



University of Oslo

2019-2020

PREPARATION
exchange application process
Everything is very well explained on the UU website and goes smoothly if you keep to the deadlines.
counselling & support at Utrecht University
The university offers support whenever you need it.
academic preparation
There was no academic preparation apart from the English test that Erasmus makes you do.
language preparation
Idem dito.
finances
Oslo is an expensive city. Save beforehand!

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The study programme was fine. The courses were accurate to their description and not too hard.
academic quality of education activities
The courses were quite easy and not a lot of people had trouble with them. The average grade is very high.
counselling & support at receiving university abroad
There were no counselling issues.
transfer of credits
The credits were transferred fine. Make sure to contact the Exam commission in time!

STUDENT LIFE
welcome & orientation programme
The Buddy Week was very fun and I met a lot of people there.
accommodation
The accomodation in Sogn was fine and clean, although a little remote from the city center. The same goes for Kringsjå. I recommend trying to find a place to live in the city centre.
leisure & culture
Oslo is very, very expensive. Except to skip takeaway coffee, going out for dinner or beers with your food. Save up, buy groceries in Grønland and accept your fate.
suggestions/tips
Make sure to delve into student life very intensely the first weeks, as you'll need the time to make friends that



you can hang out with during the rest of the year.

CONCLUSIONS

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

I would, if you have enough money saved to travel around. Without making trips, Oslo might not be the best place for a halfyear of craziness.

do you have any additional advice or comments?

Make sure to look around where to do your grocery shopping. Grønland is a good start!

PREPARATION

exchange application process

The exchange application process was actually quite easy. I applied for this exchange in December and I heard that they accepted me in January. After that it was quite easy, I got a lot of e-mails from the University of Oslo, where I could read what I exactly had to do to complete my application.

counselling & support at Utrecht University

The counselling and support at Utrecht University was good, because we got a lecture with all the information about our exchange before we had to arrange everything. I went twice to the exchange information desk and they helped me very well with my application.

academic preparation

I still had courses at the University of Utrecht during the application period, I passed all my courses of my first and second year. So, I considered that as enough academic preparation.

language preparation

I was quite scared about the idea to that I had to speak in English 24/7. I read some English books and prepared with the Erasmus English test.

finances

I already knew that Norway is a really expensive country, so I worked full time to save money the period after my exam and before my exchange. Also the Erasmus grant was really helpful.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was 30 ECTS and I chose three different subjects, Gender Equality in the Nordic Countries, Human Rights in procedure and Humanitarian Law. The difference in Oslo was that you don't have seminars, where you practice questions and have discussions. So, I only had 6 hours of lectures and had to read the content by myself. The exams were quite late in the semester, after one month without lectures.

academic quality of education activities

I feel like that the academic quality is higher at the University of Utrecht. This is maybe because I had the feeling that I was sometimes not really involved in the lectures, because it is so short and just a few.

counselling & support at receiving university abroad

I didn't need any counselling or support at the receiving university. However, all my e-mails for signatures and short questions about the beginning of the semester were answered fast. Also gives the University a lot of information about important things you have to arrange, via e-mail and its platforms.



transfer of credits
The transfer of credits was quite easy, I just had to fill in a form and send an e-mail with my results via a programme of the University of Oslo to Utrecht University.

STUDENT LIFE

welcome & orientation programme

The first week was a Buddy week, we were with a group of 30 law students and had two buddies. Soon everyone found their own little group, to spend all the activities with. It were many activities, but a lot of fun and I made a lot of new friends during that week and we became even better friends now. The activities were related to our faculty, we visited the Supreme Court and the parliament. However, this week wasn't without partying. Every night the faculty arranged a party or we went to a bar. I was so exhausted after this week, but I still had one week of free time left before my classes were starting. I went to Stockholm in that week, with the people who I have met during the buddy week. And that was just our first trip, what is continued by a lot more.

accommodation

My accommodation was a bit expensive, however I had a private bathroom and that was quite relaxed. I stayed in Kringsja and a lot of friends were living there as well. So I never traveled home alone by night, what I really liked. Also I lived next to a lake, named Sognsvann. It is a beautiful lake and you can walk around it in a hour, what I did weekly. Furthermore, there was a supermarket, gym and a café. And the best of all, my accommodation was only 4 minutes walking from the Metro. The Metro brought me in 15 minutes to the City center.

leisure & culture

Oslo is a city full of activities. We hiked a lot around Oslo and there is always something to see or do in the city. We made a list with all the things we wanted to do and we finished this in our last week in Oslo, so don't worry there are plenty of things to do. A lot of hiking trails, museums, shopping centers, parks and islands. Furthermore, Norway is an amazing country and I fell in love with it. We went on trips almost every weekend, to explore the country and the rest of Scandinavia.

suggestions/tips

SAS and Norwegianair have discount on flight tickets for youth under 26, this was a cheap way to travel. However, the train is also beautiful through Norway. My tip is, just say yes to every opportunity you get and you will have an amazing time!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
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would definitely recommend Oslo as a destination. Because you don't have a lot of hours of lectures, means that you can plan your own schedule and that gives you a lot of free time. Because of this, I could do longer trips to explore Norway and read my books for university during traveling. Also Oslo is a really nice city, the surrounding is really green and it makes you feel like home in a minute. Furthermore, people are helpful and everyone can speak English. Public transport is really well arranged and the accommodations are good. However, it is quite expensive, but there are ways to live cheaper, for example to eat with friends and meal prep for more than one day.

do you have any additional advice or comments?
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I would definitely recommend to go abroad, I met so many nice people and I learned so much of them. It is really an experience you'll never forget. Don't be scared, you'll have a good time.



PREPARATION

exchange application process

Keep up with all the dates and deadlines and go to as many preparation meetings as possible. It will really help to hear other students talk about their experiences. Both the University of Oslo and the UU have nicely sorted everything out for you and keep you updated through email. Make sure to read those emails carefully and there will be no issues whatsoever with the application process.

counselling & support at Utrecht University

Everything was very clear. There were enough preparation meetings, firstly to give information and after that to prepare you for your stay abroad. They usually responded quickly when replying to emails and they were friendly and helpful at the Studiepunt/International Office.

academic preparation

I didn't have to do any academic preparation whatsoever. I was going to do criminology courses in Norway, which is different from what I study in Utrecht, but no academic preparation was required in advance by UiO.

language preparation

I didn't have to do any language preparation, since my level of English was already sufficient. I did though, like everyone else, have to do the mandatory English test by Erasmus. This test doesn't have any further consequences.

finances

Everything (especially alcohol, but also e.g. groceries) is expensive in Norway. So make sure you save and bring enough money. I planned on traveling to other parts of Norway as well, so I had to include that into my budget. Luckily the Erasmus Grant is a bit higher for students staying in Oslo, so that helps, but still make sure that you save enough if you also want to do fun things and not get stressed about money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Applying for courses was easy and UiO keeps you updated on all the deadlines. I applied for three criminology courses and two Norwegian language courses. They have a webpage for each course which gives you all the information you need to know. Everything is very clear from the start on.

academic quality of education activities

UiO has the best law faculty of Scandinavia and I think you could notice that during the lectures. The professors are all very intelligent and helpful. There are no seminars though, just lectures. That is for the law courses, for the Norwegian language courses I took there were in fact seminars available. All the courses I took were really interesting and very different from the courses I have taken in Utrecht.

counselling & support at receiving university abroad

They are very helpful and reply to your emails really quickly. Also there's an information desk at the law faculty which you can go to when you have questions, or for example need your documents signed. The UiO website is very useful and provides you with basically all the information you need.

transfer of credits

I got my credits not too long after taking the tests (writing the papers). UiO provides you with information on how to get the credits to your home university. So I didn't have any issues with the transferring of my credits.

STUDENT LIFE

welcome & orientation programme



<p>The website of UiO tells you when there will be a 'meet and greet service' - people waiting for you at the airport and central station who will help you get to the city and get your keys. During the first evening there will be a party hosted by the university, where you can already meet people. The first week of the semester is called the Buddy Week. It can be compared to the UIT week we have in Utrecht, but here your group only consists out of law students. This way you will already find people who you might have class with. The week is organized by ELSA, a law association we have in Utrecht as well. During this week you get to explore the city, the law faculty and get to make friends. I made most of my friends during my semester abroad during Buddy Week. In my opinion you should really participate in the Buddy Week, it was a lot of fun and it is a great way to meet people.</p>
<p>accommodation</p>
<p>I lived in the student village Kringsjø. It's about 15 minutes from the university by metro (law faculty that is, the other faculties are less than 10 minutes away). My room came furnished (bed, desk, closet, etc.). I shared the bathroom with one other person, and the kitchen with six others. There are laundry rooms in the student villages, as well as a supermarket, gym and a small restaurant. You get a room through SiO, you simply apply and they take care of the rest. They arrange everything perfectly and are very helpful. In my opinion you should get a room with SiO, instead of looking one for yourself, it will save you a ton of problems and stress.</p>
<p>leisure & culture</p>
<p>A lot of people in Norway like to be outside. When living in Kringsjø, I lived right next to Sognsvann, a very big lake. During summer we used to go there to just hang and even take a swim, and during winter we went there to enjoy the snow and iceskate. The city centre is rather close so you can always go there to go shopping or go to a nice restaurant. Oslo has a beautiful nature, so it's nice to go hiking, or to generally just be outside a lot.</p>
<p>suggestions/tips</p>
<p>I took quite a few trips, both in Norway, but also to other countries. You don't have very many lectures so you will have enough time to do that. Norway is a beautiful country so my advice is to explore as much of it as possible. Have a lot of fun because your semester will be over before you know it.</p>

<p>CONCLUSIONS</p>
<p>would you recommend this university/destination abroad to others? please explain</p>
<p>I would most definitely recommend UiO and also Oslo. Everything is so nicely organized at UiO which made sure I wasn't stressed about moving countries at all. Oslo is a beautiful city with very nice people and lovely sights.</p>
<p>do you have any additional advice or comments?</p>
<ul style="list-style-type: none"> - Use the meet and greet service by UiO. It makes your arrival much less stressful. - Use SiO. They arrange everything for you so you only have to sign up and they will do everything else for you in terms of getting a room. - Go to the Buddy Week. Meet new people and explore the city. - Before your arrival, make sure you are in as many Facebook groups as possible. They provide very useful information about all different kinds of things and when you have a question yourself you can just post and guaranteed that someone will answer. You can also easily get second hand stuff from students who are leaving through those kinds of groups. - Keep in mind that drinking strong liquor is prohibited when you're under 20 years old. When you're under 20, you're also not allowed in most clubs and bars. When you love going out and partying and if you want to do that a lot during your semester abroad, Oslo might not be the best destination for you. This is also because everything, and especially alcohol, is very expensive. - Make sure to enjoy yourself! It will be an unforgettable experience.



2018-2019

PREPARATION
exchange application process
When applying for the exchange, you have to write a motivation letter, as well as a studyplan and financial plan. Once you are chosen to go to a destination, everything you need to do will be very clearly stated and with very clear deadlines. Since there might be quite some time between the application and the actual stay abroad, you have plenty of time to take care of everything, and both at the UU as well as at UiO they are very helpful with any questions or troubles you may encounter. Just make sure you start early enough with planning and making sure you do everything well before the deadline, since it might be difficult to get everything done in the week before you go to the exchange destination.
counselling & support at Utrecht University
Like I said, the exchange coordinators are very helpful in every possible way. They send quite some e-mails to you for important deadlines, meetings etc. You can always go to them with your questions and they are really quick to respond elaboratorily by e-mail.
academic preparation
I did not have any specific academic preparation, and in hindsight do not feel like should have needed any.
language preparation
I did not have any language preparation, since I met the Erasmus prerequisites, as well as the UiO prerequisites. Although a course in Legal English could be advisable if you struggle with English, the courses I took were very doable without taking a course in Legal English.
finances
This is mostly the least funny part, especially when staying in Norway. Although the financial plan I made prepared me a little for guessing how much I would spend every month, I was still shocked by the prices in Norway. Everything is quite expensive compared to the Netherlands, but with a studentloan and an Erasmus grant I could get by relatively well. I would advise to take a credit card with you. Although you can pay with a debit card in every shop (in fact they hardly ever use cash to pay), you might find that you need a credit card for certain things, such as for example paying for the public transport (which uses an app instead of an OV-chipcard).

STUDY ABROAD PERIOD
study programme (content and organisational issues)
At the UiO I followed two Law courses and one Criminology course. Although the general level of the courses was quite high (a little lower than in Utrecht), I was quite disappointed by the Criminology course. It was really quite unprofessional and very unstructured. Different from what I was used to in Utrecht, the courses only consisted of Lectures. They apparently are experimenting with seminar-like classes as well, but I only had one course which had two seminars, that were meant for masters students (I am bachelor). The fact that the courses consisted of mainly Lectures made that for me it felt like the courses were quite theoretical and abstract, and not that focused on practical application, which I think is a bit of a pity.
academic quality of education activities
The overall level of quality is quite good, although not as high as I was used to at the UU
counselling & support at receiving university abroad
The support at UiO was great in general. I had a bit of problems when communicating directly with the Exchange Coordinator. Although she was really sweet, she was not really fast to respond and quite chaotic. When contacting the general International Office however, they were quite fast to respond, and very helpful



when I needed signatures or had any questions.
transfer of credits

STUDENT LIFE

welcome & orientation programme
Every semester, UiO organises a Buddy Week. The programme differs per faculty, but I would advise to go to this buddy week. You immediately get to know a lot about the city, and a lot of new people, of which quite some might become friends for the rest of your life! the programme is also just really fun, and good to get to know the University.
accommodation
I had an accomodation via SiO. Since International Students have priority for accomodation, you are guaranteed to get housing this way. I lived in Kringsja studentvillage, the biggest tudent housing campus in Oslo. I shared a bahroom with one other person, and the kitchen with 7. The rooms are quite spacious, and although the building I lived in was a little old, the buildings were well maintained and very clean. I would really recommend Kringsja, since it is next to the metro station, and really close to Signsvann, a beautiful lake. From here you can also walk into the surrounding nature of Oslo, as well as picknick at the lakeside or just have a stroll around the lake. Also, they opened a new gym at Kringsja this year, so you don't have to go far if you want to go to the gym..
leisure & culture
Oslo is a beautiful city. Although it is the Norwegian capitol, it feels more like a big town. Throughout the city there is are a lot of parks. If you want to enjoy nature, the mountains are really close, and there are some nice hiking paths with beautiful veiws on Oslo really close by. Oslo also has a lot of museums. There is a museum for everyone, from the Museum of Natural History to the museum for modern art, you name it and they will probably have a museum for it. Oslo is just a great city with a lot of culture, and especially a lot of nature. If you are a fan of nature, Oslo is the place to be!
suggestions/tips
Try to do a cabin trip! Cabin trips are fun, and a huge part of Norwegian culture. Norwegians really like to brag about how primitive their cabins are, without electricity, often no running water and a composting toilet. It is a really fun experience, and you get to spend time at some of the most beautiful places of Norway this way. Another tip would be to just do as much as you want and can. The exchange is over before you know it, and there are so many great things to do!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would most definitely recommend Oslo as a destination. If you love nature, there is almost no place better to go then Norway, with a very diverse and beautiful landscape along the country. Also the people are really kind, although sometimes they might seem a little shy. If you like nature and sports, Oslo is the destination for you!
do you have any additional advice or comments?
As expensive as everything may seem, just do it! Don't let money hold you back on making great experiences, since an exchange really is a once in a lifetime experience, and you will eternaly regret it if you haven't done everything you cóuld have done.

PREPARATION



exchange application process
The exchange application process was clear. You had to hand in a letter of motivation, a recent CV, your study plan and a financial plan. Start early with collecting all the documents, because the deadline (first of December) is always closer than you expect.
counselling & support at Utrecht University
The counselling and support at Utrecht University was fine. They organised some lectures about studying abroad and they replied to your emails within an acceptable time.
academic preparation
I didn't do any academic preparation. That was not necessary in my case.
language preparation
My host university (Oslo University) didn't ask for a language test. So I also didn't do any language preparations.
finances
Oslo is an expensive city. I knew this before and that's why I started saving money one year in advance. I recommend you also to start saving money early. Part of Erasmus is in my opinion also to do a lot of nice trips with your new friends. For this you also need some money. Later I will give a general overview of the costs of living in Oslo and Norway.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
In Utrecht I am a law student. I decided to follow other courses in Oslo, so I only followed courses at the social science faculty. I did the courses (1) environmental & society (about the question if climate change a social problem is or not) (2) Migration, Diversity and Inequality (broad course about the concepts of migration, diversity and inequality) and (3) Introduction to Norwegian (course to learn basic Norwegian).
Oslo University has a website (Studentweb.no) where you can sign up for courses and see if you are allowed to follow the course. The website is clear. Before you choose a course please read first the descriptions at the general website (uio.no).
academic quality of education activities
The academic quality was a bit less then here in Utrecht. Every course had one or two lectures a week and sometimes a seminar. During the lectures they explain the general topics and some readings and during the seminars they try to start a discussing about the readings. Sometimes you also have to present something or write something before you can do the end exam. You have a lot of freedom, sometimes that's nice, but be careful that you don't skip to much. The teachers are really motivated and willing to help where possible.
counselling & support at receiving university abroad
The counselling & support at the University of Oslo was fine. If you had a questions or some problems you could always go to your faculty and ask for help. They also responded to your e-mails within an acceptable time.
transfer of credits
The transfer of credits was easy. First of all you had to e-mail the 'examencommissie' with the names and codes of the courses you choose and with a short description of the courses. After that the only thing you have to do is to hand in your transcript of records at 'studiepunt'.

STUDENT LIFE



welcome & orientation programme
The University of Oslo organises a buddy week every start of the semester. During this week you discover Oslo with your buddy group. It is a nice week with a lot of parties and you will meet a lot of international students during this week. It's almost a must to go. You can find a lot of information about the buddy week online.
accommodation
The good thing about studying in Oslo is that you have guaranteed housing as an international student. All the student housing is handled by SIO. You can make an account and ask for an offer. The website is really clear. I would recommend to try to find a room at Kringsja or Sogn. Most internationals live here and most of the house parties were here. I lived at Kringsja. There is a gym there, a supermarket and a bar. I enjoyed living there. I paid 390 euros rent per month. That was the cheapest option you can find.
leisure & culture
You will have a lot of free time during your exchange. It is important to keep doing things (otherwise you will get homesick). I recommend you to do a lot of cabin trips in the Oslo area with friends, to explore the Oslo islands, to just go to cafés and enjoy the delicious Norwegian coffee and pastries, to explore Norway (Tromsø, Bergen, Stavanger) and Europe, you do a lot of hikes, to go to Sognsvann and to just enjoy your freedom!
suggestions/tips
<ol style="list-style-type: none"> 1. Go to the buddy week. You will get a lot of tips during this week and you'll make a lot of new friends. 2. A lot of events you can find on Facebook. 3. Partying in Oslo is not cheap. On Wednesday you can go to Mabou (wine is only 29 NOK that night) and on Friday and Saturday if you go to the clubs before 23:00 the entrance is free, otherwise you pay between the 10-20 entrance fee. 4. Norwegian airlines gives you 50% discount on all flights in Norway. Just use the code: UNDER26.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend Oslo as an Erasmus destination. The international community is so nice in Oslo and if you like nature you will fall in love with this city. What I liked about Oslo is that it's not a regular Erasmus destination and that made it really magical. Go to Oslo!
do you have any additional advice or comments?
Save some money, do a lot of trips and enjoy all the free time you have.

PREPARATION
exchange application process
There is quite some paperwork you have to complete before you can go abroad. After you have decided for yourself which university you would like to go to, you have to make a study plan. Basically planning the rest of your studies and making a preliminary choice of courses you are going to follow at your exchange university. To get your study plan approved you have to show a financial plan, forcing you to assess your spending pattern and predict how that will change when you go abroad. Further you have to write a motivation letter, stating the reasons why you want to study abroad and more specifically why you want to study at the university you have chosen. All this takes time, but since you start working on these documents way before your exchange period starts it is



perfectly doable.
counselling & support at Utrecht University
The counselling I received from the study advisor and the international office were excellent. Even though you sometimes have to wait for an answer, it is always a sufficient one. The information meetings the international office organised were very helpful, but in the end it is you who has to make the final decision.
academic preparation
I did not do any academic preparation for my exchange since I already met the prerequisites set by UiO and did not feel it was necessary to do any further preparation.
language preparation
As with the academic preparation, I also did not do any language preparation. Since the Norwegians speak English very well I knew beforehand that I could suffice by merely speaking English. I was confident enough in my English to start my period abroad without doing any extra English classes.
finances
<p>Since I had to make a financial plan to have my study plan approved I was aware of the expenses coming my way very early on. There isn't a chance you will overestimate the cost of living in Norway, as the prices are really high compared to the Netherlands. It is therefore highly important to have sufficient financial means to support yourself during your stay in Norway. I did this by working throughout the year before I went to Norway and used nearly all the money I earned. Furthermore you should apply for an Erasmus grant, which will result in a lot of paper work, but also in a relatively easy way to get more money.</p> <p>My rent was around €450/€470 per month, and the public transport costs around €45 per month. The gym membership was around €110 for 6 months.</p> <p>I used a Transferwise card as I found out this was cheaper in the long run than using my ABNAMRO debit card. Which solution is better for you depends on your situation however, as my roommate, whose bank was ING, did not need to get a separate card.</p>

STUDY ABROAD PERIOD

study programme (content and organisational issues)
<p>I studied three courses at the faculty of law.</p> <p>1) English Law of Contract; This was a very good course with a very passionate professor. I really enjoyed this course and it was most certainly the best out of the three I followed during my exchange.</p> <p>2) Financial Market Law and Regulation; To go from the best course I would like to follow up with the worst one. I found the course to be a bit too theoretical for my liking and found it hard to stay motivated throughout the course. The professor was however an expert in the field and very knowledgeable.</p> <p>3) Robot Regulation; This was a new course which was very interesting but a bit of a mess as the course leaders were trying to figure everything out while the course was going on. The concept of the course is that there are a few introductory lectures after which the student becomes experts in a certain area of robotics and thereafter teach the other students. The lasting impression for me will however be the slight chaos due to uncertainty among all the students.</p>
academic quality of education activities
<p>Especially the English Law of Contract was of a very high academic quality. The other courses were of a quality just below the quality I am used to in Utrecht but not far under. I had no seminars and therefore only had lectures. You need quite a lot of self-discipline since you have to do all the reading yourself. Others did have seminars so it really depends on the courses you decide to take.</p> <p>My examinations consisted of two 4-hour open book exam and a paper + group presentation. The written examinations were digital. The exams were similar to the exams I am used to in the Netherlands, the</p>



questioning is however slightly different. Instead of multiple problem questions, in one of my classes the exam was writing an essay in the 4 hours available. In another course I had one very big problem question and one essay question. So be prepared for fewer, but more extensive questions.
counselling & support at receiving university abroad
The contact point for international students was very responsive and quick to answer. They were very helpful when I needed signatures. The counselling I got at the faculty student administration was even better since I could just walk by and get a signature right away. In my experience the communication with the UiO was quicker than with the UU.
transfer of credits
Your courses have to be approved by the exam commission in Utrecht and after this they will need a Transcript of Records from the UiO for your grades to be entered into Osiris. It took a very long time before I got approval to follow my courses, so you have to be quite sure you will not have overlap before you start the courses. Upon turning in this report the transfer process has not been completed yet, so therefore I cannot rely elaborate on it.

STUDENT LIFE
welcome & orientation programme
I had a faculty introduction week called 'The Buddy Week'. This lasted, disregarding the name, a bit longer than a week. This is where I met most of the people I spent my exchange with. The group was quite big, but right from the get-go sub groups formed and I made a lot of friends in this week. Some days are busier than others, but since there are a lot of parties in this week this is sometimes needed. If you are planning on going to Oslo I would highly recommend to go to the buddy week, it is very fun and you will probably make some friends.
accommodation
I stayed at Sogn student village, which is part of SiO. SiO is the organisation that does a lot for students. The gym is also regulated by SiO. A lot of international students live in Sogn, as it is one of the two big student villages. It is a ten minute walk from the closest T-bane (Metro) station, which will be your way to the university since the Faculty of Law is located right in the center of Oslo instead of at the campus (Blindern). The housing is reasonably priced, especially for Norwegian standards, and mine was newly renovated and therefore quite modern. I shared a kitchen with common area and two bathrooms with 3 other people. This was one of the more luxurious housing units though. Others shared one bathroom and toilet with 8, so it really depends on where you live in Sogn.
leisure & culture
A big part of Norwegian culture is hiking and cabin trips. I took advantage of this in the earlier months (summer months) and went on several (cabin) trips to see the beauty of Norway. It is a very beautiful country and I highly recommend going to see the rest of the country. Besides that I went to the opera, which was very fun, considering it was the first time I had ever been to an opera. Furthermore I joined the OSI Innebandy (Floorball) team which was a really nice way to come into contact with Norwegians and try out a new sport. They liked having a non-Norwegian in their team and helped me understand the sport. Norwegians are really nice and helpful people but sometimes slightly hesitant in engaging socially with others. Dutch people are way more direct, but just because Norwegians aren't doesn't mean they do not want to talk with you. From my experience they really like to talk to foreigners, but just will not start the conversation themselves.
suggestions/tips
Just say yes to everything to make the best out of your time abroad, especially in the first week (The Buddy Week) since this is how you meet a lot of people.



From an academic point of view, don't get too far behind on studying as you will regret this later on in your exchange. No matter how far those exams may seem, just do a little bit in the beginning of the semester.

CONCLUSIONS

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

YES, DEFINITELY. I had a great time during my time abroad and I think being in Oslo was a very big part of that. If you like being in nature than Norway/Oslo is a great place to be. Just a ten minute ride on the metro and you feel like you are in the middle of nature, and that is because you are.

do you have any additional advice or comments?

There is only one piece of advice once you have decided to go to Oslo. DO NOT UNDERESTIMATE HOW EXPENSIVE IT IS! Having sufficient financial means will make your time in Norway a lot more enjoyable as you can say yes to more opportunities.

My final piece of advice is to just go and do it! Whether it is Oslo or somewhere else in the world, going on exchange is great and you will thoroughly enjoy it!

2017-2018

PREPARATION

exchange application process

Initially it is a lot of forms you need to fill in and you need to register for courses twice, but overall everything is very clear and you will get well informed by both the University of Utrecht and the University of Oslo about what to do. Also everything is pretty clear on Osiris and you get e-mailed which forms are necessary in the “before”, “during” and “after” period of your exchange. It is very important to just check your mail regularly and read the e-mails you receive very carefully.

counselling & support at Utrecht University

The contact with the international office of both universities is of high quality. If you have any questions you can either go to the international office or you can send them an e-mail and you'll get a very quick response. Although, it was hard to get a signature fast at the university of Oslo through e-mail. But if you just go to the office in person, you'll get signatures within a few days.

academic preparation

I didn't have to do any academic preparation.

language preparation

I didn't have to do any language preparation, since my English was already on the level it had to be. I only had to do a language test for my Erasmus Grant. This doesn't have any consequences if you don't do well on this test, it's only for Erasmus to see how good your English is and how it is improved after your stay.

finances

You should be prepared for an expensive semester in Oslo, so you should save money to spend there. Life in Oslo is very expensive and you will probably want to do some trips while you're there. I saved about €1.000 euro's to spend there above of my Erasmus Grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I only did one law course, because I wanted to do something else instead. I did a course about Ibsen, a course



about North Korea and a course about Legal Anthropology (all of them 10 ECTS each, so together 30 ECTS). You get well informed about everything during the buddy week (that's the introduction week before you start the semester).
academic quality of education activities
In my opinion the quality of education is lower than it is in Utrecht. I didn't have any workgroups, only lectures and those lectures weren't very useful for my semester papers. However, they were interesting if you just wanted to get to know more about the subject.
counselling & support at receiving university abroad
There is a desk and an e-mail address where you are welcome to ask any questions you have.
transfer of credits
Since I do notary law, I don't have any room for a minor of my choice, so this whole semester was extra for me. However, I did 30 ECTS, which need to be approved by the Board of Examiners. After you finished your exams and you received your Transcript of Records you have to hand this over at Studiepunt/registrar of your faculty and they will register the results you have abroad in OSIRIS.

STUDENT LIFE	
welcome & orientation programme	
There is a buddy week organized by the university itself, in which you get placed in different buddy groups with whom you're going to explore the city and your faculty. This is a fun week in which you will meet new people and are able to go to party's the whole week.	
accommodation	
There are two big student villages, Kringsja and Sogn. In my opinion, it doesn't really matter in which you stay. I noticed that most of my friends lived in Kringsja, just like me. You don't get to choose your housemates, so you should just get lucky with who you get. I didn't have nice housemates, I didn't talk to them or eat with them, because they were only in there rooms a lot. However, my friend, who also lived in Kringsja, did have really nice housemates.	
leisure & culture	
You will have a lot of free time. It's nice to enjoy the nature of Norway by doing hikes or go on several trips. Also cabin trips are a big thing in Norway. I didn't go on such a trip myself, but I heard a lot of positive stories about it. So I would definitely recommend that.	
suggestions/tips	
Make a lot of trips, because you have the time! And just enjoy your stay in Oslo, it is so beautiful and your semester will be over before you know it.	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes, I would definitely recommend this destination. It is such a beautiful city where you have the best of both worlds, a city and beautiful nature, all really close. However, if you want a semester full of parties I wouldn't recommend it, because alcohol and going out is really expensive.	
do you have any additional advice or comments?	
Just enjoy your exchange, it is an adventure you will never forget!	



PREPARATION

exchange application process

I handed in my motivation letter, cv and transcript of records. There were no other requirements for the application for the University of Oslo.

counselling & support at Utrecht University

Before I applied for the University of Oslo, I had some contact with the UU coordinator. She helped me with the questions that I had.

academic preparation

I did not have to do any academic preparations.

language preparation

The University of Oslo does not require any language tests. The only language test that I had to do was the one that is required to get the Erasmus grant. I did not do any other language preparations.

finances

I saved quite some money before I moved to Oslo, since I already knew that everything is expensive in Oslo. Luckily the Erasmus grant is a little higher for students that go to Norway, so that is an advantage. But if you go to Oslo, you should be prepared that everything is more expensive compared to the student life in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three law courses (1. International Commercial Law, 2. Refugee and Asylum law, 3. Privacy and Data protection) There were a lot of courses that I could choose from. I had to apply online for the courses before arrival. The whole application system was really easy to use and everything was very clear.

When I arrived in Oslo, an organised introduction week started and there was enough time to ask questions about the courses. After this week you had some time to change the courses. I decided to change one course. A lot of the law courses on bachelor level, were also given on masters level. Both the bachelor and master level students followed the same lectures, the only difference was that the master students had an additional assignment during the semester or had an extra question on the final exam. But besides that, the content of the education was exactly the same for both the bachelor and master students. Which made it interesting since the teachers gave a little more and detailed information about the content and it was interesting to discuss the course content with bachelor and master students together. All the courses I followed, only had one final exam.

academic quality of education activities

Since some of the courses were for both bachelor and master students, the quality and the level of the lectures was maybe a little higher than regular bachelor courses. Besides, it was interesting to share thoughts about the content. The teachers were very international and it became clear that they had a lot of working experience, which made it more interesting.

For all the courses I followed I had one (sometimes two) lectures a week, these were not obligatory. For all the courses I had one final written exam, which was made on a computer. The master students had an additional assignment or an additional question during the exam.

counselling & support at receiving university abroad

Both the email as the real life contact with the people from the University of Oslo were nice. A lot of to-do's/information was given online, by email or on the website. By this, it was not necessary to ask for help a lot.

transfer of credits



The grades were given within three weeks, all my courses were worth 10 credits. I had no problems with the transfer of credits.

STUDENT LIFE

welcome & orientation programme

In the first week there was a 'buddy week' organised by a law association. Almost all the international students applied for it, which made it very nice. I would say that it is kind of a 'must' to participate in this introduction program, since it was a combination of both informative and fun activities. It was a really easy and nice way to meet a lot of new people in a short amount of time. Furthermore, I saw a lot of the city in the first week.

accommodation

I lived in Kringsjå, a sort of student village in the North of Oslo. It is only 15 min by metro to the city centre and next to a big lake where we had a lot of bbq's, work outs, swims etc.
There were two main areas where all the international students live in Oslo, one of them is Kringsjå. The accommodation is arranged by SiO, this organisation takes care of everything. It is a really nice and well-organised organisation. I had no problems with the accomodation and would definitely recomended to find an accommodation via SiO.

leisure & culture

First of all, if you go to Oslo (or Norway in general) be prepared that everyone is very sporty and outdoor. I really enjoyed the healthy and sporty lifestyle in Norway. A lot of my time in Oslo, I spend outside. When I arrived in January, I spend a lot of time on the ski slopes, at the frozen lake, walks through the city etc. When the snow melted, I spend a lot of time at the islands, the city, swimming in the lake, jogging, walking, hiking, etc. I realise, I was really lucky with the weather (extremely snowy winter + very sunny spring), but when you are going to live in Oslo; just be prepared that you are probably going to have a pretty healthy sporty outdoor life. Furthermore, I visit a lot of places in Norway (I went to Bergen, Lapland, Kopenhagen, etc.) A lot of places are easy to go to by train and the flights to the north of Norway are not that expensive. Besides, I went to some musea, a lot of them are free (or cheap) for students.
At last, since the life in Norway is pretty expensive, I did not spend a lot of time at restaurants, cafes etc.

suggestions/tips

Again, if you go to Norway: be prepared that it is a very expensive country. So first of all, try to save some money before you go there, since it is a nice country to do a lot of activities and trips. Secondly, there are a lot of ways to avoid expensive things (for example, you probably won't go out for diners at restaurants, but instead of that, it is very common to bring your own bbq to one of the islands or to a lake. Or instead of renting ski's at the ski resort, you maybe find second hand ski's on Finn.no etc.)

CONCLUSIONS

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

The Univeristy of Oslo is a good and well-organised university. All my experiences with the university were fine and I would recomended this univeristy to other students.
Furthermore, the city is amazing. The combination between a capital city-vibe and the nature is really nice. The Norwegians are known for not being really open (compared to what we are used to from Dutch people), but they are very friendly and I never felt uncomfortable.

do you have any additional advice or comments?

1. Prepare yourself for an expensive semester, BUT it is definitely worth it.
2. Use SiO for your student accommodation.



PREPARATION	
exchange application process	
	The exchange application process was clear but extensive. There are numerous forms to be signed by both your home university as by the university abroad. It is thus important to collect the required signatures in time.
counselling & support at Utrecht University	
	The University gives good counselling and support in the process to go abroad. There is a general meeting before departure and the information about the process to go abroad is clearly explained on the website. They cannot help with everything and the student has to figure out a lot of things about the foreign university by herself/hisself.
academic preparation	
	To go abroad, it is not necessary to academically prepare yourself to a certain extent because the international courses are very different from the courses at the university of Utrecht.
language preparation	
	I didn't take a language course to prepare myself to go abroad. But it's advisable to do this and especially for law students to follow a course of legal english. But every international student struggles in the beginning with English so the proficiency of English doesn't have to be that high and you will improve your English in a short amount of time.
finances	
	Norway is very expensive so you have to take this into account if you choose Norway as your destination.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	The study programme is very clear. In one semester you will have three courses for 30 ECTS. At the end there will be an exam that can be written or in the form of an essay. Mostly there is one lecture per course in a week and there can be talsa groups where you discuss the content of the course in more detail but this is not mandatory.
academic quality of education activities	
	There are a lot of organisations that organise events with high academic quality.
counselling & support at receiving university abroad	
	The counselling and support of the receiving university is very good. But sometimes it took a long time to collect the signatures.
transfer of credits	
	This was very easy. The University abroad will clearly state how you can obtain your Transcript of Records and they will send this to you.

STUDENT LIFE	
welcome & orientation programme	
	The buddy week is the orientation week in Oslo. Especially for the faculty of law, this is very well organized and you will learn a lot about student life and the city. I had an amazing time and you will meet a lot of friends.
accommodation	



I lived in the student campus Kringsja. I lived in one of the new buildings with my own bathroom and five roommates. The accomodation was very good. There can be some construction but the facilities are very good.
leisure & culture
The culture is very nice and there is a lot to do in your free time. In the summer the harbor is very nice and the lake Sognsvann is very nice. You can hike, shop, go out for some drinks etc. And there are a lot of events in the city.
suggestions/tips
You really should participate in the buddy week. You will learn a lot about the city and make some good friends.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
The University of Oslo is very good and the courses were organized really well. Oslo is very nice destination. The city is beautiful, the people are very nice and there is a lot to do.
do you have any additional advice or comments?
Save enough money (only the erasmus scholarship is not enough), participate in some activities of the student organisations, discover other neighbourhoods of Oslo than only the centre, take some trips outside Oslo and go to the north of Norway if it is possible.

PREPARATION
exchange application process
The application proces was really easy and the UU international office was of good help. The only thing you need to look after are that you really follow the deadlines because these are strict.
counselling & support at Utrecht University
The international office in Utrecht was very helpful and replied to my emails quickly. Also it is really great that you can call them, so you don't always have to visit the faculty if you do not have time for this.
academic preparation
I did not prepare anything because i knew the courses would be in English and i found my english to be good enough.
language preparation
I already speak Norwegian and English so i did not prepare anything.
finances
Oslo is a really expensive city, so you have to keep this in mind! I saved up a lot of money to come here. Other than that, you get the erasmus beurs and OV vergoeding which is really nice. An example of what things cost: -Housing around 500 euro's a month -Transportation ticket 45 euro's a month

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I chose not to follow any law courses but to take criminology courses instead. This was really great because it has my interest and is not offered in the normal law bachelor in Utrecht. I took the following courses: Law, Ideology



and Human Rights Violations, International Criminal Justice and Mass Violence and Surveillance: data, protection. There was a limit offer in courses, but since you don't have to choose a law course there are plenty of options.
academic quality of education activities
The courses were different then in Utrecht because there were no small seminars (werkgroep) but only lectures to attend. The lectures were recorded and were not mandatory to attend. The lectures were of good quality and the lecturer spoke english on a high level and there was always room for questions. All my exams were take home exams which could be prepared very good.
counselling & support at receiving university abroad
There is only one exchange coordinator, she is really nice and has an office you can visit to get papers signed. But when she is not there and you have to email her, she is really slow. But in the end, it always worked out fine.
transfer of credits
The credits have not been transferred yet, but getting the transcript of record was really easy and can be done online.

STUDENT LIFE

welcome & orientation programme
There was a buddy week from the faculty of law. This week is really worth attending and is the week where I got my most friends from. You do a lot of fun stuff like going to places in Oslo, visit to the parliament, pubcrawl etc. This week lasts for about 1,5 week and you have 4 buddies (Norwegian people), but the whole week is in English.
accommodation
If you are an exchange student you always get guaranteed housing. The housing is done by a company called SIO. You really need to apply before the deadline, otherwise you will not get a room! Kringsjå and Sogn are the places where most international students live. I lived in Kringsjå and really enjoyed it. It is close to a lake called Songvann which is beautiful and the city center is only 15 minutes away by metro. Also there is a supermarket within walking distance.
leisure & culture
I made a lot of trips during my stay in Oslo because you have a lot of free time. Norway is a beautiful country which is really worth traveling around in. I went to Tromsø, Lofoten, Bergen and Stavanger. I recommend all these places!
suggestions/tips
Because you have so much free time, you should definitely travel! There are a lot of cabins in Norway which you can rent for a couple of nights!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes, I would definitely recommend UiO! The university is really nice and in the middle of the city center. Also Norway is just a great country with a lot of nature and fun stuff to do.
do you have any additional advice or comments?
Make sure you have enough finances before you move to Oslo, it is really a lot more expensive than in Utrecht. Also if you want to travel around in Oslo by plane always check if they have student discounts, this saves a lot of money! SAS and Norwegian for example have this.



PREPARATION	
exchange application process	Very good. It was clear in time when to upload which documents and when to apply for the grant etc. Also, University of Oslo has a very good online system to subscribe for the courses.
counselling & support at Utrecht University	Good instructions on which steps to take and nice information meetings to meet other students. Also clear who to turn to when needed help.
academic preparation	No real academic preparation, as you do not really know what to expect from your courses abroad and I did not feel the need to prepare in advance.
language preparation	As my English was already fairly good (C2 according to the language assessment), I did not feel the need to prepare my English for my exchange. As everyone in Norway speaks English fairly well too, I did not have to learn Norwegian.
finances	I have been saving up money for more than a year, and together with sorting out all the financing I could get from the government and from Erasmus, I managed to go on exchange without having to lend any money, but I was on a tight budget.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Law. Courses that I followed: Comparative Private Law (JUS5240), English Law of Contract (JUS5260), Intellectual Property Law in the Information Society (JUS5660).
academic quality of education activities	Very good. Lecturers speak excellent English and are very invested in their subjects.
counselling & support at receiving university abroad	Very good. The university is very supportive of the exchange students and make sure that you will have no problems.
transfer of credits	Not sure yet, as I have just received my transcript of records but the Exam Committee has not implemented these courses/credits in my curriculum yet.

STUDENT LIFE	
welcome & orientation programme	Very nicely organised buddy week for incoming international students. One week full of introductory activities and nights out, as well as department-related activities, such as a guided tour of the Supreme Court or Parliament (as for the Law faculty). Also a very nice boat trip through the Oslo fjord.
accommodation	Organised by the Student Welfare Organisation 'SiO'. Guaranteed housing for all international students that apply for housing within the given deadline, so no fuss in having to look for your own place. Reasonable price for a relatively large room and good common facilities. Plus, your able to



leisure & culture
Oslo is a lively city with a very nice city centre that hosts all the great stores. Lots of cultural stuff to see and do. The subway takes you outside of the city within minutes for nice hikes. 'SiO' offers really fairly priced membership at their five gyms in Oslo with numerous options.
suggestions/tips
Know where to buy cheap groceries (at Gronland), subscribe to all Facebook groups and keep an eye out for all the events (sometimes with free food). If you want to go to the gym, subscribe for the SiO gym membership. Know when to buy alcohol if you want it, since Norway has some strange policies about where to buy what and at what time. And bring a lot of wool clothes if you have them, since wool is a lot warmer than cotton etc. Clothes are very expensive so if you have proper winter gear, bring it with you or buy it cheap here in The Netherlands.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, definitely. Norway is a fantastic country and Oslo is an amazing city to live in. The university is very renowned internationally for its high quality education. Together with 'SiO', you will experience a very nicely organised and well-arranged exchange with hardly any reason to complain.
do you have any additional advice or comments?
Save up money well in advance. Everything they say is true: Norway is expensive, no matter what lifestyle you live. I am a vegan so I did not need to buy the expensive stuff such as meat, and I personally do not go out often so alcohol (which is extremely expensive) was also not one of my biggest expenses. But I do like eating out and having coffee and taking trips etcetera so I ended up spending a lot of money anyway. You do not want to miss out on the fun stuff so I really recommend to save up money so you will be able to have a nice exchange here.



2016-2017

Preparation

Exchange/placement application process:

It is a lot of paperwork, but when you just read everything carefully it is not that hard to do. First of all you start half a year or one year (depends on leaving in autumn or spring semester) in front of your departure with a letter of motivation the application process at your faculty of UU. After approval you start the application process at your host university. You have to upload your learning agreement and a transcript of records/diploma of UU. At the same time you have to upload a lot of files for getting a Erasmus+ grant (before, during and after your stay), this will happen on OSIRIS. It is also important not to forget that you need approval of your Board of Examiners for the courses you want to follow and you want to integrate in your programme at UU.

Counselling/support at home university:

You can ask everything at the desk of the International Office of your faculty or send them an e-mail.

Academic preparation:

-

Language preparation:

I only did the OLS language assessment, my English wasn't perfect (B2-level), but you always can figure your way out in conversations and you will improve enough to write essays/exams.

Finances:

To live in Oslo cost approximately around 900/800€,- a month. Housing will be around 400€,- a month, grocery shops 60/70€,- a week and then there are also unexpected costs or costs for fun things you want to do during your stay.

I had a Erasmus+ Grant, which was 270€,-, Stufi and OV compensation, which was together around 380€,-, the remaining cost I had to pay by myself with my saving money.

Study/placement abroad period

Study programme/work plan (concerning content and organisational issues):

I did English Law of Contract, International Constitutional Law and Democracy and Refugee and Asylum Law (all of them each 10 ECTS, together 30 ECTS). Getting books, finding your way through university isn't that hard because during the buddy week you will receive enough information about all those organisational issues.

Academic quality of education/placement activities:

The level of education is I think the same as in the Netherlands. Most of the law courses only exist out of lectures. There are basically no compulsory classes, but you can join if you want smaller workgroups.

Counselling/support at host institution/organisation:



<p>Again there is a desk and an e-mail address where you can ask everything and they will help you with that.</p>
<p>Transfer of credits:</p>
<p>I did 30 ECTS, as said you need approval of the Board of Examiners. After you finished your exams and you received your Transcript of Records you have to hand this over at Studiepunt/registrar of your faculty and they will register the results you have abroad in OSIRIS.</p>
<p>Student life</p>
<p>Welcome/orientation programme:</p>
<p>ELSA Spring Buddy Week</p>
<p>Accommodation:</p>
<p>Sogn Students Village</p>
<p>Leisure/culture:</p>
<p>A lot of leisure time, make hikes and enjoy the nature of Norway. When you are there during the spring semester, then I would recommend to visit national day on 17 of May.</p>
<p>Suggestions/tips:</p>
<p>I could suggest to be open to everyone, most of the Norwegians are very friendly but also shy people. You have enough spare time enjoy Oslo and the surrounding nature and I would suggest to make trips to other cities for example Stockholm, Bergen, Tromsø (for seeing northern lights), Copenhagen, etc.</p>
<p>Conclusions</p>
<p>Would you recommend this host organisation/destination to others? Please explain:</p>
<p>For sure, for me personally it was very nice that the culture shock isn't that big because Norway is in many ways similar to the Netherlands (education, way of life, supermarkets, etc.). Although there was no culture shock, you still have the feeling that your abroad, because of the nature and all the new people you met.</p>
<p>Do you have any additional advice or comments?:</p>
<p>Save enough money.</p>

PREPARATION
<p>exchange application process</p>
<p>In January I heard that I was selected for studying abroad in Oslo, as Oslo was my first choice, I was pretty happy of the outcome. After that I got the information from both universities. It is good to know the deadlines so you are well prepared before your departure.</p>
<p>counselling & support at Utrecht University</p>



The international office in Utrecht is really helpful and you can always email if you have any questions. All the information was given on time.
academic preparation
I did not do any academic preparation.
language preparation
I didn't take any language course before I went to Norway. My last course in Utrecht was in English and you will definitely improve your English during your stay in Norway.
finances
Oslo is a very expensive city. It is useful to fill in the Financial plan seriously so that you have a clear overview about the costs. Before you go on the exchange save enough money so that you can do everything you want. Oslo may be expensive but it is worth it, the life in Oslo is amazing!

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I studied International Human Rights: Institutions and procedures, International Humanitarian Law and Comparative Private Law. There are a lot of English courses you can follow, because you can also follow other courses that are not Law related or courses at master level. In my opinion the choice for a law course on bachelor in English was really limited for the first semester, but that is not a problem if you are really interested in the courses they provide.
academic quality of education activities
It is a bit different then the education in Utrecht. There were lectures only, which are not mandatory, and there were no small groups sessions. The university is going to change this and at one course we had 4 Tulsa groups (small groups sessions), but it was a bit chaotic and not every teacher was totally sure what they had to do. (they are still developing). The exams of the law courses are 4 hours, so you have a lot of time to make your exam.
counselling & support at receiving university abroad
They are really helpful at the university of Oslo. The person who is responsible for helping the exchange students is really nice and you can always contact her, but she is not quick in responding on your emails and sometimes the documents are signed on the wrong place. If you are beginning on time, there is no problem and they can change it for you. All the important information with the deadlines were given on time.
transfer of credits
The university has a different grading system as they use letters, A till F.

STUDENT LIFE

welcome & orientation programme
As the exchange starts there is a buddy week, here you will meet a lot of exchange students and you can ask your questions to your buddy's. In this week you will get to do a lot of different activities.
accommodation
If you are an Erasmus student you will guarantee a room by SiO if you are signed in before the deadline! You should go to Sogn or Kringsjå, but I would prefer Sogn. A lot of exchange students live here, everything is nearby and there is a better connection with the metro. You can choose which room you want before your arrival, at your arrival you get to choose in which building you want your room in. This can be done at the SiO Office. If you have any questions you can contact SiO. They are friendly and will help you with all your questions.



leisure & culture
When you have free time you definitely have to visit other places than Oslo. Especially the north of Norway is recommended. I went to Tromsø and it was amazing. The Norwegians are really good at speaking English.
suggestions/tips
During your exchange you definitely have to visit other places and explore the beautiful nature! Also you can get a subscription at SiO Athletica so you can go to the gym with friends.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend to go on an exchange in Norway. It is a beautiful country with an amazing nature.
do you have any additional advice or comments?
You should go on an exchange, it is a great experience.

PREPARATION
exchange application process
First you have to choose where you want to go. You select 3 'top' choices. I was admitted to my first choice, the University of Oslo. All you have to do is write a motivation letter, upload your CV and make a financial plan. And you have to consider what you really want. Because if you want a lot of activities which are easily accessible I would consider another university. Because there are sport clubs etc. you can join but most of them allow only students who are staying one year or longer.
counselling & support at Utrecht University
The counseling & support at the University of Utrecht is good. They are fast with signing documents and when I missed some documents somebody called me immediately and they helped me with getting the documents on time. Great support!
academic preparation
Academic preparation is not necessary in my point of view.
language preparation
Language preparation is not necessary. When you are able to follow English courses in Utrecht, you are also able to follow courses at the University of Oslo.
finances
I made a financial overview for myself. REALLY necessary to have your finances in order in Oslo, because Norway is really expensive! So don't underestimate this!

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed two law courses in Oslo. A course in Human Rights and a course in Humanitarian law. Furthermore I



<p>followed a Criminology course which was called: torture, terror and rights. Every course is 10 credits. You only have lectures and nobody checks if you are there, so it's really up to you to make something of your courses. For the course Human Rights we were the first year to try seminars ('werkgroepen') it was badly organised and the teachers weren't really prepared to give such classes. But I think they will get better at it. The lectures are mixed, which means master and bachelor students have the same lecture, so sometimes it is really unclear what you have to know as a bachelor student. It is most of all self education, so you will get a book and you have to read certain chapters and articles - not much different than Utrecht.</p>
<p>academic quality of education activities</p>
<p>In my view the academic quality was not as high as the University of Utrecht. You have to read less and there is not much room for discussion because you only get information by lectures. Besides the lectures and three seminars, there are no other education activities. But the education is good overall.</p>
<p>counselling & support at receiving university abroad</p>
<p>When you email a question you will get a quick response. But I had some problems with signing documents, documents not signed in the right way etc. But eventually they are willing to resolve problems, so sometimes it is not really efficient but you will have to deal with it.</p>
<p>transfer of credits</p>
<p>When typing this report, this process is still ongoing.</p>

STUDENT LIFE

<p>welcome & orientation programme</p>
<p>They organised a buddy week, only for law students. This is nice to get to know people, but it really depends on the group how you will experience it. There are a lot of activities to attend. It is Norway, so there are a lot of forms, they have forms for everything so bring a couple of copies of you ID or passport and insurance card with you. The buddy week is the only week you meet new people, except for your roommates. Because you only have lectures it is smart to invest time in the people you meet the first week!</p>
<p>accommodation</p>
<p>I arrived a little bit earlier than the actual start of the buddy week, this gives you an advantage because you have more options for your housing. As an Erasmus student you will get housing (SIO student housing), but when you arrive earlier you have more options to choose from. When you apply for housing, you definitely have to apply for the neighbourhood 'SOGN', every metro line 4/5 will get you there and it is nice and cosy and close to the city centre. I rented one of the cheapest rooms, I lived with 5 other persons and we shared a kitchen (good size) and a bathroom. When we arrived, it wasn't clean at all, but when we called SIO they respond fast and they cleaned the fridge for us. So don't have high expectations, if you go for the cheapest accommodation, but it's fine for a semester. I liked living there. My rent was 360€. Really cheap for Oslo(!) In addition, it is important to keep in mind that you have to bring your own router and bedding, the IKEA bus is free, so you can also buy your stuff there. Closeby Sogn you can swim and fitness, for students this is not really expensive.</p>
<p>leisure & culture</p>
<p>Norway is a beautiful country. Oslo itself is quite big and you have city and nature closeby. You can hike everywhere. The Norwegians are a little bit reserved, but you will get used to that. I've done a few trips, to Stavanger, with the train (if you book the tickets in advance it is really cheap), to Bergen, by train as well and to Tromso (by plane). The semester is really short, so make sure you plan most of your trips in August / September because some hiking routes are closed in October and November / December. Tromso is really nice when there is snow! Oslo is an expensive city, but in time you will get used to that as well. There are a lot of free activities in the city centre for students so make sure you follow sites on Facebooks etc.</p>



suggestions/tips
<ul style="list-style-type: none"> - Get a Ruter card for Students! Everything is expensive except transportation, this is really cheap! - Go with the Ferry to different Islands from the harbour of Oslo (this is also free when you have your Student travel card) - Go to musea, as a student you get discounts everywhere

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would recommend this university. If you do the reading or not is up to you, but if you want to pass your exam I would recommend it. The level of education is maybe a little bit lower than Utrecht, but on the other hand you can follow a lot of different law courses in Oslo. The city is really nice, not too big and closeby you have nature. The semester is really short, so plan trips afterwards or in the beginning!
do you have any additional advice or comments?
Make sure you have the finances to go to Norway. It is expensive and if you want to make the most of it I would recommend to save some money to make nice trips and see the country.

PREPARATION
exchange application process
The application process went well. I choose some universities that seemed nice to me and you could give three options you wanted. You also had to write a motivation letter. I had some difficulties with writing in English but I asked people to help me.
counselling & support at Utrecht University
The support was good. The only problem was that the International Office was closed just at the time that you had to send them a lot of documents to sign. This caused some stress but I just mailed them that it was very important and they would apply to important emails.
academic preparation
I didn't do any academic preparation. In my opinion this was not necessary.
language preparation
I didn't do any academic preparation. First I wanted to do the course legal english. But I don't think you need that because you will learn legal english very fast and easy when all your courses are in english.
finances

Norway is a very expensive country. I read everywhere that you really had to save some money before going to Norway. I did not do this and I can advice you to do this because it saves you some stress.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I studied law courses at bachelor level. I did the courses Human Rights, Humanitarian Law and English Law of Contract. All courses were really interesting, especially humanitarian law.
academic quality of education activities



The level of education was good but not as good as in Utrecht in my opinion. For English Law of contract I had a really good teacher, but for Human Rights Law the teacher was very chaotic. The system in Oslo for Law was also very different because we only had lectures while I am used to also having seminars. Also the exams are way longer. You only have exams at the end of the semester but all exams were four hours long instead of two hours in Utrecht.
counselling & support at receiving university abroad
We sometimes had some difficulties with
transfer of credits

STUDENT LIFE
welcome & orientation programme
The orientation programme was really nice. I had a great buddy group! But not everyone did have a nice buddygroup so you week really depends on the people you're with. We got a city tour and there was a boat trip and some parties. The boat trip was very nice, you went with boat through the fjords and I saw the sunset and there was good music and food.
accommodation
I lived in Sogn. This is in my opinion a really nice student flat. Better than Kringsjø. But my corridor was not very nice because in my corridor were no erasmus people and it was difficult to get contact because they were almost never home. But my friends had really nice corridors so I always went there to eat.
leisure & culture
I made some trips in Norway during my spare time. I went to Bergen, a city in the west of Norway and to Tromsø, a small city in the north of Norway. I can definitely recommend you to make trips, Norway is a beautiful country! I also went to Stockholm, this is also a very nice city to visit!
suggestions/tips
Bring your hiking shoes, and go for some nice hikes! And make trips to for example Bergen and Tromsø, these are other cities in Norway and it is very beautiful to travel through Norway.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I definitely would. Norway is a beautiful country, and in general the education is very good. Oslo is a very nice city and every season it's beautiful in another way. I had a great time!
do you have any additional advice or comments?

Don't try to prepare yourself too much, because that is not possible. You will always still have to arrange a lot of things after you arrived. Try to join the buddyweek because in this week you will get to know a lot of new people and the activities are fun!

2015-2016

PREPARATION
exchange application process
The application process went pretty smooth,
counselling & support at Utrecht University
I felt very supported and encouraged to go on exchange, even when I made the decision to go very late in the year. In addition to that it was easy to contact the international office within their opening hours.
academic preparation
None, except for
language preparation
I took an Academic English test by het Babel Instituut in Utrecht, which I can not necessarily recommend. It costs a lot of money and it was not specified to law, which made some tasks that we had to not applicable to me, since law is not scientifically approachable in the same way as medicine or psychology. You will probably improve your english extremely fast in the first weeks of your exchange.
finances
Oslo is super extremely expensive!!! I think one of the most expensive cities in Norway. So make sure that you have more than enough money saved. And that you arranged you Erasmus grant and your OV-vergoeding in time. The expensiveness is not always fun, but, note that it also has an upside. The city is incredibly well maintained and clean, and everything works!

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I studied Refugee and Asylum Law , A Criminology of Globalization and Privacy and Data Protection law.
academic quality of education activities
Overall the academic quality was good of especially Refugee and Asylum law and Privacy and Data protection law. A Criminology of Globalisation was also good but I don't have the feeling that I learnt as much in that subject as in the former two. Lectures were not mandatory and there were no smaller group seminars. I think that is better arranged at the University of Utrecht, but when on exchange it is very convenient since I made so many trips to Denmark, Sweden, Finland, Estonia and Russia. Others also went to Iceland or England. I also went on 3 trips within Norway, so see the extremely beautiful nature!
counselling & support at receiving university abroad
Great introduction week where I got to know all my friends!
transfer of credits
I'm not completely sure yet, this will be acknowledged later on.

STUDENT LIFE
welcome & orientation programme
Orientation program was very cool and organised by student organisation ELSA. It was a very full program so nobody had time to feel homesick and it was a lot of fun. I got almost all of my friends in that buddy week.

accommodation
Accommodation was great! You should go to Sogn, because almost everyone lives there so that's where most of the parties will be! Also is everything near, metro, bus, supermarket, laundry, friends, all you need! For me it was a bit confusing what room I would get when I booked it, but you will choose the exact place within Sogn on the day of arrival at the SIO office. Then you will also know the definite price of your rent that day. Oh and, you don't necessarily live with other exchange students in the apartment, for me there was 1 Norwegian, and two others of other nationalities, but they studied multiple years at the University of Oslo. So I was hanging out more with my exchange friends. But there were also a lot of friends of mine who also hung out a lot with their roomies, so it just depends!
leisure & culture
Like I already said under academic quality, I made a LOT of trips! That was definitely the best part of the exchange. Norway is very nice to live in, like I already said everything is very well arranged. Norwegians speak English incredibly well!!! And finally it is very cool to see the country and city change from -17 degrees to +26!!!
suggestions/tips
Save money, arrange everything on time, make trips, bring warm clothes, don't buy too much for your room since you will have to sell everything at the end.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
For sure!! For all the reasons I already mentioned above.
do you have any additional advice or comments?
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PREPARATION
exchange application process
I discussed a lot with friends to find out how everything works. To be honest, not everything was clear for me what to do when.
counselling & support at Utrecht University
The University of Utrecht organized some meetings which were very useful for me. But everything takes a lot of time and I realised this too late. If I would do it again, I would send the files much earlier because sometimes you have to wait for a long time before you get your files back.
academic preparation
I just finished my courses in Utrecht, but didn't prepare something specific as academic preparation.
language preparation
I tried to speak a bit more English before I went on exchange, but in general language classes are not necessary because everyone will improve their English during exchange.
finances
I made a table to make clear my costs and discussed this with my parents.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The study programme was interesting. The Uio offered a lot of courses in english which I think was a big advantage. Also I wanted to follow a psychology course which wasn't any problem. In general the whole the university is very well organized.
academic quality of education activities	The courses were very interesting and the quality of was good. Besides the lecture the university organized some extra meeting which weren't compulsory but could be useful.
counselling & support at receiving university abroad	Everything was very clear and the University of Oslo arranged a lot for their exchange students to help you out. The only thing for me was that I had to arrange extra time because of my dyslexia, but after sending an email to the law department everything was fine. There were very willing to help you with your questions.
transfer of credits	The University of Oslo has another grade system than we do.

STUDENT LIFE	
welcome & orientation programme	The faculty of law organized a buddy-week which was wonderful. I would recommend everyone to participate the introduction programme because you will meet new people, explore the city and your buddies will help you with your administrative things you have to arrange yourself in the beginning.
accommodation	I stayed in Sogn a studentvillage. A lot of students lived here. SIO is an organisation which is part of the university of Oslo and they arranged everything. I could easily contact them and got a room.
leisure & culture	The norwegian culture is very closed so I didn't had a lot of contact with locals. I experienced more the international culture in Oslo with all the exchange students than the norwegian culture.
suggestions/tips	I would recommend to live in Sogn and sign in at Domus Athletica the gym. A lot of exchange students live in sogn and go to this gym, which will make it easier for you to participate in the social life of your exchange.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	I would definitely recommend the UiO because the quality of education is good, everything is well organized and living in Norway was very special for me. Scandinavian / Norwegian have another way of living than Dutch which is very interested to experience.
do you have any additional advice or comments?	My advise is to travel a lot in the beginning of your exchange. Norway is beautiful and has some many special places. Later in the semester, you will be more busy with studying and preparation of your exams so you will have less time to explore the country.