutes away by metro. In Kringsjå is a supermarket, laundry rooms, and it is close to the metro station. I myself lived in quite an old building, but there are also newer buildings in Kringsjå. My (furnished) room was fine, I shared the bathroom with 1 other student and the kitchen (including freezers, refridgerators, an oven, and a waterboiler) with 6 other students. Everything was not perfectly clean, but fine to live in.</p>
<p>leisure & culture</p>	<p>I did a great amount of leisure activities besides studying. I met with friends with whom I had dinner or watched a movie together, did hikes, went to the city centre or did something else. The Erasmus Student Network and the university also organised nice activities, such as movie or quiz nights. Also I signed up for a sports membership and became a member of a student association. Moreover I did some trips to other parts of Norway (Bergen, Trolltunga, Tromsø), which I would really recommend. I liked the culture in Norway. People are said to be cold and distant, but that is not always true, Norwegians are in general really nice people. Also I like that doing sports and going outdoors as soon as the weather makes it possible is part of their culture.</p>



suggestions/tips

As said I really recommend participating in the introduction week and in all activities that are organised in general at the beginning of your stay, since it is really important to meet different people and make friends in the first few weeks. Doing some trips is also really nice, Norway is a very beautiful country.

CONCLUSIONS

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

I would definitely recommend going to Norway and studying at the University of Oslo. First of all, Norway is a very beautiful country and Oslo is a beautiful city as well. Besides, studying there is really pleasant and all the facilities at the university and in general (e.g. housing, public transport) are really well arranged. Do not be afraid because of the prices or everything you have to arrange, studying abroad/in Oslo is really worth it.

do you have any additional advice or comments?

Get into touch and make friends with international students instead of mainly talking to people from your own countries. Besides, make some Norwegian friends as well. This really enriches your stay abroad and makes you more open-minded.