



ERASMUS+ STUDIES - UU Report

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

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

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

family name*	
first name*	
student number*	
permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input 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: @nl
<i>See end note for * and **</i>	
faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sociale Geografie en Planologie

destination city & country	Oslo, Norway
how did you travel to your destination?	By car and by plane
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 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	After the information abroad week I started with the exchange application process. It wasn't that hard to arrange everything once I figured out what to do. But often I had to search to find documents. Or sometimes I doubted whether I had arranged it properly.
counselling & support at Utrecht University	When I sent the International Office Utrecht an e-mail they responded quickly and always answered my questions.



academic preparation
It was not necessary to have any academic preparation to take courses at UiO.
language preparation
The courses I took at UiO were in English, so I had not any language preparation. Except for the Erasmus English Test. It was also a possibility to take Norwegian language courses, you did not need any preparation for this. Although, if you want to learn Norwegian it could be interesting to start before your exchange semester.
finances
Norway is an expensive country so be aware of that. Therefore, it is important to plan your finances in advance. I received the 80% of the Erasmus grant at the end of october. So it is also important to keep in mind that the exchange semester will start before you will receive anything. Moreover, do not forget to change your 'student transportation' in duo, instead of using 'the student transportation' at home, you can receive a grant. In addition, The University and other organisations arrange many free activities for students. And for example, the gym is relatively cheap for students.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed three courses from the Faculty of Social Sciences; Nordic Welfare Societies - Sociology, North/South Development - Geography, Ethnographic Europe - Anthropology. The content (topics) were interesting and the readings were fine. By one course seminars were given the day before the lecture, this made the conversations during the seminars less interessting, this was the only organisational issue I had.
academic quality of education activities	Personally I was not very pleased with the academic quality of all courses. Because, one course only had lectures and the quality was not as good as I am used to at UU. And for all courses it did not became very clear what was expected of us on the exam. I would have preferred courses with writing assignments during the course, to know what to expect and to improve my writing skills in English. Although, this is only based on three courses. For example, my friends and roommates were content with their courses.
counselling & support at receiving university abroad	I sent all my questions and request to sign documents to the International Office of UiO. They reacted quickly and were very helpful.
transfer of credits	The transfer of credits is still in process. On the website of UiO (studentweb) you can download your transcript of records. Moreover, I had to fill in the e-mail adress of the international office on another website of UiO, and hopefully the transfer of credits will be completed.

STUDENT LIFE	
welcome & orientation programme	The first week of the semester there was an orientation week. It was a nice week to get to know other exchange students from the Faculty of Social Sciences. Everyone got a buddy and a buddygroup. They organised a lot of games, movie night, city tour and so on.
accommodation	I would recommend to sign up for a room by SiO. This is a housing organisation for students. They have a lot of accomodations all over the city. Most of the exchange students I knew lived at Kringsja, Sogn or Vestgrena. The



housing was well organised and I never had any problems.
leisure & culture
Oslo is a great place for leisure and culture, there is a lot to do both in nature and in the city. There are a lot of student organisations. I was not part of one, because I wanted to have leisure time on weekends to travel and so on. I made various trips for example to Bergen, Tromso, Lillehammer (skiing).
suggestions/tips
I rented a room from SiO which was fully equipped. Because of this, I didn't had to buy kitchen equipment and all the furniture was already there. This is a really nice option for exchange students, since this made my start of the semester easier.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would recommend University of Oslo and the destination Oslo to other students. A lot of things are really good organised in Norway, like the university, housing facilities, sport options and public transportation are good. Moreover, I really like the city, since it isn't a crowded city. Although the city is big, so there is a lot to do. Also, the combination between the nature and the city is great.
do you have any additional advice or comments?
If you have the possibility; save enough money so you can enjoy your stay and make some trips, because for me this was the most amazing part to get to know Norway.
And do not hesitate to ask for my contact details by the International Office, if you have other questions.

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.