



University of Oslo

2022 – 2023

PREPARATION
exchange application process
It was a very easy process, everything is available online and it doesn't require that much work.
counselling & support at Utrecht University
I didn't have that much counseling but that was also not needed, if I had any questions the replies were quick.
academic preparation
I didn't prepare anything on academic level
language preparation
I didn't take any language courses beforehand. It is also not needed since Norwegians can speak english fine. I did take a Norwegian course in Oslo through the university which was very nice and I feel like I've learned to understand/speak Norwegian on quite a good level. It's not the hardest language to learn.
finances
You probably already know this but Oslo and Norway in general is quite expensive. The groceries are more expensive, but you can also find cheaper stuff. Some things can be cheaper than in the Netherlands! But still, it is important to save up because if you want to make trips that costs more money ofcourse. Also, the restaurants/bars are crazy expensive: especially the alcohol prices

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The study programme was organized fine but I have to say it could be a chaotic at times. Lectures could get rescheduled last minute and sometimes they would just postpone a lecture to like two weeks later. I have never experienced this in the Netherlands so I have to say that could sometimes be a little bit annoying.
academic quality of education activities
The academic quality was quite similar to the Netherlands, so on quite a high level. But it was less content than subjects in NL.
counselling & support at receiving university abroad
The counselling was fine, but again not so much needed. If I needed a form to be signed or something I sometimes had to wait but never really long.
transfer of credits
Worked fine

STUDENT LIFE
welcome & orientation programme
The buddy week organized in the first week was really fun and I met a lot of my friends there. There were a lot of activities so you got to know your group quite well. The faculty of law also had a party almost every night that week so that was really nice!
accommodation
I rented a room through Sio. I stayed at the stensberggata studenthus, which was nice because it was quite



close to the city centre and Grünerløkka. I got lucky with this, because most people get placed more outside of the city centre (Sogn or Kringsjå). But I have to say, the public transport is really good so it's also fine if you end up there and there are more internationals in those student villages.

leisure & culture

The culture in Norway in winter is quite different than in the Netherlands. People go cross country skiing, alpine skiing, iceskating and much more winter activities. I arrived in January so it got dark quite early but it quickly becomes better during the time. During spring I think Oslo is more like the Netherlands, suddenly there are terraces which were not there before so that's really nice! When it's sunny people go outside and it can be very busy. The nice thing about Oslo is that it has both city and nature vibes. It's quite a big city with nice bars, clubs and restaurants but you can also go for a hike in the beautiful forest and to amazing viewpoints.

suggestions/tips

Save up before you go so you don't have to worry about money when you're there, make beautiful trips and enjoy it!! The time flies when you're there so make sure to enjoy it.

CONCLUSIONS

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

I would definitely recommend going to Oslo! If you like city life but also nature (hiking, skiing etc.) then Oslo is the perfect place for you.

do you have any additional advice or comments?

Oslo is also a good basis to make trips throughout Scandinavia. There are so many things to see in Norway alone already. A few tips are: Tromsø, Bergen, Stavanger - hike to Preikestolen, Geilo (for skiing) and of course the other capitals in Scandinavia: Copenhagen and Stockholm. You do have to be a winter type of person, because in the winter months it can get really cold. I've had temperatures of -20 degrees in Oslo, so make sure that you can handle that. If you are more of a summer type of person, I wouldn't recommend Oslo.



PREPARATION

exchange application process

The application process was easy, and I found the website of the university of Oslo to be quite helpful.

counselling & support at Utrecht University

I mostly used the UU study abroad webpages as my source of information, but I would also recommend going to the information session that is organised - I found that very useful. I had some questions about going on exchange still as a master's student and regarding that I got some contradicting information from the international office. The website of my master's program was not very clear on this either. In the end it worked out so I would say: trust that an exchange in your master's is still doable.

academic preparation

I did not do anything to prepare academically for the courses.

language preparation

I did not take any language courses beforehand. I did try to learn some Norwegian through apps, but that is of course not necessary for any classes as mine were all in English.

finances

Norway and specifically Oslo is very expensive! The prices of 'normal' things like groceries, eating out and alcohol are much higher. So, if you want to do anything special and take trips while in Oslo, you should definitely save up. I got housing through the university which made my rent more affordable than it would have been on the private market. My rent was around 660 euros per month.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There are not that many master's level law courses in English to choose from, but I found the options to be sufficient. You should be aware that they don't offer a lot of course on EU law, as Norway is not in the EU. The schedule and exams dates/methods are published well beforehand and online systems work well although they are different from the ones the UU uses, so figuring them out took some time.

academic quality of education activities

I would say the difficulty level of the master's courses is about the same as at the UU, but the amount of content per course is a bit less. The only moment I was tested and received a grade was during the final exam in December. During the semester I had only lectures (no seminars) and a lot of reading 'homework'. A lot of self-discipline is thus required. This meant that I was flexible in planning my study hours during the semester which was nice when planning trips or social things.

counselling & support at receiving university abroad

There is one exchange coordinator and she seemed very busy so sometimes it would take a while to reply, but she was always helpful and would come through in the end. Once you're in Oslo, there is a student desk at the law faculty for questions you might have or to get things signed.

transfer of credits

UiO uses an equivalent to ECTS, so that was easy. Transfer of grades was simple and quick as well; this could be done through an online portal.

STUDENT LIFE

welcome & orientation programme



There was a buddy week for international students at the law faculty before classes started. I met a lot of would-be friends there, so I would definitely recommend participating in that. It is also a good way to get the know the city.

accommodation

I got housing through an organisation connected to UiO, called SIO. The university informs you about this possibility in due time. I think SIO is the easiest and one of the cheapest ways to get housing in Oslo. I applied only for accommodations close to the city centre, which I ended up getting. My house was not that social, but I noticed that I had enough other social things going on outside of the house and I really enjoyed the proximity to the centre and law faculty. There are also big complexes at the outskirts of the city. If you want more of a party house, you should pick those but be aware that public transport to those stops running after 1 AM on weekdays.

leisure & culture

Oslo has activities and places for everyone. There is a lively going-out scene. The nature and outdoor activities around the city are amazing as well. Public transport in and around the city is good. The restaurants and cafes are OK, but in my opinion less so than in the Netherlands - especially when taking the high prices into account.

suggestions/tips

You can take a subscription for public transport with a student discount, this makes taking small trips to the nature surrounding Oslo easy. Grocery shopping can be done for cheap in a neighbourhood called Grønland. The train route between Bergen and Oslo is really beautiful.

CONCLUSIONS

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

I would. Oslo as a city is nice and well situated for visiting other Scandinavian places as well. What made Oslo such a great destination for me was the beautiful nature of Norway and the quietness in the whole country, also in the capital.

do you have any additional advice or comments?

Start saving up early! It is an amazing place to go and there is so much to see and do in Oslo and Norway as a whole, but it will cost you some.



PREPARATION

exchange application process

I had to write a motivation letter. After this, the UU informed me on 18th of January that I got accepted to the University of Oslo.

counselling & support at Utrecht University

Study advisors do not reply as often as you would like.

academic preparation

The level is kind of the same as in The Netherlands, but it depends on the courses you take. Some are harder, some are way easier. No need for any academic preparation.

language preparation

Everyone speaks proper English. It is fun to know some Norwegian words, but it is not necessary.

finances

Save a lot. Oslo is very, very expensive. Books cost around 40 euros, but a lot is already published online.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose: Financial Market Law and Regulation, International Human Rights & Criminology of Globalization. The first course was the hardest, the other two were not that hard. There are not a lot of options for criminal law, so do not go here if that is your interest.

academic quality of education activities

Only lectures, no seminars. Quality is okay, but not exceptional good. One lecture a week per course. Preparation between 20-100 pages every course.

counselling & support at receiving university abroad

No counselling. Study advisors sometimes do not answer at all, or it takes a long time. Keep this in mind.

transfer of credits

Was very easy. You could just download the transcript yourself and the UU only needs to accept it.

STUDENT LIFE

welcome & orientation programme

Buddy week was a lot of fun. You meet a lot of new students. Cool activities and a great way to wander around the city.

accommodation

I lived in Sogn, with many international students. Again, it depends on your housemates if this is fun or not. Some people get lucky and some do not get lucky. Very easy to get to the city, nice room and well-arranged if something was wrong.

leisure & culture

Norwegians are not very social. They do not approach you, but if you approach them they will be very kind. No culture shock. It just gets dark and cold fast, but you'll get used to it very quickly.

suggestions/tips



Join a sportsteam. Make a lot of trips. Cheap beer: Los Tacos. Go to Grønland for your groceries.

CONCLUSIONS

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

Oslo is a nice destination if you like nature. There is not a lot of partying going on. Lectures are not very hard, but the city is just very expensive. So if this speaks to you, then yeah i recommend.

do you have any additional advice or comments?

Save money beforehand and when you're here, do not worry about the money too much. Try to enjoy it as much as you can.



2021-2022

PREPARATION

exchange application process

The exchange application is quite straight forward, everything can be found online. Eventhough everything is quite straight forward, doesn't mean it does not require much time. There are lots of forms and requirements, some need to be requested (and sometimes signed) at your faculty or the exchange office. Therefore, it is incredibly important you start your application process in time. This will save you a lot of stress!

counselling & support at Utrecht University

You can always reach out if you have any questions, and you always get a quick reply.

academic preparation

I did not do any specific academic preparation.

language preparation

I did not take any language courses beforehand.

finances

Before you choose Oslo (and Norway in general) as your exchange destination, realise that Oslo is an expensive destination. Rent is relatively expensive compared to Utrecht (see for more info in the next section) and so are other costs like groceries, going out for a drink or going to a haidresser. If you choose Oslo, save up beforehand!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There are many interesting (law) courses to choose from. I chose to do two law courses, and a Norwegian language course for international students. For me the studyload was definitely doable and can easily be combined with fun stuff.
Realise that the semesters at UiO do not start and finish at the same time as in Utrecht. I went in the autumn semester, which starts mid-august and ends just before Christmas. This is no problem as it does not overlap, but do realise that if you want or need to take courses at UU again that start around February you have some spare time.

academic quality of education activities

I would say that the academic quality is good. The law courses are probably a little easier than in Utrecht. The Norwegian language course for internationals I took was a lot of fun and not hard at all. The average grades are also quite high. Most law courses only offer lectures, and no seminars/discussion groups like at UU. This makes that as a student, you need to keep up with the contents and do a lot yourself. This is not necessarily my preferred way of studying, but it does offer a lot of flexibility in when and how you study.

counselling & support at receiving university abroad

You can always reach out to the exchange coordinator with any questions.

transfer of credits

UiO and UU both use ECTS, so it is not difficult.

STUDENT LIFE

welcome & orientation programme

ELSA Oslo organises the buddy week, whatever you do, go there! I made most of my friends during that time. During that week there will be loads of fun activities, parties and sightseeing in your new home town! They also



provide useful information about studentlife at UiO.
accommodation
If you apply at UiO, apply on time for a room at SIO. SIO is the student housing organisation, offering more affordable rooms on different student campuses. The earlier the better, they cannot guarantee rooms for internationals, but the earlier you are the more chances you have. Most of my friends had rooms from SIO and their experiences are very good. I did not get a room with SIO, so I had to find something on the private market. This is more expensive, and not very easy to find, especially on a smaller budget. I used finn.no the most for my search, which is basically the Norwegian "Marktplaats.nl". The advantage of private rooms is that they usually are a little closer to the city centre, however this does mean you will pay more. Public transport is very good in and around Oslo, so a room a little further away from the city centre is fine.
leisure & culture
Oslo is an amazing city that offers a lot of different activities. Whether you like going out clubbing or enjoying nature (or both), Oslo offers it all. Do be prepared to pay a lot for many activities. Going out for dinner or having some beers with friends is expensive, but the fun makes up for all of it. If you want to have fun on a budget, look at the activities that SIO organise. For example, during my semester you could go to the cinema for free, or go paddleboarding for free and sometimes they organise parties with cheaper beers.
suggestions/tips
<ul style="list-style-type: none"> - Go to the buddyweek and enjoy it to the fullest. I've made most of my friends during that time. - If you want to save some cash, go to Grønland for cheaper groceries - If you want a nice studyspot, go to the Deichman Bjørvika Library - During the autumn break in October, I went to Lofoten with some friends. Norwegian Airlines offers cheap domestic flights for students. Lofoten is absolutely stunning, with beautiful nature, and if you are lucky you will see the Northern lights. Other people went to Trømsø which is very pretty too. - For a shorter trip, take the train up to Bergen - Oslo has several food courts, which are all very nice - Just outside of Oslo there are many amazing hikes you can do, all easily reachable by public transport - Don't be scared off by the bad weather, this is not as bad as you think. When I was still swimming in the Oslo fjord my friends at home were wearing their rain coats. - Sending letters to and from Oslo takes a long time. Sending packages is really expensive and takes even longer. Book an extra suit case for winter clothing, and don't get extra clothing etc. sent to you by mail because it is way more expensive - If you are under 20 it is quite hard to get into bars and clubs - Just have fun!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would recommend the destination and university. The courses are interesting, good quality and not too challenging. Norway is an amazing country, and Oslo a very nice student city!
do you have any additional advice or comments?
See above.



PREPARATION

exchange application process

My exchange application process went quite smooth. The information on the website was clear.

counselling & support at Utrecht University

I did talk about my exchange with my studyadvisor and that was a pleasant conversation. Other than that I did not have a lot of contact with the UU about my exchange application process, I did not need it!

academic preparation

I did not do any academic preparation for my exchange.

language preparation

My level of English was not great but fine and I did not have difficulties with it once I was abroad.

finances

Keep in mind that Oslo and also the rest of Norway is really expensive. During my time it was possible to have a free loan from the government, which I did. I made sure I had at least 1500 euros per month to spend.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed the courses Norwegian for 10 ECTS, International Commercial Law for 10 ECTS, and British Literature for 10 ECTS. Questions that I emailed the university or my teachers were answered within 1 or 2 days. All teachers were really nice and supportive. Norwegian was my favorite course, I really enjoyed learning about their language and culture.

academic quality of education activities

I feel like the level of education is higher in Utercht. In Oslo, the courses were not that challenging and went quite slowly in comparison to Utrecht. I liked that very much because it gave me more time for nice trips. I think it may also have been because of the subjects I chose; my friends found certain subjects really difficult (but also fun).

counselling & support at receiving university abroad

UiO is a really welcoming and warm university. All my contact with them has been very pleasant. They are very kind and focus more on mental health than I was used to.

transfer of credits

Make sure you ask the UU if you can transfer all the credits that UiO assigns you. In that way, you can still change to another course if they do not accept a course / address less credits to a course.

STUDENT LIFE

welcome & orientation programme

I strongly recommend to go to the ELSA introduction week, I made a lot of friends there! Even though there was COVID, we did a lot of activities outside which were fun.

accommodation

I stayed at the Sogn Studentby via SIO. I applied for housing a day before the deadline, which I do not recommend since I got my 6th choice: a studio without roommates. It was still a very nice place, but quite expensive (670 euros a month). It was nice that many internationals stayed there. Krinsja is also a very popular place with internationals. Friends of mine who lived in Sogn had either 3 or 6 roommates. I had a non furnished



room so my first trip was to Ikea, but there are also furnished rooms where you only need some bed linen and a wifi router. My studio was really clean when I arrived and really felt like home after a few months. Take some pictures/decorations with you to Oslo in order to make it feel more like home, I was really glad I did. :-)

leisure & culture

In oslo, you can do all kinds of outdoor activities: cross-country skiing, skating and sledging in winter, and swimming, island hopping and beautiful walks in summer. At BUA you can lend skies and iceskates, but also tents for free! Alcohol is really expensive, so keep that in mind when going out. Oslo does have very nice places to go out or have a drink, it is really not only a place close to nature but also has a vibrant nightlife. Oslo is a place where sports are cheap and accessible for everyone, while dining out and having drinks is really expensive.

suggestions/tips

Download to good to go to save money, visit all the island, take your hiking boots with you and enjoy! If you are planning to do a hike, always look up the hike first and keep in mind that Norwegians call something an 'easy Sunday hike for locals' while we would call it moderate to difficult maybe. Also, look up whether there are any national holidays/festivities during your stay, and join the Norwegians! For me, the Holmenkollen skifest and the 17th of May were both really great experiences.

CONCLUSIONS

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

I highly recommend Oslo. I saw some beautiful nature, had some nice cabin trips (via DNT), got a lot out of the Norwegian culture and made some nice international friends. Oslo is a clean and safe place, which means that I never felt unsafe there. Norwegians are introvert but once you ask them for help they are very friendly. I really liked the atmosphere there.

do you have any additional advice or comments?

In conclusion, I highly recommend to start your housing application in time, attend ELSA's introduction week and plan trips to other places in Norway. Norway is really beautiful in both winter and summer! The only negative thing was the prices of the accomodation, the food and drinks. Norway is an expensive country and it really would have been less fun if I had saved less money.



PREPARATION

exchange application process

I had to apply with CV, motivational letter and transcript of records. Because of corona the whole exchange programm was unsure until the very last moment. I also applied for a few other universities but Oslo University was my first choice.

counselling & support at Utrecht University

There are a lot of documents on how to apply for exchange and also the website of the UU helped a lot. You can also read the experiences of previous exchange students.

academic preparation

There was no academic preperation required except for the bachelor of law. I am not sure if it helped to get in that I already finished all my mandatory cources of my master 'Staats- en bestuursrecht'.

language preparation

No language preparation was required since the cources were in English. You have to do the English exam for erasmus beforehand but my results were fine. Norwegian is not very hard to learn when you are Dutch, so if you are interested I would recommend taking Norwagian classes/learning with dualingo

finances

I applied for the erasmus grant and the travel grant. It took a long period for me to receive those grants. Also you will definitely not be able to finance your stay with the grant. You will need savings and possibilies for students loans.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

There were a lot of cources I could take in English. I ended up picking Public International Law, Human Rights Law and international institutions and International environmental law. But there are also a lot of options for corporate and market law.

academic quality of education activities

The cources were of decent level. In the cources that I took there were only final exams, so no tests/presentations or papers in between. This also means that you only have one chance of passing the course since it is not possible to do retakes at Oslo universiy.

counselling & support at receiving university abroad

This was well organised. There is a lot of information for international students. If you need any help there is the international office that is very helpful. I didn't need any counselling so I can not give information on that part.

transfer of credits

Is not relevant in my case since I cannot use the cources in order to get my masters, so I only took cources out of interest. It takes a while in order to get your grades at Oslo Unitversity so it is important to keep that in mind.

STUDENT LIFE

welcome & orientation programme

There was a well organised buddyweek, this is only for law students so you don't meet international students of other faculties there. The Norwegian students that organised this week where available for the whole semester in case you had any questions



accommodation
It is really hard to find accomodation so apply early for student housing. SIO is the student housing connected to Oslo Universty but they didn't have an offer in time for me. A lot of international students had this problem so it is important to go look for a place to stay in time. The private market is very expensive and there are a lot of scams so be aware of that.
leisure & culture
Norway has a very pretty nature and is really good for hiking, (cross-country)skiing etc. Oslo is not the most diverse city in Europe but there is a pretty opera and some nice bars.
suggestions/tips
Norway and especially Oslo is very very expensive (not only the alcohol). For student housing outside SIO look at finn.no this is the Norwegian version of e-bay. I also bought a bike there (although Oslo is not the most bikers friendly city)

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Depends on your motivations. For international and environmental law it is an interesting destination. The study levels are not to high but the level of education is decent. If you are interested in nature/sports Norway is perfect.
do you have any additional advice or comments?
It is not a 'party exchange' since alcohol is very expensive and Norwegians are not the biggest party people. But if you are interested in their nature/hiking and if you have enough money Norway is a perfect country



PREPARATION

exchange application process

I applied a year in advance. At first it can seem kind of overwhelming what exactly you need to do, prepare and submit to apply but if you keep to the deadlines it's actually fine. UU and UiO send you a lot of emails reminding you of deadlines and explaining what they need you to do so I would say the application process was not problematic at all. For me it also really helped to talk to other exchange students about their experiences

counselling & support at Utrecht University

In the beginning of the application process there was a lecture about the exchange and everything we had to arrange. The coordinators at both UU and UiO have always replied to my emails quite quickly. They have been very helpful and will answer all your questions

academic preparation

No academic preparation was required by UiO beforehand. I just had to pass all the courses I was currently taking in Utrecht

language preparation

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

finances

Norway is quite expensive. I knew this beforehand so the periods before my exchange I only took 1 course at UU so I could also work 4 days a week to save up enough money. In addition to that I received the Erasmus grant which was really helpful

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I choose 3 different law courses which were all 10 ECTS each. At first I had to get used to the way they teach at UiO. At UU I was used to getting lectures and seminars. At UiO I only got one lecture per course, per week. In these lectures the overall subject of that week's readings was discussed. We didn't really have to prepare any questions or anything before the lectures, we just had to do the readings. I started my exchange in January and I didn't have any exams until end of May/beginning of June

academic quality of education activities

I feel like the academic quality of education is higher at UU because the seminars really help you get a better understanding of the subjects and we didn't get seminars at UiO. It was a lot of self-studying. I also feel like the courses in general are a bit easier than in Utrecht and not a lot of people had any struggles with the exams. The average grade was always quite high

counselling & support at receiving university abroad

During my exchange I didn't really need any counselling or support, but whenever I contacted a coordinator for more information or any signatures, these emails got answered very quickly

transfer of credits

I got an email explaining how to order a transcript of records and get my credits transferred so this was all fine and quite easy

STUDENT LIFE

welcome & orientation programme



UiO organized a buddy week for all faculties. In this week we got placed in a buddygroup, with buddies (other exchange students who were already there for a while). We did activities together and explored Oslo. For me the buddy week was really great. I met a lot of people there who I stayed in contact with throughout my whole exchange and actually became really good friends of mine. So it was a really fun time and easy way to get to know other people with maybe even the same courses as you
accommodation
I lived in Sogn. I lived with 6 other exchange students. The apartment we lived in was recently renovated so that was really nice. We had a spacious kitchen and a balcony. The bedrooms were also a decent size and I was very happy with how comfy my bed was. Sogn was a good location for me. It was close to nature and also close to the city. To the law faculty it was around 25 mins by public transport. The rent was a little expensive but not more than what I paid for my room in Utrecht
leisure & culture
I have never been bored in Oslo. It is a city full of activities. In the winter there's the opportunity to do many winter sports and once the weather gets better there's many hikes to do or parks to visit. I also went on a lot of trips throughout the country, like Tromso and the Lofoten, and even to Stockholm by train.
suggestions/tips
Like said before, Norway is very expensive so it really is super important to save up enough money beforehand so you can actually enjoy and explore the rest of the country and go on trips. But also going out for dinner or drinks is way more expensive than you're used to

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend going on exchange to Oslo. I really enjoyed my time there and the courses I took were interesting. Norway is a beautiful country and there is enough to see and do
do you have any additional advice or comments?



2019-2020

PREPARATION	
exchange application process	
	At first I had some difficulties deciding where to go and finding my way through all the options and the website of the abroad page of the University of Utrecht. Once I decided what my first and second choices were, everything became more clear.
counselling & support at Utrecht University	
	The University of Utrecht was very helpful every time I went to them with all my questions. Do keep in mind that it is more helpful to only go to them when you have your questions well prepared.
academic preparation	
	The courses I signed up for at the University of Oslo were Law courses, so I did not specifically do any academic preparations.
language preparation	
	At first I was very nervous about going abroad because I did not feel prepared to speak English since I study Dutch law and therefore there was no need for me to speak English for a long time. Through the OLS course I started early with practising my English again. When I did the OLS test, I scored high which gave me confidence.
finances	
	It is common knowledge that Norway is one of the most expensive countries in the world. This made me very aware of the fact that I had to start saving up early. Once I was there it turned out to be very doable with the Erasmus grant.

(interrupted) STUDY ABROAD PERIOD	
welcome & orientation programme	
study programme (content and organisational issues)	
	Welcome and orientation programme: The University of Oslo did the most fantastic job on the introduction programme. In cooperation with ELSA Oslo, the law student association, they set up a so called 'buddy week' where they divided everyone in buddy groups. There were activities all week long during the day and in the evening/night which you attended with your buddy group. Due to the buddyweek, it was very easy to get to know everyone from my faculty, so within only one week I already made a lot of friends. Study programme: The University of Oslo has a very great diversity of courses. I actually based my choice to go to Oslo mainly on that. The organisation and communication of the University of Oslo was of very high level, and especially as an exchange student this was very helpful.
academic quality of education activities	
	The University of Oslo's differs greatly from that of the University of Utrecht has. At first I had to get acclimated with this way of doing my University work, but in the end it was actually really nice.
transfer of credits	
	The University of Oslo uses the same credits as the University of Utrecht does, ECTS.

CORONAVIRUS CONSEQUENCES	
support guidance of host university	
	The University of Oslo instantly supported all the students with all information, not only of the University but also on what was happening in general. As a student, alone in a foreign country, it was very nice that in a



situation like this they stayed connected with us.
support guidance of home university
The University of Utrecht waited a bit longer to react on the virus for us exchange students, while University of Oslo was very early with informing us. It took them a while to tell us that they advised us to come home.
online offer and quality of digital courses
Within one day, the University of Oslo managed to offer all their courses online, I was very pleasantly surprised by this. I was very happy that they made it possible for me to still finish my courses.
suggestions/tips on digital exchange

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would highly recommend the University of Oslo and especially Oslo in general. Going on exchange to Oslo was one of the most amazing experiences, I made a lot of friends and I made some amazing trips through the country. Norway is a beautiful country and Oslo as a city offers a lot.
do you have any additional advice or comments?

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

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The study programme was fine. The courses were accurate to their description and not too hard.
academic quality of education activities
The courses were quite easy and not a lot of people had trouble with them. The average grade is very high.
counselling & support at receiving university abroad



There were no counselling issues.
transfer of credits
The credits were transferred fine. Make sure to contact the Exam commission in time!

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

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would, if you have enough money saved to travel around. Without making trips, Oslo might not be the best place for a halfyear of craziness.
do you have any additional advice or comments?
Make sure to look around where to do your grocery shopping. Grønland is a good start!

PREPARATION
exchange application process
The exchange application process was acctually quite easy. I applied for this exchange in December and I heard that they accepted me in January. After that it was quite easy, I got a lot of e-mails from the University of Oslo, where I could read what I exactly had to do to complete my application.
counselling & support at Utrecht University
The counselling and support at Utrecht University was good, because we got a lecture with all the information about our exchange before we had to arrange everything. I went twice to the exchange information desk and they helped me very well with my application.
academic preparation
I still had courses at the University of Utrecht during the application period, I passed all my courses of my first and second year. So, I considered that as enough academic preparation.
language preparation
I was quite scared about the idea to that I had to speak in English 24/7. I read some English books and prepared with the Erasmus English test.



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

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The study programme was 30 ECTS and I chose three different subjects, Gender Equality in the Nordic Countries, Human Rights in procedure and Humanitarian Law. The difference in Oslo was that you don't have seminars, where you practice questions and have discussions. So, I only had 6 hours of lectures and had to read the content by myself. The exams were quite late in the semester, after one month without lectures.
academic quality of education activities	I feel like that the academic quality is higher at the University of Utrecht. This is maybe because I had the feeling that I was sometimes not really involved in the lectures, because it is so short and just a few.
counselling & support at receiving university abroad	I didn't need any counselling or support at the receiving university. However, all my e-mails for signatures and short questions about the beginning of the semester were answered fast. Also gives the University a lot of information about important things you have to arrange, via e-mail and its platforms.
transfer of credits	The transfer of credits was quite easy, I just had to fill in a form and send an e-mail with my results via a programme of the University of Oslo to Utrecht University.

STUDENT LIFE	
welcome & orientation programme	The first week was a Buddy week, we were with a group of 30 law students and had two buddies. Soon everyone found their own little group, to spend all the activities with. It were many activities, but a lot of fun and I made a lot of new friends during that week and we became even better friends now. The activities were related to our faculty, we visited the Supreme Court and the parliament. However, this week wasn't without partying. Every night the faculty arranged a party or we went to a bar. I was so exhausted after this week, but I still had one week of free time left before my classes were starting. I went to Stockholm in that week, with the people who I have met during the buddy week. And that was just our first trip, what is continued by a lot more.
accommodation	My accommodation was a bit expensive, however I had a private bathroom and that was quite relaxed. I stayed in Kringsja and a lot of friends were living there as well. So I never traveled home alone by night, what I really liked. Also I lived next to a lake, named Sognsvann. It is a beautiful lake and you can walk around it in a hour, what I did weekly. Furthermore, there was a supermarket, gym and a café. And the best of all, my accommodation was only 4 minutes walking from the Metro. The Metro brought me in 15 minutes to the City center.
leisure & culture	Oslo is a city full of activities. We hiked a lot around Oslo and there is always something to see or do in the city. We made a list with all the things we wanted to do and we finished this in our last week in Oslo, so don't worry there are plenty of things to do. A lot of hiking trails, museums, shopping centres, parks and islands. Furthermore, Norway is an amazing country and I fell in love with it. We went on trips almost every weekend, to explore the country and the rest of Scandinavia.
suggestions/tips	



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

CONCLUSIONS

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

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

do you have any additional advice or comments?

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

PREPARATION

exchange application process

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

counselling & support at Utrecht University

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

academic preparation

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

language preparation

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

finances

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

STUDY ABROAD PERIOD

study programme (content and organisational issues)



Applying for courses was easy and UiO keeps you updated on all the deadlines. I applied for three criminology courses and two Norwegian language courses. They have a webpage for each course which gives you all the information you need to know. Everything is very clear from the start on.
academic quality of education activities
UiO has the best law faculty of Scandinavia and I think you could notice that during the lectures. The professors are all very intelligent and helpful. There are no seminars though, just lectures. That is for the law courses, for the Norwegian language courses I took there were in fact seminars available. All the courses I took were really interesting and very different from the courses I have taken in Utrecht.
counselling & support at receiving university abroad
They are very helpful and reply to your emails really quickly. Also there's an information desk at the law faculty which you can go to when you have questions, or for example need your documents signed. The UiO website is very useful and provides you with basically all the information you need.
transfer of credits
I got my credits not too long after taking the tests (writing the papers). UiO provides you with information on how to get the credits to your home university. So I didn't have any issues with the transferring of my credits.

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

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



I would most definitely recommend UiO and also Oslo. Everything is so nicely organized at UiO which made sure I wasn't stressed about moving countries at all. Oslo is a beautiful city with very nice people and lovely sights.

do you have any additional advice or comments?

- Use the meet and greet service by UiO. It makes your arrival much less stressful.
- Use SiO. They arrange everything for you so you only have to sign up and they will do everything else for you in terms of getting a room.
- Go to the Buddy Week. Meet new people and explore the city.
- Before your arrival, make sure you are in as many Facebook groups as possible. They provide very useful information about all different kinds of things and when you have a question yourself you can just post and guaranteed that someone will answer. You can also easily get second hand stuff from students who are leaving through those kinds of groups.
- Keep in mind that drinking strong liquor is prohibited when you're under 20 years old. When you're under 20, you're also not allowed in most clubs and bars. When you love going out and partying and if you want to do that a lot during your semester abroad, Oslo might not be the best destination for you. This is also because everyting, and especially alcohol, is very expensive.
- Make sure to enjoy yourself! It will be an unforgettable experience.

2018-2019

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



hardly ever use cash to pay), you might find that you need a credit card for certain things, such as for example paying for the public transport (which uses an app instead of an OV-chipcard).

STUDY ABROAD PERIOD

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

STUDENT LIFE

welcome & orientation programme
Every semester, UiO organises a Buddy Week. The programme differs per faculty, but I would advise to go to this buddy week. You immediately get to know a lot about the city, and a lot of new people, of which quite some might become friends for the rest of your life! the programme is also just really fun, and good to get to know the University.
accommodation
I had an accommodation via SiO. Since International Students have priority for accommodation, you are guaranteed to get housing this way. I lived in Kringsja studentvillage, the biggest student housing campus in Oslo. I shared a bathroom with one other person, and the kitchen with 7. The rooms are quite spacious, and although the building I lived in was a little old, the buildings were well maintained and very clean. I would really recommend Kringsja, since it is next to the metro station, and really close to Signsvann, a beautiful lake. From here you can also walk into the surrounding nature of Oslo, as well as picnic at the lakeside or just have a stroll around the lake. Also, they opened a new gym at Kringsja this year, so you don't have to go far if you want to go to the gym..
leisure & culture
Oslo is a beautiful city. Although it is the Norwegian capital, it feels more like a big town. Throughout the city there are a lot of parks. If you want to enjoy nature, the mountains are really close, and there are some nice hiking paths with beautiful views on Oslo really close by. Oslo also has a lot of museums. There is a museum for everyone, from the Museum of Natural History to the museum for modern art, you name it and they will probably have a museum for it. Oslo is just a great city with a lot of culture, and especially a lot of nature. If you are a fan of nature, Oslo is the place to be!



suggestions/tips
<p>Try to do a cabin trip! Cabin trips are fun, and a huge part of Norwegian culture. Norwegians really like to brag about how primitive their cabins are, without electricity, often no running water and a composting toilet. It is a really fun experience, and you get to spend time at some of the most beautiful places of Norway this way.</p> <p>Another tip would be to just do as much as you want and can. The exchange is over before you know it, and there are so many great things to do!</p>

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

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

STUDY ABROAD PERIOD
study programme (content and organisational issues)
<p>In Utrecht I am a law student. I decided to follow other courses in Oslo, so I only followed courses at the social science faculty. I did the courses (1) environmental & society (about the question if climate change a social problem is or not) (2) Migration, Diversity and Inequality (broad course about the concepts of migration, diversity and inequality) and (3) Introduction to Norwegian (course to learn basic Norwegian).</p>



Oslo University has a website (Studentweb.no) where you can sign up for courses and see if you are allowed to follow the course. The website is clear. Before you choose a course please read first the descriptions at the general website (uio.no).
academic quality of education activities
The academic quality was a bit less then here in Utrecht. Every course had one or two lectures a week and sometimes a seminar. During the lectures they explain the general topics and some readings and during the seminars they try to start a discussing about the readings. Sometimes you also have to present something or write something before you can do the end exam. You have a lot of freedom, sometimes that's nice, but be careful that you don't skip to much. The teachers are really motivated and willing to help where possible.
counselling & support at receiving university abroad
The counselling & support at the University of Oslo was fine. If you had a questions or some problems you could always go to your faculty and ask for help. They also responded to your e-mails within an acceptable time.
transfer of credits
The transfer of credits was easy. First of all you had to e-mail the 'examencommissie' with the names and codes of the courses you choose and with a short description of the courses. After that the only thing you have to do is to hand in your transcript of records at 'studiepunt'.

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

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



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

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



STUDY ABROAD PERIOD

study programme (content and organisational issues)

I studied three courses at the faculty of law.

1) English Law of Contract; This was a very good course with a very passionate professor. I really enjoyed this course and it was most certainly the best out of the three I followed during my exchange.

2) Financial Market Law and Regulation; To go from the best course I would like to follow up with the worst one. I found the course to be a bit too theoretical for my liking and found it hard to stay motivated throughout the course. The professor was however an expert in the field and very knowledgeable.

3) Robot Regulation; This was a new course which was very interesting but a bit of a mess as the course leaders were trying to figure everything out while the course was going on. The concept of the course is that there are a few introductory lectures after which the student become experts in a certain area of robotics and thereafter teach the other students. The lasting impression for me will however be the slight chaos due to uncertainty among all the students.

academic quality of education activities

Especially the English Law of Contract was of a very high academic quality. The other courses were of a quality just below the quality I am used to in Utrecht but not far under. I had no seminars and therefore only had lectures. You need quite a lot of self-discipline since you have to do all the reading yourself. Others did have seminars so it really depends on the courses you decide to take.

My examinations consisted of two 4-hour open book exam and a paper + group presentation. The written examinations were digital. The exams were similar to the exams I am used to in the Netherlands, the questioning is however slightly different. Instead of multiple problem questions, in one of my classes the exam was writing an essay in the 4 hours available. In another course I had one very big problem question and one essay question. So be prepared for fewer, but more extensive questions.

counselling & support at receiving university abroad

The contact point for international students was very responsive and quick to answer. They were very helpful when I needed signatures. The counselling I got at the faculty student administration was even better since I could just walk by and get a signature right away. In my experience the communication with the UiO was quicker than with the UU.

transfer of credits

Your courses have to be approved by the exam commission in Utrecht and after this they will need a Transcript of Records from the UiO for your grades to be entered into Osiris. It took a very long time before I got approval to follow my courses, so you have to be quite sure you will not have overlap before you start the courses. Upon turning in this report the transfer process has not been completed yet, so therefore I cannot rely elaborate on it.

STUDENT LIFE

welcome & orientation programme

I had a faculty introduction week called 'The Buddy Week'. This lasted, disregarding the name, a bit longer than a week. This is where I met most of the people I spent my exchange with. The group was quite big, but right from the get-go sub groups formed and I made a lot of friends in this week. Some days are busier than others, but since there are a lot of parties in this week this is sometimes needed. If you are planning on going to Oslo I would highly recommend to go to the buddy week, it is very fun and you will probably make some friends.

accommodation



<p>I stayed at Sogn student village, which is part of SiO. SiO is the organisation that does a lot for students. The gym is also regulated by SiO. A lot of international students live in Sogn, as it is one of the two big student villages. It is a ten minute walk from the closest T-bane (Metro) station, which will be your way to the university since the Faculty of Law is located right in the center of Oslo instead of at the campus (Blindern). The housing is reasonably priced, especially for Norwegian standards, and mine was newly renovated and therefore quite modern. I shared a kitchen with common area and two bathrooms with 3 other people. This was one of the more luxurious housing units though. Others shared one bathroom and toilet with 8, so it really depends on where you live in Sogn.</p>
<p>leisure & culture</p>
<p>A big part of Norwegian culture is hiking and cabin trips. I took advantage of this in the earlier months (summer months) and went on several (cabin) trips to see the beauty of Norway. It is a very beautiful country and I highly recommend going to see the rest of the country. Besides that I went to the opera, which was very fun, considering it was the first time I had ever been to an opera. Furthermore I joined the OSI Innebandy (Floorball) team which was a really nice way to come into contact with Norwegians and try out a new sport. They liked having a non-Norwegian in their team and helped me understand the sport.</p> <p>Norwegians are really nice and helpful people but sometimes slightly hesitant in engaging socially with others. Dutch people are way more direct, but just because Norwegians aren't doesn't mean they do not want to talk with you. From my experience they really like to talk to foreigners, but just will not start the conversation themselves.</p>
<p>suggestions/tips</p>
<p>Just say yes to everything to make the best out of your time abroad, especially in the first week (The Buddy Week) since this is how you meet a lot of people.</p> <p>From an academic point of view, don't get too far behind on studying as you will regret this later on in your exchange. No matter how far those exams may seem, just do a little bit in the beginning of the semester.</p>

<p>CONCLUSIONS</p>
<p>would you recommend this university/destination abroad to others? please explain</p>
<p>YES, DEFINITELY. I had a great time during my time abroad and I think being in Oslo was a very big part of that. If you like being in nature than Norway/Oslo is a great place to be. Just a ten minute ride on the metro and you feel like you are in the middle of nature, and that is because you are.</p>
<p>do you have any additional advice or comments?</p>
<p>There is only one piece of advice once you have decided to go to Oslo. DO NOT UNDERESTIMATE HOW EXPENSIVE IT IS! Having sufficient financial means will make your time in Norway a lot more enjoyable as you can say yes to more opportunities.</p> <p>My final piece of advice is to just go and do it! Whether it is Oslo or somewhere else in the world, going on exchange is great and you will thoroughly enjoy it!</p>