

2022-2023

Report 1

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

destination city & country	Oslo, Norway
how did you travel to your destination?	Car and plane
name university abroad	Universitet i Oslo
start date	09 / 01 / 2023 (dd/mm/yyyy)
end date	16 / 06 / 2023 (dd/mm/yyyy)

PREPARATION	
exchange application process	
	I used Osiris to fill in my preferred destinations, this went very easily.
counselling & support at Utrecht University	
	Whenever i had a question i emailed to the office. The only thing that would be nice is that the office had a phone number for short and urgent questions.
academic preparation	
	I did not need an extra academic preparation.
language preparation	
	I had to take an English test but the result did not effect my exchange
finances	
	I got the erasmus grant and the OV grant.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	I chose the courses on base of the website of the exchange university.
academic quality of education activities	
	I did notice that the education level in Oslo was a bit lower than in Utrecht, but it was still very interesting to follow the courses and enjoy their way of teaching.
counselling & support at receiving university abroad	
	I did have a contact person in Oslo, but i did not speak to her in person.

transfer of credits
It was kind of complicated and stressful, especially since the grades took very long to be uploaded by the University of Oslo.

STUDENT LIFE	
welcome & orientation programme	
	There was a welcoming week for all international students, but it could have been organised better.
accommodation	
	Accommodation was very nice and easy, you just had to apply through SIO and you got a place. I do recommend you start as early as possible with the application.
leisure & culture	
	Oslo is great for outdoor sports and Norwegians take this very seriously which is great.
suggestions/tips	
	Go skiing near Oslo!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
	I definitely would, the culture is great and Norway is a beautiful country.
do you have any additional advice or comments?	

Report 2

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 checked="" type="checkbox"/> yes: f.vandermaale@students.uu.nl
faculty/college	Humanities	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Nederlandse taal en cultuur	

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	01 / 09 / 2022 (dd/mm/yyyy)
end date	15 / 12 / 2022 (dd/mm/yyyy)

PREPARATION	
	exchange application process
	It took quite some time to have all of the documents collected and finished up. There is a lot of preparation to be done and you would do well spending one whole day organizing all of the documents before you leave, during the stay, and after the semester is done.
	counselling & support at Utrecht University
	The reminder e-mails helped a lot. The organizations as well. There is a lot of organization that needs to be done, but UU helps really well.
	academic preparation
	For my classes I didn't need any knowledge about them in advance. I did follow classes that fit very well in my study programme, and having that previous knowledge helped quite a bit. I think it mostly depends on what classes people are taking but most of the courses state on their website if previous knowledge is required.
	language preparation
	I already was fluent in English which was enough. I did end up taking a Norwegian language course but that was more for personal interest. Norwegians speak English very well and also don't seem to mind to switch to English for you.
	finances
	Norway is expensive. But I was aware of that even before I went. I didn't spend much money on other things than groceries and the occasional souvenir. Travelling by public transport was really cheap. For only 50 euros a month, I was able to travel through Oslo. Travelling to places outside of Bergen will cost a bit more. I took a trip to Bergen and spend 75 euros on my trainticket.

STUDY ABROAD PERIOD	
	study programme (content and organisational issues)
	I followed some loose literature classes and a language course that were all designed for international students. The professors were really passionate about their field and made the classes interesting. There was a lot of room to have good discussions about the sources.
	academic quality of education activities
	The quality and academic field matches the one in Utrecht. The exams are very similar, although the essays we had to write were a bit different in the amount of time we were given. Instead of already knowing what the essay will have to be about, the students received the subject only three or five days before the deadline. It was scary at first but proved to be quite doable.
	counselling & support at receiving university abroad
	-
	transfer of credits
	It took a while to figure out how to get the university to send the transcript of records to UU. After I figured that out the grades came through pretty fast. A friend of mine had to help me figure out how to receive the grades in the UU system. Apart from that, I only received a passing grade and not the actual grade itself (which I found disappointing because I had an A in one class).

STUDENT LIFE

welcome & orientation programme
The receiving university organized a lot of meeting times. There was a tour through the city, and there was one introduction week where we were placed in groups, with three UIO students guiding us. We did some tours through Oslo city center, but also spend some leisure days on one of the islands and visited a museum. We kept in contact throughout the semester.
accommodation
The studenthouses are really nice. I got to live on a campus with a grocery store really close by. The rooms were rather big, mine was furnished but I have heard that this wasn't the case for everyone. The communal space was big as well. The kitchen was quite modern and included a timer on the stove for an hour. After an hour an alarm would go off, if it wasn't turned off in time, the whole stove would turn off. It gave a rather safe feeling. The keys were keycards. This is fine but made me feel like I was staying at a hotel most of the time. Near the end of the semester some technicians will come by to update the key-system. This system never failed due to those frequent updates. The cleaning was the renters' responsibility. My roommates and I kept it up quite well, but just like the technicians, at the end of the semester some cleaning people have come around to do a good deep clean.
leisure & culture
Many museums will give a discount to students, when presenting your studentcard. Apart from the many museums in the city, there were plenty of other cultural sights in the city. I ended up going on a boat tour, spend some days on the islands, and there was a lake close by the studentvillage, where, at the beginning of the semester the northern lights were visible. There is a concert hall with a lot of cool artists. Near the beginning of christmas the city center had a christmas market and ice skating rink.
suggestions/tips
The folk museum in Oslo! Also definitely visit other places in Norway. I went to Drøbak and Bergen. Both of these places are small. You will be able to spend one day in Drøbak and with one whole weekend you will have seen most of Bergen.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes. Everyone was very kind and eager to help. The university library is a nice place to work and study and the whole of Norway is very pretty.
do you have any additional advice or comments?
Get your documents organized on time to avoid additional stress.

Report 3

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

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	University of Oslo

start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process was relatively easy, since you mainly have to wait for emails. Every email very clearly states what they expect you to do, and you just have to follow up on what they say. Both the university of Oslo and Utrecht respond quickly to questions and messages regarding the application process. The only problem is that the semester at University of Oslo starts earlier than Utrecht, so this means that Utrecht can be a little later with arranging the necessary stuff for the application.
counselling & support at Utrecht University	The counselling and support from Utrecht was good, they respond quickly to your emails.
academic preparation	Personally I did not do anything about academic preparation. I think both Utrecht and Oslo have a very similar workload, so I would say that if you have no problems studying in Utrecht that Oslo is very doable and you do not need additional academic preparation.
language preparation	I do an English bachelor so language preparation was not necessary for me. I choose not to take Norwegian course before arriving, because it is sufficient to only speak English in Norway
finances	Norway is an expensive country, but very doable. It is important to think about the finances before hand since you can make it as expensive as you like. I would suggest not to shop in Norway a lot, because the products will be more expensive compared to the Netherlands. There are ofcourse always cheaper options, but it takes a little more time to be able to sort these out.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took the following courses: Applied Ethics, Postcolonial and Colonial literature, and Introduction to Conservation. All the courses were from different bachelors studies, and were all arranged very differently. Applied Ethics was a subject in which no attendance was required, and the structure was very chaotic and on the go. This was different to the conservation class which was very well organized and had a very clear structure. So the structure of the course is very different for every subject, but overall the university of Oslo is very well organized. The website of the University of Oslo gives a great overview of all the different courses and was very user friendly.
academic quality of education activities	I think the academic quality of educational activities in Oslo is very similar compared to Utrecht. There is a small amount of contact hours in a week.
counselling & support at receiving university abroad	It is well organized, and every faculty has their own information office that can provide help.
transfer of credits	

The process of transferring credits can take a while, but is not too much work. The grading scale at UIO is very different because an A to E is a pass and only F is a fail.

STUDENT LIFE

welcome & orientation programme

Every faculty organizes their own buddy week, so this means that it is very dependent on the faculty how much activities you do in the buddy week. The buddy week is a good opportunity to meet new people. Overall the different welcome activities were very well organized, and I would definitely recommend to go there as an exchange student.

accommodation

I would recommend to apply at SIO housing for a room, most international students get an offer and it is very difficult and expensive to find a room in Oslo on the private market. For the students villages I would recommend Sogn or Kringsja as these are the villages in which the most international students live. They are also easy to get to with public transport. Sogn also has an amazing bar that has an elaborate program. They have a karaoke every other Tuesday which I would definitely recommend to pay a visit to, the bar is called Amatoren.

leisure & culture

There are lots of activities in Oslo that are organized free for students. So you can do a lot for free especially in the first couple of weeks. The nature in Norway is beautiful so I would recommend to do some trips to see more of Norway, especially Bergen and Tromsø are popular student spots to visit. If you like walking I would also suggest to do as much of the hikes you want to do in the beginning months of your semester (only if you go the first semester, otherwise it is the last months) as the weather conditions will be better for hiking.

suggestions/tips

If you want any suggestions or tips feel free to contact me.

CONCLUSIONS

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

I would recommend this university it is very well organized. The city and country are beautiful. I would especially recommend it if you like being active and like exploring nature.

do you have any additional advice or comments?

try and save up some money so you can explore the nature in Norway, and do as much trips as you can.

Report 4

permission to publish	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
contact details	my e-mail address yes: r.ramaker@students.uu.nl
faculty/college	Humanities
level	<u>bachelor's</u> master's PhD

name study programme	Liberal Arts and Sciences
destination city & country	Oslo, Norway
how did you travel to your destination?	I went by car and ferry.
name university abroad	University of Oslo (UiO)
start date	16/08/2022 (dd/mm/yyyy)
end date	24/12/2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process at the university of Utrecht was well organised. I attended an information meeting about studying abroad. After the meeting the pptx was available to download. Mail addresses, contact persons and useful websites were available. I personally checked the website of destinations for both university wide and Humanities. Sometimes it was hard to find which subjects you could potentially choose from as an exchange student. The international office does not help with this. You are encouraged to contact the other university about that, also when you have specific questions about the university. At first it was a bit confusing that the international office does not help a lot with questions like this. It makes some sense, but I was not aware of it at first.

After I had made a top three, I filled the application form in and I think we had to hand it in in Osiris or send it via mail. A few months later we got an email from the international office with the result and a lot of information about what had to be done for the exchange.

counselling & support at Utrecht University

The international office, the LAS study advisors and my HR-advisor were available for counselling and support at the university. The LAS study advisors helped me personally the most by being able to help me where to fit the exchange in my programme, what the options were and what kind of

subjects I was allowed to choose. For example, the international office told us at a meeting that language courses would not count as ECTS for your degree. I really wanted to learn the language of the country I went to, so I was surprised. The study advisors told me that they were not sure, since they had never heard that before but advised me to open a case in Osiris and let the exam commission decide whether I was allowed to do so. The exam commission told me that it was okay to follow the course and that I would get the points for it. The study advisors thus reassured me the most and helped me out when I did not know if certain things were possible. They also organised a few meetings in which you could get your Learning Agreement (I think) approved.

The international office provided me with information about the general things that needed to be done for the exchange. They kept us updated with letters, were quick to sign forms and could answer general questions well. They also organised a meeting after the selection in which they explained what you should or should not do leading up towards the exchange. Throughout the exchange they sometimes sent reminders and updates on what you should do for the Erasmus grant and when.

I think my HR-advisor (hoofdrichtingsadviseur) needed to approve of my exchange before I went abroad after you had been selected to go abroad. I don't really know why anymore, however the experience was not really nice. I told her about my plans via mail and she replied that I was not allowed to go on an exchange because of my programme. This made me stressed a lot since I was already selected for the exchange and I had asked my study advisors a year before (when we already had to choose what kind of minor you would like to do) whether it was possible for me to study abroad. Now, while I was already selected and had therefore at the time chosen a minor which I did not want to do anyways because I wanted to study abroad, I was told that this was not an option for me. I sent her the mail exchange I had with my study advisors at the time which stated that it was possible for me to study abroad. After that I got an email back saying that my exchange was approved.

Long story short, I did not ask her any other time for counseling after that.

academic preparation

With the courses that I had already taken I was able to follow the courses that I wanted at the exchange university.

language preparation

I took the OLS-test as required. Other language preparation was not needed.

finances

I applied for the Erasmus-grant. I also stopped my free public transport card (OV-chipkaart) in the Netherlands which then gives you about € 100,- a month to cover expenses for public transport in the country of exchange, which was more than enough for me.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Signing up for the courses was not really difficult to do. Through email I received all the information needed about how to sign up for courses and which courses I could choose from. On the webpages of the university it says 'schedule' so you can see how your courses will fit together. One thing to keep in mind is the time of the examinations. These cannot overlap with each other. Since I studied mainly in the Humanities, my courses consisted mostly of one lecture a week and some readings. Most of the courses would have some sort of assignment you would need to make before you could continue and do the exam for which you would eventually be graded. Overall you would have enough time to do these activities. The exams are made either on-site, or at home through the format of an essay or take-home exam. I took 4 courses of 10 (or 15) ECTS and had 2 exams on-site and 2 essay assignments that needed to be graded.

The content of the courses depend on the type of courses you signed up for. It usually was focused around reading academic literature and discussing that literature in the seminars. Courses with more students tended to take on the format of lectures. There was less interaction there.

However, some courses with a lot of students chose to teach in workgroups. This was partly a lecture and partly a seminar. Courses with fewer students and language classes tended to be very interactive (which also helps in getting to know people).

I really recommend doing the Norwegian language courses. They are quite intensive but the quality of education and the amount of new things you learn in these courses is enormous. You also meet a lot of fun international students there and you get to know the class well because it is so interactive. It is a lot of fun and it is nice to be able to speak a few words of Norwegian.

academic quality of education activities

Overall I would say the academic quality of education services is good. If you are from the Netherlands the courses tend to be less stressful in comparison because they last for the full semester and there is usually only one or two assignments that you need to make that counts for the end grade. The quality of teachers of course varies a bit each course but it is similar to what you would expect in the Netherlands.

For papers you would have to write about 10 pages for bachelor students (which is about 5.000 words I believe). This might be a lot, but it is definitely doable in the time given for the assignments.

counselling & support at receiving university abroad

It is really easy to contact the University of Oslo. Often when you email specific studies or the humanities 'knutepunktet' you receive a sort of number and you can 'track' the progress of the email. So you can kind of know whether people have read your email. They are often quick to respond and very helpful, directing you to the right places.

Making use of different facilities at the university (for example booking study rooms etc.) is fairly easy and for musicology students you can even access the rehearsal rooms and make reservations by emailing them or making a reservation through the system.

Overall I would say I had a positive experience with the counselling and support at the receiving university abroad.

transfer of credits

It was really easy to transfer the credits from UiO to UU. You could digitally order and directly sent the Transcript of Records online to the University of Utrecht. You did not have to wait for people to sign the transcript.

STUDENT LIFE

welcome & orientation programme

Every department had their own welcome and orientation programme. This was in the first week of the semester. There is a sort of general meeting in which they give some general information about how to sign up for classes, what you still need to do and when, what the week will consist of, tips and tricks etc. You will then be split up into groups and you will get assigned buddies ('fadder') who will join a lot of the activities you will be doing. The orientation week is the best

week to get to know people. I would say though that our ‘fadder’ groups were fairly big and not everything was as well organised as it could have been, but the overall activities were fun to do and as the week progresses you can always meet up with new people to do new and fun stuff with.

At the beginning of the year (I think this is just a yearly thing at the beginning of the academic year but I’m not 100% sure) there is a sort of start of the academic year event at the Law faculty in the city centre for all the students. There are a few short speeches (with english subtitles because there are screens on the sides) and there is some live music as well. Other activities in the orientation week include: parties, barbecues, walking tours, workshops and events organised by SiO. Overall, I would say the university is very welcoming of international students and there are enough activities and fun things to do in and around Oslo!

accommodation

I applied for housing fairly early through SiO. This organisation owns most of the student housing in Oslo, although some people have found some private student houses through Finn.no. Applying for SiO was fairly easy, you had the possibility to choose from furnished and unfurnished rooms, single and shared rooms. After you apply you get assigned a room (depending on how early you applied, the available rooms & the amount of others looking for a room. Although I haven’t heard of people that had trouble finding rooms through SiO). I had a furnished room (with bed, closet, desk, chair, lamp, shelves) with a shared bathroom and kitchen with 5 others. When I arrived everything was very clean and everyone had been assigned a shelf in the freezer, refrigerator and access to a cupboard. There was an oven, a kettle, a furnace, table and chairs, dishes, pans etc. Even the cleaning schedule was already made beforehand.

SiO also lets you know in time when they are going to clean the outside of the windows for example or when they are going to change the battery of your lock. The organisation is well organised and if you have any trouble, you can always contact them through their website and write them a message. They will reply with an email.

The student villages (studentby) are really nice. I myself was in Sogn Studentby and we had access to multiple rooms with washing machines and dryers; there was a student bar; a reading/study room; bike storage; a supermarket and even outdoor gym equipment. So it does really feel like a little village full of international students and some Norwegian students as well. It is easy to get to know people and the overall atmosphere is really nice.

leisure & culture

Norway – University of Oslo

Oslo is a large, but not extremely busy city close to the fjord. This is absolutely perfect since you have sea + a big city, but within fifteen minutes on public transport you can be up in the woods, close to lakes and in the mountains. The Norwegians like to be outdoors and do a lot of hiking. They also tend to go to the sauna and swim in the fjord (the latter both in summer and winter) and you can go cross country skiing (or ice skating) even at Sognsvann! (You can hire gear/equipment at SiO Athletica). Oslo also has a lot of museums you can visit almost always with discounts for students. Theatre and opera are also prominent and not very expensive in Oslo. I would definitely recommend going to an opera or a ballet in the famous Operahuset. Subtitles are available here as well. Besides this there is a big underground scene as well (especially for black metal (of course)). Check out 'Blå' which houses a lot of metal but every Sunday their 'house band' organises a jazz evening as well. If you are interested in metal bars check out: 'Kniven' and 'Revolver' (Grünerløkka is the place to be for stuff like this). A lot of the student 'foreniger' organise parties as well at the university. There are a few queer/gay bars as well. I would recommend going to 'Elsker'. SiO also has (I believe) six gyms throughout the city. You can sign up for a membership here and attend free sports/bouldering/dance classes. There is even a swimming pool as well.

suggestions/tips

Try to get into a group chat of the student accommodation that you are in. A lot of people offer furniture or other equipment there for your apartment. Furthermore, people invite each other / update each other on parties and events.

Follow SiO on Instagram and Facebook (!). Norwegians mainly use Facebook Messenger (instead of WhatsApp) so if you want to join associations (foreniger; the easiest way to meet other Norwegians) a lot of information will be available there. I would really suggest using foreigner as a way to get to know Norwegians as it might be a bit harder to get to know them outside of the university. In university it might be hard to get to know them as well since the English taught courses tend to be mostly taken by international students. This doesn't mean that Norwegian students do not attend these courses though.

Download the Ruter.no app for public transport all across Oslo (except Oslo Gardermoen). You can buy a student ticket for a month online using a credit card. Zone 1 covers (almost) all of Oslo, which is what I used.

Oslo has good bike lanes and biking from Sogn to the University (Blindern) is ca. 7 minutes, which is a lot faster than public transport.

You don't necessarily have to get Norwegian kroner (NOK) upon arrival, however I do advise everyone to bring a credit card.

Buy your vegetables and fruits not in the supermarket but at the local markets at Grønland (it's cheaper).

CONCLUSIONS

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

I would definitely recommend this destination to others. Oslo is an amazing city in my opinion because it has beaches, sea, mountains, forests and lakes all very close together and it is also a big (but not too busy) city with a lot of different underground scenes, venues, concert halls, bars, clubs and pubs. There is something here for everyone. Although Norway itself is quite expensive, the country is really beautiful, the people are really nice, everything is well organised and time you will have an incredible time here!

do you have any additional advice or comments?

Prepare yourself well and most of all enjoy!! Studying abroad is a lot of fun and I would definitely do it all again!! It is worth doing, even though it might seem to be a lot of preparation at first. I have met a lot of new people, did a lot of fun things, travelled a lot, it is definitely an amazing experience!!

I would also say that Oslo might be one of the safest cities I have ever been in.

Report 5

faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	RMA Philosophy

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was relatively easy. I had to fill out a few forms for both my home university and the University of Oslo. The stories of students on the website really helped me to choose a destination.
counselling & support at Utrecht University
I did not make any use of counselling or support from the University of Utrecht, but we had a meeting with all the students who were travelling abroad which was quite helpful as it gave us advice on how to prepare for the exchange and the different parts of the application process.
academic preparation
I did not need to prepare anything for the courses I took in Oslo.
language preparation
Almost everyone in Oslo speaks perfect English, so no language preparation was needed. I managed to get around easily without knowing any Norwegian.
finances
Norway is a really expensive country so I made sure I saved some money beforehand to be able to cover my expenses.

STUDY ABROAD PERIOD

study programme (content and organisational issues)
In terms of content the courses I took were very interesting. I took some philosophy courses as part of the free space I still had in my master. There was one course that I wanted to take that turned out to be not on offer in the fall semester, so I had to choose a different one.
academic quality of education activities
The quality of the courses was very good. The workload was a bit lower than here in Utrecht as you get 10 EC for a course with only a paper of 4000 to 5000 words in the end.
counselling & support at receiving university abroad
I was content with the support I got from the university of Oslo. They adequately helped me find a new course when it turned out that the course I wanted to take was not on offer in the fall semester.
transfer of credits
My credits have not been transferred yet, so I can't say anything about this.

STUDENT LIFE

welcome & orientation programme
The orientation programme was quite fun. It was nice to get to know people from many different countries that were all studying in the Humanities department. The groups were however quite big (around 40 people) which also made the process of moving from one place in the city to the next a bit slow and logistically difficult.
accommodation
I stayed in Sogn student village which was fun because there were many other exchange students around. My room was quite cheap. I lived in a house with 6 other people, all of them were exchange students. The accommodation was very clean and everything looked really new. So overall I was very content!
leisure & culture

Oslo is a really nice city in terms of culture. I participated in many cultural activities when I was there, such as making music with other students from the university and visiting a lot of concerts and jam sessions. So for the culture I would definitely recommend Oslo! I also made some beautiful hikes.
suggestions/tips
I would highly recommend joining some of the student clubs. And I would also suggest just going to places on your own. I once went to a jam session on my own and met some people there that became my friends for the rest of the semester.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would highly recommend going to Oslo as it has a nice cultural environment and of course also because of the beautiful nature surrounding it. The quality of education is quite good, but you will also have plenty of time to do leisure activities next to the study programme.	
do you have any additional advice or comments?	
I would make sure to save some money if you can, because Norway is really expensive. Staying in Sogn is nice because there are many other exchange students around. If you are into hiking and are there in the fall semester, make sure you go on hikes early on in the semester because the hiking trails close pretty quickly and there might be snow. Bring some warm clothes :-).	

Report 6

faculty/college	History
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Ancient, Medieval and Renaissance Studies

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	Universitetet i Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	
Sufficient - sometimes a little confusing, but nothing that could not be solved.	
counselling & support at Utrecht University	
Was alright - nothing outstanding or special, but sufficient!	
academic preparation	
I did not need that much academic preparation.	
language preparation	

I have been learning Norwegian for a couple of years, so I did not need much language preparation - the courses were in English anyway.

finances

While I was on the late side of applying for the grant, I did not know it would take a while for the grant to be transferred, causing slight issues financially - the semester abroad started a month/two months before I received the grant. I think that is logical, but it would be nice if there was a comment/warning so I could have been prepared for it financially (especially because the student accommodation asked for a 8000kr deposit).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Nothing much to note here. Content was good, no organisational issues. Communication from Utrecht University could have been a little better because at a certain point in the semester I was studying abroad as well as having to communicate everything in Utrecht (I was put in courses/lectures that I could not attend without any communication beforehand).

academic quality of education activities

Quality was slightly less than I have experienced in Utrecht, but the quality was more than sufficient.

counselling & support at receiving university abroad

Not needed.

transfer of credits

Also nothing noteworthy.

STUDENT LIFE

welcome & orientation programme

I could not attend this programme, but there was a welcome and orientation available.

accommodation

Accommodation was good and was communicated clearly.

leisure & culture

Depending on what culture you are used to, I would say that it is not that different from Dutch culture. The only thing that some people might face is that there are stricter rules/laws around alcohol and going out, but that was not an issue for me at all. Everything is a little more expensive in Norway, too, but that is something that I knew beforehand and could count in my choices.

suggestions/tips

I think the biggest tip is to research beforehand and decide whether you think the country and its culture would suit you. Many other Erasmus-students I met were a little surprised by price and availability of alcohol and parties, for example, if that is important for you in your Erasmus experience - or Norwegian prices in general. I personally did not really have any problems adjusting to the culture or winter weather (it does get cold and dark!).

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I did like it, but I do think that the university and destination does not suit everyone. You have to really like Norway to actually love the experience - otherwise the people and weather might put you off.
do you have any additional advice or comments?
No.

2019-2020

Report 1

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 checked="" type="checkbox"/> yes: marjolein.wellink@gmail.com
faculty/college	Humanities
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Musicology

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

PREPARATION	
exchange application process	The process was quite clear, I had to send in a motivation and approval from my supervisor. The destinations, however, were difficult to find. There are so many and so little possibilities at the same time, and the UU website is not very easily accessible in this regard. So it took me a lot of time to figure out where I could go and which courses these universities offered. But I am glad that I took the time, because in the end it was worth it. Just start well in advance, and e-mail the international office if you have any questions.
counselling & support at Utrecht University	I did not really look for support from the university, I did ask some friends's help, since they had been abroad before. I just asked a few basic questions to the International Office, and these were answered very quickly. Also, my supervisor had some recommendations, but that's it in terms of additional support that I needed from the University.
academic preparation	I did not do a lot of extra preparations in academic terms. The language of te courses was the same as in Utrecht and I did not have to meet any extra requirements that I did not already meet with my bachelor diploma/first year of the MA. The assessment is quite similar as well.
language preparation	

The courses that I took at UiO were all in English, but I did want to learn some Norwegian to be able to get around more easily. The UiO offers an online Norwegian course of four weeks (approx. 3 hours per week) on FutureLearn, and I can definitely recommend this. It helped me with things like public transport and grocery shopping.

finances

Next to the Erasmus grant, I was lucky enough to get some support from my family, and I have a student loan. Norway is VERY expensive (I knew this, but I was still in shock when I went to the supermarket for the first time), so I needed all of the money that I got/loaned. But because this was quite a lot, I did not have to use a lot of my savings (I wasn't able to save anything, though). I did not look for a job because I was there for only a few months, but I would have definitely looked into it if I'd stay for a year. Some friends who stay there longer all found a job, so I know that it is possible!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took MA courses in Musicology, which is the same subject as I'm doing at UU, and for me the courses had to add something specifically to my programme. The courses were the following: 1) The Political Ecology of Music, about the impact of the music (industry) on climate change, 2) Research Seminar in Popular Music, 3) Nordic Music History, Genres and Identities. It was easy to sign up for these courses. I only had a problem with signing up for the first one, but I contacted the professor and he sent me to the right person for this (which was connected to the department). The assessment was quite similar as in Utrecht, but because these courses take the entire semester instead of a quarter year the papers had to be quite big. In the end it all worked out fine, but this was the only thing that was quite difficult in terms of assignments. The content was challenging, but the way in which these topics were approached is very much in line with the approaches in my program at Utrecht, so it was understandable.

academic quality of education activities

I was surprised by how different the lectures were. In the first year of my RMA programme in Utrecht I rarely had lectures, most classes were seminars. So I was less required/encouraged to be an active student in class. This was OK, in the end we did have some seminars and I did learn a lot from them. It was also nice that I had class in very small groups, something that I am used to in Utrecht (seminar groups of 4, 5 and 6). So in the end there was some room for discussion/questions. The lectures are not very difficult, but it was definitely a challenge to write 3 term papers of each 15 pages in the end, all with the exact same deadline. Like I said in the question above, the approaches are similar as in Utrecht, so this wasn't new.

counselling & support at receiving university abroad

The international office at UiO is great and helpful. I also contacted the Musicology department because of problems with signing up for one of my courses. They were also very helpful, UiO is very well organised.

transfer of credits

ECTs are the same as in Utrecht, so I took 3 courses of each 10 ECTs in one semester. The grades will be sent to the international office of UU by the international office of UiO.

STUDENT LIFE

welcome & orientation programme

In the first week, the humanities faculty of the university offers an introduction for exchange students, and we were put into a buddy group. The people that I met in that group are those that I became the best friends with,

I was lucky to be in a very nice group. Moreover, I can recommend going to the "first night in oslo" party, which is also a place where I met a lot of people that I am still in contact with. Don't be afraid if you feel like you don't know people yet in the first week(s), everyone feels the same. Also, you can always just post a message in the special facebookgroup for International Students at the University of Oslo and ask if someone wants to join for a museum/walk/whatever!

Because I wanted to meet people from musicology as well, I e-mailed the head of their department to ask about introduction activities. I was invited to some activities where I met other students and the professors. This way I also met quite some (Norwegian) musicology students as well who weren't international students, and this was really nice! So I can recommend doing this if it is possible.

accommodation

The UiO has a guaranteed housing offer for exchange students. Make sure to sign up in time on the website of SiO. This is definitely the best way to get a room in Oslo for such a short time. I was in a furnished room, which was fine. You do need to be lucky with roommates! I did not do a lot with them, but that's fine. I can recommend Sogn or Kringsjå student villages, because there's a lot happening in those two places concerning party's/events/other international students (I lived in Sogn).

leisure & culture

Because our buddy group was so active throughout the entire semester, I did a lot of things with them. There's a lot happening in Oslo, at the University and beyond that. SiO for instance organises some activities each week (a walk around the lake, a pubquiz, sometimes even open air movies). I signed up for their gyms as well, which is really nice: there's a pool close to Sogn for instance, and with a subscription you can go there as much as you want. There are a lot of societies connected to the university, and in the beginning of the year there was an event where these different societies presented themselves. I signed up for the two film clubs - which were basically about watching movies. I also went to a fanfare band rehearsal once, which was great (but unfortunately I didn't really have the time to do it all). Most societies are really open to everyone.

suggestions/tips

I can recommend going to as many activities as you can, especially in the first week(s). BUT really don't worry if you don't feel like it, that's ok. I did skip some of the activities in the introduction week for instance, because I was too tired of meeting so many new people in such a fast pace. I was really worried that skipping one activity would already result in me missing everything, but don't worry about that, because everyone is in the same situation and understands :). So: be open to try new things and to meet new people, but don't feel like you can't miss anything, it's fine!

CONCLUSIONS

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

Yes, I definitely would. I loved the peacefulness of Norway and the people living in Oslo, it was a lot less stressful than living in Utrecht, to be honest. The university is very nice, well-organized and the academic quality is high. The structure of the courses is similar, but you do have more time for the courses because it is a semester-system instead of a quarter-system. It is also well-organized in terms of housing, so you don't really have to worry about such things in the process.

do you have any additional advice or comments?

Just e-mail me if you have any questions, I am happy to help!

faculty/college	Universiteit Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Engelse Taal en Cultuur

destination city & country	Oslo, Norway
how did you travel to and from your destination?	Plane
name university abroad	University of Oslo
start date	02 / 01 / 2020 (dd/mm/yyyy)
end date	15 / 05 / 2020 (dd/mm/yyyy)

PREPARATION	
exchange application process	The university recommends that you start preparation early and I cannot agree more - i probably should have started sooner to save myself some stress. But it went pretty smoothly still.
counselling & support at Utrecht University	Nothing to complain!
academic preparation	I didn't do much, to be honest. The courses I followed were all in line with courses I had previously taken so I had the knowledge I needed to take those courses.
language preparation	Not much since my English was already sufficient enough for Norway, where everyone speaks English.
finances	I think I had about 4000 euros saved (including the erasmus grant), but I could have been better prepared since Norway is so expensive.

(interrupted) STUDY ABROAD PERIOD	
welcome & orientation programme	
study programme (content and organisational issues)	I really liked the programme and thought the organisation was really clear.
academic quality of education activities	I would say the academic quality of the courses were on par with the quality of the courses at my home university.
transfer of credits	

the classes i took were 10 ects each, and (initially) took three courses so the credits would be the same as at my home university

CORONAVIRUS CONSEQUENCES

support guidance of host university

I felt like the support could have been better but considering the circumstances and the fact that the crisis was quite unexpected and probably very stressful for everybody I think it was alright.

support guidance of home university

Same as the host university.

online offer and quality of digital courses

I thought my online courses were pretty good, I think my courses also were probably pretty suitable for online teaching so that was lucky.

suggestions/tips on digital exchange

CONCLUSIONS

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

Yes definitely. Oslo is such a beautiful city and it has so much to offer - there is so much you can do, it's a very lively city but there's also a lot of nature very close by. The university is very welcoming of foreign exchange students and very accomodating I felt.

do you have any additional advice or comments?

Report 3

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 checked="" type="checkbox"/>	yes: annadebode@hotmail.com
<i>See end note for * and **</i>	my weblog	<input type="checkbox"/>	yes:
	my Facebook account	<input type="checkbox"/>	yes:
	other (social) media	<input checked="" type="checkbox"/>	yes: Instagram: anna.nasjes
	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	Humanities		
level	<input checked="" type="checkbox"/> bachelor's	<input type="checkbox"/> master's	<input type="checkbox"/> PhD
name study programme	English language and literature		

destination city & country	Oslo, Norway
how did you travel to and from your destination?	By plane

name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	19 / 07 / 2020 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process went very easy: I applied before the deadline and was incredibly happy to receive a spot in Oslo, which was my first choice! All of the preparation meetings were very clear: it was always clear to me when to do what. For further questions contact with the International Office was very helpful!
counselling & support at Utrecht University	I reached out to the International Office several times, and even for advice on which city to go to they offered great support. I felt like I could always call or ask them questions, which was very nice and comforting.
academic preparation	Beforehand I tried to pass all my courses so that I would not need to re-do anything the next year, which gave me a lot of stress relief.
language preparation	From the beginning I was very keen on learning Norwegian. During the summer I took an online course offered by the University of Oslo. However, I truly started learning Norwegian when I was there.
finances	I worked a part-time job during which I managed to save a lot of money beforehand. Additionally, the Erasmus grant was a great help and support throughout the stay.

(interrupted) STUDY ABROAD PERIOD	
welcome & orientation programme	In Oslo they have a Buddy Introduction system: they have a week of activities during which you are placed into a group of international students. Additionally, they give an introductory lecture during which you learn how to apply for courses, get a student card, access buildings and other practical matters.
study programme (content and organisational issues)	I selected several different courses throughout my stay that were interesting to me. Among these were Runology, Geology, and Old Norse: they varied a lot. It was a bit confusing on how to apply for some of these courses, but it worked out in the end. In the end, I ended up spending three months on Svalbard, an island all the way north of Norway in the Arctic. This was a possibility offered by the University of Oslo. On Svalbard I had two geology courses, which required some scientific background: fortunately I met these requirements because I also study Archaeology. Svalbard was an amazing experience: it even included a safety course that lasted a week during which we had to learn how to survive in the arctic: shooting a rifle, avalanche rescue, glacier rescue, etc. Unfortunately I had to leave Svalbard earlier than expected because of the COVID-19 situation. However, I came back to Oslo instead and stayed there the rest of the semester.
academic quality of education activities	The academic quality of the education in Norway was high, and very comparable to the Netherlands. A difference that I noticed is that most of the classes were lectures, whereas in the Netherlands work groups are also very common.

transfer of credits
The transfer of credits went very easily as they use the same system as in the Netherlands: 30 credits per semester.

CORONAVIRUS CONSEQUENCES
support guidance of host university
Minimal. I did not receive much information on what to do or whether to go home.
support guidance of home university
Great. I was in contact with the International Office by phone as well as email. They helped by giving advice and by frequently updating me on the situation.
online offer and quality of digital courses
The digital courses were well organised although the planning during the beginning of COVID-19 was a bit chaotic. At first we did not have a clear schedule which made it a bit confusing from time to time.
suggestions/tips on digital exchange
Make it more interactive: it is hard to stay concentrated during online lectures.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes! Norway was amazing and the University of Oslo is a great university. I loved the fact that the city Oslo is so close to nature: if you like nature definitely apply to Oslo! Norwegian culture is very much based on the outdoors and I lived right next to the woods and a beautiful lake. By taking the metro you can be in the middle of nowhere within no time. In addition to that, Oslo is a great place to travel from to see more of beautiful Norway.
do you have any additional advice or comments?

2018-2019

Report 1

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Communication and Information sciences

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

PREPARATION	
exchange application process	
	My exchange application process went really smooth, with the help of my home university. All the information regarding deadlines, forms etc. was available on the website of my university. I also (regularly) received emails with important information and things to take into consideration when applying. The first step in my application process was attending one of the meetings regarding an exchange in general. There I received all of the basic information, which helped me to make the decision whether or not I wanted to go on an exchange. Once decided, I chose the country and university I wanted to go to and applied (with the help and information of my home university). All the steps for the application process that followed were clear and doable. However, it is important to start early.
counselling & support at Utrecht University	
	As mentioned, I got a lot of support from the university of Utrecht. They basically guided me through the whole process of applying for the exchange. Everything I needed to do (and the deadlines with it) was clearly sketched out and information was available online and/or send to me via email. If you had any questions you could easily call the university or send an email.
academic preparation	
	Before going on the exchange, I already finished the first two years of my bachelor. I was confident that this was enough to be able to participate in classes at different universities in different countries. As far as I know, this was the only academic preparation I had/needed.
language preparation	
	Although I went to Oslo, English was the language of instruction. I therefore did not really need to prepare myself. It was not obligated to know Norwegian, but they (University of Oslo) advised a free online language course so you would know the basic things when arriving in Norway.
finances	
	I saved a lot of money before going to Oslo, but I also got money from my parents and raised my student loan. Overall, this was enough to cover my expenses. I do have to say, Norway is a lot more expensive than I originally anticipated. However, in the course of time you get used to this and also learn how to shop more efficiently.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	
	I followed three courses during the 4,5 months I was there. Each course only had a 2 hour seminar each week, so I didn't have to go to the university that often. However, the courses I took required a lot of reading, which filled my day. It was therefore important to plan, so you would have enough time to prepare. Due to the few contact hours I had during the week, I found it hard to really get into the literature. We only had little time every week to discuss the literature and moved on very quickly.
academic quality of education activities	
	The way of teaching was different than I was used to. Having only two hours each week for one course is in my opinion not much. Topics were therefore not really discussed in depth and there was not that much time for individual questions. However, I think the academic quality of the education of activities was still good. The professors were really knowledgeable and the literature was interesting.
counselling & support at receiving university abroad	
	During the first week in Oslo all the exchange students received a lot of information regarding the courses, exams, (police) registration etc. Overall I found the support from the University of Oslo excellent. It was clear

who to go when you had questions and you could always write an email. The teachers were also really invested with the students and were always willing to help when you had problems with assignments and so on.

transfer of credits

I believe that the credits work in the same way. At the University of Oslo most of the bachelor courses are 10 ECTS (unless stated otherwise). I therefore took 3 courses (instead of 4) during my stay abroad to get the 30 ECTS I normally would have got in the first semester at Utrecht University. Furthermore, the grading system in Norway is different than in the Netherlands. You will get an A through F for your assignments or exams. These grades will be (automatically) translated into Dutch grades.

STUDENT LIFE

welcome & orientation programme

All the new exchange students are automatically signed up to a buddy group with one or two so-called buddy leaders. During the first week (Buddy week) you will join multiple events and activities organized by the university with your buddy group. This group is a great way to make friends from all over the world, to get to know the campus and specifically your own faculty, and to take part in a lot of fun events. Because of this buddy group I already made lots of friends during my first days in Oslo.

accommodation

All students admitted to the exchange programme at the University of Oslo can apply for student housing. As long as you apply before the deadline, you will have guaranteed housing. When applying you can choose between several student villages and different sorts of rooms. Even if a specific room is not available when applying, you can still give a preference for this room as it may be available when you arrive. Most of the exchange students live at Sogn or Kringsjå, since these are the largest student villages. You have to list a couple of different rooms and studentvillages. Later on you will get an offer for one of the rooms. You don't know the specific room and exact rent until you arrive in Oslo and pick up your keys. I had a single furnished room in a house with three other students in the student village Sogn. I was very happy with my choice for this student village since it is closer to the university and city centre (15 á 20 min metro ride to centre) and metros from the nearby metrostation Ullevål leave almost every 5 minutes (at Kringsja this is different).

leisure & culture

Oslo is a thriving, active city where you can do a lot of different things during summer and winter. The city offers tons of museums, shops and events. Basically, every weekend there is something fun to do. The organization ESN also organizes fun activities in Oslo for students. Furthermore, there are dozens of student associations, so there is something for everyone. Everything in the city is easily accessible with public transport or by bike if you decided to buy one.

In my opinion the culture in Oslo is not that different from the culture in the Netherlands. I didn't experience a culture shock (only the prices for food shocked me). Also, be prepared for the cold. I went in August and at that time the weather was pretty nice. Lots of people even went swimming in the harbour. However, when I left in December we already had snow for more than 3 weeks and the temperature sometimes dropped to -12.

suggestions/tips

Accommodation wise I would definitely recommend to look at Sogn. You can choose between a house with 3 other students (a mix of Norwegian and international students) or a room with 7 others (one bathroom, one toilet and one kitchen). As mentioned, Sogn and Kringsja are the most popular ones (both have a supermarket in the student village).

Practical: To use public transport you can buy a (Ruter) card and renew it monthly or you can buy it via an app on your phone. It really depends on what you like most. As a student you can also get a discount.

I would also recommend to join a student association and follow a lot of different Facebook groups. As mentioned, there are so many events and activities every week you can attend, so be sure to don't miss out on all the fun.

CONCLUSIONS

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

Yes, I would highly recommend the University of Oslo and Oslo/Norway in general. It is a beautiful city with loads of stuff to do. In my opinion the level taught at the University is quite similar to that at the Utrecht University (although the lectures are quite different). I also really enjoyed living in a student village and going to campus every day. The university is quite big and has a lot of different places to study, to chill or to grab a bite to eat. The University of Oslo also offers various courses I think you wouldn't find at the Utrecht University. The exchange will therefore help you to broaden your knowledge and also helps you to increase your level of English (or Norwegian).

do you have any additional advice or comments?

I would say, just go on an exchange, have fun, make new friends, but also study hard. In my opinion, most people forget that you also have to study (a lot) when you go on an exchange. However, there is always time to do fun stuff.
 As mentioned earlier, be aware of the high prices in Oslo. Norway is a beautiful country, but the prices for alcohol, meat and vegetables are extremely high compared to the Netherlands, so make sure you don't forget this when planning your exchange.

Report 2

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

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Taal & Cultuur studies

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (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 quite complicated at times, but I could find a lot of information on the websites of both Utrecht University and the University of Oslo about it, so it was manageable.

counselling & support at Utrecht University

The international office at Utrecht University was really helpful if I had any questions. And don't be afraid to ask questions, because the international office really wants to help.
academic preparation
I had enough academic preparation, but I found the level of English at the University of Oslo quite high.
language preparation
I didn't prepare any Norwegian, but that wasn't necessary since everyone in Norway speaks English. I also didn't prepare my English, because I thought it would be good enough, but the level of English was higher than I expected. But after a few weeks I had no problems with the language anymore.
finances
I saved up money for my exchange period and I would really recommend to do that, since Norway is a really expensive country. Be prepared to spend twice as much money on groceries and things like that than in the Netherlands.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I found it not very difficult to figure out how to sign up for courses, but after I arrived in Oslo I learned that I couldn't participate in one of the courses I signed up for, this happened to more students so it is something you should consider. For example by signing up for one more course than you need. The courses you could choose were very interesting.
academic quality of education activities	I found the academic quality of the courses I took high and challenging, I think that is especially the case if you choice courses that are indicated with a high level on the course programme of the University of Oslo.
counselling & support at receiving university abroad	The international office in Oslo was also very helpful, there was always a quick and clear reply to my emails and the possibility to pop in during the hours when someone was present in the office.
transfer of credits	This has not happened yet.

STUDENT LIFE	
welcome & orientation programme	I really enjoyed the first week of the semester, the buddy week. In this week you are put in a group with about 20 other international students and there are a lot of activities organised by the university. The people I met during the buddy week became really good friends during the semester. So I would really recommend to arrive in Oslo before the buddy week.
accommodation	The housing was really well organised, I had no trouble finding a room. I rented a room from SIO in Sogn student village. I think Sogn, Kringsja and Bjolsen are all good student villages if you are an international student.
leisure & culture	Oslo is a really great city to explore, and I think that Norwegian culture is quite similar to, for example, Dutch culture.

suggestions/tips
I would suggest not underestimating that Norway is an expensive country and saving up money before you go, so you can also take some trips while you are abroad.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would really recommend this university and destination abroad to others, the academic level was high and there are a lot of interesting courses to choose from. On top of that, Norway is a really beautiful country with a lot of different landscapes which is really amazing to explore during your period abroad. Oslo is a beautiful city.
do you have any additional advice or comments?
-

Report 3

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

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: mewimke@hotmail.nl
	my weblog	<input type="checkbox"/> yes:
	my Facebook account	<input checked="" type="checkbox"/> yes: Imke Hiddink
	other (social) media	<input type="checkbox"/> yes:
faculty/college	Humanities/Utrecht University	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	English Language & Culture	

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

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

PREPARATION
exchange application process
This process was fairly easy, and the people from the International Office provided a clear manual with dates etc. of when to hand particular forms in.
counselling & support at Utrecht University
I did not have a lot of questions with regard to going abroad, as the provided manual was clear enough for me, but I did have a couple of questions, which I sent via e-mail to the International Office, and they always got back to me really quickly!
academic preparation

<p>Be sure that you have plenty of ECTS before applying, in order to make sure that the chances of being picked for a stay abroad are the best. I think I had over 100 ECTS when I applied, since I was too late applying for last semester, so make sure to keep a close eye on the deadlines/dates.</p>
<p>language preparation</p>
<p>If you decide to learn a new language whilst studying abroad, like I did, you have to make sure you know what kind of courses your university abroad offers. In my case, I was lucky that they offered a beginner's course in Norwegian for international students, which meant that I got to learn Norwegian amongst a bunch of others who didn't speak the language yet either. Make sure your English, or depending on where you want to go what other lingua franca they speak, is on point though, as you have to be able to communicate clearly in at least the lingua franca of the place you want to go to. This is commonly English for European countries, but be sure to check things out beforehand regardless, for if it is e.g. Spanish.</p>
<p>finances</p>
<p>Save up as much money as you can beforehand! Depending on where you go the prices can differ immensely! For example, Norway is a lot more expensive than the Netherlands, which I did account for when saving up, but I did not have enough funds to go on i.e. big trips throughout the country. I am likely to go back to Norway to do exactly that, but if you are not sure whether you will have that possibility in the future then make sure you have enough funds to support/use for your extra activities.</p>

STUDY ABROAD PERIOD	
<p>study programme (content and organisational issues)</p>	<p>Very clear and organized, with easy access to your time table etc.!</p>
<p>academic quality of education activities</p>	<p>Very professional, and I was lucky enough to have a very nice study program as well; with classes starting at 12 or later!</p>
<p>counselling & support at receiving university abroad</p>	<p>I did not really use these facilities when I was abroad, but I would recommend doing so. The culture shock was pretty bad for me, and it took me a while to get used to all the changes I was experiencing.</p>
<p>transfer of credits</p>	<p>All the courses I took where 10 credits each, which did mean a lot of studying at home, but I did not particularly mind that. I am guessing this depends on what university you want to go to though.</p>

STUDENT LIFE	
<p>welcome & orientation programme</p>	<p>I actually skipped out on this activity, as I am not too fond of things like this. However, I was not left in the dark, because the UiO has a Facebook group for exchange students, they handed out a lot of flyers during the first few weeks, there are maps everywhere on campus and I also received a lot of emails.</p>
<p>accommodation</p>	<p>I can't say too much about this, as I stayed at my boyfriend's apartment during my stay, since he is actually Norwegian!</p>
<p>leisure & culture</p>	

As can be read above, I did not do too much outside of Oslo, but Oslo itself is still very pretty and there is plenty to do!
suggestions/tips
<p>Around the beginning of November it starts getting dark at 4, and it only gets worse from there onwards, so if you are anything like me; someone with seasonal depression, then be sure to get as much sunlight as you possible can per day and, if necessary, take naps during the day i.o. late at night. Trust me, you do not want to mess up your sleeping schedule!</p> <p>Also, the weather can be very unpredictable, so be sure to pack enough clothes for warm and for cold weather. My suggestion is to bring things you can layer, so you can always add another layer if it's too cold. Also invest in some proper spikes for underneath your shoes, for if it gets too ice-y. If you forget to do so, no worries, because even our local supermarket started selling them at one point.</p> <p>With regard to the expenses here in Norway, watch the sales and use those to your advantage! I know this seems like something that goes without saying, but still.</p> <p>Get your student card as quickly as possible and then immediately apply for a monthly travel card with student discount, as it saves you a lot of extra cash.</p>

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
<p>Yes, definitely! Despite the fact that I had a hard time dealing with being away from home/the culture shock/the expenses etc. at first this country is absolutely gorgeous. The university is very accessible from anywhere in Oslo, as public transportation rocks over here; the Netherlands can definitely learn from the Norwegians in that regard! Furthermore, since Norway has so many hills etc. I felt like every time I went outside to get groceries I had worked out, especially in the beginning. The Norwegian people might seem a bit standoffish, but that is because the Norwegian mindset is very much 'Let everyone mind their own business'. However, alongside that philosophy, they are also very helpful, as long as you instigate the conversation yourself. Whereas in the Netherlands you often have people you don't know randomly talking to you, it is the complete opposite in Norway.</p>
do you have any additional advice or comments?
Not really, but I hope I managed to pitch Norway to at least some fellow students!

Report 4

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

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Art History

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (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 turned out not to be difficult at all. The UU and the University of Oslo were both really clear in what you needed to do. The University of Oslo sent me mails about the application from the beginning. Therefore I didn't miss any deadlines.
counselling & support at Utrecht University	The support at Utrecht University was great; you can always ask the International Office questions through mail and they respond very quickly. There is almost nothing you have to figure out by yourself.
academic preparation	I did not do any academic preparations since the academic year in Oslo started after I arrived. The courses were a little bit easier than the courses in Utrecht so it was unnecessary to prepare on an academic level.
language preparation	I did not prepare anything that had to do with language. Probably you have nothing to worry about when your English is at least of a moderate level. Also, you have to keep in mind that most of the teachers and students at the University of Oslo are also no native speakers.
finances	Finances are really important to take care of. Make sure you have set up a clear budget for yourself for each month with what you can spend and on what expenses you will spend it. Life in Oslo is expensive so you will most likely need to have saved money; with just the Erasmus+ grant you will not make it.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Three courses are enough for 30 ECTS. I would recommend to choose this amount of courses. More is probably too much and less will be too boring. You have to keep your eyes open for the registration deadlines but you will also receive emails about this from the University of Oslo. The deadlines are really clear. The courses in Humanities are based around themes and less general which, in my opinion, is very interesting. You will learn more specific knowledge about certain topics.
academic quality of education activities	The quality in teaching is quite high. All teachers are well qualified and provide interesting topics and discuss them at a pace that is not too slow. However, the way the essays are rated is less strict than in Utrecht, which is also nice. The teachers are a little bit more open for different opinions and ideas which makes that the courses sometimes feel a little bit easy because anything goes. The prescribed reading is of a high academic quality and was overall very interesting.
counselling & support at receiving university abroad	I did not need any specific counselling or support during my stay. But, there is an office for international students to which you can always pay a visit if you have any questions. Besides this, the teachers are very open to questions and are always ready to help you. Their offices are also open for visits.
transfer of credits	Up until this point I don't know the way in which my grades are being transferred for my transcript of records. In Oslo the courses are graded from A-F. It was quite easy to gain high grades and therefore to receive the credits

you need. If you just prepare classes and study the things you need to study you will not have to worry about gaining credits.

STUDENT LIFE

welcome & orientation programme

In the first week of your exchange there is a so called Buddy Week you can join. Make sure to arrive in time in Oslo in order to join the Buddy Week. You will be assigned to a group and a buddy. In this week you will get to know Oslo, the university and a lot of other students; it's a great way to start exchange.

accommodation

Accommodation is really well arranged for international students in Oslo. If you make sure you hand in all the information before the deadlines, the student housing company SiO will provide you with housing. Student housing is granted for all international students. There are many places that you can choose, but I experienced that it was nice to live in a housing complex where a lot of international students live. All your friends will live nearby and you can even make friends on campus. Kringsja and Sogn are maybe a little bit further away from the city centre, but you will be closer to all the international students and they are relatively cheap.

leisure & culture

In Oslo and Norway in general there is loads of stuff you can do in your free time. Make sure you reserve enough time to travel in Norway. I traveled to the Lofoten Islands, to Swedish Lapland, Bergen, Copenhagen and Göteborg. This is a great way of making use of your freedom. But, Oslo is a great city on its own and has a lot to offer regarding the cultural field. There are always interesting events, lectures and exhibitions. Also if you are into the outdoors there is a lot you can do; go on a hike to Vettakollen or go skiing in the winter in Tryvann.

suggestions/tips

Something I would highly recommend in connection to leisure is the outdoor rental company Frigo. They organise camps for children and therefore they have a lot of camping and skiing stuff. When they are not using this for the camps, they rent it out for free. I rented a free tent and sleeping bags and did zero ground camping on an island in the fjords. I also went skiing with their stuff.

CONCLUSIONS

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

I would definitely recommend the University of Oslo. The courses were very interesting and the university is a very welcoming place. In general, Oslo is a really warm city and will make you feel at home quite quickly. Also, Norway is a great country with a lot to offer in terms of traveling and leisure.

do you have any additional advice or comments?

Try to prepare really well in terms of your budget. I had enough money, but there were also some people who couldn't go to a party or couldn't go traveling because they didn't save enough money.

Report 5

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

faculty/college	Humanities
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Artificial Intelligence

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	10 / 08 / 2018 (dd/mm/yyyy)
end date	26 / 12 / 2018 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	At first the process seems like a lot of work to do, but in practice it is not. All the things you have to fill out are self explanatory and not that difficult. It just takes some time because you have to send all the papers back and forth to both the receiving and the sending University.
counselling & support at Utrecht University	Support from Utrecht University is wonderfull. They are here to help you and they really do. Don't be afraid to ask something because the will probably not be the first one with that question. They will help you with every question you have and also try to do that as best as possible.
academic preparation	As academic preparation I just looked up some stuff on the internet regarding my courses. I didn't feel like preparing more than I would normally do here at University Utrecht. When I started my courses in Oslo I was prepared enough to participate to the courses.
language preparation	As preparation I only did an mantatory test for Erasmus+. Besides that I tried to learn some Norwegian. I thought it might be come in handy during my stay, but I didn't really needed it. From my experience Norway is one of the best Englisch speaking countries.
finances	As financial preparation I have been saving some money way before I was leaving. I know Norway is an expansive country so every bit of money was welcome. Therefor I was happy to here I could get an Erasmus+ grant. This helped me a lot espacially in the beginnen of my stay.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	For the content I could pick a variety of different topics. I chose to pick courses in which I would learn different things about Norway. For example in one of my courses we had different topics regarding Norway every class and in that way I would get knowledge about Norway in an academic setting. The organisation of the courses was as I aspected. It did not differ that much from what I was used to.
academic quality of education activities	The quality of education was really good. In my opion it is comparible with the quality of University of Utrecht. Therefor it was quite easy for me to participate in the courses, because I did not had to adjust to much to the way of teaching. In two of the three courses I participated in we also did some activities outside the reagular class room. We went to museums and to some different motion capture labs which were all very intresting. It were fun activities to do and I also learned a lot during those activities.

counselling & support at receiving university abroad
The help I received from the University of Oslo was wonderfull. I could go to them and ask anything and they would made sure I did not leave untill I completly understood the answer. Also help with any papers regarding Erasmus+ was really easy to do because of the great support from the University of Oslo
transfer of credits
There was no problem at all with the transfer of credits. All the courses in Oslo would gave me a certain amount of ECTS, which the University of Utrecht also uses. The University of Oslo would send my transcript of records to the University of Utrecht and they would make sure the ECTS get into my regular degree.

STUDENT LIFE
welcome & orientation programme
The first week was perfectly arranged by the University of Oslo. The first day they help you a bit to find you way around. They help you with your first steps like getting your key, give you directions to your accomodation etc. The orientation week was also lots of fun. We were put in groups with people from all over the world and together with this group you could do different activities every day where you could explore Oslo and get familiar with your new enviornment.
accommodation
The acommodation was in my opion just perfect. It was not massive but it was enough space. Not very modern, but that wasn't really a problem for me. It really felt like my house and that was the most important. The organization regarding the accommodation was also perfect. From getting your keys to make the monthly payments to ask to reparde something. Everything was organization perfectly.
leisure & culture
If you really like the nature you definitely have to go to Norway. In my free time I mostly just went out into the nature. It is really beautifull and definitely worth your time. Norway is culturally speaking not a great country. They do not have a great indipented history and there culture is therefor a mix between multiple cultures.
suggestions/tips
I just have one tip and that is just go to Oslo. It is a great city which has a lot to offer. Besides that the nature in Norway on its own is already worth going.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would highly recommend going to to Oslo. Everything in and around the Univeristy of Oslo is really good orginazed. Besides that they give you plenty of free time to explore the city of Oslo and the beautifull nature Norway has to offer.
do you have any additional advice or comments?
No, just go to Oslo.

Report 6

faculty/college	Humanities
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level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural History of Modern Europe

destination city & country	Oslo, Norway
name university abroad	University of Oslo (UiO)
start date	01 / 01 / 2019 (dd/mm/yyyy)
end date	31 / 05 / 2019 (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 of application was for me a bit different than normal. I really wanted to go abroad during my master's degree because I did not have the chance during my bachelor's degree. When I started my master program, I asked for the possibility to go abroad. First was told me that I was too late, but in the end the mastercoordinator arranged a place for me at the University of Oslo. So I had only one option, Oslo or not going abroad. This decision was easy to make for me, Oslo! The application process takes some time, but it is not that much if you do everything on time.
counselling & support at Utrecht University	The support of the International Office was really good, because I had to arrange everything in 1,5 month; they helped me very well.
academic preparation	Nothing.
language preparation	Nothing.
finances	I already saved money because I had worked a couple of years, so that was not an issue for me. But still the prices in Oslo surprised me, everything is really expensive, also food in supermarkets. So make sure you have enough money, at least 1250 euro per month (also dependent of your rent ofcourse).

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I signed in for three courses on a master level, although I needed only two courses (20 ECTS) for my master program. When I arrived, there was a time overlap with two courses. Therefore I switched to a Norwegian language course for international students, which I can really recommend because you learn not only a bit of the language but also about the culture of Norway.
academic quality of education activities	The level of education was less than I expected. I signed in for courses on a master level, but the courses were given both for bachelor- as masterstudents so both of the students joined the same seminars. Therefore, the

level of knowledge was very different in one seminar (from second year bachelorstudents to masterstudents). Moreover, the hours of classes is way less than what I was used at the University of Utrecht.
counselling & support at receiving university abroad
I had no need for coueseling throughout my exchange.
transfer of credits
Grades appear in Studentweb, and the University of Oslo transfers your credits directly to the University of Utrecht.

STUDENT LIFE

welcome & orientation programme
The introduction week is very usefull and fun! You meet a lot of international students, learn about the university and the campus and get a chance to see the city. Especially the guided tour with the bus through the city was very nice! I would definitely recommend to be part of the introduction week, because in this way you meet already a lot of people (friends).
accommodation
I lived in Kringsja, a studentvillage close to the nature. For me this was the perfect place to live in Oslo! SIO is the organisation that organizes all the studenthousing in Oslo, which is really nice. The contactservice is really good, and they even take care of the common area's in your house (they make clean). In Kringsja there is a café, a supermarket (Kiwi which is one of the most cheapest in Oslo) and a gym. The subway is also really close and brings you in 14 minutes to the citycentre. I really liked to live in Kringsja because you have all the facilities around you and especially the nature, which is ofcourse the unique point of Norway. Especially during winter time, you see a lot of people who are going to cross-country sky around Sognvann.
leisure & culture
Oslo is a really nice city with a lot of things to do, also for free, but you have to know the nice places. It is expensive ofcourse, but there are ways to managed it. Also, there a lot of events that are free for students. And the nature is free ofcourse!
suggestions/tips
I you are looking for a really Erasmus-party-experience, than Oslo is not the best place to go. But if you like to hiking, skiing, nature, sport etc, than it is the perfect place for you!

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would recommend the university for its orginzational features, everything was always wellorganized and clear. This is the same for the city, public transport etc. Everything is clearly explained and accesible. You need some money to live in Oslo, but it is totally worth it!
do you have any additional advice or comments?
Save enough money, be flexible and openminded!

**2017-2018
 Report 1**

e-mail address	<i>optional; only if you don't mind students preparing for study abroad contacting you directly</i> n.l.hugas@student.uu.nl
faculty/college	Humanities/Philosophy and Religious Studies
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Philosophy

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

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

PREPARATION	
exchange application process	For me the application process took quite some time. There are so many universities to choose from and I did not have a prevailing preference for a particular country or city. First I needed to check which universities offered courses that I was interested in. Be sure to take enough time to do this research. Since every uni has a different looking website and is organized differently, it can take up much time to figure out which courses will be available to you. It helps is you know what you are looking for, that way, when they don't have any such course, you can just scratch that uni off your list and move on. Once you have found something you like, you will have to check if the courses of your choice can be implemented in your transcript. That can take a bit of figuring out as well. Then you will need to write a motivation for your studyplan and a financial plan. Do not underestimate this last part. On exchange you will probably try many new things and try to see many places, which will cost money. Make sure you have enough money to get to your destination and back and also some extra for you to make your exchange an amazing experience, because it would be sad to have to miss out on stuff. When planning my exchange I mostly noticed that everything took time, a lot of time!
counselling & support at Utrecht University	The support that the university provided was great! The whole process of going on exchange is layed out very clearly on the website and whenever I reached out to the Interntional Office they were very helpful. If I do have one remark it would be that would sometimes be hard to reach them on the phone. I would have to wait long or be connected through but then the connection got broken in stead.
academic preparation	For the particular courses that I did I did not need to prepare academically any more than reading the readings for the first lectures.
language preparation	At the univerisity of Oslo I took only English courses and since my English was already sufficient there was no need for me to do any language preparations.
finances	

As soon as I knew I was going on exchange I started saving. In total I saved about 1000 euro's. The Erasmus was in total about the same. I put my student loan on maximum and my parents contributed an amount per month. Also I spent two months working when I was in Oslo, which paid very well, because salary in Norway is usually quite a bit higher than in the Netherlands. In the end I earned around 1700 euro's in Norway. All of these funds combined were sufficient for me and I travelled a lot when I was away. About twice a month I would leave Oslo to go and explore the nature in Norway and the rest of Scandinavia or see another city.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Upon arrival in Oslo I learned that one of my course was not exactly what I thought it was going to be. In the discription it said continental philosophy but the course was about a very specific kind of continental philosophy and more specifically about one book by Merleau-Ponty and I did not really like this subject. So if you are in doubt about the content of a course, I would recommend to send the teacher an email to check. The University of Oslo was very clear and well-organized about all study-related issues, so that was very pleasant!

academic quality of education activities

The education at this university was very different from what I was used to in my philosophy studies in Utrecht. I felt less challenged than I would have in Utrecht and I would have liked. Although all three the courses were very interesting, the classes were not structured too well and that made some classes a bit dull.

counselling & support at receiving university abroad

I had no need for couesling throughout my exchange.

transfer of credits

Credits would always be uploaded on either Studentweb or Fronter, sometimes it could take a while.

STUDENT LIFE

welcome & orientation programme

The buddy week was great! In this week two students of the uni will take a group of about 30 exchange students and show them around the city and the university. I was very lucky with my group and with my leading buddies. They showed us a lot of cool places around the city and even organised a tour for us in a scupture park! They also opened their home for us to have pre-drinks before going to parties. It was a lot of fun and I ended up spending most of my time in Oslo with the people I met in this week! I totally recommend going, even if in the beginning it seems a bit akward.

accommodation

I stayed at Stensberggata student building. Sio is the organization that collaborated with the university to provide its students with affordable housing. All exchange students are assured a furnished room in a student house and you can apply on their website for the buildings of your choice. You will then get an email when they know which one will be available for you. Stensberggatta was definitely more expensive than rooms in the bigger student villages at the edge of the city like Sogn and Kringja, but I loves living close to the city and thought it was totally worth it! The uni however was a bit out of the city and I know that people living in the bigger student flats had a lot of fun there too. I went over there a lot for parties!

leisure & culture

I have discovered that Oslo is a beautiful and fun city, but because Norway is really expensive and has really strict alcohol rules (in a lot of clubs and bars the age limit was 21 or 23 even), it is not a place where a student

can afford to go out a lot. Of course there are cheap student places and house parties and you can always make it a good time as long as you make some nice friends, but if partying and having a different musical or cultural event happening every week is your thing, I would not recommend this city. I would however recommend it if you love being out in nature, hiking along the most beautiful fjord scenery and like being able to have an amazing view just 20 mins walking from the last metro stops of the city. If you are planning to travel and like the outdoors than this is the place for you! All of the best memories that I have of my exchange are from trips outside of the city and the Norwegian nature is truly unlike anything I have ever seen.

suggestions/tips

CONCLUSIONS

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

To sum up, I would recommend the university for its organizational features, everything was always well-organized and clear, but not per se for the teaching, but that might be very different for different courses. I would recommend the city because of its proximity to the Norwegian fjords, but not for the city itself. For me, getting to travel around Norway for 5 months while also studying, was totally worth it to live a bit of a low key life in the city itself.

do you have any additional advice or comments?

If you have the funds to travel around Scandinavia during your exchange and you would like to live in a more exciting city, then I would recommend a city in Sweden rather than Norway, cause then you can travel to the fjords from there. I went to Gothenburg, which I really loved! It is a bit cheaper too and much more happening.

2016-2017

Report 1

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

destination city & country	Oslo, Norway
name university abroad	University of Oslo
start date	01 / 08 / 2016 (dd/mm/yyyy)
end date	31 / 12 / 2016 (dd/mm/yyyy)

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

PREPARATION

exchange application process

Lots of documents to upload, but it is made very clear when what document needs to be handed in.

counselling & support at Utrecht University

Didn't really use it, but I feel like it would have been good if I had.
academic preparation
My exchange university has about the same level as my home university, so no problems there.
language preparation
Everything works in English, and my level was high enough for this. It helps if you already have had some courses in English in your study at your home university, but you learn English fast enough if it's the only language you'll be speaking for a semester.
finances
Living in Oslo is tough economically, but you can make it work if you keep track of what you spend.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
This worked all fine. Dates and deadlines were very clear, application for courses was easy.
academic quality of education activities
Seminars and lectures were useful, great variation between forms of teaching.
counselling & support at receiving university abroad
Haven't made use of this, but I know who to go to if I needed it, so I would say this was done very well.
transfer of credits
This hasn't happened yet, I assume it will all go smoothly.

STUDENT LIFE
welcome & orientation programme
Rich welcome programme with lots of fun activities. You'll get in a buddy group, which is a great way to get to know lots of people in your first week. Some of the people in my buddy group are now my very best friends, so make sure you'll participate in this week.
accommodation
This is very well organised in Oslo. Every student gets a room for sure, and you can even choose how much you want to pay and where you want to live. I recommend choosing student village Sogn, most international students live there.
leisure & culture
Lots of museums to visit, fun city center. Students get huge discounts on the gym and museums. Student life is great, especially when you live in a student village where there are parties every weekend. Going out into the center is also fun, but the prices are very high and age limits are often above 23.
suggestions/tips

CONCLUSIONS

Norway – University of Oslo

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

Yes, very much. The university has a high level and lots of different courses. Oslo is a great city to live, because it has lots of culture. It has a great student life, although it is very expensive. The nature is the best about the city in my opinion, you can take a walk up a hill or in a forest as a study break.

do you have any additional advice or comments?

I would recommend anyone to go abroad, it is an amazing experience and I will never regret doing it!