



ERASMUS+ STUDIES - UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

Please use Tab to go to the next (text) box.

family name*	
first name*	
student number*	
permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: l.knevel@students.uu.nl my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Aardwetenschappen/Earth Sciences

destination city & country	Bergen, Norway
how did you travel to your destination?	By bus and train
name university abroad	University of Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The exchange application process was relatively easy, as both UU and UiB were very consistent in sending reminders. Of course it is important to keep track of all the steps needed to take to finish the application yourself.
counselling & support at Utrecht University	International office was helpful and I have not experienced problems.



academic preparation
Academic preparation was more than enough for the courses I followed in Bergen
language preparation
Level of English was more than sufficient
finances
I had enough finances, but Norway is expensive so make sure you have enough money saved. Especially since getting money from Erasmus and or the green travel grant can take longer than anticipated.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The content of the Bachelor's subjects at Bergen were at first or second year Bachelor's level. For more advanced subjects I would suggest to look into taking Master's courses as this is definitely possible in Bergen. Apart from this, there are no timeslots so it is important you check that it is possible to combine your subjects! Even if you have been excepted. Don't stress if you did not figure everything out yet, the office is very helpful.
academic quality of education activities
Academic quality was okay, a bit lower than what I expected, but I think it was second year Bachelor.
counselling & support at receiving university abroad
Good
transfer of credits
Not done yet, but seems to be fine

STUDENT LIFE
welcome & orientation programme
Was fun, but we were mixed with first year students which meant that we did not really meet people we would be seeing in classes later.
accommodation
Very well organized and easy to get, unfortunately there wasn't an opportunity to have a single room if you wanted to stay for one semester. Everyone shared their rooms which could be intense at times/
leisure & culture
Fun, lots of opportunities to join teams, be sure to do so before the semester starts however, would not recommend BSI Friluft as most trips turned out to be too expensive or different from promised.
suggestions/tips
Sign up for a sportsteam or another organisation, it is a great way to meet Norwegian people, which is quite a struggle if you only study there. Go on trips! Norway is very very beautiful and nature is very reachable so go out and explore nature. I would also recommend trying to get into a Norwegian language class. I didn't and I do regret as it can definitely help to get more into Norwegian culture.

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



I would recommend this university. Bergen is very pretty and the univeristy is well organized.

do you have any additional advice or comments?

No

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

destination city & country	Bergen, Norway
how did you travel to your destination?	Airplane
name university abroad	University of Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	12 / 12 / 2022 (dd/mm/yyyy)

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PREPARATION	
exchange application process	The application process was easy because of the step-by-step plan of the university of Utrecht. I had no difficulties with this process.
counselling & support at Utrecht University	If there were any questions the international office was a good help and they responded quick.
academic preparation	



For my exchange I did not have to do any academic preparations for my courses.
language preparation
I did not do any language preparations for my exchange to Norway. In Norway I did not regret this because all Norwegians speak really good English, so it is not necessary to learn Norwegian.
finances
Norway is an expensive country and the Erasmus grant could not cover all the finances there. I would recommend putting some money aside before leaving.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The study program was a lot of self work at home. I had for 3 courses only 9 hours total of lectures at the university. There were some issues at the beginning of the semester because some courses had an overlap and they did not work with structured time slots. This meant that some lectures got different starting times which could change every week.
academic quality of education activities	The quality depended on the courses. Some courses were quite hard to follow because of missed background information. But overall, if you choose wisely on the courses they are easy to follow.
counselling & support at receiving university abroad	The counseling was good at the receiving university and it was clear were to go to.
transfer of credits	/

STUDENT LIFE	
welcome & orientation programme	There was a introduction week, which was very fun to participate in. Although it was originally for the first year students, it was still fun to get to know the city better.
accommodation	I had a room at Fantoft, where most international students lived. This was a great place to stay. It had a gym, club and supermarket super close by. And the city centre was just 20 min with the tram.
leisure & culture	I played handball with a student team which was really fun and would recommend doing something like that to get to know different people and also meet Norwegian students.
suggestions/tips	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes, it was not a huge culture shock from the Netherlands so that was nice. The nature is beautiful and is just 10 minutes away if you would want to hike somewhere or just enjoy it.
do you have any additional advice or comments?	



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faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Human Geography and Spatial Planning

destination city & country	Bergen, Norway
how did you travel to your destination?	Plane
name university abroad	Universitet I Bergen
start date	8 / 8 / 2023 (dd/mm/yyyy)
end date	20 / 12 / 2023 (dd/mm/yyyy)

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PREPARATION	
exchange application process	The application proces was really smooth for me. Everything was clear, although you have to start early and know where you want to go, but that is your own research to do. The site and some meetings give clear information about how to apply and the considerations you have to make.
counselling & support at Utrecht University	I did not get to much support from the university, but I did not need it all (or asked for much help). I had one call with someone from the international office to discuss some short questions and send some emails with



small questions or documents. The meetings they arranged were easy to follow and gave a quick understanding on what to do and what to expect from the exchange. If you ever have questions the international office or the study advisor and they will answer you pretty fast.

academic preparation

I chose some random courses, mostly partially affiliated with geography. The site of the University of Bergen is sometimes a bit harder to navigate through, since the discription for courses is somewhere else than the course list for exchange students, but that was fine if you knew that. For the language course NOR-Intro it was one a first come first serve basis so you need to pay attention to that. For the courses on their own I did not really need to prepare anything, besides buying the right books in the Studentsenter and reading the course description.

language preparation

I did not do any real language preparation, only learned some basic sentences in Norwegian, since I was going to take the NOR-Intro course to learn Norwergian.

finances

Norway is expensive, you can't get around that. At first a made an overview of my montly budget and spendings, but especially the groceries will be more expensive than imagined. Vegetables, meat and beverages are way more costly in Norway. I saved enough money though after my exchange got approved since I knew it was going to be expensive, so in the end it was fine for me. Also as a friend group we went on some weekend trips and even skiing at the end of the exchange. The weekend trips we only had to pay for accomodation (if we did not sleep in a tent at the mountain tops), transport and groceries, because we were hiking which is ofcourse free, so at least those were manageable.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

They have a big variety of courses for every faculty. My own study of Human Geography was not a study there so I had to choose some random courses that sounded fun and interesting, but these were still okay. They offer different types of Norwegian language courses in various difficulties, I took the easiest one just to learn some since I knew nothing beforehand. Signing up for courses is done via the Studentweb which is easy to navigate, only as I said before you had to be fast for signing up to the Norwegian language courses.

academic quality of education activities

The academic quality was a bit lower than I expected. My expectations were that the quality was about the same as Utrecht, but for some of my courses there was no real cohesiveness between lectures, or between the lecture and the book, so studying those were a bit harder because there was no real red line to follow throughout. The lectures on their own were fine though, of course there is sometimes some overlap with courses from the home university, but I got to learn many new things from different types of backgrounds.

counselling & support at receiving university abroad

I did not receive much counselling from them, but I did not need it at all. Like in Utrecht, they respond fast if you send them an email with some questions, so that was nice.

transfer of credits

I still need to transfer these, but since they are also ECTS like in Utrecht, it will be fine I think.

STUDENT LIFE

welcome & orientation programme



They introduce a welcome week for all new students with parties throughout the whole first week in different types of clubs. Also you had the chance to get into a mentorgroup with internationals and norwegians, but I did not do that since I did not got through with my mentor on time. From others I heard that it was mostly Norwegian people from your faculty and they did some easy going activities. Also the complex, Fantoft, where I lived organised a few activities at the start, like a walk to Gamlehaugen or up to one of the mountains nearby, where I met some new people.

accommodation

I lived in Fantoft, which in about half an hour away with the tram to the city center and thus the university. It is a big student complex with almost all international students living there, so it is easy to meet a lot of new people there and make friends. We lived in an apartment with 15 people in total, where everyone had a roommate (minus one person), I shared my room with an Ukrainian guy who was really nice and considerate about living together. In the apartment we had 6 Dutch people in total, of whom 2 of them I was close with and almost everyone in the house liked to participate in group activities or wanted to go out together. The apartment itself is big and pretty new as well, the rooms were big enough for 2 people to easily live together and each room had their own bathroom so it was easy to keep it clean. Also I only had to pay about 300 euros since I lived with a roommate, which is great.

leisure & culture

In my free time I spent most of my time with a group of 10 dutch people, who I became really close with (some of them I flew to Bergen with as well). We did small activities like watching a movie, going to the gym or sauna together, go somewhere in the city, or just having dinner with everyone. We also went on some weekend trips together to go hiking, we did a practice hike on top of Floyen with camping there, we went to Trolltunga, Romsdalseggen and Beseggen (which I all really recommend to do, especially Beseggen). When the hiking season was over we went to Trondheim and at the end of the semester we went skiing in Geilo, which was great. And if you sometimes want to do some activities one your own that is really easy as well, since for example all the mountains are easy to climb if you want go for a small hike.

I did not though meet that much Norwegian people since they are a bit shy to approach you. But if you are able to get in a conversation with them, they are really fun to spend time with. One norwegian guy did go on the skiing trip with all of us as well at the end. I also did try to join a football team there and took on a try-out with many norwegians, but did not get in.

suggestions/tips

Go out of your way to make friends, norwegians are a bit harder to approach so you have to take initiative yourself. Go hiking since the landscape is beautiful and hikes itself are free. Manage your money a bit so you will not be surprised if you spent too much. Besides all this, just enjoy that you are there and keep a bit of track with your courses, but mainly just enjoy spending time in Norway to get the most out of your exchange.

CONCLUSIONS

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

Yes, I would absolutely recommend the University of Bergen. It is beautiful region to explore and the city is big enough that you won't be bored easily. Also the university is pretty good and many activities are organized to help you engage with people there. The only negative is that Norway is just expensive to live.

do you have any additional advice or comments?

Take initiative yourself to do activities and make some friends, if you are able to do that I think Bergen will be great as an exchange destination.



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<i>See end note for * and **</i>	
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Global sustainability science

destination city & country	Bergen, Norway
how did you travel to your destination?	By car
name university abroad	University of Bergen
start date	08 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	After attending the information meetings, i knew what to do and how to apply. They were quite useful, but otherwise you can also find all the information you need on the website.
counselling & support at Utrecht University	I struggled a bit because I wasn't assigned a specific contact person for questions, but rather had to contact the international geo office for any questions. Luckily we made a groupschat after the intro meeting with other people from Utrecht going to Bergen, so we could consult with each other.



academic preparation
Very little, just had to figure out which courses I was going to take and sign up for them.
language preparation
None, luckily, Norwegian people are relatively good at speaking English. But I do regret not dedicating to Duolingo in Norwegian beforehand ;)
finances
Although Norway is crazy expensive, the rent in Bergen @Sammen is pretty doable. Life there is as expensive as you'd like it to be; If you plan on drinking a lot then its going to be veryyyy expensive. Some recommendations on cheap groceries: download the Tilbud app for all supermarket disocunts, and go to the 'global food market' in the city centre for cheap veggies (these were lifesavers for me :)

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I chose two random electives both worth 15EC: EU and International Organisations Global Cities: An Introduction to Urban Sociology for 2022 autumn the 21st Century There were no organisational issues, they both had a nice introduciton meeting (with food and drinks), which was nice for getting to know your classmates.
academic quality of education activities	I'd expected the study load to be heavier than it was. Although it entailed a lot of self study, it remained doable at all times. I experienced the courses to be easier than in the Netherlands, expecially the exams (the people I was with over there agreed). But overall, the quality is good.
counselling & support at receiving university abroad	You could always talk to your course coordinator and ask for some extra time if you were struggling to stick to a deadline, because it's all about mental health over there, and they'll help you wherever they can. We were given frequent reminders of the counselling and support options both from Sammen as from the University.
transfer of credits	Same system, just pay attention to the level of the courses.

STUDENT LIFE	
welcome & orientation programme	I think most exchange students were mixed in groups with a lot of Norwegians for the welcome programme. Basicly, groups of 10 students with 1 or 2 exchange students. Since they naturally (unintentionally) spoke Norwegian to each other, it was hard for me to mix. It was still nice for getting to know the city and some 'locals', but not really for making friends.
accommodation	Accomodation was very well provided. I stayed at Fantoft, which i'd highly recommend. I shared a room and was lucky to have the best roommate anyone could wish for, but there were a lot of people who were not happy with a shared room (or their roommate), which i can also imagine in some cases. Although I didn't sign up for a shared room, it turned out greand and it was cheaper. I really enjoyed the atmoshpere at Fantoft and the tram stops right in front of it, and goes super often (nothing like the NS, Skyss always goes, and on time ;)



leisure & culture
I enjoyed the gym facilities at fantoft, and being able to hike a mountain after school was amazing. Bergen also has a lot of nice museums. And great coffee spots (but a bit expensive ofcourse).
suggestions/tips
Café Albatrossen is a nice study spot (20% student discount), and pretty close to fantoft. Daily pot is great for eating out for a reasonable price, its delicious and healthy. Norwegian pancakes (only on Sunday) on top of Floyen @Skomakerstuen, it's a lovely hike with great views. Enjoy the mountains and take weekend trips! Pre-drinks at Diskuterbar (student bar, relatively cheap drinks) Thursdays at Heidi's are fun (free entrance)

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes absolutely, great atmosphere, amazing nature, the university looks beautiful (make sure to check out the view from the law building), Bergen consists of a lot of student so the night life is also great, felt safe at all times too!
do you have any additional advice or comments?
Just go!

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faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sociale Geografie en Planologie

destination city & country	Bergen, Norway
how did you travel to your destination?	Plane
name university abroad	Universitetet i Bergen (UiB)
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	19 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The process went very smoothly. I put Bergen on the top of my list and it is the destination I got, so I was happy with that. I was pretty nervous beforehand because it seemed like a huge step. I filled in all forms and papers on time and I wasn't surprised by anything.
counselling & support at Utrecht University	I didn't need much counseling but whenever I had a question the international office responded quickly. There was one meeting for exchange students which I attended. Was useful to make sure you didn't miss anything.



academic preparation

I didn't prepare anything. I was going to take to courses not related to my bachelor's and just waited to see what would be thrown at me in Norway.

language preparation

Didn't prepare anything either. My English is more than sufficient because I followed bilingual education in high school. And I did not aspire to speak or learn Norwegian.

finances

I worked a bit so had some leftover money. I subletted my room in Utrecht for some more money and my parents contributed as well. All that plus the Erasmus grant made it doable. I did not have much left when I came back though.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme was alright. I followed to subjects, each 15 ECTS. One was about Scandinavian politics, which seems very interesting, but was taught by a rather boring old man. I did almost nothing and still passed with an A. I don't think it had to do too much with my qualities but more with how easy the course was. The other course I followed was much more interesting and challenging. It was an anthropology course about Power. The lecturer was far more interesting, as well as the subject. People were more engaged. Eventually I also passed with an A, which was nice because I also put in the work. Both courses were organised nicely. Everything was pretty clear and went according to plan.

academic quality of education activities

It differed per course, but I would say the quality of education was lower than I'm used to in Utrecht. But that's also fine, because it leaves room to do a lot of other stuff and exploring.

counselling & support at receiving university abroad

Was also fine. Did not have many question but got a notion that they were eager to help where needed.

transfer of credits

I have not yet received my transcript of record. I passed both courses, so that should be done soon.

STUDENT LIFE

welcome & orientation programme

Was pretty good. They organized a mentor week, which included mostly parties in the evening. I generally attended these with my international friends and without my mentor group, because there were only Norwegians in them and I didn't really socialize with them and they neither wanted to with us. But the activities were a nice starter to get to know and meet people, so that was good.

accommodation

The accomodation was perfect. Every international student got a room from the student organisation Sammen. The only sad thing was, that they were all shared rooms. I had a Mexican roommate, which I got along with very well. But there were also some other flatmates that didn't get along well with their roommates and made it difficult to live with. But apart from that I was very lucky because I ended up in a new building with a shared kitchen that I shared with 16 internationals (other students had a shared room for 2 persons with a kitchen inside as well). So we were lucky. In this 16 people flat I met most my friends and we had a huge living room with a modern kitchen and nice couches. We could always cook together or invite other or throw a party.



leisure & culture

In Bergen there's more than enough to do if you enjoy hiking/nature. The mountains surrounding the city are beautiful and it's also easy to rent a car (or by train) and to go to other beautiful places nearby. But it's really almost only it's beautiful nature. The city is not that big and the nightlife is not that good in my opinion. But there are some musical events which you can attend. But I would say the nature is the biggest plus about studying in Bergen.

suggestions/tips

Do many hikes! Get out of your shell and try to make friends! Plan activities and invite people! And go to Tromso up north (beautiful area with northern lights!)

CONCLUSIONS

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

Yes, lffff you enjoy nature. otherwise there's not that much to do and from October onwards the weather turns pretty bad. If you don't I would recommend you to go to a bigger city somewhere more southern and Europe. ALso because Norway is expensive and other countries are cheaper probably.

do you have any additional advice or comments?

No.

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<i>See end note for * and **</i>	
faculty/college	Universiteit Utrecht, Geowetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Earth Sciences

destination city & country	Bergen, Norway
how did you travel to your destination?	By train
name university abroad	University of Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	The process is quite nicely explained in the procedure. However, sometimes it was a bit overwhelming and I sometimes felt insecure if I had done everything that needed to be done. Check the list for everything you need to do and make a list of all the deadlines really helped!
counselling & support at Utrecht University	The people of the international office were very kind and responded extremely quickly. However, you do need to do the most by yourself



academic preparation

I did not do much preperation, but it is sometimes nice to have some background in a subject. I choose courses that fitted my geophysical part of Earth Sciences, which matched with what I have already done in Utrecht. However, keep in mind that for the courses to count they should not be too similar with the courses in Utrecht and you should let the exam commision check that.

language preparation

My english was already on a good level before I left, and almost all people in Norway speak English very well. I downloaded Duolingo to learn some Norwegian words, which was fun, but if you really want to learn Norwegian you should probably follow an Norwegian course haha.

finances

It is very helpful to write down your income and expenses. In the first month everything was very expensive as you buy new things for everything and a sport card etc.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three courses of all 10 ECTS. It was a bit hard to get three courses to match as the schedules do not have timeslots as they do in Utrecht, but they are very random. You have to check by yourself if the courses do not overlap. I had some problems with this as there were a few days that did not match, but I contacted the teachers and that was all fine at the end. Furthermore, the university updates you very well in the beginning of the semester so I felt quite prepared for the semester.

academic quality of education activities

I think the work load is less than they are back home in Utrecht. I think this is especially the case because I already had quite some background. They also gave you a lot of time for you assignments and to study, which is very nice and really helped to destress. Furthermore, they offer quite some fieldwork along with the courses, which was super interesting as because of COVID I was not able to do this back home. Two out of the three of my courses had an oral to end the course. I was quite nervous for this as we are not used to that back home but it was fine in the end.

counselling & support at receiving university abroad

I think the support is good, however I did not really use it myself.

transfer of credits

I have not transferred my credits yet, but I think it will just be a pass/fail. The UiB can send the transcript of records to you.

STUDENT LIFE

welcome & orientation programme

We first had a welcome talk online for all the new international students. This was online and had a lot of useful information. The day after we had a talk of the faculty and in the evening they organised an event for the international students of the faculty. The week after we had Fadderuke, which was the welcome week of the whole study. There were a few international students, but most of the people were first year Norwegian students. We felt a bit old, but it was still fun. They organised a lot of activities and you could choose yourself if you joined or not. The activities were mostly in the evenings, so during the day I did other activities with international students to get to know the city. Especially the pub crawl with the welcome week was fun and they put a lot of effort in the whole week. However, do not feel bad if you are a bit overwhelmed by everything from coming in a new country and skipping some of the activities, because a lot of us did that.



accommodation

I had an accomodation from Sammen, which every international exchange student gets. I had to share my room with another girl. We lived at Fantoft, which is a very large student complex with a supermarket and gym, which is ideal. We shared a bunk bed in a small room with a kitchen and bathroom. Although it was quite small and sometimes intense to live with someone in the same room, it was not as bad as I thought it would be. We had quite some fun together and as long as you both have your own things to do it is fine. It also did not cost as much, only around 330 euro per month.

leisure & culture

We had quite some free time and I did a lot of hikes in my free time. Definetly do all the seven mountains if you have the time! I also went to Trolltunga, which was very cool. Furthermore, I walked on a glacier. I also did some hikes in the area, which were all beautiful. In the end I also went to Lapland with ESN, which I can really recommend, and to Tromso with my mother. I really recommend to make the most out of your time and do as much trips as you can because Norway is so beautiful. Many places are to dangerous to visit after October, so I recommend to do the most hikes further away from Bergen in the beginning. Furthermore, the city centre of Bergen is so pretty and nice to explore. I also recommend the University museum, which you can get in for free if you study in Bergen. Furthermore, Gamlehaugen is a very nice lake to go to. There are also many organized activities by for example the student organization of Sammen which are very nice.

suggestions/tips

Try and enjoy every minute because it goes very quickly. It is okay if you do not feel happy all the time, because it can be hard sometimes to live in another country, but when you will look back at it you will love it.

CONCLUSIONS

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

I loved it, so yes! I was quite nervous before I got here because I get homesick very easily, and although some periods were hard it was still very fun and I am so glad I went. Especially if you love nature and are do not really like extremly crouded cities, this is the perfect place. It is really cozy and nice with a lot to explore and fun things to do

do you have any additional advice or comments?

Make the most of your time. It was quite expensive, but you hhave to get over that and do the most, because you won't be in Norway everyday. Go on as many trips and hikes as you can go, because it is such a great experience and it just makes your time there so much better.

Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

NOTE: Please **upload in Word (.docx)** so we can delete your ***personal details between processing for grant purposes and publication on the website for future UU exchange students. **Contact details will only be included if and where permission has been given.**



ERASMUS+ STUDIES - UU Report

Every student receiving an Erasmus+ STUDIES grant has to submit a UU report as well. Writing the UU report is one of the university's conditions to receive and keep the grant. Only after submitting this report your Erasmus+ grant will be awarded definitively.

Your report will be **published** (anonymously!) on the [UU study abroad destinations webpage](#) to inform UU students preparing an exchange or research period abroad. Not all of them are Dutch-speaking, therefore we prefer to receive reports **written in English**.

Please use Tab to go to the next (text) box.

family name*	
first name*	
student number*	
permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input type="checkbox"/> yes: @ my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
<i>See end note for * and **</i>	
faculty/college	Geoscience
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Aardwetenschappen (Earth science)

destination city & country	Bergen, Norway
how did you travel to your destination?	car and boat
name university abroad	University of Bergen
start date	05 / 8 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	<p>The website of UU has a good overview of all the steps you need to do (bookmark these pages). If you read that carefully and make a plan, it is doable. It can be hard to find all the webpages again so bookmark them for later (it will save you a lot of stress and time). It cost some time to get all the right documents but is all very clear on the website (read everything thoroughly).</p>



counselling & support at Utrecht University
If needed there are a lot of people and offices that can help you. I personally only used the help of the international office and my own study advisor (the old AW advisor). But both were very helpfull and also encouraged me to try going abroad when I was in doubt.
academic preparation
It really depends on the country and courses you decide to take. For Bergen I sometimes found it unclear what knowledge is a requirement and what knowledge is not necessary but can make the course easier. I dropped a course because I did not have the right knowledge. Try mailing the course coordinator to ask if you have the right knowledge or if there are somethings you need to learn before taking the course.
language preparation
You don't need any official document, but it is necessary to be able to understand and speak english. Especially if you get a dorm with other internationals and to do your normal life stuff. (The bergen norwegian accent is one of the hardest to understand so most times english will be your communication language even if you understand some norwegian).
finances
Norway is an expensive country, especially the alcohol. You can make it as expensive as you want, but know that almost everything will be more expensive than her in the Netherlands (maybe except the fish). But there are a lot of free activaties in and around bergen (mostly in the summer and begin autumn), and it is also free to just wander around in the mountains and nature. TIP: most stores and even some restaurants give out student discounts, so ask for that!!

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I didn't have a lot of problem with organising my study program and courses but I did find it difficult to translate the required courses back to courses back home and if I had the necessary knowledge. But there was an oportunatie to speak with the study advisor at the beginning of the semester before the deadline. And also check in advance if you have multiple options if one course is not what you thought is would be. (if you want to do a language course norwegian be quick to register because within 2 to 3 days it will be completely full)
academic quality of education activities	I found the courses of high academic quality, but it also depends on the professor. I did not do extra educational activities so i can not say something about that.
counselling & support at receiving university abroad	I found this pretty good, did not need a lot of extra support so can't say to much about it.
transfer of credits	Easy because it is also in ECTS. The grades are from A-F and will become a pass or fail when transferred back to UU.

STUDENT LIFE	
welcome & orientation programme	I went the first semester so my welcomes week was at the same time as the introduction week of the first years. All week there were activities but nothing is obligated. The norwegian do like to drink a lot if they drink alcohol but they are trying to make sure there is not pressure anymore to drink.
accommodation	



Sammen is a good organisation for housing and also sports. Be aware that in the autumn semester there most likely will be guaranteed shared housing (so you share a room with one other person of the same sex). They have multiple option for dorms (the one with a (bigger) shared kitchen is really good to make a lot of friends very fast and it will be easier to give a party). If there is a problem they react very quick and sometimes they will fix it the same day. It also has the option of free therapy and counselling/support. Also they offer a sort of cheap membership for the gyms (and swimming pool).

leisure & culture

Bergen has an active night life with a lot of bars, clubs and pubs. FOR MOST OF THE CLUBS YOU NEED TO BE 20 YEARS OLD. if going out is not your thing it also has multiple museums, art galleries, the university museum is free for every student. Around the summer period there will also be a lot of activities to do in the weekends, This year there was a small food truck festival, an architecture open weekend, most museums were free for one day, so a lot can be done in and around bergen. And ofcourse it is a must to walk up a mountain (if possible for you, Ulriken and Fløyen are also available for people that can't walk/hike up) or just enjoy the norwegian nature. If you are lucky and the weather is good there are multiple spots where you can swim in a fjord (Gamlehaugen close by fantoft is a beautiful park to take a walk or for a picnic).

suggestions/tips

On facebook a lot of smaller activities are announced so try and follow a few pages. It also helps to see if other people know if something is happening, most times I just tagged along because somebody else found something to do.

CONCLUSIONS

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

Yes. It's very organised and housing is (for most) included which makes going there a bit more relaxed. The area is beautiful with all the mountains around the city. Bergen also has a lot of activities in the summer/autumn months and a lot of small and cute christmas markets, a light festival in the december month. It even opens the christmas period with a firework show and concert. There is something to do for everybody. The housing is most times with other internationals so you will be able to meet a lot of international people relatively fast.

do you have any additional advice or comments?

Get a credit card or ICS card as you will need it for things like rent and online purchases

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