



## ERASMUS+ STUDIES - UU Report

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

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

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

family name*	
first name*	
student number*	
permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input checked="" type="checkbox"/> yes: timoschort@gmail.com my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: <b>or</b> <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:      @
<i>See end note for * and **</i>	
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Global Sustainability Science

destination city & country	Trondheim, Norway
how did you travel to your destination?	by train
name university abroad	NTNU
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	14 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION	
exchange application process	I found the application process not very hard, sometimes it was a bit chaotic because there were so many different forms to fill in which I had to sent back and forth to the NTNU and UU but in the end it all worked out and I was not too stressed about it.
counselling & support at Utrecht University	Support at UU was very helpful and always quick in response! I would always advise that you mail them if you have any questions about the application process.



academic preparation
I did not have to do much preparation academically, I picked courses for my free electives, so I could pick courses that I thought I would enjoy.
language preparation
I already spoke some Norwegian due to family, however, Norwegians all speak English so it is not very needed.
finances
My parents helped for the most part and I already saved up enough money for the expensive country that Norway is. I also applied of course for the erasmus grant and the erasmus green grant, and when one can stop their OV privileges in the Netherlands to receive some extra money.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)
I followed some business courses and one medicine course. At first I had to switch one course because it was given fully in Norwegian and my language proficiency was not of high enough level to follow that course, so I swapped it out very easily for another business course. I had no other issues with the courses, other that the medicine course was a full self-study and it had no classes on campus which was a bit of a shame.
academic quality of education activities
I have to say that the although the quality was okay, the level was overall a bit lower than back home at UU. I felt that the standard quality was a bit lower than at UU, which gave a very stress-free feeling.
counselling & support at receiving university abroad
I did not have much contact with the NTNU since I had no questions for them, but when I did they were helpful and kind.
transfer of credits
The transcript of records was very easily available through the website of NTNU, I have yet to learn how the actual transfer of credits will go, however, I suspect no difficulties.

**STUDENT LIFE**

welcome & orientation programme
The welcome programme was okay for international students and I will recommend you to always follow any kind of orientation/welcome programme as it will bring you into contact with fellow students. However, I found it a bit of a shame that we were not included in the Norwegian introduction time, as it seemed that the Norwegians were having a lot of fun and parties that week which I unfortunately was not welcome at.
accommodation
I was vert lucky with my accomodation. The housing organisation in Trondheim, sit, said beforehand that there was very limited space and that many students were going to have to search on the private market for housing. However, I was granted a room quite well in the centre of the city, with easy access to the centre, the party scene, a park, sports facilities and public transport. The price of rent was not even too high (350 euro), the housing was very basic in this case, but this was no issue for me as it was only for a couple of months. I had 5 roommates who were not matched on nationality, gender or age, which was a bit of a shame as I had difficulties to connect with 5 Germans who were all a bit older, but we managed.
leisure & culture
Really tons of things to do in Trondheim, if you are a party person; there are many nice clubs and places to go out in the weekend, the prices are very trickey though! I advise you to get a membership for



studentersamfundet, which is about 30 euros. It grants you to go inside for free always during your stay and some nice discounts on beers and food in the restaurant downstairs. Many students, and Norwegians, like to go out in nature, to go on hikes and adventures. These hikes will remain with me really as core memories, they were so special! Norway has some of the prettiest nature to explore.

suggestions/tips

Go to Lofoten and Innerdalen.

## CONCLUSIONS

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

For sure. It depends on who I would recommend it to. If you have the money/ do not care about the money, if you are sporty, like to be outdoors in nature, explore, but also like lively city with lovely student life, Trondheim will definitely be a city for you.

do you have any additional advice or comments?

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

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