



University of Oslo

2023 - 2024

PREPARATION
exchange application process
It was a smooth process. Everything speaks for itself and otherwise you can find information anywhere on what to do.
counselling & support at Utrecht University
A lot of information was given from Utrecht University and if you go to all the information sessions you can also ask a lot of questions. For Norway, the process is not super complicated so not a lot of help was needed.
academic preparation
I didn't really do any academic preparations. I just completed all my courses that were part of my bachelor's degree up to that point.
language preparation
was not necessary
finances
Norway is of course a more expensive country than the Netherlands. that is why it is important to have a financial overview beforehand. In the year before I saved a lot of money. in addition, of course, you can also get money from the Erasmus scholarship and an ov allowance. But of course you can make it as expensive as you want there.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The courses taught at Oslo are interesting in terms of content and are in line with the USBO's bachelor's program. I also took three completely different courses which also keeps it diverse.
academic quality of education activities
The quality of education in Norway is good. The content of the lessons is well designed and the tests are consistent with it.
counselling & support at receiving university abroad
There are plenty of opportunities to have contact et the University of Oslo and they are then willing to help with questions or problems. The teachers also offer help with, for example, the computer program for the exam.
transfer of credits
Applying online, goes very smoothly



STUDENT LIFE

welcome & orientation programme

In the first week of your arrival, there is a full introductory week. Here you can meet many exchange people and see a lot of the city. You will be divided into buddy groups who can also help you with other questions about how the university works or, for example, what the cheapest supermarket is.

accommodation

Oslo's house system works very well. You can register on a page and indicate your preferences. For example, living in the city or on campus. All prices are also listed here, so there are also various options. The further contact about collecting your key also went very smoothly. The houses are neat and well maintained.

leisure & culture

I really fell in love with Norwegian culture. Spending a lot of time outdoors and exercising, being in nature as much as possible, really appeals to me. In addition, Norway is a neat country where things are well organized and I really liked that. The Norwegians themselves are of course very private, but I have never experienced that as annoying.

suggestions/tips

Save money so you can do as many trips as possible. And also take a smart look at your choice of subjects so that they match each other in terms of days off so that you can actually go away. The country is magically beautiful and there is really a lot to see.

CONCLUSIONS

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

Definitely I would recommend Norway/Oslo. contact with the university is very easy and in Oslo itself everything is well organized for exchange students. There are interesting subjects to follow, but above all, Norway is really a beautiful country. If you like nature a lot it is 100% recommended.

do you have any additional advice or comments?

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PREPARATION

exchange application process

To find out which University I wanted to go to I checked the study programmes of different Universities that sounds appealing to me as a destination. I checked the different courses that they offered to see which University had the courses I would like most. After making a top three I made my motivation letter. The application process went very easy after that. The University of Oslo nominated me to the University of Oslo, and after the nomination everything went through the University of Oslo. I received a very clear e-mail with what I could expect and what I had to do myself for the application process. This was all not very difficult, and they send multiple e-mails to remind you about what you have to do. The application for courses was very easy for me, but I heard that some other students had some problems with this. The University is however very easy to reach by e-mail and they respond fast in case you have any questions.

counselling & support at Utrecht University

The University of Utrecht was very helpful during this process. I was doubting myself about the order of my top 3 for example, and therefore made an appointment with the study counsellor of my studies. This was very helpful, and she also responds very fast through e-mail when I had questions.

academic preparation

I had classes three times a week, and the way of teaching was very similar as in the Netherlands in my experience. Therefore the preparation was also similar, only less than I used to. Most of the time I had to read some articles before the classes or some reading questions. In my classes they did not check if you actually done it, but the classes are easier if you did. Also the exams were not that much different for me than in the Netherlands. One exam was an open note exam, and therefore the preparations were a bit different than I was used to. I would say, if you are used to prepare well for exams in the Netherlands, it is not more difficult, or maybe a bit easier at the University of Oslo.

language preparation

In Norway they all speak very well English, and there are also a lot of courses possible to follow in English. It is important that you understand and speak English, but you do not have to be an expert in it. For me personally going on Exchange was also to improve my English. It is therefore not necceserally to prepare much before arrival if you can already make yourself understandable in English, and can speak and write in English. I did personally a little bit of Norwegian on duolingo, this is a lot of fun when you arrive because you can regonize some words in the supermarket for example!

finances

Norway is an expensice country, therefore I did some savings myself before arrival. The Erasmus Grant is very helpful but not enough. I worked before my deparute to Norway and a part of this salary I transferred to a special 'Norway savings account' I made. The rent is around 500 euros, and one time grocery shopping for just necessary things as dinner and breakfast will be around 20/25 euros. This is all very doable, but it is nice to have some money extra to be able to enjoy doing extra activities during the exchange like go to bars and go on trips. I know not everyone saved as much as I did, and they got through fine, but it is nice to know that you have some extra money behind.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three different courses, all of them for 10 credits. One of them was an introduction course for Nowegian Language. This course was not that difficult on an academic level, but depends on how much you are into learning a new language. This course had 60 hours in total, way more than the other courses I followed.



The other courses were Gender equality in the Nordic countries and Sociology for small groups and subcultures. I had both of them one time a week, and it was not that much study load. Both of them included a midterm writing exercise. One of the exams had a take home exam and the other one a 4 hour exam on location. All courses with an exam on location (except language courses) are 4 hours at UiO.

academic quality of education activities

The quality was very well. It is similar to UU in my opinion. The biggest difference is that the courses are mostly only lectures, and not that much seminars.

counselling & support at receiving university abroad

The University of Oslo is very helpful. There was an International office in the building of my faculty which you can always go to. I asked my questions mostly through e-mail, and this way I also got a quick reply always. For questions in the beginning of the semester about courses or other difficulties they planned a few helping days in the first weeks of the semester, where you could ask all your questions and get some help. I did not go there, but I heard it was very helpful for a lot of students.

transfer of credits

30 ECTS (3 courses of 10 credits).

STUDENT LIFE

welcome & orientation programme

I had a very nice introduction week, from Monday to Friday we had a so called 'buddy week' with all other Erasmus students. I got into a 'buddygroup' with three Norwegian students who took care of us. It was a week to get to know each other and the city. The people I met that week became my friends for the rest of the semester. This week was also to get to know the University, and it was possible to get help with questions about courses or other administrative things.

accommodation

The accommodation is very easy to get, as long as you follow the given deadlines. I got a room with other international housemates through the organisation called "SiO", which is linked to the University. The university helps you to get to this organisation through the admission to the University itself. At the SiO page it is possible to make a list of different rooms / locations of accommodation you would like. I lived myself in the studentby 'Sogn', I would recommend this location as there were a lot of other international students in this area. Therefore I lived close with my friends, and a lot of activities took place in this student village.

leisure & culture

In Norway I made a lot of trips outside Oslo. Norway has a beautiful nature and you can do a lot of hikes. Hikes are possible in the forest of Oslo or more further away. Also other cities or areas are worth visiting, such as Bergen or the Lofoten Islands. Oslo itself also has a lot of different museums which are worth visiting.

suggestions/tips

Oslo is very nice to see in the first period, and I would absolutely recommend to spend a lot of time in the city center. I would recommend to go to the sauna where you can take a ice bath in the sea. This is very nice to do with a group of friends in the summer, but especially in the winter as well! But Norway is much more than only Oslo, and therefore I would really recommend to make trips in the weekends outside of Oslo. Especially for hikes in september. August and september are the best months while you are there to go on hikes, and the view you get of it is something you do not want to miss.



CONCLUSIONS

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

I would very much recommend this destination. I had a beautiful time here with the possibility to meet a lot of new people of different countries. Norway has a beautiful nature, and also the weather is not that bad or that cold as you may think. The weather gets very cold from november, but it is a different kind of cold than in the Netherlands, and in my opinion more doable. Also the facilities in Oslo are well organised, which makes it not that difficult to settle in this new country.

do you have any additional advice or comments?

Keep up with the deadlines, to not miss out on important stuff in the preparation before departure. For example, housing. This way it is easier for yourself once you are really abroad. Also be open minded, and be open for everyone you meet, because this way you make the best time out of the Exchange.



PREPARATION

exchange application process

The process went very smoothly. Oslo was my number one location and I got it. After that, everything pretty much runs itself, if you go through all the steps that are handed to you and are a bit enterprising yourself, it will work out fine. Everyone is ready to help you with that too and the University of Oslo is part of that. quick response and completely willing.

counselling & support at Utrecht University

Really good!

academic preparation

I made no preparations around classes or subjects I was going to take

language preparation

nope

finances

For Norway, you need some pennies. You can find a pretty good estimate on the internet and in doing so, you can make it as crazy as you want. The important thing is that you have saved enough to avoid surprises and so that you can take some trips, because WOW it is beautiful here!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

On the University of Oslo's website, you can see very clearly what courses there are and which ones you can join. You can also see what kind of expectations they give for your exam, for example. Is it writing a paper or taking an exam or a combination, everything is clearly indicated.

academic quality of education activities

Education is good! But not as good as in the Netherlands, I had plenty of time to take all kinds of trips so don't worry about that! I took courses in Norwegian life and society, international migration and gender equality.

counselling & support at receiving university abroad

Really good!

transfer of credits

I think it will be fine

STUDENT LIFE

welcome & orientation programme

That was exhausting but very good to meet new people!

accommodation

You can choose that yourself from the university, they organise housing super nicely! There you have different locations and types of accommodation, from that you make a top 6. Then you will be told which of the 6 it has become for you. I was very happy!



**Utrecht
University**

leisure & culture

If you pick your subjects a bit smartly, you will have plenty of time to do fun things! I especially recommend that too, go to lofoten and tromso it was great!!!

suggestions/tips

Join sport classes and go outside into nature!

CONCLUSIONS

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

It was amazing!!

do you have any additional advice or comments?

No



2022 – 2023

PREPARATION
exchange application process
The exchange application process was pretty easy. I followed the steps as provided in Osiris and the UU and handed in the needed documents. UiO is pretty fast in responding to emails so that didn't cause any problems.
counselling & support at Utrecht University
The counseling and support at UU was good. They provided the needed documents in time and were friendly in helping with questions or problems.
academic preparation
There is no extra academic preparation needed for the courses besides general knowledge about the subject you take the course in. For most courses, the exam is an normal exam like you are used to at the UU or an essay or take home exam. So experience in that is good to have, but not necessary because the teachers will give you all the information as well.
language preparation
You don't need any additional language preparation to go to Norway. Almost all Norwegians speak very good English and there are many courses to choose in English. I took an Norwegian language course, but that is not necessary to find your way around Norway.
finances
As most people know, Norway is one of the most expensive countries in the world. So save some money before you go on your exchange. The rent is pretty high and groceries cost a lot more than in the Netherlands. But, after a while you will find cheaper options (like the market at Grønland) to get groceries. I also did some trips around Norway, which I would really recommend, but this of course also costs a lot of money. So be sure to save for that as well.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed three courses: Gender equality in the Nordic countries, Nordic welfare society - contemporary perspectives and Introduction to Norwegian (language course). I think the first two courses were really nice, because they focus specifically on the Nordic countries. So you learn a lot about Norway and the other Nordic countries which gives more context to your exchange in general. I think both these courses discussed a variety of interesting subjects, which made it well-rounded courses to follow. The language course is of course a bit different than 'normal' courses, but it was really fun and interactive to follow and it's nice to know a little bit more of the Norwegian language.
academic quality of education activities
I think the academic quality is a bit less than at UU. I felt like the courses were less demanding than at UU and that the exams were easier. The Gender equality course was the most interactive with also a group project and some discussion in the classroom, which made the academic quality better. The course about the Nordic welfare society consisted only out lectures and these weren't of the best quality. The teacher was not easy to understand and didn't explain most that was on the slides. The language course was of good academic quality so I would recommend that one.
counselling & support at receiving university abroad
UiO is very fast in responding and they have a helpdesk at campus you can always go to.



transfer of credits

Grades are transferred to pass or fail. The credits are easily transferred

STUDENT LIFE

welcome & orientation programme

In the first week of university there is a buddy week that is organized by UiO. This was a very nice week to meet all internationals and do fun activities. It's a bit of a hit or miss with buddy groups of course, but the buddy week is a good way to enjoy some activities (like games, eating together and parties) and meet new people. The introduction was well structured by UiO. SIO also organizes many activities that are often free and many internationals join them.

accommodation

The UiO provides living for most (if not all) international students in non-COVID times. I was placed in Sogn studentby. This is a very nice international campus with a supermarket and a laundry room at campus. Many internationals live at Sogn or Kringsjå, so you will probably live close by some people you met in the buddy week or in class. The communication about the accommodation is clear and at the website of SIO you can find all information about deposits and paying rent. Rent for shared accommodations or private studios is all somewhere between 500 and 700 euros.

leisure & culture

The leisure and culture activities are much about nature. As in the Netherlands, we often go out to lunch or have a drink, this is much less in Norway (also because of the prices). There is much to explore in the nature close to Oslo. The islands you can get by with the ferry (which is included in your zone 1 public transport ticket) are nice to swim in the sea in summer or just walk around and relax on. Also the lake Sognsvann is close to the city center and a great place to swim in summer and ice skate in winter. There are many beautiful hiking trails all around Oslo so I would really recommend exploring those.

suggestions/tips

Try to participate in as much activities as you can (within your own limits of course). There is much organized by for example ESN for free in which you can do much cool stuff. I also would really recommend to make trips around Norway or the other Nordic countries. Especially a road trip is really cool, you have the so called 'scenic routes' in a lot of parts in Norway you can follow all along. Renting a car sounds expensive at first, but if you are with multiple people and you can split the costs it's probably cheaper than flying.

CONCLUSIONS

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

Yes I would definitely recommend UiO, Oslo and Norway. I think most people can find their way in Norway and the culture, but it might ask some adaptation. Norwegians are super friendly and helpful, but also much on their own, a bit reserved and like their personal time. And probably much of the trips you will make are about nature and enjoying time outdoors. So, if you not really the nature kind of person, this might not be your dream destination.

do you have any additional advice or comments?

Be open! Studying abroad sounds kinda scary, but all internationals are feeling the same and want to make friends. In the end everything will be okay and you will learn a lot about yourself and how living in another country is, how it is to study in a new place and how to connect with people all around the world. Have fun is the most important and do what makes YOU happy! There is no correct way to do an exchange, so just be you.



PREPARATION

exchange application process

For my application i had to write a motivation letter and send in my study plan in Osiris. My study plan changed a little bit after applying but this was not a problem at all. In advance i had to do my own research on the website of UiO to find courses that would fit my plan. The website of UiO was clear, so this was an interesting activity. I chose courses that were not deepening my knowledge about B&O but broadened it.

counselling & support at Utrecht University

The counselling & support at Utrecht University was good. The response from the international office was quite fast and helpful.

academic preparation

The academic preparation was handing in my study plan as you can read below exchange application process.

language preparation

For the University of Oslo there is no required language preparation or test. But for the Erasmus Grand you have to do a short test to determine your level of the English language.

finances

Norway is a country that is expensive. This means that my rent and my daily expenses were higher than my daily life in Utrecht. The Erasmus grand was a pleasunt bonus to my finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In Oslo i took three courses from 10 ECTS. Economic anthropology; Sociology of Small Groups; Nordic welfare society - contemporary perspectives.

academic quality of education activities

The education activities and academic quality of the University of Oslo were allright. I expected a bit more intensive education. But because of B&O i am used to intensive education. As a result my lectures and seminars felt not super intensive. Nevertheless did it work for me and i have gained much knowledge.

counselling & support at receiving university abroad

The counselling and support of the international office of the faculty of social sciences from the UiO was perfect.

transfer of credits

I did not receive my transcript of records yet, but the system of grades is different. I am curious how the University will transfer these.

STUDENT LIFE

welcome & orientation programme

The first week of the start of the semester was called the buddy-week. This means that you were placed in a group with other international students of your own faculty. With this group you had all kinds of activities to get to know each other and the University.



accommodation

In Oslo i received a room at Sogn. This was arranged through the University and was on a campus with many other international students. I lived with 6 other internationals, mostly German. In my semester abroad benefited this a lot to me. As well socially as educationally.

leisure & culture

Oslo is a very student-friendly city. There are many offers for students, for example for public transport or cultural activities like a performance at the operahouse for free. This was very helpful and most of the time fun! Besides Oslo, Norway and Scandinavia is very nice to stay, and to enjoy the nature and culture.

suggestions/tips

Join groupchats about your hobbys. For example in my semester there was a groupchat for doing hikes, and one for playing football in your leisure time. But besides that it is very helpful to join groupchats from your faculty or University.

CONCLUSIONS

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

I would definetely recommend the University of Oslo to other students who want to go abroad. Oslo is a city with many benefits for students. This makes it easy to do fun things and to make the most of your time abroad. In addition, it is well organized and easy to get in touch with other students. This ensures that you easily make friends who sometimes do, but often do not come from the Netherlands. Finally, you should keep in mind that it is an expensive country. There are of course some tricks to save money, and the erasmus grand helps a lot. However, it can still be more expensive than other destinations. Anyway, I'm have had a fantastic time abroad.

do you have any additional advice or comments?

No.



PREPARATION

exchange application process

It was suddenly December 1, and for me that was the deadline. It was very busy for me that period, so this was stressful though. The first time you look at a list like this, you do get a shock because it's quite a lot. But it's important to look at it one step at a time.

counselling & support at Utrecht University

I was well supported by Utrecht University and questions were answered quickly. There were also 2 presentations organized, which gave me a better idea of an exchange.

academic preparation

I did not prepare academically.

language preparation

For the level of my English I was rather worried, as this was okay. Speaking was another case. I took a course in English, but this was required by the university. Because I finished it well, it gave me confidence for Oslo.

finances

I applied for the grant. The website showed an estimate of monthly costs. I kept this and supplemented it with my own details in an excel file. I also created a separate piggy bank for all the trips I wanted to take.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The bachelor courses I took mostly had lectures and one course I took had seminars. I signed up for three of them early in June and in August they accepted me for the courses. I had some trouble with one course because it took longer for me to be accepted but eventually, it was not a problem at all. There was also the possibility to sign up for courses in the first week of the buddy program if you are struggling with that. UiO is very well organized.

academic quality of education activities

In comparison to the Netherlands, the level of academic quality is a lot lower. It was very easy for me to get high grades and I experienced it as easy.

counselling & support at receiving university abroad

The support was good. One time I was struggling with handing in an take-home exam. I was too late and I emailed the faculty and it was fixed within twenty minutes. They are easy to reach. Both by email and over the phone, otherwise I haven't had much to do with this.

transfer of credits

I am still waiting for my transfer of credits but just got the last grade a week ago.

STUDENT LIFE

welcome & orientation programme

Definitely participate in buddy week and remain open to new contacts. The Buddyweek itself was not organized very well. It was a bit chaotic at times, but fun to meet so many new people. There were also many parties that week, this is usually announced on Facebook.

accommodation



The university guarantees housing through SiO and this process is well-managed. You apply through the website, which builds up waiting time, and then in June you are assigned a room. Compared to other countries, you get a room that looks top-notch for a relatively cheap price and you will live with other international students which is nice. I lived in Sogn and it is a big student village, so you will meet a lot of new people there.

leisure & culture

Because the university was not too demanding, I had much more free time left for fun things than in the Netherlands.

suggestions/tips

CONCLUSIONS

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

Yes definitely. Things are really well organized in Norway. Norwegian people are good at English and helpful. It is a beautiful country and is not hugely different from the Netherlands.

do you have any additional advice or comments?

Bring your hiking shoes with you, you will need them and explore the beautiful nature Norway has to offer. With the discount UNDER26 you can book cheap flights within Norway.



PREPARATION

exchange application process

In general, the exchange application process was relatively easy. Both the University of Utrecht and University of Oslo responded quickly. Only the erasmus grant took a long time waiting. Take in consideration that the semester starts early so you have to arrange things like courses and housing on time.

counselling & support at Utrecht University

The exchange office of my faculty was really supportive. Everytime I e-mailed them with questions they answered within a few days and explained things or signed papers.

academic preparation

I did not do any academic preparation.

language preparation

I did not do any language preparation. Personally I learned speaking English mostly on location, when everyone around you is also speaking English. So maybe the first days/weeks it is a bit struggling but you will learn it quickly. In Norway people speak perfect English so you can easily speak English (it is not necessarily to learn Norwegian).

finances

Norway is a really expensive country. But besides that, you can make it as expensive as you want it to be. This really depends on how many trips you want to plan, if you drink a lot, what you cook, etc. A pluspoint about Oslo is that there are many free activities (from hiking to a free city concert) and there is often discount for students (especially public transport is relatively cheap for students within Oslo).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

A few months ahead you need to sign up for courses. Most courses in Oslo are 10 credits and the website in which you can overview these courses is really user-friendly. I followed three courses at the social sciences faculty: International security policy, North-South development and Nordic welfare society - contemporary perspectives.

academic quality of education activities

I think the academic quality of education activities is very comparable with what I'm used to at Utrecht. A difference is the small amount of contact hours in a week (for some courses I only had one lecture a week for example).

counselling & support at receiving university abroad

The university of Oslo is well-organized and every faculty of the university has its own information point where you can ask your questions (also via email).

transfer of credits

UiO uses another grading scale: A-F (only F means fail). At the moment writing this I am still in the process of transferring the credits.



STUDENT LIFE

welcome & orientation programme

The UiO is organizing an introductionweek in the first week. I would really recommend going here, because you will learn new people from your faculty and you will also know the campus and the city better.

accommodation

The organization SiO is responsible for most students houses. If you sign up on time for this (and if you choose the options with the most places) you have a great chance of finding residence. I lived at Sogn, which I would recommend because there are a lot of international exchange students living here. You can choose between a studio and a shared room (shared kitchen and bathroom). I lived with six other students from different countries, which is also a great way of knowing more people.

leisure & culture

Oslo has a lot of museums (Munch museum is free on Wednesday evening). But I preferred doing a lot of hikes in nature (in and around Oslo).

suggestions/tips

Download a 30-day student ticket at the Ruter app for public transport in Oslo (this is relatively cheap). Also, a creditcard is very useful. Furthermore, the visitoslo website is a nice website to find anything you want about doing activities/hikes/events in Oslo.

CONCLUSIONS

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

I would definitely recommend this university. The university is well-organized, really friendly towards exchange students and the courses are interesting. Besides I would recommend Oslo, it's the capital city so there are a lot of things to do but it doesn't feel that big. Norway is a beautiful country and from Oslo as basis you can explore a lot of beautiful places in this amazing country.

do you have any additional advice or comments?

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PREPARATION

exchange application process

For me the exchange application process went fairly smoothly. I would say it is quite overwhelming in the beginning but because of the step by step format it is really clear what is expected of you as an exchange student.

counselling & support at Utrecht University

Has been great I have to say. I usually got a response to my questions within a week, and the responses were clear and concise.

academic preparation

Personally I did not participate in that many academic preparation activities, but I felt like there were enough possibilities for students that did want to prepare themselves academically to do so.

language preparation

For Norway in particular there was no Norwegian language course I could follow, however this was also not necessary since most Norwegians speak English very well.

finances

Not that much preparation which was unfortunate. I would have loved to see a sort of budget/planning sheet from someone that has been to Norway so I could prepare myself financially.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme at UiO in general was pretty good. Obviously (but I was prepared for this) the quality of education seems to be a bit lower than I was used to at my faculty, but this depended per course. The course on Gender Equality I took was of a really high level almost comparable to courses at the department of Governance. Courses on the Welfare States and Norwegian language were fairly interesting but were not of an extremely high level.

academic quality of education activities

See comments above.

counselling & support at receiving university abroad

The counselling & support at the UiO is extremely well organised.

transfer of credits

Also well organised and quick

STUDENT LIFE

welcome & orientation programme

Was really well organised with a lot of attention to the international students. The programme taught us a lot about the city of Oslo but also on how the University works and some student tips on how to live in the city.

accommodation



The accomodation was of an extremely good quality. I myself had an studio at Sogn which was really clean and had everything you needed to live. Supermarkets, laundry, study place, student bar were closeby and really accesible. For an accomodation I think I could not have wished anything better.

leisure & culture

Oslo is an extremely diverse city with a lot of nature, culture and fun but expensive party scene. In addition pay attention to the Student Slippet in the first two months of your exchange (at least in August and September this was the case). The Student Slippet is an iniative by I think the municipality of Oslo in which students can sign up to free activities in and around the city of Oslo (like supping, a free visit to the Munch museum, a street art tour etc.)

suggestions/tips

Really attend the orientation programme and introduction of your faculty of UiO. It provided me with the friends and information I needed to make my exchange a succes.

CONCLUSIONS

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

Yes definitely. Oslo is a beautifull city in which I generally felt really happy ans safe.

do you have any additional advice or comments?

Book trips to other parts of Norway or other Scandinavian countries in advance. Flights and train tickets will only get more expensive the more you wait.



2021-2022

PREPARATION
exchange application process
The process takes some time, to spare yourself some stress it is better to start earlier. It might be very helpful to make an overview/checklist for yourself of the things that need to be done and the documents you have to upload on Osiris. Besides that it takes some effort, the application process itself is very easy and speaks for itself. The communication with the University and Utrecht and University of Oslo are both very clear and fast.
counselling & support at Utrecht University
The counseling and support of the University of Utrecht was really helpful, they always responded very quickly.
academic preparation
I did not do any academic preparation beforehand
language preparation
Did not do any language preparation, except for the English test we had to make to see your progress. I also downloaded Duolingo to learn some basic Norwegian. Even though this was helpful, you learn it 10 times faster in Norway.
finances
The year before I went abroad I started working more and increased my student loan to be sure to have enough money in Norway since it is a very expensive country. Including trips (I did a lot of trips) and rent, I spent approximately 2000 Euro's per month. It is nice to have enough money so you can enjoy your exchange to the fullest and do not need to worry about your money. And by the way, definitely get a credit card beforehand, you are definitely going to need it!

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I took 4 different courses of 35 ECT in total SOS2402 - family and gender equality and the welfare state - 10 ECT: This is a very interesting course because you learn a lot about the system in Norway and other Nordic countries. Especially a lot about equality in the family sphere and the workplace and which policies/values support this. It is very interesting to compare this to the situation in the Netherlands and debate whether these different policies could be useful in the Netherlands. Of course, comparing the information collected in the lectures to the situation in the Netherlands, you have to do for yourself. SGO3200 - Innovations in sustainable transitions and transformations - 10 ECT: This course was a little bit more difficult but uses a lot of examples of innovations in Norway and other countries and how they work in society. SGO2302 - Environment & society - 10 ECT: Very broad and introductory course, interesting if you are very new to this subject and want to know more about this subject. It is also nice because it is more focused on other countries as well and you get the opportunity to compare different countries. Also some practical aspects in which you can experience and discover your own sustainable behaviour. NORINT0105M - Introduction to Norwegian - 5 ECT Nice way to learn the basics of Norwegian, with this course you can have very basic conversations. If you want to learn some better Norwegian and have real conversations, I might recommend to take a course with more



ECT
academic quality of education activities
The seminars were very interactive and interesting but they did contain a lot of repeating of the lectures. The lectures were interesting and they tried to make a lot of linkages to 'real life'
counselling & support at receiving university abroad
Very fast responses, did not need to contact them a lot because most of it is very clear. One thing that was a bit difficult was that they use a lot of different systems for the results, literature, schedule. It takes some time to get used to this and therefore it is helpful to pay attention to the explanation of the use of these different platforms in the introduction week
transfer of credits

STUDENT LIFE
welcome & orientation programme
In the first week of arriving in Norway there is the buddyweek. I would very much recommend it to participate in this week, you can register for this week online via the site. It is a week where they show you Oslo and are able to get to know your fellow international students and your Norwegian buddies. I became good friends with my buddy and this is a nice way to be a little bit more involved in the Norwegian lifestyle, instead of only in your 'international bubble'. There is also a Facebookgroup for internationals in Oslo where a lot of activities and whatsappgroups are formed for the first few weeks.
accommodation
You can apply for a housing via SiO housing, it is very recommended you do this because you have a great chance of finding residence. I applied to stay at Sogn and Kringsja for housing because these are known to have the best chance to get a housing. I ended up living at Sogn which is a 20 minute walk to university and 15 minutes by bus. A lot of international students live here and it is a very fun accomodation to live in. The only of downside of my appartment was that you live with 6 others with whom you need to share 1 shower and 1 toilet so you need to plan your mornings very flexible if you want to shower ;).
leisure & culture
Oslo has some great museums, the munch museum is free on Wednesday for students and definitely worth a visit! Also the nobel peace prize museaum is very interesting. Do a lot of hikes! The nature is so beautiful, it is breathtaking!
suggestions/tips
Download the 'ruter' app in the beginning of the semester and buy a studentticket for 30-days. This is very cheap and you can use all kinds of public transport, also the ferry to the islands! Defenitely recommended. The weather in Norway can be sometimes very inconsistent, but the 'yr' app is the best weatherforecast, so I recommend downloading this. And very important: get a creditcard! You use it for everything.



CONCLUSIONS

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

I would 100% recommend this destination and university, although it is a very expensive country, it is definitely worth the money. The university offers a variety of interesting courses and the lectures are easy to follow and interesting.

do you have any additional advice or comments?

Enjoy, time flies!



PREPARATION

exchange application process

The exchange application process went smoothly. Start as soon as possible with it, and make an overview of all the required documents you need to hand in. You will need both a signature from the host university as the university abroad, which can take quite some time. You will receive a lot of emails with the necessary information.

counselling & support at Utrecht University

Utrecht University always reacted really fast, and the study abroad meetings were very usefull.

academic preparation

There was no further academic preperation needed for the University of Olso. I completed already all my courses from the bachelor at the UU.

language preparation

The courses that I followed at the University of Oslo where taught in English. My english was already good enough for this. Furthermore, I followed a course Norwegian at the VU in Amsterdam beforehand. This was fun and helped me to recognize a lot when I was there.

finances

I tried to save a lot of money beforehand. Norway is a really expensive country, especially with alcohol and food. Don't be scared to loan more money and use the erasmus grant.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

They advice you take three courses with 10 ECT each. They use the websites studentweb.uio, canvas and mystudier. All of them are easy to use and work very well. There were no major organisational issues. The international office of UIO was easy to contact. I followed some courses about the welfare state and the gender equality in the nordic countries which was really interesting.

academic quality of education activities

The academic quality was comparable with Utrecht University. The amount of seminar was less and most of the exams were multiple days take home exams. The literature used in the courses contained a high level of academic english.

counselling & support at receiving university abroad

I did not use any counselling or support abroad. Although they do offer the counselling and have a doctor, dentist and other facilities at the university campus.

transfer of credits

I am still in the process of transferring the credits. At UIO they use a grading scale from A-F. Only F is fail the rest is pass.

STUDENT LIFE

welcome & orientation programme

Unfortunately I missed the buddy week due to having covid. My friends however did attend and they really liked it and met lots of people. They also show you around the campus and do fun activities in the city. I would



highly recommend to attend it, because it gives you a feeling of the city and you get to meet a lot of people already.

accommodation

You can apply for student accommodation at SIO. There are multiple studenthouses available. I lived in Sogn, which I really liked because a lot of internationals live there aswell. It has a bus stop, metro and supermarket closeby. You also have options closer to the city center. I applied for a furnished room which is nice because then you don't have to buy and throw away new stuff.

leisure & culture

There is lots of fun stuff to do in Oslo. Take a ferry to the islands, go for a walk at songsvann, hike up to vetakollen or visit one of the museums. Norwegians really like hiking and skiing. Make sure to also save some money for trips within Norway. The 17th of may is a very special national day which is fun to attend. Norway feels like a very safe country which is build around a lot of trust for eachother. Everything is well organized which makes it easy to addapt to.

suggestions/tips

Go out and meet lot's of new people from different countries. Go on trips, hike in nature and save as much money as possible.

CONCLUSIONS

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

Yes, I would highly recommend going to Norway. It is a well organised country, with beautiful nature. The academic level of University of Oslo is comparable to Utrecht University

do you have any additional advice or comments?

no



PREPARATION

exchange application process

This is a long and sometimes unclear process, sometimes a lot has to be done at once and sometimes nothing at all. Make sure you keep track of the data and submit everything on time. That makes it a lot less stressful.

counselling & support at Utrecht University

Due to corona we had some online contact moments to ask questions. Make sure to use this, it helped me a lot with making all the choices.

academic preparation

I did not prepare for the exchange academically. Since you can choose courses yourself, it goes without saying that you choose courses that you find interesting and that you already have some background information about them.

language preparation

I did not learn Norwegian before arriving in Oslo, and I only learnt a couple of words during my stay there. I didn't find it necessary. But speaking English is really necessary, especially because all education is in English and you need to keep up with everything.

finances

I saved money before arriving in Oslo, I think that is highly recommended. Because you want to make some trips with people en live is expensive there. Everything is more expensive, especially alcohol :(for one beer you pay around 10 euros (99 NOK)

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Oslo is very clear and arranged everything well. In fact, we have not run into anything that has caused problems. That is really a plus point of this university. During exchange you follow three courses of ten points each. You follow these courses throughout the period.

academic quality of education activities

The quality of education was very good. Only in one course were there two decent people who had no feeling for teaching. This was difficult, but luckily there were several teachers who alternated. For the rest it was very good education, also with teachers who come from all over the world. We also had a simulation, which was a lot of fun.

counselling & support at receiving university abroad

I did not use these facilities and can therefore not give an opinion.

transfer of credits

In Norway there is another points counting for numbers. So instead of a digit from 1 to 10 you get an A to F, and only the F is insufficient. This takes some getting used to, but doesn't make much difference at the end. And the points count as the same at the UU.

STUDENT LIFE

welcome & orientation programme

The first week of the semester is a buddy week, which is specially organized for all international exchange students. You will be divided into groups of about 25 student and you will explore the city and get to know the



university that week. The people I hanged out the the most during my exchange I met in that week, besides the people I lived with.

accommodation

Because there were too many students this semester, I was not allocated a room from the university. But I did get a hotel room offered by the university for about the same price. So my experience of accommodation is not very relevant for future students of the University of Olso.

leisure & culture

We did a lot with a group of friends. You could go out again when we were there. We went into the city a lot together, saw almost every park and also spent a lot of time outside oslo. On hikes trips, looking for the northern lights and visited cities. The people are very welcoming and kind. People are (even though it's very cold) very focused on being outside. Walking, hiking and snow activities they do all the time.

suggestions/tips

Do the Trulltunga hike (but be prepared), go visit Lofoten, hire a car and go to Goteburg and go to see the northern lights (I saw them in Tromso). And of course explore Olso :)

CONCLUSIONS

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

Yes, Norway and Oslo are amazing. The people are nice and it's a nice and welcoming culture. The university is good. But the most important part of it all are the people, make sure you meet nice people during your stay arbaod, they litterly become your family there.

do you have any additional advice or comments?

Enjoy your time, it it amazing. Really save some money beforhand, because it really is expensive. Make friend! And don't be scared to travel across the country while you are there.



PREPARATION

exchange application process

The application process was quite easy. You will get an email that explain the step for step application process. It is necessary to check your email often because you have to fill in quite some forms and let them sign so make sure you do this in time.

counselling & support at Utrecht University

The counselling was good, the international exchange office responded very quickly and they are always there to help you during the process.

academic preparation

The courses are well described on the website of the University of Oslo. They offer you a complete overview of the things you will learn, the language and the requirements to start the course. Also make sure you look at different faculties, sometimes it is possible to follow some courses at a different faculty that are also really interesting.

language preparation

The overall knowledgde of English is very good in Norway. Almost everyone you speak easily switches to English when they notice you don't speak Norwegian. Also don't worry about your own speaking abilities before you go, every student is struggling a bit in the beginning so no one will judge you for not knowing all the words or correct grammar.

finances

Norway is a really expensive country. Therefore it is good to make sure that you save some money before you go. Also try to make an overview of your in- and outcomes before you go so during the exchange you can easily say if you stay within your budget or not. This will prevent you from not having enough money in the end.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I started with four courses: Managing and leading public organizations; Gender equality in Nordic Countries; Family, Gender and the welfare state; and a Norwegian language course. During the exchange if found four courses to much and the two courses about gender had much overlap so I dropped the course Gender Equality.

academic quality of education activities

The quality of the education is really good in Norway. It is comparable with the level of education in the Netherlands. Also few courses offer more than lectures, so be prepared to participate in seminars as well. My experience was that the seminars were often more fun than the lectures and also you make some friends there so don't be afraid of choosing courses with seminars.

counselling & support at receiving university abroad

The support was good, I didn't need them that much but I heard from other students that they are very helpful.

transfer of credits

In Norway you don't get a normal grade, you get a letter: A - F, in which the F means you failed. Most courses offer 10 ECTS so three courses is enough for 30 ECTS.



STUDENT LIFE

welcome & orientation programme

The university offers a buddyweek for international students. It is a lot of fun to join this. You make friends really easily and you get to know the city and the university in a short amount of time.

accommodation

I stayed in Sogn Studentby. This is the place where most international students live. I could definitely recommend this. I first was afraid that it was too far from the city, but there are good public transport services nearby so you can still easily go to the city center. The accommodation is close to nature but also to university. There is a grocery store on the same complex. I shared an apartment with 6 other students and most of them became my best friends in Norway. The apartments are recently renovated so very clean and modern still.

leisure & culture

I could recommend getting a membership at Sio Athletica. They have several gyms across the city and for a low price, 20 euros/200 NOK, you can sport there. Also there are a lot of museums to visit in your free time. As a student I had a lot of free time so I decided to work as a babysitter in a Norwegian family. This was a great opportunity to get to know Norwegian people and see their way of living, but also make some money at the same time.

suggestions/tips

Make sure you have some money to visit some places in Norway. Bergen is really beautiful and also Tromsø is an amazing place to see. You have more than enough time to do that. Also the Norwegian Airlines and train companies offer you a discount as a student so travelling there is not that expensive. You do need a credit card for paying the most stuff so make sure you have one before you go.

CONCLUSIONS

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

I would definitely recommend it. It is really nice to feel at home in Norway. The whole exchange felt like a holiday because we had so much time to see the country. Also the university is very good. The quality of the courses is high and the teachers are very approachable.

do you have any additional advice or comments?

Don't be too afraid before going, it is a nice country and people are eager to make friends with you. Just enjoy!



2019-2020

PREPARATION
exchange application process
The application process was fairly easy. Every time you have to upload or do something in Osiris, you will receive an email with a request. The documents explain what to do.
counselling & support at Utrecht University
The student coordinator at my studies was the main person for me to ask questions to. This was mostly done my email or just by passing by. For other questions I could also contact the International Students center
academic preparation
Academic preparation was not very much at stake, because I went to a university more or less similar to Utrecht University.
language preparation
Language preparation only existed in terms of an English language assesment test. I chose to take an additional Norwegian language course during my semester there, which helped me to understand, read and speak basic Norwegian.
finances
Some aspects of finances were discussed during the pre-departure meetings. More information could be found online about for example the Erasmus+ grant and the process of attaining this.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
The University of Oslo offers some interesting courses that can broaden your focus. It is relatively easy to participate in bachelor 2-3 courses that you have no background in (for example from studies like Human Geography or Sociology).
academic quality of education activities
Compared to Utrecht University, and especially the Utrecht School of Governance, the University of Oslo is generally a more theoretical and academic university. At the Utrecht School of Governance, the focus is very much on student participation and practical focus in the courses. At UiO you will be a more anonymous student, with less contact hours and less small-scale teaching.
counselling & support at receiving university abroad
At the University of Oslo there was a service point in each faculty. In my faculty, the Faculty of Social Sciences, this info center was called SV-info. The people there could help me with all kinds of questions. I never really had to ask questions, because most information was send to me by email and was already very clear.
transfer of credits
The grading system in Norway consists of grades on a scale from A to F. In order to receive the credits for the courses, you will only need to pass with an E. I would say that this should be doable.



STUDENT LIFE

welcome & orientation programme

In the first week in Oslo, you will have a fun orientation week with lots of activities (both informative and fun activities). In this so-called 'buddy week' you will meet lots of new people, explore the city and get to know your new university a bit better.

accommodation

International students in Oslo are offered housing guarantee, which is very nice. You can either choose between a studio, a room with a shared bathroom and shared kitchen, or one with only a shared kitchen. The rooms can be offered furnished and unfurnished and there are lots of different student villages. The organization that arranges accommodation in Oslo is called SiO. They organize fun activities for free, have a handy app and website and are easy to contact.

leisure & culture

Norwegians are a bit more reserved and shy than Dutch people. You will easily get used to this. Do try to make the first move when you want to meet a Norwegian; he/she will appreciate it. Furthermore, the Norwegians really love to be outside and they will grasp every chance of doing sporty or fun activities when the weather is nice.

suggestions/tips

Go travel and see the rest of Norway, it is beautiful!

CONCLUSIONS

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

I would definitely recommend to study in Oslo. The city was exactly the right size for me; not too big and not too small. Nature is everywhere around (and even within) Oslo. The rest of the country is certainly worth the visit, so don't hesitate to travel all the way to the North and/or to the west coast! It might be a bit expensive, but it is also the perfect opportunity to get to know a Scandinavian country and Scandinavian people and lifestyle from inside.

do you have any additional advice or comments?

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PREPARATION

exchange application process

For this particular destination my application was discussed by the academic staff of my own study. They could admit from our studies a few people to go on an exchange to Oslo. My application mainly consisted of a motivational letter.

counselling & support at Utrecht University

I mostly received support from the study advisor of my own study.

academic preparation

Before going on my exchange I did not do any academic preparation.

language preparation

I needed to do an English language test before going on the exchange

finances

Erasmus grant

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My study programme consisted of 4 courses being worth 35 ECTS.

I participated in the following courses:

- North South Development (10ECTS)
- International Security Policy (10ECTS)
- Nordic Welfare Society (10ECTS)
- Introduction to Norwegian (5ECTS)

academic quality of education activities

I would not say that the academic quality is higher than in the Netherlands, it is very similar. But, at the end, I would say the work load is less high for one semester. Also there is more focus on lectures.

counselling & support at receiving university abroad

The receiving university was very helpful. It was very clear where you could go for help and the staff was very helpful. A lot of information was just handed to you which made it very easy to find your way at this foreign university.

transfer of credits

Through university. --> 35 ECTS

STUDENT LIFE

welcome & orientation programme

On the night of the day where most students arrived they organized a welcome party. Further did they start with a buddy week in which you could get to know the university and many other international students.

accommodation

There is guaranteed housing for international students.



leisure & culture

What characterizes Oslo is that you have both the facilities of a big city and that you are easily in the middle of the nature. Norwegians love to go outdoors when the weather is good. You see a lot of people in the nature during weekends. The city knows a good night life and other nice things which gives you a nice time with plenty of things to do.

suggestions/tips

Oslo Streetfood, Songsvann, Mabou

CONCLUSIONS

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

Yes. To live so close to beautiful nature and in the capital of Norway, was an unique experience. The people are very relaxed and this will have a very positive effect on you as well.

do you have any additional advice or comments?

no



PREPARATION

exchange application process

The application process went very smooth. If you follow all the steps stated on the website of Utrecht University, you should be fine. There is also a step by step application process on the website of the Univeristy of Oslo. If you follow both these application processes, your stay should be flawless. An advice is make sure that all your University of Oslo accounts work properly, because if they don't you may be too late to enroll in the courses you like.

counselling & support at Utrecht University

I recieved a lot of support at Utrecht University. Multiple meetings were organized to inform us about the different destinations and the application process. Furthermore, the contact persons at Utrecht University could answer my questions and help me with signing the forms and finding the right courses to enroll in.

academic preparation

The University of Oslo states very clear on its website which courses it offers. You can see all the previous courses by semester and faculty. The course description, language of teaching and admission requirements are stated on the website as well. Some courses are not available for international students, but this is not clearly stated on the website. The timetables of the courses are released shortly before/during your departure.

language preparation

In Norway, the general knowledge of the English language is really good. Almost every single Norwegian I spoke to could speak English really well. If you passed English at a Dutch high school and/or are able to read scientific texts in English, your level of English should be fine. You have to take an Erasmus exam before your departure. If you score a bit low at this test, you have the possibility to enroll in extra English classes.

finances

Norway is a very expensive country. Be aware that your monthly expenses may be as high as 1700 euros, but 1200 euros should also be durable. Make sure that before you leave, to have a (Excel) document with all your incoming and estimated outgoing money flows. This way you know for sure you have enough money for your stay in Oslo. Check and double check all the grants you may have accesss to (Erasmus+, public transport). For me it helped a lot to keep track of my finances every month during my stay, so I could check if my actual spendings were in line with the estimated costs. I also saved extra money in the case of unexpected costs.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose my courses based on the courses they gave in the past and this was a good indication. I chose some courses that seemed interesting to me and fitted well together. I can highly recommend the Economic Anthropology course and the Norwegian Language course. Both these courses were really interesting. The Norwegian Language course has the opportunity to meet people outside your own faculty and you'll learn more about Norwegian life and culture. All the available courses for international students are stated on the website of University of Oslo. The books and scienitific articles you need during your stay are stated here as well.

academic quality of education activities

The quality of the courses really differ from course to course. Sometimes a level 2 course may feel as an introduction course and the other way around. I recommend to take a look at the required readings (which you can find on the website) to get an indication of the course difficulty. In general the teachers are good, but I didn't experience the classes in Oslo as difficult as Utrecht University.

counselling & support at receiving university abroad



The support at the University of Oslo is very good. It might be quite busy in the beginning (because of all the new international students arriving) so I recommend to go to early in the morning to the service desk, or (if it's possible) to wait until the busiest moments are over. They will help you out with all the questions you have, from getting a doctors appointment to signing your Learning Agreement.

transfer of credits

Almost all the courses at the University of Oslo offer you 10 ECTS. The semester starts early August and ends in December. They use a grading system from A-F, in which the F is failing. I experienced no problems so far with transferring the credits from the University of Oslo to Utrecht University.

STUDENT LIFE

welcome & orientation programme

You start your stay with a buddyweek where you meet other students who enroll in the same courses as you do and where you can participate in a lot of activities. This is a great opportunity to meet new people. Because you start your stay with this buddyweek, it never feels lonely in Oslo. The programme of this buddyweek is different for every faculty. The law faculty has a bit more of a serious program, with lectures and visiting the court. On the other end is the faculty of social sciences, which has a focus on fun activities that provide a good opportunity to get to know your buddygroup. Furthermore, the opening and welcoming lectures inform you well on the formal side of your stay (paper work, police registration, etc.).

accommodation

I was very pleased when I found out how easy it is to get a student accommodation in Oslo. On the website of the University of Oslo it's clearly stated how to get an accommodation. Every international student is assigned a student housing somewhere in Oslo. Make sure you don't reject your first housing offer, because if you do so you end up last on the list for a second offer. It may take a lot of time before you get your second offer and this gap you have to fill in with housing you found yourself. Most people I got to know in Oslo stayed in either Sogn or Kringsjå, two big student campuses. I can highly recommend staying in Kringsjå. You share a large kitchen with your roommates and you can choose to either have your own bathroom or to share it with somebody else. Closeby Kringsjå (10 minute walk) is Sognsvann, a beautiful and peaceful lake where you can go for a walk/hike/run in your spare time.

leisure & culture

I had quite a lot of spare time in Oslo, more than I have back home at Utrecht University. It was nice to go for hikes, explore the city centre and meet up with other students during this spare time. Norwegians can be quite shy. A good opportunity to meet them is to volunteer at the faculty bar (U1 for social sciences). You can work at a bar shift or a cafe shift and as a reward you get free coffee and tea for the whole semester! Another way for Norwegians to open up more is to have a couple drinks together.

suggestions/tips

Norway is a beautiful country and I highly recommend to travel around! You can either join organized trips of the Erasmus Student Network, or you can organize trips yourself. Make sure you go for some hikes as well. There are a lot of hike tracks in Norway (check the app outtt: Norways best hiking trails). Nice places to travel to are the Lofoten(!), Bergen, Trondheim (this traintrack is even more beautiful than the Bergen one), Trolltunga and Preikestolen.



CONCLUSIONS

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

I would definitely recommend the University of Oslo to other students. The university provides a lot of student facilities, associations and events. It is all very well organized. The courses they offer are fun and different from the ones I had at home. There are many student discounts and a lot of places to study at the campus. The schedules were (once figured out) clear, overall a great experience!

do you have any additional advice or comments?

There are a couple additional advices I would like to give. First, prepare yourself for the accommodation you're getting into. Some student housings offer an 'all-in-clusive' with bedsheets, etc. whereas others just have a bed and closet. If you get the second option as your accomodation, make sure to bring towels and bedsheets yourself. Secondly, Norway can get dark and cold. Make sure to bring the right clothing (layering is key) and vitamins to make your stay as best as possible.



PREPARATION

exchange application process

I worried way too much about the whole application process. I thought I would get 'eliminated' for minor steps or major things would go wrong if I did not do exactly as every little detail in every speech and/or document said but it turned out to be really easy. The people at my home university gave me all the right information and multiple sites, documents and emails from erasmus guided my straight through the whole process of applying without any hickups. It was no effort at all.

counselling & support at Utrecht University

The people at Utrecht University provided me with everything I needed, I was already very sure about my chosen country and city and generally do not need much guidance but in cases when I did need is (for instance: a quick signature on something) they provided every time.

academic preparation

I don't think I academically prepared for my exchange. I was doing a minor about something I knew hardly nothing about so I also wanted to start fresh.

language preparation

I took an online Norwegian course before coming to Norway but never finished because I was so busy. However it turned out as great basis for my Norwegian course that I followed in Norway later on and Norwegians speak English very well.

finances

I saved money for around a year and needed it because Norway is an expensive country and I did not want to work during my exchange.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I created my own minor about Scandinavia. Courses were about Norwegian life and society, Nordic gender equality, Nordic welfare states and a Norwegian language course

academic quality of education activities

People told me that the level of education was going to be very high in Norway but I found it quite low. Teachers were less inspiring and less intellectual than at my university and tests were easier. The topics of my courses were interesting but only from the books, the lectures made the topics very dry and very hard to understand, when they were actually really nice from the books. In contrast to the difficult lectures, the tests were very easy and I did not feel challenged at all.

counselling & support at receiving university abroad

The university of Oslo offers everything students need! Counselling and support were very actively promoted and I always knew where to look if I needed anything! Very very good

transfer of credits

I think credits are transferred as is, so my 40 ECTS in Oslo stay 40 ECTS in Utrecht



STUDENT LIFE

welcome & orientation programme

More than I expected. They organised a whole week of introduction in a buddy group with nice people, nice buddies and nice activities. Lots of free things as well! I really enjoyed this week and would definitely recommend everyone to go there since I made almost all of my friends during this week already and I found my volunteering job here.

accommodation

Housing is provided by UiO, very well organised! My room was really cheap for Norwegian standards and it was really nice with big windows and almost everything in it that I needed for my stay. However the house did not have kitchen supplies so we had to buy that, but overall I was very happy with this service!

leisure & culture

Oslo is a city full of culture, every week there is another festival or culture event in town and I enjoyed every minute of it. It's a city with loads of museums and others sights to see, I feel so lucky to have seen so much of it!

suggestions/tips

definitely say you want to live in Sogn, it is the best student housing! Very close to university but also very close to nature with multiple public transportation possibilities in walking distance.

CONCLUSIONS

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

Yes!!! Even though I thought that the level of education was lower than expected, I really enjoyed my courses. However I would recommend UiO mostly because it is SO WELL ORGANISED, if you need help you will never feel lost because everyone will help you and the institution is so happy to help you. Housing is organised for you, you can see a doctor, a dentist, a psychologist etc for free, there are so many nice people, it is simply amazing! Oslo is a really great city full of culture in a country full of amazing nature that is so worth seeing. Norwegians are really nice people and I would do it all over again if I could.

do you have any additional advice or comments?

See section suggestions/tips



2018-2019

PREPARATION	
exchange application process	The exchange application process started with writing a financial plan, a study plan (with the courses I wanted to follow in Oslo) and a motivation letter. The hardest thing for me was the motivation letter, because I just had a really good feeling about going to Oslo and found it hard to explain specifically why I wanted to go there. Eventually I think it was nice to think of specific reasons why you want to go somewhere, because while doing this you overthink your decision and that is usefull. My specific reasons were my curiosity to Scandinavian countries (I had already been to Sweden) in combination with courses about the Nordic welfare society and the nature in Norway.
counselling & support at Utrecht University	I got good counselling & support during the preparation process. There were general meetings with al the students going abroad and the international office where you could ask your questions. A lot became clear out of these meetings, for example about insurances. Also, the international office and my contact person in my department where sending clear e-mails when there was a deadline to hand something in. If I needed a document to be signed you could just sent it back to them and I got the signed document back very quickly.
academic preparation	-
language preparation	I had no language preparation because the teached language in Oslo was English and I already had the right level of English.
finances	Half a year before I went abroad I started saving some money. I had an overview of what I would need in broad terms because we had to hand in our financial plan. Oslo is really expensive: mostly alcohol but also food is a lot more expensive than in the Netherlands.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I did three courses of 10 credits: Economic history of inequality, North/south development and Nordic welfare society. I think the content of all three courses was really interesting for me, but the economic course was a bit to economic for my background. The courses where very well organized. We all had a profile in the University webapp and mobile app and in this program you could exactly see where the course was, what you had to prepare the class and when for example the exams would be. It took a while for me to understand the program but eventually it was very handy. The examination system was really different in Oslo than in the Netherlands. For all three courses you only got one examination. So for the economic course we had to hand in a paper and for the other two we had make an exam of 6 hours long. The exams where more writing small essays instead of answering direct questions.



academic quality of education activities

The academic quality of the courses was not as good as I expected. For example Nordic welfare society lectures where really boring and a lot about history, while the exam was not about history at all. Also, they didn't expect much from you during the classes of all three courses and there were no examination moment except on the end of the semester, so this gave you a lot of time to do other things besides studying. It was a bit hard that you sometimes had to push yourself to go studying, because it didn't feel really necessary with the examination being far in the future. It was still necessary though, because it was to much if I had to do everything in the last two weeks or something.

counselling & support at receiving university abroad

This was really good! The site and course descriptions are really clear but whenever I had a question I could just e-mail them and most of the time the answer back came very quickly.

transfer of credits

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STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme was a week long. It was organized by the university and they had divided everyone in buddy groups. The buddy groups were nice because in a week time you got to know a lot of people from a lot of nationalities. A lot people became friends with the people from their buddy groups the rest of the semester. I did a lot with my flat and a Dutch group of friends so I only saw my buddy group friends on parties, but that was also really nice.

The 'get to know eahother' activities in the welcome week where a bit lame but also funny. One day we had 'Studentslippet' and on that day a lot of activities, restaurants or stores had disount or things for free so that was really nice. I definitely recommend to explore Oslo and the activities during Studentslippet day!

accommodation

My accommodation was a student flat in the student village 'Sogn'. This was an accomodation via the organization SIO. You are guaranteed to get a house via SIO if you go abroad to Oslo so that is very nice. I really really liked my flat in Sogn. Sogn is first of all (together with Kringsja) the student village where the most people from my university (University of oslo) lived. This was super nice because that way it was convenient to keep in contact with each other, have dinners together and go to each others parties. There is a supermarket in the middle of all the houses and there were a lot of laundry rooms.

I lived in a flat with five other girls and we shared a kitchen (with a big table, chairs and a couch so we also used it as living room) and a bathroom. Most of my time I spend together with the other girls and it was a lot of fun. We also threw four house parties which were super nice. Our type of flat was the cheapest type of housing (which was actually less than I pay in the Netherlands) and it was really cheap for what you get. Whenever there is something broke for example you could just sent an e-mail to SIO and they would send someone to fix it.

leisure & culture

The Norwegian culture and leisure activities are most of the time outdoors. With its beautiful nature the country is perfect to go on hike trips, go skiing if there is snow (there will be) or go camping when the weather is still good. There are a lot of cabins in the woods which are owned by the university which you can book for free or a little amount of money and hike to the cabin. Also, there are a few organization where you can borrow



camping/hike/skiing material for free. These materials are super good and therefore gives you a perfect opportunity to do this kind of leisure activities. I really liked the outdoor sporty way of life.

Also, Oslo is quite a big city where a lot of things are happening, so there is a webpage where you can find all the events (visitoslo.no) and see which ones are for free (these are quite a few most of the time!). This makes it a perfect city to spend your time besides studying.

suggestions/tips

Go on as many hike trips as you can to see the beautiful nature of Norway! Just spend a lot of time outside in general. The weather is quite good in Oslo most of the time so that is convenient. Also, try to get to know as much people as you can in the beginning of the semester, but stick with the ones you really connect with. The semester is very short and it's so nice to get to know the people you like and become good friends with them. Finally, try to get to know a few Norwegian people as well (although it could be a bit hard with them being a bit introvert) because then you will learn about the culture in the best way.

CONCLUSIONS

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

Yes definitely! It has been such a nice experience for me by getting to know the country, exploring its beautiful nature and living in such an interesting culture. The culture and the way the country is organised was really interesting to me because the public sphere is so big and well organised.

do you have any additional advice or comments?

Start to look at what hikes you can do during what time of the year quite fast after you arrived in Oslo. Some hikes are closed very fast because the weather becomes quite cold quite soon. Also, borrow your stuff from the organisations that lend them for free and make use of the university cabins! And most of all: have a lot of fun!!



PREPARATION

exchange application process

The application process went easily. The student office of your faculty and the international office respond quickly and can be contacted in many ways. Therefore, I did not take me much time and effort to complete the application process.

counselling & support at Utrecht University

The LEG International Office assisted me satisfactory!

academic preparation

You can choose courses on different levels. If prior knowledge is recommended, you will find this on the course webpage. You can consider this prior knowledge when you choose the courses you want to take.

language preparation

Norwegians speak English very well, so language preparation is not needed.

finances

Norway is a very expensive country. Although you receive student discounts at many places, you will still need to save some money before your semester abroad starts. Also, mind that alcohol is extremely expensive compared to the Netherlands!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

UiO offers a wide variety of courses. As a student at the Faculty of Social Science, I could choose every course I wanted. Therefore, I decided to take courses at the Faculty of Law as well. Registration works easily, although you have to be careful that you do not miss any application deadlines. If you would like to take a Norwegian language course, you apply when you are in Oslo. Normally there are more applications than places, so you should think of a good alternative when you want to take a language course.

academic quality of education activities

A big difference between UiO and UU is that UiO makes more use of lectures. Some courses offer (mostly optional) seminars. However, the academic quality is as high as at UU.

counselling & support at receiving university abroad

The student office of your faculty and the international office respond quickly and can be contacted in many ways.

transfer of credits

Nearly every course at UiO consists of 10 EC. Exams are graded on a scale of A to F, A is the best and F means failed. Just like in the Netherlands, one semester in Oslo consists of 30 EC. So, when you follow three courses of 10 EC, your gained credits can easily be transferred (and you fulfil the Erasmus+ minimum of 22.5 EC).

STUDENT LIFE

welcome & orientation programme

Each faculty offers an introduction week with many activities. New students are divided into buddy groups, this is a nice way to meet other exchange students.

accommodation



SIO offers housing guarantee to exchange students. Mind that you apply for housing on time (short deadlines), otherwise your right to housing expires. SIO owns many different student houses. Most exchange students live on Sogn or Kringsjå, therefore I would recommend these places.

leisure & culture

In Norway, leisure and culture are closely connected. Spending a lot of time in Norway's beautiful nature is the most important feature of the Norwegian culture. Around Oslo, there are many leisure activities possible. In the summer you can go hiking and swimming, in the winter you can go skiing and cross-country skiing.

suggestions/tips

Become a member of atletica, the sport association owned by SIO. In this way, you have unlimited access to sport facilities, sport societies and sport lessons. They offer special memberships for international students.

CONCLUSIONS

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

Yes, definitely! The University of Oslo offers a great exchange programme in which you can choose a wide range of courses. Also, Oslo and its surrounding nature are very nice.

do you have any additional advice or comments?

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PREPARATION

exchange application process

The exchange application process will take a lot of time and effort, which is also good because you have to prove that you really want to study abroad. It is clear what you need to do and there is a good timeline which you can follow. Also, you receive e-mails when you need to hand in your documents.

counselling & support at Utrecht University

The study advisor helps you with deciding what you want whenever you ask her. Also, she responds very fast on her e-mails so you will receive your documents quick back when you ask for her signature. The international office is always there to help you too.

academic preparation

I did not prepare that much on academic area. I checked whether my courses have seminars and lectures or not. And I did check what kind of examination I had to pass.

language preparation

I did the language test of Erasmus and the test proved that my English was adequate so I did not prepare more with another language course. During my mobility period I discovered that my English was indeed good enough.

finances

I estimated how much money I needed during my semester abroad. I checked the website of UiO and UU. I took the Erasmus grant into account and decided to use some of my savings. I was prepared that Norway would be an expensive country to study in.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

My courses were less interesting than expected, mostly because it was not that interactive. The course content was interesting, however. The organisation of the selection in courses was perfectly arranged. It was clear how to apply for certain courses and when and where the lectures or seminars take place.

academic quality of education activities

The English language of some teachers were not that advanced, which resulted in messy lectures. The structure of the lecture was not clear because of this. The lecturers did have a lot of knowledge about their own subject.

counselling & support at receiving university abroad

I did not need a lot of counseling or support at my receiving university. I mostly asked all of my questions to the leaders of my introduction group. The receiving university was good in the organisation so without any questions it was already clear how to arrange everything.

transfer of credits

The transfer of the credits are exactly the same as I am used to. I get the same credits than they would give you in Oslo. This is a good system since I know how much I need to do to get the same amount of credits. I think it is a good thing that the UU does not transfer the grades because they grade the exams or papers in a totally different way.



STUDENT LIFE

welcome & orientation programme

There was a buddyweek which would introduce the daily student life to us, including the digital platforms of UiO but also fun activities such as parties. You could meet a lot of other international students in this week and I felt home right after this week. This week was well organised and a real recommendation to join this week to meet your first friends and to get to know the university and campus.

accommodation

As an international student I was assured of a room at a student village of SiO. You have two large student villages: Kringsja and Sogn. Both villages are really nice place to live at and most of the international students live here so you run into everybody you know. Great accommodation!

leisure & culture

Norwegians often go hiking in their spare time, which is a recommendation. You get to see the beautiful nature around Oslo. Also, the city is interesting to visit. There are a lot of international activities as well. This is fun because you get to meet fellow international students and everybody is really open and kind to each other. ESN is a big part of these international events.

suggestions/tips

If you check the deadlines when you need to apply for courses/grants etc. there are few things that can go wrong in Oslo since their organisation is great.

CONCLUSIONS

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

Yes I would recommend this destination to other students because Norway is a beautiful country and they accept international students really well. Everybody speaks English really good.

do you have any additional advice or comments?

Check the deadlines, follow ESN for all the fun international activities and trips.