



UU Report form - Erasmus 2021-2022

contact details	my e-mail address	vanvlietlisa2@gmail.com
	other (social) media	Instagram: _lisa.vv
faculty/college	Social sciences	
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme	Psychology	

destination city & country	Tromsø, Norway
how did you travel to your destination?	By plane
name university abroad	Tromsø University / UiT
start date	06 / 08 / 2021 (dd/mm/yyyy)
end date	19 / 12 / 2021 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went pretty smooth. First the application at Utrecht University, which isn't too much time but it can be very helpful for yourself to start early.
 Once I got accepted for UiT, I still had to upload some documents. But the UiT website is pretty clear about what to upload and where to upload it. With questions, in my experience it's better to contact exchange coordinator from your own departments instead of the international office.

counselling & support at Utrecht University

The international office was really helpful! Whenever I e-mailed them I got a response within a day. So with all your questions about preparation or paperwork, you can ask them.
 Also they organised some online events where you got more information about going on an exchange and also what to prepare. This was also really helpful so I'd recommend to visit as much as possible to get the best of information before your exchange.

academic preparation

For the courses I followed I didn't have to do any academic preparation.

language preparation

Since Norwegians are pretty good at speaking English, you can survive easily with that. I did some duolingo in Norwegian before I left, because I thought it would be nice to learn a bit about the language before going. But you don't need it.

finances

Norway is an expensive country. It's good to realize this beforehand. I worked a lot before going so that I had enough savings. I'd recommend to have enough savings, because it's a beautiful place to live, and it would be a shame to miss out on stuff because of the money. You can also get the Erasmus grant, which is also pretty helpful.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
<p>I followed three courses for 10ECT: Psychology of attitudes, Arctic Norway and the Barents region - aspects of history and Psychology of language. Only the attitudes course was from the psychologu department. You get enough information on where and when to sign up for courses.</p> <p>The attitudes course was supposed to be the hardest one, but it was actually really easy with a lot of basic stuff. The history course was fun, because then you get to know a bit more about the arctic region you're living. And I liked the language course the best, because it was a more of linguistical view on stuff about language I already learned in Utrecht.</p> <p>All the courses only had 1 lecture a week, so the studyload was not much at all. But I liked it because now I had a lot of free time to explore all the beautifull things in and around Tromsø.</p>
academic quality of education activities
<p>In my experience the academic quality of the courses was less than in Utrecht. You get 10 ECT for 1 lecture a week. I did way less studying as in Utrecht, but I think for an exchange where it's not just about the university but about the whole experience this isn't a problem.</p>
counselling & support at receiving university abroad
<p>The support was good! At the university they have counseling and you know who to contact if you have some problems. They also send you emails every week with the activities for the upcoming week. Especially in the beginning, its nice to know all the acitivities that are going on.</p> <p>In the winter days when the polar nights are coming, they also offer some extra meeting with information about how to deal with it etc, so nothing to worry about.</p>
transfer of credits
<p>My 30ECT has been transferred to 'pass'. Also the grading system in from A-F, so the grades you get are not being transferred</p>

STUDENT LIFE
welcome & orientation programme
<p>Because of covid the first informational meeting from the university was online. But after that there where some weeks with different kinds of activities where it's super easy to meet new people. In the weekly emails you get from the counseling you can also find all the introduction activities so you don't have to miss out on anything.</p>
accommodation
<p>For me finding an accomodation was really easy. You can apply on Samskipnaden for housing. Make sure to apply as soon as you know that you're going. If you apply later you will be last on the list.</p> <p>I lived in ørndalen, which was really nice and a lot of international students lived there as well. But I've been in other accomodation, and they were all just fine!</p>
leisure & culture
<p>Tromsø is the perfect destination if you like outdoor activities. The nature is super nice and there are some nice mountains to hike where you get rewarded with the most beautiful views on top. The city is not so big, but there are some nice bars to go to in the weekends to spend all your savings on overprised alcohol.</p> <p>The culture shock was not that big. But in my experience Norwegians are a bit less outgoing and more focused on themselves. But other than that not so many big differences.</p>
suggestions/tips



Do as much as you can so you won't regret not doing it when you're back home. 5 months sounds like a long time flies by so fast. It's the perfect place to step out of your comfort zone and do stuff you never did at home :).

Also, try to join as much activities in the beginnen as possible. That way you meet a lot of people and you never have to get bored during your stay.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes definitely. The whole experience was just amazing. If you want to go out in nature and just be in a really different place than home, Tromsø is perfect. The atmosphere at the university was nice as well, and the courses are not too hard.	
do you have any additional advice or comments?	
Don't get scared because it's so north. The temperatures are not getting lower than -10 degrees which is doable. And during the dark season, there is still a lot to do, so if you keep yourself busy the dark season isn't that bad at all. Just be open for new stuff, and than you will definitely have a great time with a lot of new experiences you will never forget!	

UU Report form - Erasmus 2021-2022

contact details	my e-mail address	sophie.heezen@gmail.com	
	other (social) media	instagram: @soofheezen	
faculty/college	Social Sciences		
level	<input checked="" type="checkbox"/> bachelor's	<input type="checkbox"/> master's	<input type="checkbox"/> PhD
name study programme	Psychology		

destination city & country	Tromsø, Norway
how did you travel to your destination?	Airplane/car
name university abroad	UiT The Arctic University of Norway
start date	05 / 08 / 2021 (dd/mm/yyyy)
end date	16 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
exchange application process	
My application process was a bit stressfull, due to the COVID-19 situation. I applied for the exchange in November 2020, and I went on exchange in august 2021. During the period in between I had to collect a lot of documents and needed to get them signed by both my home university as well as the exchange university.	



Although the UU was very helpful in this process, sometimes it took a while to get documents signed at the exchange university.
counselling & support at Utrecht University
The people working at the international office at UU were a big help for me. I could ask them a lot of questions and would get a quick response.
academic preparation
At my application i needed to hand in a list of the courses i wanted to take at the exchange university. I first applied for another uni, also because of the courses they had there, but then I didn't get that spot. So one or two months before going to Norway, I needed to submit my preference for courses at the other university. This was quite easy to find, although they offered many courses in English in the psychological field, I couldn't do all of them since I'm almost finished with my studies and there would be too much overlap otherwise. In the end it was fine to try something outside of my own field of interest.
language preparation
I didn't need to take any courses to improve my English. I did take a Norwegian language course there, just for fun.
finances
I applied for a Erasmus grant. Also worked a lot during the summer break to save some money, since Norway is a very expensive country.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
In the beginning it was a bit hard to understand where to find my schedule and everything, since they don't use Blackboard over there, but it was easy to adjust (once you find the settings to put the system in english instead of Norwegian). The content was alright, and sometimes quite interesting. Although, for me it felt like the level of education is quite different compared to here.
academic quality of education activities
As i already mentioned before, I feel like the level of education is a bit different from what i'm used to here. The educational activities were fun though, we went on a trip to the museum for a presentation and I learned a lot about Norwegian culture through that trip. Also we had to debate a lot during seminars, which was quite interesting. The only thing that i was missing, was the workgroups. We didn't get to interact as much as I'm used to, and it's more listening.
counselling & support at receiving university abroad
The staff was very nice at the receiving university. I had a problem concerning the special facilities (extra time at exams, etc.) and emailed someone (I didn't know who to email at first) but got a lot of help from her, and she even emailed a lot of her colleagues to help me.
transfer of credits
They use a different grading system there then we do here, but they do use EC's, so there wasn't any trouble in transferring the credits. Also i needed to get approval of the courses beforehand by my home uni before Actually taking the courses.

STUDENT LIFE
welcome & orientation programme
There was a weekly email with loads of activities, which was very nice. The orientation programme was not very interesting, mainly listening (online!), but they had some usefull information. ESN there organised some nice



things in the first few weeks, which was cool. In this way, you had the opportunity to meet loads of people and form your own group of friends, while getting to know the city.
accommodation
It was very stressfull to get accomodation. I applied for it a few months before going, but only heard back from them 3 weeks before leaving. Finally I did get a nice place to stay, although i had a 40 year old roommate, which was a bit weird. The rest of my roommates were very nice though.
leisure & culture
We went out to town quite often. The nightlife there was very nice, a lot of parties and a lot of students! Also it felt like we were escaping COVID-19 for a while, since there were no regulations. They are very proud of their Sami-culture there, and you could learn a lot about it in the musea. People are very friendly and speak english very well.
suggestions/tips
Just go to Tromsø, it's amazing! Everyone I know there fell in love with the place.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would recommend this place to everyone i know who loves nature, good night life, friendly environment and an amazing dancing sky (almost) all the time. I was a bit unsettled when i first arrived. It was way smaller then i thought, and i'm from a big city. But it was easy to adjust, and maybe made me love it even more. It is amazing that you can go to Uni skiing, you step outside and you're surrounded by mountains and you take a bus to the city and the whole crowd is there. I learned how to kayak on open water, I went on a dog sledding adventure, I went whale watching and saw a lot of Orca's, I saw aurora a looooot of times, had nice walks home from the city after missing the bus while the sky was green and purple. It is totally worth your it!	
do you have any additional advice or comments?	
Save money before going here, alcohol is very expensive	

UU Report form - Erasmus 2019-2020

faculty/college	Psychology
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	I followed different subjects in the: MA Psychology, BA Archeology, BA History.

destination city & country	Tromsø, Norway
how did you travel to your destination?	I traveled by plain, but would recommend the journey with train or by car, depending on which semester you are going (road conditions), your time and options. The trainjourney is beautiful, and having a car in Tromsø is a huge advantage.
name university abroad	UiT
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	31 / 12 / 2019 (dd/mm/yyyy)



PREPARATION
exchange application process
The exchange application process is pretty straight forward if you just follow the steps given by both Universities (UU & UiT). UiT has a very clear site with all the information, and you can always contact one of the exchange coordinators with questions. It's a lot of paperwork, but not difficult.
counselling & support at Utrecht University
I was already sure I wanted to go to Norway, but if you're not sure, go to all the activities and the lecture about studying abroad. There are plenty of opportunities to ask questions and delve into multiple exchange options. Utrecht has a good organised exchange office. Whenever you have a question or need anything signed, go and see them in person, they will solve it really quick and send you anything you need afterwards on the mail.
academic preparation
My academic preparation was all about planning and finishing courses in Utrecht so I could leave for half a year. For my exchange University in Norway I didn't do any academic preparation, but I had opted for courses that continued on courses I followed in Utrecht, or Bachelor courses at introductory level, so I knew that wouldn't be a problem.
language preparation
I started learning Norwegian a few months before departure. Especially for Dutch (/German) students, the language is pretty easy and fun to learn. It's nice to have a headstart with grammar and vocabulary, because actually speaking and pronouncing the language is the hard part.
finances
I made sure I had some extra savings for Norway. The country is really expensive. You will make it with your grant and some savings, but if you wish to do some extra activities and/or weekendtrips like me, you don't want to be held back by money. So save enough if you plan to go to Scandinavia.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I did three totally different courses: MA Psychology, BA Archeology, BA History. Getting in was pretty easy, just look for English courses, follow the steps and make sure you qualify. UiT has pretty clear course descriptions, but make sure you check if there are new courses added after arrival in Norway. I discovered not all courses could be found on the site, and you can still decide to switch to one of these if they are more interesting.
academic quality of education activities
The three courses, each 10 ECTS, were of totally different levels. The master course ended up being the easiest to pass, while I had to do much more reading and writing for the two bachelor courses. Also because writing an historical essay is totally different than any academic writing I had done before. The academic quality in Norway is high, but because these are all courses in English, the teachers and their English makes a huge difference in the levels.
counselling & support at receiving university abroad
In Tromsø they have a great counsellingcenter where you can go with all your problems. You can count on all help you need. But whenever you have a problem with the courses itself, or paperwork for the exchange, don't e-mail the coordinators after arrival. It takes way too long. Best thing to do is look for their office online and go to see them in person. Don't be afraid to ask colleagues, everyone is happy to help.
transfer of credits



30 ECTS - 30 ECT

STUDENT LIFE

welcome & orientation programme

Tromsø has a great orientation programme. It's easy to meet everyone from your own country, but make sure you blend in with others as well. There is also an orientation programme for Norwegian students, you're encouraged to take part of this as well, but the level of exchange students in this programme is pretty low and the main language Norwegian, so it can be hard if you haven't made a start with your language lessons.

accommodation

Make sure you apply for housing early, especially if you're older than 23, the organisation Samskipnaden assigns you a student housing. I lived at Åsgårdvegen, which was really nice, but the flat is pretty old and I would have preferred a bit more cozy housing. Ørndalen seemed great, and I have also been in nice rooms at Prestvannet and Dramsvegen.

leisure & culture

You have to love outdoor life and prefer quiet surroundings. There are a lot of activities organised every week. It's easy to make friends and easy to experience Norwegian culture.

suggestions/tips

Do as much as you can in the orientation week, so you meet a lot of people. Make sure you are not only staying in the safe zone with people from your own country. Especially the Norwegians need a bit more time to warm up to you, but it's worth it ;) Join a sport or club for the dark days. The winter is really doable, but keep yourself busy!

CONCLUSIONS

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

I would definitely recommend Tromsø and UiT to other students. You have a lot of time to experience another country and the outdoor life. It's beautiful everywhere, has a cozy atmosphere and you will definitely see and experience things you haven't before. The University offers a lot of courses, in my opinion easier than Dutch University courses, but that differs depending on the teacher. There is great counselling and every week there are free activities. So you never have to feel lonely or bored.

do you have any additional advice or comments?

Tromsø is great, but wherever you want to go, go.



UU Report form - Erasmus 2019-2020

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Tromsø, Norway
how did you travel to your destination?	By airplane
name university abroad	Tromsø University/Universitetet i Tromsø
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	18 / 12 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process was okay, it requires quite a lot of documents but if you have a clear overview of what you should hand in and when, it should be fine.
counselling & support at Utrecht University	I don't think I can give feedback on this subject as I have not really used these services, but I asked a few questions during the application process and the International Office always helped me. The predeparture meeting was also a good preparation.
academic preparation	There was no academic preparation needed for my studies abroad.
language preparation	There was no language preparation needed for my studies abroad. Given that you study at a university and have taken English classes, I think that you're prepared already.
finances	I was prepared because I knew Norway was a very expensive country, and when signing up for housing I could estimate what I needed to pay monthly. The Erasmus scholarship was very helpful financially.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Psychology. I took the classes Attitudes (a masters-level psychology course), Arctic Norway and the Barents region (a history course), and Arctic Rock Art (a archeology course). Organisationally, everything was okay. You get clear instruction as to where you should sign up for your classes and exams. However, some classes that I wanted to take were not available for the semester, but upon arrival I heard that you could sign up for those classes after all. So, if you have seen classes from previous years that you can't find for your specific semester I would recommend to inform with the international office of Tromsø University.
academic quality of education activities	I found that the academic quality was on the low side. I have completed a bachelors in Psychology, and studying abroad was a addition to that degree. The masters class in Psychology that I took was very very basic. The other



classes were also basic-level, but that was okay to me since I was new to both history and archeology.
counselling & support at receiving university abroad
Upon arrival you get a very thorough explanation of what you should do (for example, go to the police to inform them you're studying and living in Norway, or how to set up your university accounts). There is a international office-counsellor that seemed very nice and she sent us weekly announcements that contained the events that were happening in Tromsø for that week. I found that very helpful and fun. I think she also mentioned that international students could contact her for counselling when needed, and that international students generally had a higher priority because they were far from home and might just need someone to talk to. Even though I did not make use of that myself, I found it very accommodating and nice.
transfer of credits
Not yet received; but I already know that you have to e-mail the international office yourself as they do not send you a Transcript of Records automatically.

STUDENT LIFE	
welcome & orientation programme	As mentioned before, the first few days you get all sorts of instructions in an extensive program. There is catering for a few days, they are also very accommodating to dietary restrictions (vegan, vegetarian, gluten-free etc).
accommodation	The accommodation is okay, the prices are similar to Utrecht housing prices. I stayed at the Elverhøy student home, and I did not really know others that lived there. Even though it was fine, I would not necessarily recommend this place. It can get a bit lonely having only one roommate/flatmate, and I found the bus connections to be not very good. But overall I did not have any complaints. For some houses you have to buy things like cutlery, pans etc. yourself, but in some houses it is already there.
leisure & culture	There is not much of a culture shock, aside from the fact that most people seem to exercise a lot more. But you can easily catch up in a few weeks by hiking the beautiful mountains ;). Tromsø is not a big partying city, and alcohol is very expensive. It's more common to pre-party at home. There are some fun activities in the centre that the counsellor will kindly inform you of!
suggestions/tips	Join a sports team via Kraft and TSI! Also, try to plan a lot of hikes before it starts snowing (or after the snow melts) because of avalanche danger. And it's good to think about your budget beforehand, as grocery shopping is very expensive.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes, I would recommend this university and destination to others. Tromsø and northern Norway are beautiful places, and it was so nice to be able to live there for a few months. The university was very accommodating and really made sure that international students had a good time.
do you have any additional advice or comments?	-



UU Report form - Erasmus 2019-2020

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Tromsø, Noorway
name university abroad	Tromsø University
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	17 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I really had my mind set on going to Tromsø, so I could start the application early on. On the site of UU it is really easy to find all the steps you have to take to apply and the documents you have to fill out. Just make sure that you start well ahead of the deadline, so you don't end up waiting for a signature of somebody and miss it. Tromsø was not so fast with giving me a signature and the right information. Carefully read every email you get from both universities to not miss any information about the process.

counselling & support at Utrecht University

The International Office is really helpful and can tell you a lot about the steps you need to take. When I emailed a question or asked for a signature I got an answer most times within an hour. For me it was the easiest to email, but you can also go the office on campus.

academic preparation

There was no academic preparation required.

language preparation

All the classes you will take will be in English, so there is no language requirement before you leave. However, if you are interested in learning the Norwegian language the university in Tromsø offers free Norwegian classes that you can take next to your normal classes. It will be two hours twice a week, I had a lot of fun and it was nice to learn some Norwegian to use when going to stores etc.

finances

Tromsø, or Norway is really expensive, but you will get used to it. It took me a while to get used to the prices, because even vegetables are insanely expensive. However, I saved enough money and never had a money problem. If you look for the best discounts and try to eat together with roommates it can be okay.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

On the site of Tromsø University it will be a little hard to find out what classes you can take for the next semester, because sometimes there are classes mentioned that will actually not be given that semester or the other way around. It is however really easy to change your classes in the beginning of the semester when you arrive. I took three courses: Attitudes (Psychology), History of the Barents Region (History) and Arctic Rock Art (Archaeology) and the last one was my favorite. All the classes where really easy and were given only once a



week for two hours. Attitudes was actually a Masters course, but we talked about stuff I already had in our first year in Utrecht. I would recommend to choose some courses that you don't know a lot about already, because chances are that you will be bored. I think you can even have four courses, but I liked to have a lot of free time so I could explore the area.
academic quality of education activities
As I mentioned, the quality of the courses was not that high. Nevertheless I really enjoyed my courses in History and Archaeology, because they taught me a lot about the area and the culture of northern Norway.
counselling & support at receiving university abroad
In Tromø they offer student counseling, especially for when the polar nights come and people are starting to get tired and a little depressed sometimes. They also send an email every week with the activities going on in the city that are cheap or for free, this was very nice and I went to a lot of those activities.
transfer of credits
My credits are not yet transferred.

STUDENT LIFE
welcome & orientation programme
The first week of the semester there are a lot of things organized for the new students to get used to the university. A tour around campus, around town and many presentations about stuff that is good to know about. It is not always super interesting but it is a good way to meet new people and get to know the university!
accommodation
In Tromsø they have very good student housing. When you think you want to go to this university, apply for student housing, the earlier the better! Samskipnaden has many locations in and around Tromsø. I stayed in Orndalen and I had an amazing time! It is a bit further from the centre, but only 10 minutes by bus to the University and it is a real student community. There are some parties and waffle nights organized and the houses mostly have a nice view and are clean, with not too many people (6 per house). Other houses like Asgardveien or Breivika have 15-20 students and are a bit cheaper, but I have not heard too many good stories about the people living there.
leisure & culture
Tromsø city centre is not the most exciting city I have ever known, but the outdoor activities are countless! In summer I was hiking almost twice every week and could go on a lot of trips to cabins. In winter you can go skiing if there is enough snow and from november whale watching is very big! If you love the outdoors, Tromsø is really the place to be, but if you are a city-person this might not be the place for you.
suggestions/tips
Try to do as many things as possible in summer, when the roads are still easy to drive on. You can rent cars for a cheaper price via GoMore and explore the surroundings. If you like to go on trips, you should become a member of DNT, an association that lets you use cabins for only 10€ a night. It is very nice to go on a hike with your friends, arrive at the cabin, light a fire and have a cosy evening meal in a beautiful place!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, absolutely! I really liked Tromsø because of the beautiful nature and many places that you can go to. I had lovely roommates and going here was really a wonderful experience. It was really different from Utrecht, so if you are up for a challenge and ready to get out of your comfort zone, this is the place to go!



do you have any additional advice or comments?

Try to join as many activities as you can, you will likely only be here once! I joined the student volleyball team (there are many more students sports) and went on some tournaments all over the country. It was really fun and a good way to interact with Norwegian students as well.



UU Report form - Erasmus 2018-2019

<p>permission to publish contact details**</p> <p><i>See end note for * and **</i></p>	<p><i>optional; only if you allow students preparing for study abroad to contact you (directly)</i></p> <p>my e-mail address <input checked="" type="checkbox"/> yes: yentl_heimstra@live.nl</p> <p>my weblog <input type="checkbox"/> yes:</p> <p>my Facebook account <input type="checkbox"/> yes:</p> <p>other (social) media <input type="checkbox"/> yes:</p> <p>or</p> <p><input 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: @</p>
	<p>faculty/college Faculty of Social Science</p>
<p>level</p>	<p><input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD</p>
<p>name study programme</p>	<p>Neuro Psychology</p>

<p>destination city & country</p>	<p>Tromsø, Norway</p>
<p>name university abroad</p>	<p>Norges Arktiske Universitet</p>
<p>start date</p>	<p>08 / 01 / 2019 (dd/mm/yyyy)</p>
<p>end date</p>	<p>14 / 06 / 2019 (dd/mm/yyyy)</p>

PREPARATION	
<p>exchange application process</p>	<p>First I had to write an application letter to my first choice university. To decide to which university I wanted, I looked at other UU reports and checked the websites of different universities to look which courses they offered. After this I wrote the letter and sent my top 3. In the end I could not go to one of the universities of my top 3. The International Office offered me the university of Tromsø and I agreed.</p>
<p>counselling & support at Utrecht University</p>	<p>The presentation about studying abroad was really clear, and it motivated me to go studying abroad. After this I attended the UU site a lot, to look which steps I had to follow before I could go on exchange. This website was also really clear. I also went some times to the UU international office desk to ask questions or I wrote an e-mail, which were always answered.</p>
<p>academic preparation</p>	<p>I had to switch my study program. Because I do neuropsychology, the only option to study abroad was in the second semester. In the first semester there was a mandatory course I had to follow in Utrecht. In the end it turned out that the semesters in Tromsø and Utrecht overlapped. This is the reason why I have study delay of one year.</p>
<p>language preparation</p>	<p>I did not have to do a lot of language preparation. In Norway they speak really good English. At the university there were also a lot of courses given in English. The only thing I had to do was an English test before departure and after departure so that Erasmus could see if my English was approved during my stay abroad or not.</p>
<p>finances</p>	



With the finances, I got the Erasmus Grant, but Norway is a very expensive land so this could not cover all the costs I would make. For this reason, a year before I studied abroad, I got a job and saved a lot of money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses I followed were really different than the courses I follow in my psychology study. I studied English Literature, Norwegian History and a Peace, Education and Development course. I choose to do this, because I wanted to widen my horizon. There we not a lot of organisational issues, I had to switch two courses when I arrived in Tromsø, but you could do that easily at the university. You had a month to decide if you wanted to change the course or keep the course.

academic quality of education activities

I think the Norwegian school system is really good organized. Everything is really clear, for instance you know exactly what you have to do and who you can ask question if you do not understand something. There were classes of only 10 to 20 people, which made it very personal.

counselling & support at receiving university abroad

I think the receiving university was really nice. I felt really welcome to study there. They offered also a lot of courses in English, even a Norwegian history course, which gave to my the indication that they really want that international students come to study there.

transfer of credits

The courses I followed were 10 ETCS or 5 ETCS courses. The 10 ETCS courses were big courses where you had to write an assignment and had to participate in an end examination. The course of 5 ETCS was a two week course, where you had a lecture everyday and in the end you had to write a take home exam. The exams were of 6 hours, which gave you enough time to finish it.

STUDENT LIFE

welcome & orientation programme

The first tree days, there was an orientation programm. Where they gave you a lot of information about the university, about the student housing and living in Tromsø. During this orientation programm, you also had a lot of time to meet all the other international students. During the introduction week, also a lot of trips were planned where you could participate, for intance a trip to Sommarøy, a cross country ski trip and a trip to Jekta (a big shopping center).

accommodation

Before I left I already had a room, because the unversity told you how to get a room/which organization offered rooms to students. The student housing organization was at the airport by arrival, there they gave you the keys and told you which bus you had to take to get to your student housing.

leisure & culture

What I learned about the Norwegian culture and people is, that the people are very polite and friendly, but they never start a personal conversation with an international student. A really nice day was the 17th of May, which was the Norwegian National Day. All the people where wearing the national clothes and ate breakfast with champagne. About free time, you had to lot of free time. You only had to go two or 2 times a week to University. We also had easter holiday.

suggestions/tips

I would say, that studying at Tromsø university is really nice. The workload of the university is not that high, so you have a lot of time to discover the surrounding area. Also the island Tromsø is not so big, so you could easily



go from north to south and the other way around.

CONCLUSIONS

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

I would really recommend you to study in Tromsø, if you like nature. It is not that far away from the Netherlands, but it felt like it. This is because it is destinated in the arctic circle, you have the polar nights, the midnight sun, the northern lights and a lot of snow (if you go the second semester). If you want to study abroad and party a lot, than Tromsø might not be the place to go.

do you have any additional advice or comments?

I will give as an advice, that there is a difference if you decide to study at Tromsø the first or the second semester. If you go the first semester you will have less snow, which gave more opportunities to hike in the mountains and there is no midnight sun. If you go the second semester you have a lot of snow, which gave you opportunities to ski a lot and you will have the midnight sun and the polar nights.



UU Report form - Erasmus 2018-2019

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 checked="" type="checkbox"/> yes: vdiepmaat@gmail.com my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input 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: @
	faculty/college Faculty of Social Sciences (FSW)
level <input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD	
name study programme Pedagogical Sciences - Youth, Education and Society	

destination city & country Tromsø, Norway
name university abroad Universitet i Tromsø
start date 06 / 08 / 2018 (dd/mm/yyyy)
end date 21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION	
exchange application process	<p>There is a lot of paperwork to go through, and it is important to keep check what you have to hand in when. I made a separate folder in my computer with the paperwork (both past and what I still needed to hand in). Sometimes the paperwork is a bit depressing, but the work is definitely worth the experience!</p>
counselling & support at Utrecht University	<p>The international office answered any questions and my study counsellor helped me choose and prepare as well. It was very nice to have this back-up if you faced any troubles. The responses were very quick.</p>
academic preparation	<p>I did not need a lot of academic preparation before my stay. I think it's important that you are used to university life, it will make the transition to a foreign university easier.</p>
language preparation	<p>You get quite far with your high school English and your English improves a lot during your stay. I think it's nice to be used to English literature and classes before you go. But don't let your level of English scare you off. Remember that there are people from many countries going on exchange. The Dutch are generally regarded as very good in English. Even if your level of English is closer to Dungleish... You will still be better than some other exchange students, and they too make it through their stay.</p>
finances	<p>I looked critically at what I spend here in the Netherlands and what costs differ in Norway. I saved a little, but I didn't spend that much more than I would in Utrecht. The groceries were more expensive, but you buy less snacks and don't go out for movies or dinner. So I think I balanced it quite nicely.</p>



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I had 2 psychology courses and 1 history course. It's build up very much like in Utrecht. The courses were very interesting and the level of English was very good.
academic quality of education activities
The quality of the education is very much like in The Netherlands. It's just more laidback. I believe that we tend to focus on efficiency a lot in our country, and in Norway they don't care that much about cramming as much as possible in the time given. So it was very nice to study and live there. If you're used to the Dutch standard, it also meant that there is some time to do 'holiday activities'. On exchange your as much as a students as a tourist. The combination worked very well in Norway.
counselling & support at receiving university abroad
The counselling centre was great! I struggled with the darkness quite a lot and they helped me out very nicely. They also sent a weekly email with all the activities that we could go to. This was very nice, it saved you a lot of detecting on facebook... The ladies at the counselling centre were very warm and made you feel right at home. They helped you in any way they could to make sure that all students have the time of their lives!
transfer of credits
My credits aren't transferred yet, but I don't see any troubles ahead in it.

STUDENT LIFE
welcome & orientation programme
The university in Tromsø is very good at making the students at home and helped you in any way they can. Even before arrival they were always there to answer any questions. They also organised welcoming days at the airport so you could pick up the keys to your new house right next to the bagage belt. It saves you a trip down their office. I met a lot of people during the orientation week with who I spend a lot of time during the rest of my stay. I still wonder sometimes how we got to know each other so well, I think it's partly due to the university. Part of it is probably because of the very open attitude everybody has; we are all new and everybody wants to get to know people.
accommodation
My room was very nice. I lived in Asgardveien with 3 Norwegian and 1 French girl. It was nice to have this mix. You can apply through Samskipnaden, make sure you are in time, because there is not enough space for all students. The university arranged temporary housing for those without a home. 2 weeks after our arrival everybody had a place to stay. The university guides you quite well I believe. There are different types of housing. In a dorm like me, or apartments. Whatever you prefer. If you come with your partner or with a child, the university makes sure you have housing fit for you.
leisure & culture
Norway is a beautiful country. I highly recommend walking in the mountains and travelling around. I went reindeer sledding as well, which was high on my bucket list. Other people went to do a whale safari. Apart from that there are plenty of things to do on the island itself (plenty of shopping opportunities as well). And Tromsø has many museums which are free or discounted for students. There is a cinema and many restaurants and bars to spend all your savings ;) The Norwegians are very kind and always ready to help or explain things. Apart from that, they are very good in English! I had a 8 year old ask me which bus he had to take, and after realising my Norwegian was pretty horrible, he managed to converse with me in English.
suggestions/tips



I know it can be quite daunting to go so far up North with the darkness and the cold. But it's definitely worth it! I'm not much of a winter person (sometimes I wonder why on earth I went to Tromsø..), but even I survived and had the time of my life! Everybody is in the same situation, the Norwegians take vitamin pills and fish oil just like the internationals. It's a remarkable experience and really cool to look back on. And the weather isn't that cold. It's all very doable. But bring thermopants and -shirts... And when it gets darker, it also means that it gets more likely for you to spot the Northern Lights. And that is a truly amazing and unforgettable experience! They are gorgeous!

If you like chocolate btw, make sure to bring some.. We all know that alcohol is very expensive in Norway, but the government has a tax on sugar as well.. So chocolate is insanely pricy. I found, however, that electronics are the same price and sometimes even cheaper!

You can also download the apps 'TooGoodToGO' and 'Mattilbud'. The first also works in The Netherlands and gets you food from bakeries and restaurants at a discounted price. The latter is an app with all the offers of the different shops. Keep track of the offers and you'll save a lot of money!

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I definitely recommend going to Tromsø. It's nature and climate are very unique and provide excellent oppurtinities to widen your horizon. The university also is very popular with students from all over the world, so you'll definitely meet people from other cultures. The quality of education is very good and the Norwegians are always there to help out. These 5 months will stay with me for the rest of my life!!	
do you have any additional advice or comments?	
I understand that it is a very big step to travel to Tromsø, I was quite nervous about it and wanted to pull out last minute at some times.. I'm glad I didn't. Going abroad is a wonderful opportunity to let yourself grow and do amazing things. It's scary sometimes, and yes, sometimes you're just lost in the supermarket, trying to find the ingredients for your favourite dish. But this is all part of it. So please don't be held back by any of these insecurities, don't let the climate frighten you and just go out and explore! And don't forget to pack your hiking shoes ;)	



UU Report form - Erasmus 2018-2019

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

destination city & country	Tromso, Norway
name university abroad	University of Tromso, UiT
start date	06 / 08 / 2018 (dd/mm/yyyy)
end date	20 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

The process was quite easy. The ones responsible for this provided me with all the information I needed to have.

counselling & support at Utrecht University

I was really happy with this. You always got response within a couple of days, if not the exact same day. Besides, they informed you well with stuff you had to organize for your stay abroad.

academic preparation

For Tromso there is not a real preparation needed.

language preparation

The courses will be taught in English. So, there was no real language preparation.

finances

I saved some extra money, because Norway is quite an expensive country in food and drinks.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I really liked the course I had about the history of Arctic Norway and the Barents Region. I had more excursions to interesting museums, than I had lectures. The other two courses I had were Psychology of Gender and Psychology of Attitudes, both were very duable if you compare the content to Utrecht.

academic quality of education activities

You will only have lectures for each course. These are somewhat comparable to Utrecht University.

counselling & support at receiving university abroad

This was organized really well! They are very helpful in Norway!

transfer of credits

I don't know yet. You will have to send the examen commissie an email yourself when you're back in the Netherlands.



STUDENT LIFE
welcome & orientation programme
Really nice! You will meet a lot of different students within a few days. Also, they will talk a lot about extra stuff you can do besides studying. They have so many different things you can do! The activities they offer during this programme are also really fun!
accommodation
I lived at Asgardvegen, "the big building". I was really happy with my accommodation! This is also very well organized and also here people are very helpful with finding an accommodation for you!
leisure & culture
You will have a lot of spare time, but you will never get bored. There are lots of different activities, lots of different views, lots of different people from different countries. You will always have enough stuff to do!
suggestions/tips
Enjoy the nature in and around Tromso. It has so much to offer, it is so beautiful!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would definitely recommend this university! Tromso university may not be the best university, but you will definitely learn a lot about yourself, about different cultures, about natures and about traditions!
do you have any additional advice or comments?
Pack your bags & go! :)



UU Report form - Erasmus 2017-2018

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

destination city & country	Tromso, Norway
name university abroad	University of Tromso
start date	07 / 08 / 2017 (dd/mm/yyyy)
end date	14 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was fine. It just took a while and there was a lot of paperwork.

counselling & support at Utrecht University

During my preparation the international office was very helpful. I e-mailed them several times and they always answered soon.

academic preparation

I didn't really do any academic preparation.

language preparation

My courses were in English so I didn't have to take a language course. I only did the language test. I found it pretty easy to switch from talking in Dutch to talking in English. At the beginning I was worried about how that would be but it was really easy for me.

finances

To prepare my finances I made a financial plan in which I calculated all the costs and all the incomes. Norway is really expensive so I had to save money and borrow money from the government, but it was manageable.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took the courses Business English, Introduction to English sound patterns and Attitudes. Compared to the Utrecht University the University in Tromso is very laid back. It is not a big deal if you don't stick to a deadline. I had some troubles with signing up for my courses and I went to a woman of the Psychological department who told me that everything would be fine and I didn't have to worry about anything. But apparently, I did have to do something so the woman didn't give me the right advice. This happened to me very often, which was a bit annoying. Therefore, I think that when a problem occurs you should take it serious and not rely on others if they tell you to do nothing.

academic quality of education activities

The level of education was very low compared to the Utrecht University. All the lectures and exams were pretty easy so you do not have to worry about failing your courses. However, I heard from others that courses in biology actually were pretty difficult. But all the courses that I had were really easy.



counselling & support at receiving university abroad
The international office in Tromso was very helpful. They always answered quickly and always helped me out with problems.
transfer of credits
I don't have my Transcript of Records yet so this part is not completed for me.

STUDENT LIFE
welcome & orientation programme
The University had organised a debut week, which was a nice opportunity to get to know other exchange students. They also gave a lot of information about the courses and how to find the classrooms etc.
accommodation
I lived in Orndalen, which I found very nice. I would definitely recommend to choose Orndalen as a place to live. It is a bit far from the center but it is really the place to be for an exchange student. The houses are nice and clean and you share a bathroom with 2 others. There is also a common room where you could throw parties and every other week there were waffle evenings.
leisure & culture
The nature in and around Tromso is really beautiful. I did a lot of hikes which was really cool. I also went dogsledding and whale watching. I would definitely recommend to do this as well, it really was a great experience. You kind of have to get to know the Norwegians. In my opinion it is true that a lot of Norwegians aren't very social. You really have to start a conversation with a Norwegian to get in contact, which is sometimes difficult but once you're talking to a Norwegian they are often really nice.
suggestions/tips
I would suggest to join the debutweek and to do a lot of activities. When the weather is nice; go outside.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
If you like outdoor activities I would definitely recommend Tromso. It is a really nice place to go hiking, fishing or cross-country skiing (in winter). If you want to go to a big city Tromso isn't the place to be. There are nice pubs and places to have dinner or a drink (very very expensive though) but I would not recommend Tromso if you are looking for a place to go out and have parties.
do you have any additional advice or comments?
Tromso is a really beautiful place for people who like outdoor activities. The nature is so beautiful and I especially loved the time in the snow. It really turned into a winter wonderland



UU Report form - Erasmus 2017-2018

faculty/college	Utrecht University
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical Sciences

destination city & country	Tromsø, Norway
name university abroad	UiT The Arctic University of Norway
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The process was quite easy. Some people told me that you have to fill in a lot and prepare a lot, but I don't think this is true. You had to choose your top 3 of destinations, hand in a motivationmail and a financial plan. However, once I applied for the university in Tromsø, it took them soooooo long to let me know whether I was accepted or not.

counselling & support at Utrecht University

I mailed the International Office a lot, because I wanted to be sure about everything. They were always really supportive and helped me through all my problems. They also replied fast. One time (I was already in Tromsø) I needed two signatures before the next day, I was really stressed out, because I thought I couldn't make it. I called them and 30 minutes later I had the signatures I needed.

academic preparation

I didn't prepare anything. I think you don't have to stress about that, because the academic level is lower than in Utrecht.

language preparation

I didn't prepare anything. I knew my English isn't the best, so I was quite scared to write, talk, read everything in English. However, you shouldn't stress about that as well, because you will get used to it within one week. After a while, you will even start to think in English.

finances

Norway is a really expensive country. It IS true what everyone says. But with the erasmusbeurs, the extra OV money and some savings, it is not that bad. It took some time but I got used to it. Some supermarkets are more expensive than the others. And actually, I stopped caring about the money, because it's a once a lifetime experience!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In the beginning I choose three courses, one of the courses was a master course (because I read in earlier exchange reports that it's possible), then they told me that I should choose a bachelor course instead, so I did. Everything was fine by now. However, when I got there, I found out that one of the other courses didn't exist?? This was really weird, but I had enough time to choose another course. I ended up chosing a master course



again (this time it was possible again). It was not really stressful because we had a lot of time to find out, change it and everything.
academic quality of education activities
I took the courses: Attitudes, Pedagogical Psychology and Social Psychology. The quality was lower than in Utrecht. I didn't do a lot during the semester, I had like 6 hours a week. The Attitudes class was a master course and the academic level was the same as the level of a bachelor course in Utrecht. The Pedagogical Psychology was really nice organized! The teacher was always really excited and every class was different because she lets the students decide. The weird thing about the attitudes and pedagogical psychology is that you don't have to attend the courses -at all-. I still went there because I liked it and I think that is the thought behind it.
counselling & support at receiving university abroad
Also this International Office was always really supportive. I had no problems with it.
transfer of credits
The credits aren't transferred yet.

STUDENT LIFE	
welcome & orientation programme	
The orientation program was actually really boring. It was well organized, we got a lot of the information we needed. I expected activities everyday but it wasn't much. However, I still got to know all the international students really fast.	
accommodation	
I lived in ørndalen, which is quite far from the centrum. But this place is the best! Almost every erasmus student lives here and it's like a little village. There are a lot of parties in the laundryroom (organized by students) and the view is just beautiful.	
leisure & culture	
Norwegian people are really nice, but they are just really really shy. You won't get to know them easily because of this. However, I got to know a Norwegian family when I was hiking with a friend one day. They invited us for a real Norwegian dinner, which was really nice. As a dutch girl, the culture isn't a shock. Even the language looks similar sometimes.	
suggestions/tips	
Go explore the places around Tromsø!! You have a lot of time and this place is simply the best to explore Northern Norway. Lofoten, Senja, Lyngen Alps.... I have never seen views like this before.	

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
I would definitely recommend this place to everyone! It is so pretty and you will experience really special things. Everyday is different! The university itself is not the best, but you don't have to do a lot which gives you lots of days to go travelling!	
do you have any additional advice or comments?	
Don't be afraid of the polar nights and the coldness!! (I was afraid) The polar night is something really really special, with a lot of northern lights and cozy evenings. I fell in love with this place.	



UU Report form - Erasmus 2017-2018

faculty/college	Sociale Wetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Onderwijswetenschappen

destination city & country	Tromsø, Norway
name university abroad	UiT- Arctic university of Norway
start date	15 / 08 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was managed very well by the University of Utrecht, we received a lot of information and the International Office was always very helpful. I had to hand in some documents, that was fun to do, I felt like I was preparing and got even more excited to go abroad.

counselling & support at Utrecht University

The International Office guided me through all the things I had to do for the preparation. Also while being abroad they were always there to answer my questions.

academic preparation

I did not need specific academic preparation.

language preparation

All my courses were in English, so I didn't really do a language preparation. Even though I started an online Norwegian course, which was fun but it is not needed for going abroad to Tromsø. In Tromsø they offered a Norwegian course for the international students.

finances

I saved €2000, so I was able to do all the things I wanted. The living is quite expensive in Norway, but I didn't spend a lot of money on activities. But it gave me a good feeling to have some savings, just in case.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

What I really liked about my courses was that they were different from what I normally do in Utrecht. I was involved in 3 courses. Social Psychology, Minorities & Culture & Human Rights, Aspects of History; The Barents Region. This gave me the opportunity to broaden my view on different subjects and observe different ways of education, which was interesting for me as an Educational Scientist. I took some different courses from what I had chosen before going abroad, they help you by finding the right courses and they organize it very well.

academic quality of education activities

The academic quality differs between the different courses. Overall, they take more time for each subject what makes it a more easy going programme.

counselling & support at receiving university abroad



The student counselling centre in Tromsø responds fast and the people are very helpful. I felt very welcome at UiT.
transfer of credits
I do not know this yet.

STUDENT LIFE
welcome & orientation programme
They organised a Debut week for all the international students. I really recommend joining all these activities. I met most of the people there and they guide you through the first week. This was a really warm welcome and I immediately felt like home.
accommodation
I lived in a big student house called Asgardveien. We shared a big kitchen with 10 people and lived on our floor with around 20 people. We had 4 toilets and 4 showers. It got cleaned by the cleaning staff almost every day, except for the kitchen. A lot of international students lived in this building and that created a good, friendly and nice atmosphere. It was close to a lot of grocery stores and the bus stop was in front of the building. I really enjoyed living in this building. From Asgardveien to university took me 45 minutes by walking, 25 minutes by bike and between 10 and 20 minutes by bus.
leisure & culture
Tromsø is a perfect destination if you like to be outside. The island itself is a small island and there is a cosy atmosphere. It is so close to nature that we went hiking and camping a lot. Beautiful places are located in and around Tromsø, we often rented a car and went a bit more out of the area of Troms. For example, we went to Finland, Sweden, Lofoten, NorthCape, Alta. Nature kept surprising me in and around Tromsø. It might get cold and dark, the darkness was the hardest part for me. You really have less energy and it really surprised my how my body reacted to this. But at the same time, it is really interesting what happens with you. Just keep in touch with Norwegians to learn how to deal with this.
suggestions/tips
GO TO THE DEBUT WEEK! ENJOY NATURE! MEET NEW PEOPLE! DO NOT BUY BEERS FOR 10 EUROS!

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would recommend this place. It is so different from the busy western culture. It is more like a village with beautiful nature. You can enjoy the city life and after a 20 minutes bus ride you can hike up in the mountains and feel like you are the only person on earth.
do you have any additional advice or comments?
Yes, the Northern Lights are amazing!