



ERASMUS+ STUDIES - UU Report

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

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

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

family name*	
first name*	
student number*	
permission to publish contact details** <i>See end note for * and **</i>	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input type="checkbox"/> yes: @ my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @students.uu.nl
faculty/college	Geoscience
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Geography

destination city & country	Trondheim, Norway
how did you travel to your destination?	By plane
name university abroad	Norwegian University of Science and Technology (NTNU)
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	21 / 12 / 2021 (dd/mm/yyyy)

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

PREPARATION
exchange application process
I can't remember exactly, but I know that you have to hand in several documents and that you will never know if you did everything and correctly. Just try to keep a close look to the deadlines, so that you don't forget to upload the required documents.
counselling & support at Utrecht University



I remember that I sent several emails for clarification and other questions regarding the application process and requirements, and that I always got an answer in a short time. With this the university made the exchange process less hard.

academic preparation

I think the level of academic skills you learn at Utrecht University are enough to succeed in your semester abroad in Norway.

language preparation

I didn't had many English courses at Utrecht University before and considered my English as not that good, but abroad you have to, so you learn everything faster. Also, if you finished a Dutch high school, I think your English is good enough to start and you will learn a lot more during your exchange

finances

Norway is crazy expensive, I think its one of the most expensive countries in Europe, so you have to take a look in your bank account before going there and also living there. With the Erasmus grant it's a bit easier, but I have to start saving when you know you will go there.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did three geography courses at NTNU, but all on different topics. One was about development, one about natural resources and the last one was about landscape management. One of the courses even had a free three day excursion, which was very nice and also helpful to understand the literature. The workload was average to low for all courses, because I felt like the workload is a bit higher at Utrecht University. Also the planning of the courses over the semester was good.

academic quality of education activities

I think the quality of the courses at NTNU is good and some also have nice extra education activities, like an excursion or outside seminars. This is maybe only because of the fact that I chose geography courses. Besides that, I think that the workload is lower in comparison to Utrecht University. I only had one exam for each course in the end of the semester and for two I had a relatively small assignment for which I had a lot of time. The other course only had an attendance requirement. So in short, the workload is very doable and the quality of the courses is good.

counselling & support at receiving university abroad

I thought that the teachers were very nice in the courses I had, they really let the students participate in the lectures and helped where needed.

transfer of credits

At NTNU they use the A to F scale to grade the exams. Most of the times for the semester assignments you only get a pass or a fail.

STUDENT LIFE

welcome & orientation programme

Because I went to Norway still in the corona pandemic, there were still some restrictions. Because of this there was only an introduction time for Norwegian students, and there no introduction activities for exchange students, which was a bit sad. The only activity I had was an information meeting of the faculty on campus. Although there was no introduction for us, it was still possible to meet a lot of international students, because we organized get togethers ourselves. Because of this it was still easy to make friends, so I will recommend to



join as much whatsapp/facebook groups as you can to know where you have to go to find the other exchange people

accommodation

I had to find an accommdation myself, because I wasn't placed in Sit student housing. I used the website hybel.no for this and I found a place within a week, but you have to be lucky. The place I found was really nice, with actually a very friendly landlord and two very nice Norwegian roommates.

leisure & culture

I think the Norwegian culture differs not that much for the Dutch, if you compare it to other countries in the world. This makes it more easy to adapt to the Norwegian lifestyle, and I think having Norwegian roommates is an advantage in this, because they can explain the how and why. Besides that, Trondheim is really a student city and an active city. Everywhere you see students and people working out. So if you are a sporty type, its really a good destination. The student organisation Sit has almost every kind of sport you can imagine. Also the nature is really beautiful and I think one of the most important reasons why people chose to go to Trondheim. Besides that, you can also have a great city life there, although the city is very small.

suggestions/tips

If you go to Trondheim, its nice to explore the nature around the city on a hike or even go on a cabin trip in the mountains. In winter it is possible to do cross country skiing in the forests next to the city, so you don't need a car and its possible the rent all the equipment for free. Besides all the nature and active stuff, the city is very cosy with a coffee bar on almost every corner and a lot of Fretex vintage shops. For partying you have to go to Samfundet, which is the student club/theater/bar. If you are there in autumn, the UKA festival is very nice, but also kinda expensive. If its still there, you have to check out Innom/Drivhuset, which is a very nice student coffee place with small events, and everything is for free

CONCLUSIONS

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

I would for sure recommend NTNU and Trondheim! I really liked my stay there, loved hiking in the nature around the city, partying at Samfundet, chilling at the student coffee bar and also going to University with the nice nature views around it. I have met a lot of lovely people that made the exchange so amazing. Also the Norwegian students are nice and involve you in the conversations/activities. Altogether was my stay abroad super nice!

do you have any additional advice or comments?

Norway is expensive, so keep that in mind and start saving.

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

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