



ERASMUS+ STUDIES - UU Report

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

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

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

destination city & country	Oslo, Norway
how did you travel to your destination?	Car (Utrecht -> Oslo) and plane (Oslo -> Utrecht)
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	17 / 12 / 2022 (dd/mm/yyyy)

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

PREPARATION
exchange application process
The application process went smoothly. Since Norway is an EEA country, the process was not very complicated. All the deadlines and required steps can be found on the website of the Utrecht University and the website of the University of Oslo. Because there is a lot of stuff you will have to take care of, I recommend making a clear to-do list, with deadlines and really keeping an eye on it. Also the faculties of both universities were very approachable for questions and always responded quickly to any questions or requests I had.
counselling & support at Utrecht University



As mentioned, the counseling was great in my case. I did not feel like I needed much help, but if I had any questions there was always someone I could reach quickly.

academic preparation

I did some research on the courses I was planning on taking. Because they were different from what I used to study in the Netherlands, I did some background reading on the topics that I was going to be studying in Norway. Looking back this was probably not necessary.

language preparation

I practiced some Norwegian using Duolingo. This came in handy sometimes, but I also took a Norwegian course during my exchange, so that's where I learned most of my Norwegian. Being able to speak or understand Norwegian is totally not required to go to Norway, the level of English proficiency is very high in Norway, everywhere I went people could speak English very well. I think I only met one or two people who could/would not speak English to me during my entire stay.

finances

I did not prepare financially. I had some savings that I could use for this exchange. Also I increased my student loan from DUO. This could be recommended, since Norway is a very expensive country to live in. I spent about twice my usual amount on groceries. Rent was about the same as in the Netherlands. Alcohol in Norway is about 3 times as expensive as in the Netherlands.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three courses during my stay:

- Norwegian for international students
- Network & Communication security
- Introduction to GIS

The application process was a bit stressful, because the admittance to courses was only done in the last week before the semester started. My advice is to not be stressed, and trust that it will be arranged in time. If you do the applications before the deadline, and you are qualified to take the courses you applied to, you will be admitted in time to start the courses.

academic quality of education activities

The quality of teaching is very good, very comparable to Utrecht in my opinion. The teachers are kind and helpful, and really know what they are talking about, and everything was arranged nicely and communicated clearly.

counselling & support at receiving university abroad

This was fine. Again I did not need much assistance, luckily. But if I had any issues, I could reach the international office and they would assist me.

transfer of credits

No experience with this yet.

STUDENT LIFE

welcome & orientation programme

It was alright. I usually don't like these kind of programs, but this one was fine. I did meet some people that became my friends through this program, so in the end it was worth it. It is cool that you see a lot of the city and nature of Oslo in the first week already, so you get immersed in the country and culture immediately. Also it was useful to know all the places on campus and where to go for classes.



accommodation

This was great. I (sub)rented an SiO apartment. Most students live in these apartments, and they are spread throughout the city. Most of them are rooms with shared kitchens/bathrooms, with up to 7 roommates. My apartment was a couples' apartment though, and it was really nice to have our own little apartment with kitchen and bathroom. I think most of the SiO apartments are really nice and not too expensive (compared to Dutch rent prices).

leisure & culture

There is so much to do in Oslo, especially if you like being outdoors. My friends were into bouldering/climbing, and I never did this before. But I went with them and really liked it. Bouldering is very popular in Scandinavia and Norway as well. There are multiple bouldering halls throughout Oslo, and there is even one on the Blindern campus. If you are a member of Athletica, the SiO sportclub, you can climb there whenever you want. Apart from this, Oslo has a pretty good nightlife. There are a lot of cool places; bars, pubs and nightclubs. A night out can get very expensive though. A lot of places charge an entry fee (around 150nok = 15euro's). And there is usually a queue outside. Then once you get in, beers are super expensive (around 90-120nok = 9-12euro's for a beer). All places also close at 3:00 in the morning (I think this is required by law) which is pretty early. Me and my friends did not go out a lot, but usually just hung out at my place.

suggestions/tips

- To find an apartment, you can register at SiO. I would also recommend finn.no, that's where I found my apartment.
- Use public transport! It's super widespread and cheap. You can get almost anywhere with bus tram or metro.
- Alcohol is expensive, and can only be bought before 20:00 on weekdays, and before 18:00 on weekends. Also, for anything stronger than beer you have to go to a specific store called 'Vinmonopolet'.

CONCLUSIONS

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

Yes! Norway is a beautiful country, and Oslo is a very vibrant city. I love how the city and nature are so close together. It is a European capital, and has all the facilities but take the bus for 20 minutes and you're in a forest on a mountain. The university is great. The campus is very cosy and the facilities are superb. I especially liked the canteens/lunchrooms, where they serve fresh healthy food, with a lot of vegan options. Also there's a lot of student bars on campus with great student prices.

do you have any additional advice or comments?



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faculty/college	Natural science
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Climate physics

destination city & country	Oslo, Norway
how did you travel to your destination?	By train
name university abroad	Univeristy of Oslo
start date	16 / 08 / 2022 (dd/mm/yyyy)
end date	31 / 05 / 2023 (dd/mm/yyyy)

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

PREPARATION
exchange application process
I was very late deciding that I wanted to study abroad. Because of this I didn't have a lot of time to tink about which country and city I wanted to go to. Besides that the application process went quite well.
counselling & support at Utrecht University
I went to the study adviser to ask about the possibilities. We talked that through and then I made my decision. When everything was final there was a meeting where I saw all the students that went abroad. I also met there someone who went to the same university. It was really nice to know already someone before going.



academic preparation

I needed to follow two courses here in Oslo as a replacement of obligated courses. Besides that I chose whatever course I liked to do. I changed some things for the second semester. This was quite flexible and easy to do.

language preparation

I didn't prepare. I did follow two language courses at the UiO to learn norwegian and could even skip level 2 and directly go to level 3 in the second semester.

finances

I had some savings and I also started working in Oslo the second semester.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I chose some random courses that seemed interesting and two language courses at UiO. This was all quite easy. There was no problem getting into the courses.

academic quality of education activities

All the courses where 10 EC and in my experience where they easier than the 7.5EC courses at UU. The first semester I had a total of 35EC and that was completely fine.

counselling & support at receiving university abroad

There was an interoduction week. This helped my mostly making new friends. Some of the friends I made there I still speak.

transfer of credits

Haven't done this process yet but think that it will be transferred one to one.

STUDENT LIFE

welcome & orientation programme

There was a introduction week where they explained everything and we got to know the city. I also made some friends there that I kept for the whole year.

accommodation

I got housing via SiO. This was very easy and I got exactly the room I wanted. The rent is also good (cheaper than in the Netherlands).

leisure & culture

You can join many students associations and student sport teams. This is very cheap and a good way of meeting people.

suggestions/tips

Be fast at picking student housing via SiO because the earlier you are the higher the change that you will get your first pick.

CONCLUSIONS

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

Yes. The other students and theachers are all very friendly. Most things are well organised and they will welcome you with open arms.



do you have any additional advice or comments?

I would recoment going a year if possible because the time flies and I really apreciated the time after I had figured out everything.