



## University of Oslo

2019-2020

<b>PREPARATION</b>	
exchange application process	
	The application process was fairly easy. Every time you have to upload or do something in Osiris, you will receive an email with a request. The documents explain what to do.
counselling & support at Utrecht University	
	The student coordinator at my studies was the main person for me to ask questions to. This was mostly done my email or just by passing by. For other questions I could also contact the International Students center
academic preparation	
	Academic preparation was not very much at stake, because I went to a university more or less similar to Utrecht University.
language preparation	
	Language preparation only existed in terms of an English language assesment test. I chose to take an additional Norwegian language course during my semester there, which helped me to understand, read and speak basic Norwegian.
finances	
	Some aspects of finances were discussed during the pre-departure meetings. More information could be found online about for example the Erasmus+ grant and the process of attaining this.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	
	The University of Oslo offers some interesing courses that can broaden your focus. It is relatively easy to participate in bachelor 2-3 courses that you have no background in (for example from studies like Human Geography or Sociology).
academic quality of education activities	
	Compared to Utrecht University, and especially the Utrecht School of Goverance, the University of Oslo is generally a more theoretical and academic university. At the Utrecht School of Governance, the focus is very much on student participation and practical focus in the courses. At UiO you will be a more anonimous student, with less contact hours and less small-scale teaching.
counselling & support at receiving university abroad	
	At the University of Oslo there was a service point in each faculty. In my faculty, the Faculty of Social Sciences, this info center was called SV-info. The people there could help me with all kinds of questions. I never really had to ask questions, because most information was send to me by email and was already very clear.
transfer of credits	
	The grading system in Norway consists of grades on a scale from A to F. In order to receive the credits for the courses, you will only need to pass with an E. I would say that this should be doable.



<b>STUDENT LIFE</b>	
welcome & orientation programme	
	In the first week in Oslo, you will have a fun orientation week with lots of activities (both informative and fun activities). In this so-called 'buddy week' you will meet lots of new people, explore the city and get to know your new university a bit better.
accommodation	
	International students in Oslo are offered housing guarantee, which is very nice. You can either choose between a studio, a room with a shared bathroom and shared kitchen, or one with only a shared kitchen. The rooms can be offered furnished and unfurnished and there are lots of different student villages. The organization that arranges accommodation in Oslo is called SiO. They organize fun activities for free, have a handy app and website and are easy to contact.
leisure & culture	
	Norwegians are a bit more reserved and shy than Dutch people. You will easily get used to this. Do try to make the first move when you want to meet a Norwegian; he/she will appreciate it. Furthermore, the Norwegians really love to be outside and they will grasp every chance of doing sporty or fun activities when the weather is nice.
suggestions/tips	
	Go travel and see the rest of Norway, it is beautiful!

<b>CONCLUSIONS</b>	
would you recommend this university/destination abroad to others? please explain	
	I would definitely recommend to study in Oslo. The city was exactly the right size for me; not too big and not too small. Nature is everywhere around (and even within) Oslo. The rest of the country is certainly worth the visit, so don't hesitate to travel all the way to the North and/or to the west coast! It might be a bit expensive, but it is also the perfect opportunity to get to know a Scandinavian country and Scandinavian people and lifestyle from inside.
do you have any additional advice or comments?	

<b>PREPARATION</b>	
exchange application process	
	For this particular destination my application was discussed by the academic staff of my own study. They could admit from our studies a few people to go on an exchange to Oslo. My application mainly consisted of a motivational letter.
counselling & support at Utrecht University	
	I mostly received support from the study advisor of my own study.
academic preparation	
	Before going on my exchange I did not do any academic preparation.



language preparation
I needed to do an English language test before going on the exchange
finances
Erasmus grant

<b>STUDY ABROAD PERIOD</b>
study programme (content and organisational issues)
My study programme consisted of 4 courses being worth 35 ECTS. I participated in the following courses: - North South Development (10ECTS) - International Security Policy (10ECTS) - Nordic Welfare Society (10ECTS) - Introduction to Norwegian (5ECTS)
academic quality of education activities
I would not say that the academic quality is higher than in the Netherlands, it is very similar. But, at the end, I would say the work load is less high for one semester. Also there is more focus on lectures.
counselling & support at receiving university abroad
The receiving university was very helpful. It was very clear where you could go for help and the staff was very helpful. A lot of information was just handed to you which made it very easy to find your way at this foreign university.
transfer of credits
Through university. --> 35 ECTS

<b>STUDENT LIFE</b>
welcome & orientation programme
On the night of the day where most students arrived they organized a welcome party. Further did they start with a buddy week in which you could get to know the university and many other international students.
accommodation
There is guaranteed housing for international students.
leisure & culture
What characterizes Oslo is that you have both the facilities of a big city and that you are easily in the middle of the nature. Norwegians love to go outdoors when the weather is good. You see a lot of people in the nature during weekends. The city knows a good night life and other nice things which gives you a nice time with plenty of things to do.
suggestions/tips
Oslo Streetfood, Songsvann, Mabou

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



Yes. To live so close to beautiful nature and in the capital of Norway, was an unique experience. The people are very relaxed and this will have a very positive effect on you as well.

do you have any additional advice or comments?

no

## PREPARATION

exchange application process

The application process went very smooth. If you follow all the steps stated on the website of Utrecht University, you should be fine. There is also a step by step application process on the website of the University of Oslo. If you follow both these application processes, your stay should be flawless. An advice is make sure that all your University of Oslo accounts work properly, because if they don't you may be too late to enroll in the courses you like.

counselling & support at Utrecht University

I received a lot of support at Utrecht University. Multiple meetings were organized to inform us about the different destinations and the application process. Furthermore, the contact persons at Utrecht University could answer my questions and help me with signing the forms and finding the right courses to enroll in.

academic preparation

The University of Oslo states very clear on its website which courses it offers. You can see all the previous courses by semester and faculty. The course description, language of teaching and admission requirements are stated on the website as well. Some courses are not available for international students, but this is not clearly stated on the website. The timetables of the courses are released shortly before/during your departure.

language preparation

In Norway, the general knowledge of the English language is really good. Almost every single Norwegian I spoke to could speak English really well. If you passed English at a Dutch high school and/or are able to read scientific texts in English, your level of English should be fine. You have to take an Erasmus exam before your departure. If you score a bit low at this test, you have the possibility to enroll in extra English classes.

finances

Norway is a very expensive country. Be aware that your monthly expenses may be as high as 1700 euros, but 1200 euros should also be durable. Make sure that before you leave, to have a (Excel) document with all your incoming and estimated outgoing money flows. This way you know for sure you have enough money for your stay in Oslo. Check and double check all the grants you may have access to (Erasmus+, public transport). For me it helped a lot to keep track of my finances every month during my stay, so I could check if my actual spendings were in line with the estimated costs. I also saved extra money in the case of unexpected costs.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)



I chose my courses based on the courses they gave in the past and this was a good indication. I chose some courses that seemed interesting to me and fitted well together. I can highly recommend the Economic Anthropology course and the Norwegian Language course. Both these courses were really interesting. The Norwegian Language course has the opportunity to meet people outside your own faculty and you'll learn more about Norwegian life and culture. All the available courses for international students are stated on the website of University of Oslo. The books and scientific articles you need during your stay are stated here as well.

academic quality of education activities

The quality of the courses really differ from course to course. Sometimes a level 2 course may feel as an introduction course and the other way around. I recommend to take a look at the required readings (which you can find on the website) to get an indication of the course difficulty. In general the teachers are good, but I didn't experience the classes in Oslo as difficult as Utrecht University.

counselling & support at receiving university abroad

The support at the University of Oslo is very good. It might be quite busy in the beginning (because of all the new international students arriving) so I recommend to go to early in the morning to the service desk, or (if it's possible) to wait until the busiest moments are over. They will help you out with all the questions you have, from getting a doctors appointment to signing your Learning Agreement.

transfer of credits

Almost all the courses at the University of Oslo offer you 10 ECTS. The semester starts early August and ends in December. They use a grading system from A-F, in which the F is failing. I experienced no problems so far with transferring the credits from the University of Oslo to Utrecht University.

**STUDENT LIFE**

welcome & orientation programme

You start your stay with a buddyweek where you meet other students who enroll in the same courses as you do and where you can participate in a lot of activities. This is a great opportunity to meet new people. Because you start your stay with this buddyweek, it never feels lonely in Oslo. The programme of this buddyweek is different for every faculty. The law faculty has a bit more of a serious program, with lectures and visiting the court. On the other end is the faculty of social sciences, which has a focus on fun activities that provide a good opportunity to get to know your buddygroup. Furthermore, the opening and welcoming lectures inform you well on the formal side of your stay (paper work, police registration, etc.).

accommodation

I was very pleased when I found out how easy it is to get a student accommodation in Oslo. On the website of the University of Oslo it's clearly stated how to get an accommodation. Every international student is assigned a student housing somewhere in Oslo. Make sure you don't reject your first housing offer, because if you do so you end up last on the list for a second offer. It may take a lot of time before you get your second offer and this gap you have to fill in with housing you found yourself. Most people I got to know in Oslo stayed in either Sogn or Kringsjå, two big student campuses. I can highly recommend staying in Kringsjå. You share a large kitchen with your roommates and you can choose to either have your own bathroom or to share it with somebody else. Closeby Kringsjå (10 minute walk) is Sognsvann, a beautiful and peaceful lake where you can go for a walk/hike/run in your spare time.

leisure & culture

I had quite a lot of spare time in Oslo, more than I have back home at Utrecht University. It was nice to go for hikes, explore the city centre and meet up with other students during this spare time. Norwegians can be quite shy. A good opportunity to meet them is to volunteer at the faculty bar (U1 for social sciences). You can work at



a bar shift or a cafe shift and as a reward you get free coffee and tea for the whole semester! Another way for Norwegians to open up more is to have a coupe drinks together.

suggestions/tips

Norway is a beautiful country and I highly recommend to travel around! You can either join organized trips of the Erasmus Student Network, or you can organize trips yourself. Make sure you go for some hikes as well. There are a lot of hike tracks in Norway (check the app outttt: Norways best hiking trails). Nice places to travel to are the Lofoten(!), Bergen, Trondheim (this traintrack is even more beautiful than the Bergen one), Trolltunga and Preikestolen.

## CONCLUSIONS

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

I would definately reccommend the University of Oslo to other students. The university provides a lot of student facilities, associations and events. It is all very well organized. The courses they offer are fun and different from the ones I had at home. There are many student discounts and a lot of places to study at the campus. The schedules were (once figured out) clear, overall a great experience!

do you have any additional advice or comments?

There are a couple additional advices I would like to give. First, prepare yourself for the accommodation you're getting into. Some student housings offer an 'all-in-clusive' with bedsheets, etc. whereas others just have a bed and closet. If you get the second option as your accomodation, make sure to bring towels and bedsheets yourself. Secondly, Norway can get dark and cold. Make sure to bring the right clothing (layering is key) and vitamins to make your stay as best as possible.

## PREPARATION

exchange application process

I worried way too much about the whole application process. I thought I would get 'eliminated' for minor steps or major things would go wrong if I did not do exactly as every little detail in every speech and/or document said but it turned out to be really easy. The people at my home university gave me all the right information and multiple sites, documents and emails from erasmus guided my straight through the whole process of aplying without any hickups. It was no effort at all.

counselling & support at Utrecht University

The people at Utrecht University provided me with everything I needed, I was already very sure about my chosen country and city and generally do not need much guidance but in cases when I did need is (for instance: a quick signature on something) they provided every time.

academic preparation

I don't think I academically prepared for my exchange. I was doing a minor about something I knew hardly nothing about so I also wanted to start fresh.

language preparation

I took an online Norwegian course before coming to Norway but never finished because I was so busy. However it turned out as great basis for my Norwegian course that I followed in Norway later on and Norwegians speak English very well.

finances



I saved money for around a year and needed it because Norway is an expensive country and I did not want to work during my exchange.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

I created my own minor about Scandinavia. Courses were about Norwegian life and society, Nordic gender equality, Nordic welfare states and a Norwegian language course

academic quality of education activities

People told me that the level of education was going to be very high in Norway but I found it quite low. Teachers were less inspiring and less intellectual than at my university and tests were easier. The topics of my courses were interesting but only from the books, the lectures made the topics very dry and very hard to understand, when they were actually really nice from the books. In contrast to the difficult lectures, the tests were very easy and I did not feel challenged at all.

counselling & support at receiving university abroad

The university of Oslo offers everything students need! Counselling and support were very actively promoted and I always knew where to look if I needed anything! Very very good

transfer of credits

I think credits are transferred as is, so my 40 ECTS in Oslo stay 40 ECTS in Utrecht

### STUDENT LIFE

welcome & orientation programme

More than I expected. They organised a whole week of introduction in a buddy group with nice people, nice buddies and nice activities. Lots of free things as well! I really enjoyed this week and would definitely recommend everyone to go there since I made almost all of my friends during this week already and I found my volunteering job here.

accommodation

Housing is provided by UiO, very well organised! My room was really cheap for Norwegian standards and it was really nice with big windows and almost everything in it that I needed for my stay. However the house did not have kitchen supplies so we had to buy that, but overall I was very happy with this service!

leisure & culture

Oslo is a city full of culture, every week there is another festival or culture event in town and I enjoyed every minute of it. It's a city with loads of museums and others sights to see, I feel so lucky to have seen so much of it!

suggestions/tips

definitely say you want to live in Sogn, it is the best student housing! Very close to university but also very close to nature with multiple public transportation possibilities in walking distance.

### CONCLUSIONS

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

Yes!!! Even though I thought that the level of education was lower than expected, I really enjoyed my courses. However I would recommend UiO mostly because it is SO WELL ORGANISED, if you need help you will never feel lost because everyone will help you and the institution is so happy to help you. Housing is organised for you, you can see a doctor, a dentist, a psychologist etc for free, there are so many nice people, it is simply



amazing! Oslo is a really great city full of culture in a country full of amazing nature that is so worth seeing. Norwegians are really nice people and I would do it all over again if I could.

do you have any additional advice or comments?

See section suggestions/tips

## 2018-2019

### PREPARATION

exchange application process

The exchange application process started with writing a financial plan, a study plan (with the courses I wanted to follow in Oslo) and a motivation letter. The hardest thing for me was the motivation letter, because I just had a really good feeling about going to Oslo and found it hard to explain specifically why I wanted to go there. Eventually I think it was nice to think of specific reasons why you want to go somewhere, because while doing this you overthink your decision and that is useful. My specific reasons were my curiosity to Scandinavian countries (I had already been to Sweden) in combination with courses about the Nordic welfare society and the nature in Norway.

counselling & support at Utrecht University

I got good counselling & support during the preparation process. There were general meetings with all the students going abroad and the international office where you could ask your questions. A lot became clear out of these meetings, for example about insurances.

Also, the international office and my contact person in my department were sending clear e-mails when there was a deadline to hand something in. If I needed a document to be signed you could just send it back to them and I got the signed document back very quickly.

academic preparation

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language preparation

I had no language preparation because the taught language in Oslo was English and I already had the right level of English.

finances

Half a year before I went abroad I started saving some money. I had an overview of what I would need in broad terms because we had to hand in our financial plan. Oslo is really expensive: mostly alcohol but also food is a lot more expensive than in the Netherlands.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did three courses of 10 credits: Economic history of inequality, North/south development and Nordic welfare society. I think the content of all three courses was really interesting for me, but the economic course was a bit too economic for my background. The courses were very well organized. We all had a profile in the University webapp and mobile app and in this program you could exactly see where the course was, what you had to prepare for the class and when for example the exams would be. It took a while for me to understand the program but eventually it was very handy.



The examination system was really different in Oslo than in the Netherlands. For all three courses you only got one examination. So for the economic course we had to hand in a paper and for the other two we had make an exam of 6 hours long. The exams were more writing small essays instead of answering direct questions.

academic quality of education activities

The academic quality of the courses was not as good as I expected. For example Nordic welfare society lectures were really boring and a lot about history, while the exam was not about history at all. Also, they didn't expect much from you during the classes of all three courses and there were no examination moment except on the end of the semester, so this gave you a lot of time to do other things besides studying. It was a bit hard that you sometimes had to push yourself to go studying, because it didn't feel really necessary with the examination being far in the future. It was still necessary though, because it was too much if I had to do everything in the last two weeks or something.

counselling & support at receiving university abroad

This was really good! The site and course descriptions are really clear but whenever I had a question I could just e-mail them and most of the time the answer back came very quickly.

transfer of credits

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**STUDENT LIFE**

welcome & orientation programme

The welcome & orientation programme was a week long. It was organized by the university and they had divided everyone in buddy groups. The buddy groups were nice because in a week time you got to know a lot of people from a lot of nationalities. A lot of people became friends with the people from their buddy groups the rest of the semester. I did a lot with my flat and a Dutch group of friends so I only saw my buddy group friends on parties, but that was also really nice.

The 'get to know each other' activities in the welcome week were a bit lame but also funny. One day we had 'Studentslippet' and on that day a lot of activities, restaurants or stores had discount or things for free so that was really nice. I definitely recommend to explore Oslo and the activities during Studentslippet day!

accommodation

My accommodation was a student flat in the student village 'Sogn'. This was an accommodation via the organization SIO. You are guaranteed to get a house via SIO if you go abroad to Oslo so that is very nice. I really liked my flat in Sogn. Sogn is first of all (together with Kringsja) the student village where the most people from my university (University of Oslo) lived. This was super nice because that way it was convenient to keep in contact with each other, have dinners together and go to each other's parties. There is a supermarket in the middle of all the houses and there were a lot of laundry rooms.

I lived in a flat with five other girls and we shared a kitchen (with a big table, chairs and a couch so we also used it as living room) and a bathroom. Most of my time I spend together with the other girls and it was a lot of fun. We also threw four house parties which were super nice. Our type of flat was the cheapest type of housing (which was actually less than I pay in the Netherlands) and it was really cheap for what you get. Whenever there is something broke for example you could just send an e-mail to SIO and they would send someone to fix it.

leisure & culture



The Norwegian culture and leisure activities are most of the time outdoors. With its beautiful nature the country is perfect to go on hike trips, go skiing if there is snow (there will be) or go camping when the weather is still good. There are a lot of cabins in the woods which are owned by the university which you can book for free or a little amount of money and hike to the cabin. Also, there are a few organization where you can borrow camping/hike/skiing material for free. These materials are super good and therefore gives you a perfect opportunity to do this kind of leisure activities. I really liked the outdoor sporty way of life.

Also, Oslo is quite a big city where a lot of things are happening, so there is a webpage where you can find all the events ([visitoslo.no](http://visitoslo.no)) and see which ones are for free (these are quite a few most of the time!). This makes it a perfect city to spend your time besides studying.

suggestions/tips

Go on as many hike trips as you can to see the beautiful nature of Norway! Just spend a lot of time outside in general. The weather is quite good in Oslo most of the time so that is convenient. Also, try to get to know as much people as you can in the beginning of the semester, but stick with the ones you really connect with. The semester is very short and it's so nice to get to know the people you like and become good friends with them. Finally, try to get to know a few Norwegian people as well (although it could be a bit hard with them being a bit introvert) because then you will learn about the culture in the best way.

**CONCLUSIONS**

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

Yes definitely! It has been such a nice experience for me by getting to know the country, exploring its beautiful nature and living in such an interesting culture. The culture and the way the country is organised was really interesting to me because the public sphere is so big and well organised.

do you have any additional advice or comments?

Start to look at what hikes you can do during what time of the year quite fast after you arived in Oslo. Some hikes are closed very fast because the weather becomes quite cold quite soon. Also, borrow your stuff from the organisations that lend them for free and make use of the university cabins! And most of all: have a lot of fun!!

**PREPARATION**

exchange application process

The application process went easily. The student office of your faculty and the international office respond quickly and can be contacted in many ways. Therefore, I did not take me much time and effort to complete the application process.

counselling & support at Utrecht University

The LEG International Office assisted me satisfactory!

academic preparation

You can choose courses on different levels. If prior knowledge is recommended, you will find this on the course webpage. You can consider this prior knowledge when you choose the courses you want to take.

language preparation

Norwegians speak English very well, so language preparation is not needed.

finances



Norway is a very expensive country. Although you receive student discounts at many places, you will still need to save some money before your semester abroad starts. Also, mind that alcohol is extremely expensive compared to the Netherlands!

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

UiO offers a wide variety of courses. As a student at the Faculty of Social Science, I could choose every course I wanted. Therefore, I decided to take courses at the Faculty of Law as well. Registration works easily, although you have to be careful that you do not miss any application deadlines. If you would like to take a Norwegian language course, you apply when you are in Oslo. Normally there are more applications than places, so you should think of a good alternative when you want to take a language course.

academic quality of education activities

A big difference between UiO and UU is that UiO makes more use of lectures. Some courses offer (mostly optional) seminars. However, the academic quality is as high as at UU.

counselling & support at receiving university abroad

The student office of your faculty and the international office respond quickly and can be contacted in many ways.

transfer of credits

Nearly every course at UiO consists of 10 EC. Exams are graded on a scale of A to F, A is the best and F means failed. Just like in the Netherlands, one semester in Oslo consists of 30 EC. So, when you follow three courses of 10 EC, your gained credits can easily be transferred (and you fulfil the Erasmus+ minimum of 22.5 EC).

### STUDENT LIFE

welcome & orientation programme

Each faculty offers an introduction week with many activities. New students are divided into buddy groups, this is a nice way to meet other exchange students.

accommodation

SIO offers housing guarantee to exchange students. Mind that you apply for housing on time (short deadlines), otherwise your right to housing expires. SIO owns many different student houses. Most exchange students live on Sogn or Kringsjå, therefore I would recommend these places.

leisure & culture

In Norway, leisure and culture are closely connected. Spending a lot of time in Norway's beautiful nature is the most important feature of the Norwegian culture. Around Oslo, there are many leisure activities possible. In the summer you can go hiking and swimming, in the winter you can go skiing and cross-country skiing.

suggestions/tips

Become a member of atletica, the sport association owned by SIO. In this way, you have unlimited access to sport facilities, sport societies and sport lessons. They offer special memberships for international students.

### CONCLUSIONS

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

Yes, definitely! The University of Oslo offers a great exchange programme in which you can choose a wide range of courses. Also, Oslo and its surrounding nature are very nice.



do you have any additional advice or comments?

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## PREPARATION

exchange application process

The exchange application process will take a lot of time and effort, which is also good because you have to prove that you really want to study abroad. It is clear what you need to do and there is a good timeline which you can follow. Also, you receive e-mails when you need to hand in your documents.

counselling & support at Utrecht University

The study advisor helps you with deciding what you want whenever you ask her. Also, she responds very fast on her e-mails so you will receive your documents quick back when you ask for her signature. The international office is always there to help you too.

academic preparation

I did not prepare that much on academic area. I checked whether my courses have seminars and lectures or not. And I did check what kind of examination I had to pass.

language preparation

I did the language test of Erasmus and the test proved that my English was adequate so I did not prepare more with another language course. During my mobility period I discovered that my English was indeed good enough.

finances

I estimated how much money I needed during my semester abroad. I checked the website of UiO and UU. I took the Erasmus grant into account and decided to use some of my savings. I was prepared that Norway would be an expensive country to study in.

## STUDY ABROAD PERIOD

study programme (content and organisational issues)

My courses were less interesting than expected, mostly because it was not that interactive. The course content was interesting, however. The organisation of the selection in courses was perfectly arranged. It was clear how to apply for certain courses and when and where the lectures or seminars take place.

academic quality of education activities

The English language of some teachers were not that advanced, which resulted in messy lectures. The structure of the lecture was not clear because of this. The lecturers did have a lot of knowledge about their own subject.

counselling & support at receiving university abroad

I did not need a lot of counseling or support at my receiving university. I mostly asked all of my questions to the leaders of my introduction group. The receiving university was good in the organisation so without any questions it was already clear how to arrange everything.

transfer of credits

The transfer of the credits are exactly the same as I am used to. I get the same credits than they would give you in Oslo. This is a good system since I know how much I need to do to get the same amount of credits. I think it is a good thing that the UU does not transfer the grades because they grade the exams or papers in a totally different way.



## STUDENT LIFE

### welcome & orientation programme

There was a buddyweek which would introduce the daily student life to us, including the digital platforms of UiO but also fun activities such as parties. You could meet a lot of other international students in this week and I felt home right after this week. This week was well organised and a real recommendation to join this week to meet your first friends and to get to know the university and campus.

### accommodation

As an international student I was assured of a room at a student village of SiO. You have two large student villages: Kringsja and Sogn. Both villages are really nice place to live at and most of the international students live here so you run into everybody you know. Great accommodation!

### leisure & culture

Norwegians often go hiking in their spare time, which is a recommendation. You get to see the beautiful nature around Oslo. Also, the city is interesting to visit. There are a lot of international activities as well. This is fun because you get to meet fellow international students and everybody is really open and kind to each other. ESN is a big part of these international events.

### suggestions/tips

If you check the deadlines when you need to apply for courses/grants etc. there are few things that can go wrong in Oslo since their organisation is great.

## CONCLUSIONS

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

Yes I would recommend this destination to other students because Norway is a beautiful country and they accept international students really well. Everybody speaks English really good.

### do you have any additional advice or comments?

Check the deadlines, follow ESN for all the fun international activities and trips.

## 2017 – 2018

## PREPARATION

### exchange application process

After some research, it became clear that I wanted to go to Oslo. In the beginning it was a little bit harsh to understand which steps I had to take to apply for an exchange, So I would recommend to begin early with everything you need to do for the exchange programme.

### counselling & support at Utrecht University

The counselling & support was pretty good. It is easy to call someone at the UU to help you with your questions about the exchange programme.

### academic preparation

I didn't had to do an academic preparation for my exchange as far as I know.

### language preparation



I wasn't obliged to learn or prepare myself for a language (Norwegian) before I went to Oslo. The only thing I had to do was the erasmus exchange english test.

finances

My finances were pretty easy to fix. I raised my student loan at DUO, I got some money from my parents, combined with the erasmus exchange fee, this was enough to finance my pretty expensive study period in Oslo.

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme in Oslo was pretty easy, around 6 hours a week and no homework or anything. So there weren't that much organisational issues for me.

academic quality of education activities

The academic quality of education activities was good at the Universitet of Oslo. I have to say that I think that the level of education at the University of Utrecht is a little bit better, there is more attention for the individual student here in Utrecht. But in total, I was pleased with the academic level in Oslo.

counselling & support at receiving university abroad

I never had to ask for counselling or support because all the academic assignments were pretty easy to make. So I am not aware how good the counseling or support was in Oslo.

transfer of credits

I am not sure what I have to explain here. But I think that the transfer of credits will be pretty easy to conduct.

### STUDENT LIFE

welcome & orientation programme

It is okay, not as good as the introduction week here in Utrecht. But you can see that they tried to do something nice. You also get a orientation group with only international students. Unluckily, my orientation group wasn't that much fun so I didn't stick that much to the orientation programme.

accommodation

Is pretty good, if you pay around €500,- you can get the newest and best room, with private bathroom. I also did this and would definitely recommend it. I have seen some older and a little bit cheaper rooms and they were way worse.

leisure & culture

There are a few good clubs to go to in Oslo, but unfortunately, the clubs close at 03:00. There is also a lot of really beautiful nature around Oslo, so hiking is recommended. And there are some cool museau to visit, also there is really nice modern architecture to see.

suggestions/tips

Make sure you have enough money before you want to study in Oslo. And join some kind of sports group in the beginning of the semester

### CONCLUSIONS

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

Yes definitely, I would recommend everyone in general a study abroad, just because you learn a lot about yourself, other nationalities and countries. But Oslo was also really cool, it is a beautiful city, a magnificent country, and also a pretty good University.



do you have any additional advice or comments?

No