



UU Report form - Erasmus 2022-2023

contact details	my e-mail address: mareedehaan@gmail.com other (social) media: mareedehaan
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	Bergen, Norway
how did you travel to your destination?	Plane
name university abroad	University of Bergen (UiB)
start date	05 / 01 / 2023 (dd/mm/yyyy)
end date	24 / 06 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The process of my exchange went quite smoothly. The deadlines of administration are however quite soon, so be in time. I was still a bit in doubt about the destinations, but you can give three options. Writing the motivation letter was doable and when I got accepted to Bergen, the university was clear what I had to do.

counselling & support at Utrecht University

Utrecht University was very supportive. After I was accepted to Bergen I was doubting again about the destination. I shared my concerns with UU and they helped me very well. They offered me other destinations which were still available and gave me numbers/emails of other students who were also going to Bergen and who have been there a previous semester.

academic preparation

I already had three years of university education, including writing a bachelor thesis. I didn't do anything extra for preparation. For me, that was enough, because if you have the academic skills you will be able to take the courses I took. The courses I took were also not that important for me because I already had all my courses for my bachelor.

language preparation

All the courses I wanted to follow were in English, so I didn't prepare anything. You can follow a Norwegian language course which is nice to do. I regret that I didn't do it because Norwegian is actually quite similar to Dutch.

finances

Norway is quite an expensive country so I would advise to save some money before going on exchange. I was writing my bachelor thesis in the time before my exchange, so I worked as much as I could next to it but it wasn't enough. While I was in Norway I applied for a job and worked in a restaurant. This gave me some rest to enjoy my time in Norway more, because you earn also a lot of money. Make sure that if you want a job you start early with applying and searching for jobs. It helps to look at companies where a lot of English speaking people work. I worked at Daily Pot which was a really nice restaurant. When working in Norway you need a D-number if you're living there for less than 6 months and you need a Norwegian bank account. It's a bit of work to arrange all this, but it is definitely worth it if you want a job and some extra money.



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed only psychology courses because those were also the ones I found most interesting. It was super nice, I got a lot of help from UiB also with explaining which courses there were. There were also some courses with teachers from South Africa, which I found really interesting. If you want to follow the Norwegian language course, you have to apply earlier so be careful!
academic quality of education activities	The quality of the courses were quite the same as in Utrecht. It is easy to follow and I found them very interesting. The seminars and workgroups were quite interesting.
counselling & support at receiving university abroad	UiB responds quick to your e-mails. They had few information meetings for exchange students as well and all important information is in English on the website. They really take care of international students.
transfer of credits	The difference between UU and UiB is the grading . They give grades from A to F, where F is a fail. This transfer of credits is easy because the University of Bergen also uses the ECTS system, so your credits will easily be transferred. You get a pass or fail in osiris.

STUDENT LIFE	
welcome & orientation programme	In the first week there was a meeting of the UiB with information about the university but also Bergen and the city itself. They offer a lot and also ISN and ESN organise a lot of things for international students. Especially in the first weeks. So think of speed friending, pub quized, a tour to the city centre etc.
accommodation	Bergen has a company quite similar to SHH called Sammen, which is for student housing. I lived at the campus Fantoft in Bergen. This is the biggest campus Sammen has and where most of the international students live. I found out about this by student experiences. It is a bit further away to the city centre but there is a tram (Bybanen) that goes directly to the airport and to the city centre. I really liked living there because you can make connections with fellow students easily. I lived in a shared flat with 13 people and I also shared my room. I choose this type of housing because it was with a lot of people and the cheapest options. Living with a roommate was a bit unusual for me but you get used to it very easily. And it was super fun actually! I had a good relationship with my roommate but also with the rest of my flatmates. We did a lot of fun activities together.
leisure & culture	Norwegian culture is a bit different than in the Netherlands. The culture is a very focused on a sportive lifestyle. So you see a lot of people going on hikes, going to the gym, ski and just sport everywhere. You also notice this with the prices for example alcohol, this is very expensive and especially in the clubs. However Bergen is a student city and there are a lot of clubs and bars to go out. Just to remind you that the clubs close a bit sooner than here in the Netherlands. My favorite bars/clubs were Kulturhuset, Rick's and Duggfrisk. At first I wasn't that big of a fan of hiking, not weird because we live in a flat country. But to my surprise I actually liked it a lot! You have so many beautiful views and 7 mountains in Bergen. Go up Floyen or Ulriken to see an amazing sunset. I would also advise to make some roadtrips in Norway and do even more cool hikes as Preikestolen or Trolltunga.
suggestions/tips	Get an account at BUA there you can rent a lot of things as, ski/hiking/fishing equipment for a cheap price or even for free. Also nice to have an HYRE or Get Around account if you want to make some road trips. These cars



are cheaper than RentalCars. There is a big price difference in supermarkets. The cheapest supermarkets are KIWI and Rema. You also have an app which shows you all the discounts of the supermarkets of that week. For skiing you can go to Voss or Eikedalen. If you are planning to ski a lot you can get a semester card which is worth it if you go often. For public transport you should download the app Skysys where you can buy a semester ticket. You can select different zones. If you want to go to the gym, Sammen had some different gym's in the city but also a big one at Fantoft. You can also buy a semester ticket here.

CONCLUSIONS

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

I would definitely recommend this destination to others. At first I was a bit in doubt because of maybe the rain, the prices, cold. But it was so worth it! It didn't even rain that much and if you keep an eye on your money you can have an amazing time as well. Bergen is so special because you have the experience of living in the city but are also so close to nature with the 7 mountains and the amazing harbour and sea. You can make a lot of trips with your friends there to for example Tromsø and see the Northern Lights, or do a city trip through Scandinavia.

do you have any additional advice or comments?

Make the best out of your time there because one semester is actually quite short! And especially enjoy, you're gonna make so much friends from all over the world which is a really cool experience :)



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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	Bergen, Norway
how did you travel to your destination?	plane
name university abroad	University of Bergen (UiB)
start date	05 / 01 / 2023 (dd/mm/yyyy)
end date	20 / 06 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went well. Make sure you keep a close eye on the information on the UU site and the UiB (Universitet i Bergen) and make an overview for yourself with to do's and deadlines, because it is easy to lose track. Furthermore, keep a close eye on your e-mail! If you keep this overview, you will be fine, especially compared to the other exchange destinations, UiB is very good at fast communication and clear digital platforms.

counselling & support at Utrecht University

UU maintained good communication and guidance during my application process. The Faculty of Social Sciences had quick and personal guidance and I knew exactly which email address to go to for all my questions and signatures!

academic preparation

Because I was just going to take subjects in my free space in Norway, I did not have to do any academic preparation for this. I myself still needed 22.5 ect for my bachelor and that was also exactly the minimum for an Erasmus scholarship through UU! In addition, I must say that I was very happy to be already done with my bachelor thesis before my exchange, as many friends had to combine the first months in Norway with finishing their thesis, what causes a lot of stress and decreases the fun you have and people you meet! While the first month is the most important for this! Besides, it was nice that I didn't have to begin my thesis after the exchange, as you are often inspired to start with something new, for example a master, or to travel afterwards.

language preparation

There wasn't any language preparation necessary, as all the classes were given in English. Nevertheless, I did prepare by doing some duolingo in Norwegian, to know the basics of the Norwegian language. Furthermore, I did like the fact that I had already taken some courses in English beforehand, as this meant I had already practised with English essays and was therefore not thrown into the deep end on exchange. In many courses the theory was examined via an open-ended exam or even a type where you had to write 2 small essays in 4 hours without a translation programme.

finances

Living in Norway is as expensive as everyone says. This mainly concerns groceries and alcohol, as rent is arranged through Sammen, where they offer rooms from 300 to 700 euros, depending on the type of room. In besides, Norwegians support healthy things like winter sports and camping, so you can rent this for almost nothing!



STUDY ABROAD PERIOD	
study programme (content and organisational issues)	There were many courses available in my social sciences faculty, even though I ended up choosing almost only psychology courses, as they perceive something different as social subjects apparently (more society and economics-oriented). Furthermore, the courses were divided into open and closed courses (which required a certain knowledge, but often not strict in the end) and also varied a lot in ects quantity. In the end, I liked the closed courses best, but for those you had to register on time in the Netherlands, so pay attention to that! However you could also ask to be admitted later, and communication with the psychology faculty there was good! Otherwise, the open courses are always available. I would also highly recommend the intro Norwegian language course, it's nice to be able to talk in Norwegian and you learn it very easily as a Dutch person compared to other foreign students.
academic quality of education activities	I find the quality of education very good. I often had guest lecturers from all over the world who shared their knowledge. Besides, I got the idea that the level was compared or sometimes a bit easier than in the Netherlands, but that could also be the specific exchange courses there. In addition, we sometimes took a course for exchange students, where we were given the same lectures but different assignments and exam than the Norwegians who were also taking the course. I also had one master subject, but it was no more difficult than the bachelor subjects in my opinion.
counselling & support at receiving university abroad	The support service was very helpful and fast at the social sciences faculty, both physical and per mail.
transfer of credits	I didn't receive all of my marks yet, but I predict no difficulties with this. All the marks are showed in their own sort of blackboard, named MittUiB, which is very organised.

STUDENT LIFE	
welcome & orientation programme	The welcome programme was not that long or festive, as I began in the second semester probably. However, we had a nice day introduction with your main faculty (faculty in which you followed the most courses). In addition we had a online meeting from the university itself, which I watched with all my roommates! That was very complete and useful to follow, as they inform you about all the stuff you need to know when you are going to live in a new country, for example doctor and dentist possibilities.
accommodation	Accommodation was very nice in Bergen! This was one of the reasons I got to choose Bergen in the end, because it has guaranteed housing for an affordable price! You can apply for multiple types of rooms at the Sammen association, ranging from a 15 people shared flat for 300 euro's to studio's for yourself for around 600 I guess. I really recommend to go for the big shared flats, because those people are definitely gonna be your friends and in this way you are guaranteed to get good friends. I had some study friends who lived more near the city in a 4 people shared flat, but those were all Norwegian, so not very open to interact and become friends with temporary exchange students. I myself applied for the 15 people flat, but for a single room for 400 euro's, but just like a lot of students I got in a double room in the end. So I had to share a room with someone else. That was annoying, but less bad than I expected. The pro was that I only had to pay 300 euro's, and so I could do more trips!
leisure & culture	I really recommend to join some community or group, as you get more, often even Norwegian friends! It's possible and easy to join a student association, work as a volunteer in a nice student bar! I joined the students



volleyball team. I joined a Norwegian team with 3 other internationals after doing selection training! That was really nice, because I got to understand the Norwegians better, their traditions and their culture. They are for example very open, especially if you make the first approach. Also because they are often a bit shy to talk English, although they are good in English from a very young age on compared to other countries!

suggestions/tips

Apply for a flat with many roommates as they are gonna be your best friends and join some student community as I said before!

CONCLUSIONS

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

Yes! I think it is the perfect combinations of a lot of partying and nature! There is so much to see! I did a big variety of trips, Reindeer sleeing in Tromso, a skiing cabin trip to Voss, a citytrip through Oslo, Stockholm, Malmo, Copenhagen and Aarhus and a roadtrip to the Hardanger fjord! And all environments where so different but beautiful! I also liked to not be in a big capital city, because at first the housing is cheaper, and the student community is way more connected! Bergen is also nicer to live in than to visit as a tourist in my opinion, as it is such a nice experience to see the city from dirrent viewpoints from the mountains and to discover all the beautiful spots with beaches and lakes, which are easy to acces by metro and bus!

do you have any additional advice or comments?

I think that every exchange is going to be very nice in the end. It's more about the whole experience of studying abroad by yourself, making new friends and discovering places, which gives you a feeling of independence and self confidence! You are defenitely not gonna regret it :)



UU Report form - Erasmus 2022-2023

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

destination city & country	Bergen, Norway
how did you travel to your destination?	I traveled to Bergen by train and bus. It was a very long trip but for me it was ok, since I had the time for it. The last part is a seven hour train drive from Oslo to Bergen which is very beautiful!
name university abroad	University of Bergen
start date	05 / 01 / 2023 (dd/mm/yyyy)
end date	20 / 06 / 2023 (dd/mm/yyyy)

PREPARATION

exchange application process

The University of Bergen is very well organised. They provide you with a clear overview of deadlines for the application. And if you have a question it is also very easy to contact them.

counselling & support at Utrecht University

The University of Utrecht gives you sufficient information regarding what you have to do for your application. It is also easy to contact them if you have any questions regarding the application.

academic preparation

No academic preparation is required. The education level is similar to the Netherlands. The pace of the courses is a bit slower I would say (maybe also depending on the courses you take), which gives you more time to do other things.

language preparation

No language preparation is required. Everyone Norwegian in a big city speaks english very well. It is a very beautiful language though, so worth learning if you have the time :)

finances

Norway is an expensive country but I expected it to be worse before I went there. Certain groceries are definitely more expensive, like vegetables, bread, yoghurt, vegetarian meat. But other things are quite ok if you pick the cheap brands. So you have to be a little smart about this. Going out to a restaurant and drinking beer in a bar is really expensive, so if you really like that I would recommend another country. Sport and outdoor facilities on the other hand are quite affordable for students. There are a lot of student deals and discounts. Sammen offers a gym membership for about 120 euros for half a year which includes a few gyms, two small climbing halls, a swimming pool, and a lot of sport group lessons. There are also often student discounts in climbing halls. Then there is this organisation that 'rents out' skies and other outdoor equipment for free. Etc, etc...

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Bergen has quite a long list of courses that are in english and open for exchange students. Not



so many of the social sciences courses sounded really interesting to me though. The formula of a lot of courses was quite 'old school' I would say. The courses often consisted of just lectures where the teacher speaks and no seminars where you discuss what you learn and interact with each other. I tried some of them since you can enroll and disenroll from courses very easily in the first weeks. But in the end I decided to take the full time norwegian language course. This was a very good decision for me. I had lessons four times a week for two hours in quite a small group of 20-25 students. There were a lot of small assignments during the class that required interaction with other students which made the learning really fun. The teacher was really nice and I learnt a lot from her.

academic quality of education activities

It is a bit difficult to compare the academic quality of Utrecht and Bergen, since the language course that I took is so different from my Anthropology courses in Utrecht. But I would say that it is quite similar, all though the courses in Bergen that just have lectures and no seminars miss some depth in my opinion.

counselling & support at receiving university abroad

I felt very welcome at the university of Bergen. They are always very happy to help you with any question you have.

transfer of credits

My credits have not been transferred yet, but I do not expect that this will be difficult.

STUDENT LIFE

welcome & orientation programme

The welcome program in Bergen in spring semester is nothing special. It consisted of one general meeting online and one faculty meeting at the university where they gave some practical information. Then there were 2/3 weeks of nothing where there were no courses yet and you mainly have to entertain yourself (which was not difficult in this beautiful country I would say). In the beginning of the semester there are some activities organised by the international student organisations (isn and esn Bergen), like quizzes, some parties, a city tour, barhopping, etc. Some of these activities are quite fun!

accommodation

What is really nice in Bergen is that if you get a place to study, their student housing organisation Sammen offers you a room. I got a room in a student house at Fantoft, which is a campus that is located a little bit outside the city. But you can reach the centre in 20 minutes by just taking the tram. I lived here with 11 other students and shared it with one other girl. When there are a lot of international students there is quite a big chance that you have to share a room. So if you do not like that you can also search for a private apartment, which also quite some people do, but which is a bit more expensive. I was really happy with my roommate and my other flatmates. We had a lot of fun together and did lots of activities together.

leisure & culture

Norway is really a mecca for outdoor lovers. This was for me the main reason to go to Norway. By just walking out of the city, you are in the hills and can enjoy the beautiful nature. There are also quite some skiing slopes within 1-3 hour distance of Bergen that are really fun. When the weather is good you can go rock climbing at the fjords, just next to the city! Norway also has a lot of very beautiful mountain cabins that are not that expensive to stay for some nights if you become a member of the outdoor association (DNT). There is also a student organisation in Bergen called bsi ffluft that organises nice skiing, hiking and climbing trips (but be aware that the trips are often full very quickly). You can reach a lot of nice places for hiking, skiing, climbing, etc. by just taking the train, tram or bus. Being able to do activities like this every week felt as such a privilege and really gave me a feeling of freedom!

suggestions/tips



- BUA: organisation that 'rents out' skies, snowboards, and other outdoor materials like tents, sleeping bags, etc.
- Voss skiresort and Myrkdalen: both nice skiing areas (1,5-2 hours away) that offer season ski passes for around 200 euro for a whole season (november-april)
- Hike all the 7 mountains. Gullfjellet is also a very nice (higher) mountain in the area with an amazing view at the top.
- Sjøbad: an outdoor swimming pool (warm) with a sauna and the possibility to dive in the sea afterward ;)
Costs only around 8 euros.
- Vestveggen climbing hall: really really cool and big climbing hall. Every friday students can climb here for 5-6 euros!
- DNT: become a member and get discounts for their cabins and/or join their trips or courses (ski touring, cross country, hiking)
- Bsi friluft: try to get a spot on one or more of their trips. They have very cool trips (for example building an iglo together) and it is a nice chance to meet other students that are into outdoor activities.
- Take a language course at the university (Nor intro, Nor level 1 or Nor level 1+2). It is really fun to learn (a bit of) the language when you study in a country. All the international students are very enthusiastic about the language courses.

CONCLUSIONS

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

I would definitely recommend this destination. Especially if you are into outdoor activities like me. In my opinion it is really is a big chance to live in a country that does have such beautiful nature around! I really fell in love with this beautiful country during my stay and will definitely come back.

do you have any additional advice or comments?

Take with you warm and water proof clothes. It can be really wet and windy here so it is not an option to avoid "bad" weather if you want to do thuff. As the Norwegians say: there is no bad weather, just bad clothes!
I could also really recommend to go in the spring semester. Because then the days are getting longer and the weather is getting better, in stead of the other way around. Then you can also stay and travel more in Norway after the semester is over (around the beginning of june), since it is summer holiday then!



UU Report form - Erasmus 2022-2023

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	Bergen, Norway
how did you travel to your destination?	I travelled by plane from Amsterdam to Bergen.
name university abroad	Universitetet i Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process at both UU and UiB went well. Via Osiris, at UU you'll see a clear list of steps to follow. Also, UiB provides a clear step-by-step plan on its website. Whenever you have a question, both international offices are happy to help, which makes it all very doable. Of course, a lot is different at both universities, which can cause a bit confusion sometimes, but I think that applies to every other university.

counselling & support at Utrecht University

As I said in the previous question, the International Office is very happy to help. They respond quickly to your questions. Most of the time you can already find the answers yourself in the practical handbook they give you.

academic preparation

Before I went to Bergen, I didn't really have academic preparation besides following three years of bachelor courses at UU. I think the level of education is approximately the same in Utrecht and Bergen.

language preparation

Since I knew that I was going to study in Norway, I started Duolingo for Norwegian. I started this mostly because I really like learning new languages. I think it's not necessary to learn Norwegian before going there. It's just fun. :) With regard to English, I didn't have any language preparation.

finances

I think everyone knows that Norway is a really expensive country. I saved up some money and I also had a student loan and the Erasmus grant. With the total grant I could almost pay my rent for all months, which is really nice. Furthermore, at DUO you can also apply for a public transportation reimbursement. This amount of money can cover the costs for public transportation in Bergen. The rest of your expenses are mostly for daily life, such as groceries, and in my case traveling. You can make these as expensive as you want of course.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed the Short Introductory Course in Norwegian Language (NOR-INTRO). I really liked this one, especially because we had an amazing teacher. Besides learning the language in a fun way, we also got to know the culture better. In this course, everything was well arranged. Furthermore, I followed Culture, Positive Development & Health, and Cognitive Neuroscience courses. Both courses are very intense. The courses are not



really long, but many lectures are given in a short time. An advantage of this was that I had plenty of time to travel between and after courses, but the disadvantage was the study load: doing a lot in a short period of time could be stressful. When it comes to course content: CPD&H was mostly social psychology, which is not really my thing. Cognitive neuroscience, on the other hand, I found very interesting! During this course, you learn a lot about neuroimaging techniques and neuropsychological domains such as memory and attention.

academic quality of education activities

The academic quality of UiB is in my opinion comparable to that of UU. The type of assignments given corresponds to those at UU. Think of essays and presentations. With regard to the organization of some courses, some things could be improved. I am used to receiving a course manual at the start of the course. This was not the case here. For example, I could not find clearly which literature I had to read before a lecture. Also, for example, it was nowhere stated in advance when the deadlines were for assignments. This I didn't always find convenient.

What I also noticed is that the teachers speak very good English, which is super nice. In my opinion, contact with teachers is even more informal in Norway than in the Netherlands. I found this very nice, as the threshold is sometimes lower to ask something if you don't understand it. By the way, I think the small classes had an influence on this. This generally ensured more attention from the teacher.

counselling & support at receiving university abroad

Whenever I had questions, I was helped well and quickly by the university staff. The university website also contains a lot of information for international students.

transfer of credits

This has not yet happened, but since UiB also works with ECTS, the credits can be transferred easily.

STUDENT LIFE

welcome & orientation programme

The university provides a welcome program. There was an online introduction meeting of the faculty in which you get to know the university. In the autumn semester, they also have Fadderuken, a welcome week with many activities for every faculty. Unfortunately, my first course already began this week, meaning I didn't really have time to participate in activities. I heard it was unfortunate that most things were in Norwegian, which makes it more difficult for international students to participate. But overall I heard it was a really fun week!

accommodation

In Bergen, housing is guaranteed, which is amazing. You register at Sammen, the student welfare organization, and you can choose from a lot of different room possibilities. Most students live at Fantoft, a recently renovated sort of campus where you can also find a big gym, a supermarket and Club Fantoft where they organize activities for the students that are living there.

leisure & culture

- If you want to get to know Norwegian culture, I would definitely recommend following a Norwegian language course at UiB. In this way, I learned some basic Norwegian and a lot about Bergen and Norwegian culture. A tip: if you want to register for this course you have to be fast since there are limited spaces.
- Bergen is surrounded by seven mountains. Whenever you have a day off there is a possibility to go hiking!

suggestions/tips

- A (pretty obvious) tip would be to bring good rain gear. As they say in Norway: Det finnes ikke dårlig vær, bare dårlige klær, which means: there is no bad weather, only bad clothing.
- I recommend buying a Wise Card (or any comparable card). With this card, you can add money to your account and pay in any currency that you'd like. I had an account for NOK. This way, you only pay transfer costs when transferring a big amount of money to your account. This card also kind of works as a credit card,



something you definitely need in Norway.

- Another tip would be to go and discover the country since it is so beautiful. If you don't want to spend a lot of money on trips, you can also hike and sleep in a cabin, there are a lot of them. Also, hiring a car is highly recommendable. Especially if you share it with your friends, it's a great and kind of cheap way to discover places around Bergen such as Stegastein and Vøringsfossen.

- If you have some more time and money, I would highly recommend going to the Lofoten and/or Tromsø up in Norway. These places are amazingly beautiful. During wintertime there is polar night in the north, and during summertime they have midnight sun. Both cool things to experience! Maybe you'll also see the northern lights. Something you'll never forget!

CONCLUSIONS

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

Yes, I would definitely recommend UiB and Bergen to others! Bergen is a beautiful and lively city with a lot of stunning nature, but also has a lot of cultural activities, clubs, sports possibilities, shops, and restaurants: everything you need and want as a student. Speaking of students, UiB is a good university with a nice and welcoming atmosphere, and where everything is well-arranged.

do you have any additional advice or comments?

I don't have any additional advice or comments. I think everything has been mentioned in the questions above.



UU Report form - Erasmus 2022-2023

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

destination city & country	Bergen, Norway
how did you travel to your destination?	Airplane
name university abroad	University of bergen
start date	08 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

I actually was quite late with the application process. It was a bit of an impulsive decision to study abroad for me. However, I found the process really easy and all the instructions were clear. I think I started the proces the same day as the application deadline, and I got everything done in time! However, you do have to keep in mind that there are more applications to come, where you need signatures from different parties. Make sure to start on time with this, because this can take a few days. You're not the only one who wants to study abroad!

counselling & support at Utrecht University

If you needed help with something, the International Office was always quick with responding. When you needed documents to be signed, it took 2-3 days maybe, which I found quite quick.

academic preparation

To choose the courses you wanted to follow, you could look at the courses that were given in the same semester the year before. Most of the times the same courses will be given each year, so you can already make a choice. I wanted to follow two courses, which were both restricted. I did get into one of them, but not into the other one. But I had already picked an extra option, in case this would happen. So be prepared that you might not always be accepted when it comes to the restricted courses and choose a back-up option!

language preparation

I did not really prepare myself when it comes to speaking the language. I learned some basic Norwegian words I could use in stores for example, but that's it. I already knew that Norwegian people their English is quite good, so I knew I would be fine with speaking English there.

finances

I already had saved some money, so I knew the finances wouldn't be a problem. Also because you can get compensation via DUO for the public transport there. I would say, make sure you save enough money and make sure you apply for compensations on time, since this might take a while untill it is on your bank account. Norway is quite expensive, so make sure you have a clear overview of how much money you can and want to spend on trips there for example.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I found the UiB clearly organised and the content of courses was clear in advance. The organisation of the UiB is different from the UU, but it is easy to get used to. They do not really distinguish between seminars and lectures for example, most of the time you will just have lectures, but there are more moments of interactions in these. It is a bit of a combination. I personally think it worked nicely.

academic quality of education activities

I think the academic quality of education activities at the UiB are a high level. The level is similar to the level of education at the UU. However, I found the workload lower, thus made it feel easier and less stressful for me.

counselling & support at receiving university abroad

If you have questions, you can always send an e-mail which is answered quite quick. But you also get a lot of information in advance via e-mail and meetings, so I have only e-mailed once.

transfer of credits

My credits aren't transferred yet.

STUDENT LIFE

welcome & orientation programme

There is an introduction week where they organise all kinds of activities all day long. They are optional, so you don't have to attend every activity. In the evenings there are mostly parties or pubquizzes. I found these activities a lot of fun. You can attend them with some friends you already made/knew, or with the mentorgroup you are assigned to. In the mentorgroup are mostly Norwegian people, which made it harder to communicate (they were mostly speaking Norwegian with each other), but they still are a lot of fun and you will get the real Norwegian experience. You will always run into other international students, which is also a lot of fun.

accommodation

Housing was guaranteed if you applied before a certain deadline, so that is great. I had a shared apartment, with one roommate. We did not do that much together, but we were friends and I really liked her as my roommate. The apartment was small, but it had all the basic things you need. I really liked it and it was a modern apartment. I lived at Fantoft, this is a place where most international students live. They also organise different activities at Fantoft itself. Thus, you get to know many international students and you do a lot of fun things, like walks, movie nights, game nights, silent discos and so on. I think the housing was very well organized.

leisure & culture

There are lots of nice museums in Bergen. I personally really liked the University Museum of Bergen. They have different interests in the museum, so I think they are something interesting for everyone. Since Bergen is located in between 7 mountains, it is the perfect place if you like nature. I hiked all 7 mountains, and I found this is the perfect activity if you enjoy nature and sports. It is a lot of fun to do this with friends, so you can have a nice chat along the way and enjoy the beautiful views together. In the evening there are also fun bars you can go to. There are student bars, and places to go out.

suggestions/tips

There is an ice-skating hall 2 bybanenstops away from Fantoft, where you can go to for free in between 10 and 12 every weekday. This is a fun activity to do with friends and I really recommend doing this at least once! If you want to go on a trip or hike somewhere a bit further away and want to rent a car, make sure to check for cars via Getaround. There are lots of options for cars close by for a cheaper price than at a car rental at the airport for example. You can also take the ferry to the Kleppesto, this is included into the public transport card you buy there and you get to make a fun boat trip. When you get there, you can take a bus more North, there are some nice spots for short walks and some swimming points where you can dive straight into the fjords.



Always check if there are student discounts, they have these a lot in Bergen and Norway in general. This can save you a lot of money!

CONCLUSIONS

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

Yes, no doubt. I really had the best time here, made friends and memories that will last a lifetime. Also the education was really well organized and you will still have more than enough free time to do fun things and make some trips. In the beginning you might be in shock by the prices there, but once you get over this it is the most amazing experience. In the end it is worth all the money, since you get so much in return!

do you have any additional advice or comments?

If you want to go hiking, don't forget to buy hiking shoes! The tracks can be very slippery so good gear is half the work. You can buy them in advance of your stay, but I bought them at the Sports Outlet in Bergen for a good price.

Enjoy your stay!



UU Report form - Erasmus 2022-2023

e-mail address	s.h.vandaalhuizen@students.uu.nl
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	Bergen, Norway
how did you travel to your destination?	By plane
name university abroad	University of Bergen (UiB)
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

When I knew I wanted to go abroad I needed to make a top 3. The application process is very easy as every step is explained very well and is not hard to do at all. You will get an email when the next step is open to complete.

counselling & support at Utrecht University

The international office will help you with any question you have throughout the whole exchange and before (when you are not sure if an exchange semester is something that you want to do) . If you email them, they respond very quickly. It is also possible to call or make an appointment

academic preparation

As I chose courses within psychology I did not need to acquire any further academic knowledge to participate in the courses.

language preparation

I did not take special language preparation as my high school english level was enough to get into UiB. But i did start doing Duolingo to learn some basic Norwegian which was actually quite useful. Everyone in Norway speaks very good English though, so it is not needed to speak Norwegian.

finances

When I knew I got accepted at UiB I immediately started to save money from my job but I also took a loan. Furthermore, you are allowed to apply for the Erasmus Grant, which is about 360 euros a month for Norway. So that is really helpful but not enough, as everything is quite expensive in Norway.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

NOR-INTRO--> a Norwegian language course for beginners. You have two lectures a week with a norwegian teacher. You will talk a lot and learn about different topics: food, hobbies and trips. The book you need to buy is based on your life as an international student and Bergen, which makes it easier to learn the language. I enjoyed this course A LOT!

MAPSYK319INT--> a cognitive neuroscience course that elaborates on methods (like fMRI, EEG) but also cognitive domains (like attention, memory and auditory). A course that was a little chaotic as the deadlines



were not known until the week before deadlines, which I found a little annoying as this course had a lot of large assignments.

PSYCH310A--> a course that is about the cultural psychology. You learn about multiculturalism and so on. A course that I found not so interesting as my interests lie more in the neuropsychology field and this is the total opposite. But if this is in your interest I think it is a nice course. The thing that I did enjoy was that you got mixed with norwegians to make an assignment, so you really get in contact with them. (which sometimes can be quite hard). This course is very short, two weeks and then a week of essay writing. But in those two weeks you will have lectures almost everyday which will last about 4 hours.

academic quality of education activities

I think the quality is the same as in the Netherlands, you only have more contact hours. But I find that the ambience around academic achievement is quite different. The norwegians have a more relaxed and not result driven ambience at university. They care more about that you did the assignment and that you actually learn something than that the assignment is top notch written. This took away a lot of stress for me when I was studying there compared to in the Netherlands

counselling & support at receiving university abroad

Toril Salen was my international coordinator at UiB. If you needed her, you could just email her or drop by. I only emailed Toril and she responded very quick and her emails were very clarifying and useful. If she could not help me she would redirect my email to the person who could help me

transfer of credits

My credits have not been transferred yet. But as Norway also works with ECTS, I think these will be the same. Only the grades will need to be transferred as we work with numbers and norwegians with letters.

STUDENT LIFE

welcome & orientation programme

There is a programme called 'Fadderukke', which is the welcome program for internationals and all new UiB students. You will be put in a group and do all kinds of activities. However, I did not participate as my first cultural psychology course already started, so I was going to lectures instead of Fadderuke.

accommodation

UiB guarantees housing. You can give a top 3. However, most internationals live on Fantoft. I can recommend to live here. As all your friends will too. You do need to share a small room with someone else, which is challenging but I got lucky and was put with someone from UU that I already knew before coming to Norway. I do recommend to choose Fantoft TRE which is larger, with 16 people in one 'house' and a large shared kitchen and living room. Unfortunately, I did not get placed in that building but in a building where you need to share a studio with your own kitchen in it. Which is also fine but then the room is even smaller.

leisure & culture

There is a lot to do in Bergen. You can go to soccer games, go hiking, go ice skating, go to the cinema, go to café's, to museums, christmas markets, go clubbing. In short, there is a lot to do and I think Bergen has something to offer in every season for everyone. The people in Norway are really friendly and will help you with everything if YOU ask THEM. But really making norwegian friends is quite hard, so don't expect having a lot of norwegian friends.

suggestions/tips

Bergen is small but Norway as a whole is so big. My tip would definitely be: Go travelling whenever you can! Norway is beautiful and everywhere you look it is beautiful. But the north is different than the south of Norway so it is definitely worth it to go travelling! I went to Oslo, Lofoten, Tromsø, Trondheim, Kristiansand and Ålesund all within my exchange semester and it was totally worth it!



CONCLUSIONS

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

YES! It was such a nice experience to study in Bergen. The systems are quite the same as in the Netherlands but just studying and living somewhere else is a lovely experience and I think Bergen is just the right place for it. It is a large city but not too large. Bergen is surrounded by nature, so you can escape the city life within 20 minutes. So Bergen has something of everything and that variety makes Bergen perfect for an exchange semester

do you have any additional advice or comments?

Bergen is known for being the city with the most rain in Europe. But I actually got quite lucky and did not have as much rain as Bergen normally has to offer. However, if it does rain I really recommend a good rain coat as umbrellas will not survive the wind. If you are planning on travelling to the north during winter, pack some woolen socks and thermic clothes as I went to Trondheim when it was -15 but the weather app said it felt like -20. So be prepared for that!



UU Report form - Erasmus 2021-2022

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	Bergen, Norway
how did you travel to your destination?	Plane
name university abroad	University of Bergen
start date	01 / 08 / 2021 (dd/mm/yyyy)
end date	20 / 12 / 2021 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process went quite smoothly for me. I knew I wanted to go abroad, but I was doubting about which destination until the last minute. Despite that, I managed to write a sufficient motivation letter and to hand in my application on time. After I heard that I was allowed to go to Bergen, the application process at the university itself also was fine. Ofcourse, you are not used to their way of working, which can cause confusion sometimes, but everything is explained well and if you have any questions, you can reach the university easily.

counselling & support at Utrecht University

The Utrecht University was a great support for me. In the weeks before my exchange, I still did not know if it would go through, because of the pandemic. I could always call the International Office for questions, but also for advice about the situation. Should I wait any longer or should I just cancel it? They are really willing to think with you about your personal situation and that really helps. With the practical stuff the IO is also very helpful and they respond very clearly on your e-mails.

academic preparation

Before I went on exchange, I already had three years of university education, including writing a bachelor thesis. That was my preparation and I didn't do anything extra. For me, that was enough, because if you have the academic skills you will be able to take the courses I took.

language preparation

I was really nervous about the whole 'speaking English'- topic, but despite that, I didn't do any extra preparation. I was relying on the fact that everybody told me that it would work out. And it did. The first week, I really had to find my way in speaking in a foreign language and had to force myself to talk. After that, I began to care less about making mistakes and I just talked. That really helped and everyday it got better.

finances

Norway is insanely expensive and before I went on exchange, I made an overview with all the expected expenses and incoming money. That is really smart to do and don't underestimate the money you are going to spend. Daily life is expensive and also if you want to go on trips to see the country, that can cost you a lot of money. But it really helps that you can apply for Erasmus, can have a student loan and can receive money because of your public transport-gift (for Dutch students).

STUDY ABROAD PERIOD



study programme (content and organisational issues)
At first, I wanted to take part in a Norwegian language course. If you want to do that, I recommend you to check the moment that the applications for these classes open. I didn't know about this and was too late to sign up. It wasn't a problem after all, because I found two other courses that I liked. You have to sign up through the Norwegian Studentweb, you get instructions about that which for me were clear.
academic quality of education activities
The academic quality is good, the lectures are interesting most of the times. Also you get a nice overview of what you should do. Because of covid my exams were at home, for the both of them I had to write an essay in a day about a certain topic. For me it worked really well.
counselling & support at receiving university abroad
The University of Bergen is a quick responder to your e-mails. They had few information meetings for exchange students too and all important information is in English on the website. It was sufficient.
transfer of credits
This process went smoothly, because I received clear information about it from the International Office in Utrecht.

STUDENT LIFE
welcome & orientation programme
The welcome programme was in the beginning very confusing. I went to Norway on the 8 th of August because I once got an e-mail that the programme would start on the 9 th . This was not the case, which made me feel a little lonely and useless in the beginning, because there weren't organized activities in the first week I was there. After that, the welcome programme started a week later. In the orientation programme for Social Sciences, all exchange students were divided over Norwegian mentor groups for first year's. The advantage of that was that you got in contact with Norwegian people, but the disadvantage was that sometimes people felt left out because the main language spoken was Norwegian. Also, you felt a little old between all the first year's, while most exchange students are further in their studies than that. But it was a nice week with a lot of activities and most of the mentors were really helpful! At the end of the week, I looked back on a really enjoyable time.
accommodation
I stayed at Fantoft, a student campus outside of the city. In Utrecht, I live in the city center, so this was something really different. But I didn't regret it one second. Most of the international students live on this campus and it is so nice to have all your friends just on a three minute walk from your house. All the parties, events and dinners take place at Fantoft and if you are with your friends, the tram ride to the city is not that bad. I would recommend this to every exchange student in Bergen.
leisure & culture
Norwegian leisure exists a lot of exploring nature! Bergen is surrounded by seven mountains that you can climb. The rest of Norway is even more breathtaking, so the first weekends I spent on trips. I was not that kind of a hiking type when I came to Norway, but I really loved it.
suggestions/tips
Climb the seven mountains, go to a bar to do Taco Friday, live at Fantoft, go to the Fotballpuben for karaoke on Thursday, HIKE, explore the rest of Norway, go on a city trip to Oslo, go to Nordnes Sjobad, enjoy and don't think too much about your expenses. ;)

CONCLUSIONS



would you recommend this university/destination abroad to others? please explain
I definitely would recommend Bergen. It is the perfect combination between a good university, beautiful nature and also the ability to have fun in the city. The city is not too big which was nice for me, I didn't feel lost at all. Norwegian people are friendly, everything is under control in this country and it's a safe place to be.
do you have any additional advice or comments?
Not really! I think I told everything I'd like to tell in the boxes above.

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

destination city & country	Bergen, Norway
how did you travel to your destination?	Plane. You can also look up if you can take the plane to Oslo and then the train to Bergen. This is a longer journey, but it is probably cheaper and the journey from Oslo to Bergen is beautiful!
name university abroad	University of Bergen (Universitetet i Bergen, UiB)
start date	9 / 08 / 2021 (dd/mm/yyyy)
end date	20 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process is easy, although there is a lot of paperwork to do, but if you keep track of all the deadlines and requirements it is very doable. The international office provides a very practical handbook with a checklist!
counselling & support at Utrecht University	The international office is very helpful and replies quickly! I did not run into any problems during the application process.
academic preparation	The academic level is comparable to Utrecht, so I did not do any academic preparation. If you are not used to English lectures and writing in English maybe it's more difficult, because the courses in Bergen are in fast and fluent English.
language preparation	I did not do any Norwegian preparation, although that would have been nice. Norwegians are very supportive when you try to speak Norwegian and they always appreciate it, although everyone speaks very good English. The university offers Norwegian courses for exchange students, but you really need to be on time when sign up for that, so keep that in mind!
finances	Norway is a very expensive country, especially if you want to take some trips around the country or if you want to buy alcohol. You get the maximum Erasmus Grant (360 euros a month), but I still needed some savings next to my usual budget in Utrecht.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I took one course in Educational Sciences and one course in Norwegian Culture and history. I thought both of them were very interesting and the teachers were nice. Sometimes you have to buy books or articles, but look first if you can find a PDF of them: that saves you a lot of money!
academic quality of education activities
I thought the courses I took were very easy. Both courses I took only had 1 lecture a week, so I only had 4 contact hours. They both ended with a take home exam that lasted a few days, which were both very doable. Most people I talked to thought their courses were easy: everyone that put in a little bit of effort passed their courses.
counselling & support at receiving university abroad
There was a lot of counseling and support at UiB: they made sure you always knew where to go when there was a problem or you wanted to talk to someone. This is all being done by the student wellbeing organisation Sammen, which is also responsible for housing.
transfer of credits
Has to be done yet

STUDENT LIFE
welcome & orientation programme
You have a welcome day from your faculty where they explain about the courses and exams, and you have the welcome week (Fadderuken) which is comparable to the UIT in Utrecht: you get assigned a group of first year students and some mentors, and you spend the week discovering the city and partying. I really recommend going to the Fadderuken, because you get to know Norwegians and nice places in the city.
accommodation
You are guaranteed a accommodation by the university, and therefore most exchange students live on a small campus (Fantoft). This is very nice: you get to know people very easily and your friends are always near. Most people get assigned a shared room, so I shared my room with a really nice girl from Jordan. The roomsharing takes some getting used to, but most people were very positive about it: you always have someone to talk to and if you take eachother into account there are no problems! The buildings were new and well maintained, and I shared the big living room and kitchen with 15 others. You can also find accomodation in the city, which could be nice because you get to know more Norwegians. I don't know a lot about this, because most people I was friends with lived on campus.
leisure & culture
Norwegians are all about outdoor life: the city of Bergen is surrounded by seven mountains, that are all nice to climb. The city itself is not very big (about the size of Groningen), but very nice! There are some nice clubs and bars, and there are a lot of cute coffee places and stores.
suggestions/tips
Make most of your time there! You probably do not have to spend much time on your courses, so go outside a lot and explore the city and the nature! Taking trips in Norway is also very easy and recommendable: go hiking to Trolltunga and Preikestolen, take the boat to Stavanger, rent a car and explore the nature, and take a plane up north and see the Northern Lights in Tromsø or the Lofoten!



CONCLUSIONS

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

Yes, definitely! The city and university of Bergen are very nice and the nature in Norway is incomparable!

do you have any additional advice or comments?

Enjoy and don't worry too much about money or your courses! This is a once in a lifetime experience!

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	Pedagogical sciences

destination city & country	Bergen, Norway
how did you travel to your destination?	By airplane
name university abroad	Universitetet i Bergen
start date	08 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The process itself was very easy to follow and the university together with the International Office provided a lot of support. It must be mentioned that there still is a lot of paperwork that you have to do; you have to put some time in that.

counselling & support at Utrecht University

The counselling and support at the university was very nice. I got immediately response if I had any questions, and I could always hop by if I had some problems with the application process. I am very positive about it all.

academic preparation

I did not put effort in certain academic preparations. I've already had some English courses the last years at UU, so I was already used to that form of academic teaching.

language preparation

Since the language that I would be using in Norway was going to be English, I did not need certain language preparations.

finances

Since Norway is a relatively expensive country, I tried to save up as much money as possible the last couple of months before moving to Norway by working more and skipping holidays. I also applied for more money from the government, which I have to pay back later.

STUDY ABROAD PERIOD



study programme (content and organisational issues)

I got into the psychology programme, since there was not really a pedagogical sciences programme that the university offered. I already had some experience with child development courses, so I tried to take courses which would differ from that. I got into a course about the education systems of Scandinavia and in particular Norway, and into a course about migration and integratio in Scandinavia and in particular Norway.

academic quality of education activities

The academic quality of the educaton activities can be compared to the quality provided by Utrecht University; it was not easier, but also not way harder.

counselling & support at receiving university abroad

There was a lot of support and counselling offered at the receiving university. We had a lot of infomeeting in the first week, and they provided us with information about what we could do if we occurred with (certain) problems.

transfer of credits

There was not really a transfer of credits, since the University of Bergen also used the ECTS-system.

STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme at the University of Bergen was very helpful. We got provided with a lot of information about the ins- and outs of the university itself, but also about what we could do in our freetime. Therefore, it helped me a lot further in trying to 'integrate' into the Norwegian studentslife.

accommodation

The University of Bergen provided me with an accomodation at a small campus. It is really nice that they will guarentee you accomodation, because then you don't have to stress about finding a place to stay for these 6 months. My appartment was recently renovated and therefore brandnew and also not that expensive.

leisure & culture

The Norwegian culture is all about the outdoor-life. The university was surrounded by big mountains, which was normal to climb (almost) every day. I therefore spend almost all my free time in and around the mountains with my hiking shoes and backpack.

suggestions/tips

Try out hiking, even if you have never done it before and/or think you are not fit enough. Everybody can hike, and the adventures you make + friends you get to know are all worth it!

CONCLUSIONS

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

Yes, I would definitely recommend the University of Bergen. The university itself is nice, in the middle of the citycenter and everybody is very welcoming towards you. The classes are given in fluent English, and they are not hard to follow. The city is surrounded by big mountains and give you the opportunity to go on an adventure when you have a day off.

do you have any additional advice or comments?

No, I do not have any additional advice or comments except for: enjoy your Erasmus!!



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	
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	08 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The instructions for the application process were clear and everything was well explained on the website.

counselling & support at Utrecht University

The International Office was helpful and responded quickly when having questions and they were clear about when documents had to be arranged. They were also quick with signing documents.

academic preparation

On the website of the University of Bergen everything for exchange students is clear and well explained. There was a course list with an overview of all the courses they offer. They mostly offer courses from 10 or 15 ECTS, but there are also courses with less ECTS.

language preparation

As all of the courses for exchange students at the University of Bergen are offered in English I didn't need any language preparation. In daily life all Norwegians speak really good English (I would almost say better than people in the Netherlands) so you won't have any issues with that.

finances

Norway is an expensive country but if you prepare for it and save money it will be fine. You can make it as expensive as you want. You will mostly be spending money on your rent, public transportation, groceries and travelling.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The counsellor gave a good overview and the course description of a course clearly lined out what they expected from you. I think on average Norwegian education at Universities is a bit less difficult than in the Netherlands, at least in my case when studying psychology. For a psychology course I choose Personnel Psychology (15 ECTS). For this course you only had the exam at the end of the course where you had to write two essays during the exam. I wasn't used to that kind of examination but it turned out to be fine. I also choose a French course and the Norwegian Introduction Course (7.5 ECTS) to learn basic Norwegian and to learn a bit about the culture, I really recommend it! It wasn't hard as it was an oral examination (instead of writing something) and because Norwegian turns out to be a bit of a mix of Dutch, English and German.

academic quality of education activities



As stated above I think in general you have to do less work to obtain a certain amount of ECTS than compared to the work I have to do in the Netherlands to obtain ECTS. For the Personnel Psychology course there were lectures and seminars. The seminars weren't compulsory but they can be useful to prepare for the exam. Some lectures were really good but for some lectures I thought the level was disappointing because these were given by a PhD student, however they might change that in the future.

counselling & support at receiving university abroad

The University of Bergen is well-organised and they are quick in responding e-mails when having questions or needing help. The international contact person of the University of Bergen for Psychology was really nice and made me feel very welcome. On their website you can find a lot of information for new exchange students, everything is really clear. The only thing that was a bit badly organised is the registration with the police. The University of Bergen has booked two days for their international students to go to the police and get the registration done (this is obligated, it is instead of a visa). I recommend you to book an appointment by yourself to prevent long waiting.

transfer of credits

This was really easy because the University of Bergen also uses the ECTS system, so your credits will easily be transferred. The grade system in Norway ranges from A to F, where A/E is pass and F is fail. When transferring your grades you only get a pass or fail at Utrecht University so you don't have to worry a lot about the height of your grade, only about pass or fail. I also received credits for the Norwegian Introduction Course.

STUDENT LIFE

welcome & orientation programme

The University of Bergen was really welcoming! During the first semester there are more international students than during the second semester, I liked that. There were two welcoming days for international students only and a whole week where you had your own mentorgroup together with 4 other international students and with Norwegian students (I think this differs from the welcome programme for the second semester as it will be smaller). The idea of putting international students and Norwegian students together is nice but in my experience Norwegian students are open for you the first day but after that they spend more time together with the Norwegian students only. The orientation programme also differs between faculties. The faculty of Psychology and the faculty of Social Sciences had a very extensive programme compared to other faculties that had a less extensive programme.

accommodation

The University of Bergen offers housing guarantee which is really nice as it can be difficult to find accommodation by your own while being in the Netherlands. The housing organisation is called Sammen and you can give your top three preferences. Be sure to apply in time as otherwise you won't have the guaranteed housing! I lived at Fantoft (20 minutes outside the centre) which I found very nice because most international students live there, so you have your friends nearby. There are studios, single rooms, and shared rooms during the first/autumn semester (due to more exchange students in the first semester). You don't always have the choice as you have to accept the room Sammen gives to you. I had my own room (approximately 17 m²) with my own bathroom in it and I shared the kitchen with seven others. For my room I paid around 430 euro which is cheap compared to other accommodations in Bergen and Norway. All rooms and kitchens are new and renovated at Fantoft so that was really nice. The people who were offered a shared room eventually also thought it was fine. At Fantoft there is a gym and there is a grocery store. There also is Klubb Fantoft that organises activities, which is nice to get to know people in the beginning.

leisure & culture

Norway is comparable in culture to the Netherlands but there are differences. Things are more expensive but it's not too bad. For example when doing groceries the prices can be comparable to prices in the Netherlands if you pay attention to it. Public transportation costs 46 euros for a month for a student. If you will live at Fantoft



you will definitely need it as you have to take the bybanen (tram) to go to the centre and to the university. One thing that is really expensive is alcohol and, except from beers that you can buy in the supermarkets, you will have to go to the Vinmonopolet to buy any other alcohol. In Bergen, you can party a lot and they have really nice clubs, such as NATT, Sgjeneros, Lille and Vaskeriet. On sunday all supermarkets and shops are closed. For shopping there also are nice stores, like the Bikbok and Gina Tricot which are scandinavian brands, next to the more standard stores like H&M etc. Going to a restaurant might be expensive but you can easily eat a pizza in a restaurant for 16 euros. A lot of places offer a student discount, so use it as you have a student card. Next to that Bergen is such a nice place as it is located between seven mountains. You can hike a lot and i really did like it although I didn't necessarily expected it to be something i would do a lot. Take also time to travel as there are so many nice places around Bergen. The national parc of Folgefonna is very nice, where i did a glacier hike for example. Bergen is also surrounded by fjords, so you can't miss out on a fjord tour. Furthermore trips to other cities are nice, for example Oslo, Stavanger and Tromsø. In Tromsø i saw the northern lights and I went reindeer sledding (it is very difficult to see the northern lights in Bergen, so be prepared to travel if you really want to see them). To finish, they say that Bergen is the city of Europe where it rains the most. This might be true but during my stay in the autumn semester of 2019 the weather hasn't been bad at all. I might have been very lucky with this but don't let the weather stop you as Bergen has so many nice things to offer!

suggestions/tips

- It is really nice to meet Norwegian people but this might be hard. The most of your friends will probably be other international students. You will meet norwegians in your mentorgroup which is nice but a buddy program can be nice to. Therefore you should sign up as fast as possible because there are a lot of students searching for a buddy.
- Tavel to nice places around Bergen and in Norway as it is a beautiful country. Flåm is for example a really nice place, next to other norwegian cities. Go up to the north in Norway as it is so different from Bergen.
- Take a look at organisations as Study Bergen, ESN and BSI Friluft as they organise nice trips for generally not a lot of money.

CONCLUSIONS

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

I would definitely recommend Bergen and the University of Bergen. Bergen is a Norwegian city how you expect it to be with a harbour, coloured houses and surrounded by mountains. The University is good and they are very welcoming and will always help you if you have a problem. Next to Bergen, i really recommend Norway as a country.

do you have any additional advice or comments?

Enjoy your time, don't worry too much about money and just make the most out of it!



UU Report form - Erasmus 2019-2020

faculty/college	Faculty Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Interdisciplinary Social Sciences
destination city & country	Bergen, Norway
name university abroad	Universitet i Bergen
start date	08 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

I applied for University of Bergen as my first choice and Univeristy of Helsinki as my second choice. I wanted to go to Scandinavia and in particular Norway. From all the universities in Norway, Bergen had the most interesting courses for me. I applied through my faculty and not universitywide, because I felt like I had more chances of getting my first choice through my faculty.

counselling & support at Utrecht University

I've had contact with the International Office FSW a couple of times. They are really helpful and usually answer the same or next day. However, if you have questions about specific locations or universities, I would have preferred to speak with someone who has been there instead of an employee who knows as much as is stated on the websites from universities abroad.

academic preparation

I haven't done any specific academic preperation, other than my ususal courses. The courses I was going to do at the Faculty of Social Sciences were in line with my academic career here in Utrecht.

language preparation

The courses I was going to do are taught in English. My English was sufficient enough before going to Norway without needing any extra preperation. I learned some Norwegian for fun though.

finances

I applied for and received the Erasmus grant. The residual costst I paid with some savings and my loan from DUO.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The academic year is divided in two semesters. Some courses last the entire semester, others are only half of the semester, depending on the faculty. I though the different timelines would be a problem with choosing courses from different faculties, so I stuck to courses from the Faculty of Social Sciences. I choose two anthropology courses. SANT104: Culture, Meaning and Communication, which was a really good course taught by a very captivating, fun professor. And SANT105: Power, its articulations and disguises, which I dropped because it was a bit more boring in my opinion. There were both Norwegian and English workgroups. It was not mandatory to attend the workgroups, but your own responsibility. On the other hand, if you were planning to attend the workgroups, you had to be prepared and be present every workgroup, otherwise you would be



kicked out.

In retrospect, I would have chosen for the first anthropology course (SANT104) and a course from the music faculty. Because of the different timelines I thought it was not possible, but I know some others who have done it. So don't let it stop you from choosing courses in different faculties. Just make sure that your courses don't overlap in time.

Last but not least, consider taking the Norwegian class for beginners. It is really fun with other internationals, and you will be able to understand more from everyday life in the city! The application process for this course is a bit different than for regular courses. The application starts at the first of August (last year at least). BE ON TIME, because the spots will be filled in just an hour or so. I was too late, but I managed to get a free spot in one of the groups while we were already two weeks in the semester.

academic quality of education activities

The academic quality is comparable to the Netherlands in my experience. Like I said, in regards to the workgroups, they expected more independence from students. However, this was the case for my courses, but as I heard from my international friends, not so much for other faculties.

I had to pay for my books (worth 120 euros) and for many additional academic papers, which was a bit of a setback. In the Netherlands you can get access to academic papers for free usually. On the other hand, it was not really necessary for me to buy the books, so consider that before buying your books. I can't speak for all courses ofcourse.

counselling & support at receiving university abroad

Any contact with the International Office in Bergen took a bit more time than my contact with the IO in Utrecht. Also, there was a bit of a hassle about the Learning Agreement, because Utrechts sent me a pdf-copy, while Bergen insisted on not giving a signature unless it was via the Online Learning Agreement. All was well in the end though.

transfer of credits

In Norway, credits are given via the ECTS-system as well, so credits can be transferred easily to Utrecht University.

STUDENT LIFE

welcome & orientation programme

Univeristy of Bergen offers two kinds of welcome programmes for international students. The first one is a one-day big welcome for all the international students and a one-day gathering with all international students from the same faculty. The second one is the Mentor Week (or Fadderuken in Norwegian) and is also the welcome programme for first-year Norwegian students. All students from the same faculty are divided into mentor groups with both Norwegian first-years and international students, among with a few second year Norwegian students as mentors. This week is in some ways comparable to th UIT, with a big market with all the students organisations, a few competitiongames between the mentor groups, and every night a party in one of the student clubs. You could also choose to go to more lowkey activities, such as a boardgame or a pubquiz, but my mentor group was more about the parties. Mentor Week was a fun way to get to know some Norwegian students as well and a good introduction to the student life/night life in Bergen. It depends a little bit on your mentor group however; I was lucky to have a very welcoming mentorgroup. I heard from other international students that not all Norwegian students were that eager to talk to internationals.

The Mentor Week is only happening in the fall semester of course and not in the spring semester.

accommodation

University of Bergen works together with Sammen, a big organisation which provides gyms, doctors, mental well-being counseling, child care, cafeterias, but also accomodation. Sammen housing offers different options for international students, varying from big flats with almost only international students, to houses with Norwegian students, and also varying in price range. Before the semester starts you can apply for three options.



My first choice was a shared bedroom with another student and a shared kitchen and living room with 15 other students. I don't mind sharing my stuff and it also happened to be the cheapest one (approx 310 euros). This kind of apartment is located at Fantoft, where many international students live, both in the kind of apartment I got and a bigger, not-shared, one. The international students who only stayed one semester usually got the shared room, while the international students staying for the whole year usually got the individual room, whether they applied for it or not.

Due to less international students in the spring semester, the shared rooms are usually only occupied by one student, which means that the kitchen and the living room will then be shared with only 7 other students. Fantoft is from all the accommodations the farthest away from the city center, but it only takes 20/30 minutes by tram, which is called Bybanen and has fast successive departure times. The only thing is that Bybanen doesn't drive after 1 am during weekdays, and 4 am at Friday and Saturday.

leisure & culture

SPORTS:

- Sammen trening: a membership for 1200 NOK per semester gives you access to Fantoft gym and other gyms and the swimming pool in the city center.
- Cabin trips: everyone has access to all the cabins in the country. If you are planning on staying two or more nights in a cabin (does not have to be sequentially) then it is cheaper to buy a membership for 360 NOK (youth till 26 years) for one year (1st of January till 31st of December)
- Going on cabin trips or mountain hikes, you probably need some more stuff than you took with you. Take a look at Fantoft Renting (outdoor gear and household stuff - in one of the flats at Fantoft - cheap renting prices), BSI Renting (outdoor gear - in the faculty of Natural Sciences - cheap renting prices, you need to buy a membership though) and BUA Renting (outdoor gear - don't remember where it was - free renting, we went there for skitrousers, but they only had children sizes, but if you are a small girl, that will do.)
- BSI climbing: they have some climbing stuff at Sammen trening at Fantoft, but from what I heard BSI climbing was better. You can use the same membership for renting stuff for their climbing hall.)
- Bergenshallen ice skating: in the winter months the ice skating hall (two tramstops away from Fantoft) is open from 10.00-14.00 for free during weekdays (Thursday from 10.00-12.30). Also the renting of ice skates is for free.

CULTURE:

- Grieghallen concerts: somewhere in september the Bergen Symphony Orchestra gives a free concert for students. You have to make a reservation, but it's for free if you give your student number.
- Lysfesten: at the end of november/beginning of december the city starts the Christmas season with a big light festival in the city center. They lighten the Christmas tree, and there is firework, and Norwegian christmas carols and other music. Christmas is big in Norway!
- Keep an eye on the Facebook pages of museums to see when they have reduced prices/free entrance. In the beginning of the semester there is a Museum Night in which many museums have reduced prices. I missed it unfortunately.
- If you're interested in classical music you will have the time of your life in Bergen. Plan a visit to Troidhaugen, the old house of composer Grieg.

FOOD AND DRINKS:

- Egon Restaurant: 122 NOK for pizza buffet (all you can eat), during Sunday and Monday, and other days till 18.00.
- Kvarteret student center: several student activities are organised here, but they also have a restaurant with student-friendly prices.
- Sammen Spise (eating): cafeterias in university buildings. You can buy a coffee thermoscup for 500 NOK which gives you free coffee and tea during the whole semester.
- Cafe spesial: cosy restaurant in the city center with (for Norway considered) cheap prices.
- Johanneskirke gives waffles (typical Norwegian food) and coffee/tea for free to students on Wednesday starting 12.15. Entrance is at the back of the church.



- Supermarkets: Kiwi and REMA1000 are the cheapest ones, and Bunnpris as well I think. At Fantoft there is only a Meny, which is slightly more expensive, but it has a lot of 10 NOK (1 euro) deals. If you are vegan, consider going to Xtra, for more vegan options.

SHOPPING:

- Garage sales: in the beginning of the semester in one of the Fantoft flats, has a lot of household stuff.
- Fretex: second hand store with several affiliates, one close to university. I could easily find some nice clothes every time I gave the store a visit.
- Kid home and furniture: in the beginning of the semester they have a student deal with a discount for bedding.
- Normal: drugstore with cheaper toiletries than in regular supermarkets.

TRANSPORTATIONS:

- Bybanen (light rail) and bus in Bergen and surroundings: is organised by Skyss. Download the Skyss Billett app to buy a ticket. For me it was the cheapest option to buy 5 times a ticket for 30 days for students (480 NOK). I bought tickets for Zone A, which is the whole of the city Bergen. If you travel outside the city you need to buy tickets for Zones B, C, etc. To plan your travel, you can download the Skyss app. The bus to Ikea is for free.
- Train: if you are planning to travel by train, take a look at Vy.no.
- Plain: some Scandinavian airlines offer reduced prices for students inbetween Scandinavian airports.

suggestions/tips

- Take a look at the market of student organisations which takes place during the Mentor Week. There is probably something (sports, music, vegan groups, charities, student media groups) which is interesting for you.
- There are many Facebook groups for international students and for people living at Fantoft or other Sammen accomodations.
- Finn.no is kind of the Markplaats.nl of Norway.
- MAKE SURE YOU HAVE A CREDIT CARD!!! You have to pay a lot by credit card, such as Skyss tickets, laundry service, cabins.

CONCLUSIONS

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

Yes, definitely. Bergen is a lively city with a relatively a lot of students. Within a few moments you are able to be in the mountains surrounding Bergen. And yes, it is raining a lot, but just bring an umbrella with you and you will be fine. It is not like your cycling in the rain like in the Netherlands, but most of the time you're in the Bybanen anyway. If you want to experience snow and skiing, you can easily find some good spots just an hour from Bergen in the winter months. There is a lot to do in the city both for sports and culture lovers.

do you have any additional advice or comments?

Be on time with all application steps, both before, during and after your stay abroad. The process itself is not that difficult, but there is a lot to think of, so I recommend making a list and keeping that in a place where you see it regularly.



UU Report form - Erasmus 2018-2019

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 checked="" type="checkbox"/> yes: m.e.oostveen@hotmail.com my weblog <input type="checkbox"/> yes: my Facebook account <input checked="" type="checkbox"/> yes: Maartje Oostveen 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: @
<i>See end note for * and **</i>	
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Culturele antropologie en ontwikkelingssociologie

destination city & country	Bergen, Norway
name university abroad	Univeristy of Bergen
start date	04 / 01 / 2019 (dd/mm/yyyy)
end date	27 / 05 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process was very well organised and the UiB was very clear in what we needed to do in order to apply so I did not have any trouble with that.
counselling & support at Utrecht University
Utrecht University also helped a lot with my preparation before leaving and provided all the information needed.
academic preparation
I had no specific academic preparation before I went on my exchange, but this was also not very necessary because the academic skills that I obtained during my first year of my bachelor at the UU was enough to follow my semester at UiB
language preparation
I did not put any effort in my language preparation because in Norway everything is in English and my level of English was high enough.
finances
I made a budget to see how much I would approximately spend per month and how much money I would receive. Once there things are ofcourse always a bit different than expected, but I did not have nay financial problems.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



The study programme at UiB was very well organised and at the beginning of the semester they gave us a clear overview of all the available courses and credits, also on their website every course was described and signing up for courses was very easy.
academic quality of education activities
The academic quality of the education activities was also very good, the way the lectures were given and how the courses that I followed were set up was really good. The interaction with the teachers was also good and they are always open for input of discussion which is very important for me when we talk about academic quality.
counselling & support at receiving university abroad
UiB was also very supportive towards the international students, you could easily go to them with questions, and everything around the international students was very well organised.
transfer of credits
The transfer of credits happened without any problems.

STUDENT LIFE	
welcome & orientation programme	The orientation and welcome programme was very well organised, people were super kind and willing to help and all the information needed was given. The welcome programme was just one day, which was quite intense and a bit short to get to know people, but it was enough to receive all the information that we needed for the university and studying in Bergen.
accommodation	The welfare organisation in Bergen provided student accommodation for all the international students, so it was very nice to be sure that you have accommodation before you go there, and we also were able to choose the kind or place we wanted to stay in. The accommodations were very well organised, and contained all the things you need as a student in your accommodation
leisure & culture	All the student organisations in Bergen that were about leisure or culture were also very welcoming to international students which was very nice. In the beginning of the semester there was a big student fair so we could get to know all the student organisations that are in Bergen. In this way it was very easy to become part of the organisations and of Bergen its student life
suggestions/tips	For me everything was very well organised and clear, but maybe an introduction period of several days would be nice.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	Yes I absolutely would recommend this university to others because the University of Bergen is a very nice University with a good atmosphere and kind people, and Bergen is an amazing and beautiful city that is both in nature but also has a vibrant student character
do you have any additional advice or comments?	
no	



UU Report form - Erasmus 2018-2019

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 checked="" type="checkbox"/> yes: e.e.hoffstadt@students.uu.nl 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: @
<i>See end note for * and **</i>	
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Cultural Anthropology

destination city & country	Bergen, Norway
name university abroad	Universitet i Bergen
start date	02 / 01 / 2019 (dd/mm/yyyy)
end date	20 / 06 / 2019 (dd/mm/yyyy)

PREPARATION	
exchange application process	The applications process went well. UiB is helpful and responds quickly to questions. Besides that, the website of UiB is good with clear steps to follow for your application.
counselling & support at Utrecht University	Also Utrecht University helped me well when I had questions.
academic preparation	None
language preparation	I took courses in English during the semester before I left. This made it probably a bit easier to understand the courses and to communicate in classes, but it is not necessarily since you get used to it quickly.
finances	I saved money and had the erasmus grant, but be aware that Norway is very expensive so be prepared to spend lots of your savings there.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took an anthropology course from 15 ECT (SANT240). This course took a lot of time with lectures, seminars and readings but I found it very interesting. It was comparable with anthropology courses in Utrecht. I also took the short introduction to Norwegian language and culture (NOR-INTRO). I would recommend this because it was a lot of fun, however you are only able to have very basic conversations. The third course I took was from



comparative politics about gender (SAMPOL221). This course only had lectures so there was not much discussion or conversation.
academic quality of education activities
The quality of the courses is comparable to courses at Utrecht university. Only I felt they were less strict and you have to study more independent with not as many obliged assignments. The norwegian intro course is easy, SANT240 is also in level comparable with anthropology courses in Utrecht. Also the way it is taught is similar to anthropology courses in Utrecht with lectures and seminars to discuss the readings. SAMPOL221 is comparable to a level 1 or 2 course at Utrecht university.
counselling & support at receiving university abroad
There is not as much personal contact as at uu but teachers are very helpful and always willing to answer your questions.
transfer of credits
I took 32.5 credits and I assume this will be worth the same at Utrecht University.

STUDENT LIFE

welcome & orientation programme
Since I arrived the second semester there were much less students arriving compared to the first semester. Because of this we had just one day of introduction to get to know the university and some people. The focus was on information about the university and we had a lecture about Norwegian culture and nature. This was helpful to get to know how the university works and what students life in Bergen offers.
accommodation
You are always assured to have a room at Sammen housing. I lived at Fantoft, which is the place where most of the international students live. This is why I would recommend to live there. It is twenties minutes with public transport to the city centre where also the university is. There are many activities in Klubb Fantoft which helps you to get to know people. Besides that, it is nice to have some flatmates to talk to and having friends of you living close. The buildings are all just renovated so of good quality. I shared my kitchen with 9 and had my own bathroom. It costed around 420 euros a month, so if you want something cheaper I would recommend Alrek which is also a big students housing with many international students. The advantage of living in the city centre can be that you live with Norwegians instead of internationals.
leisure & culture
Mostly if you like nature and hiking I would recommend Bergen. Within half an hour from the city centre you are in the mountains which is really nice. So I mostly hanged out with friends, made bonfires, hiked and went on trips during my leisure time. There are nice bars but it is quite expensive to go out. Bergen is furthermore a nice city with nice architecture and some museums. Besides that, there are many student organizations who organize activities, for example ESN.
suggestions/tips
I would recommend to go out explore the nature around Bergen and in Norway. Also when you like outdoor activities join the students organizations BSI Friluft because they organize some nice trips and it's a good way to get to know people with the same interests as you. If you are less into outdoors I would recommend you to become a member from another students organization.

CONCLUSIONS

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



I would really recommend Bergen to study. I love outdoor sports and nature so this was just perfect because I met so many people who were interested in this as well. Also Norway is a very well-organized country which made it easy to get used to a new country. Also the university is of good quality with a broad range of study topics to choose from.

do you have any additional advice or comments?

Go abroad if you are in doubt because it is the best experience you can have during studying. Although I was very scared in advance this disappeared quickly when I were here and met people. The community of international students is really nice because everyone always wants to meet new people. Don't be scared about being able to find friends, it is almost impossible not to find them. Also the studying made a good balance between all the fun things you do and learning new things.



UU Report form - Erasmus 2018-2019

faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Pedagogical Sciences
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	13 / 08 / 2018 (dd/mm/yyyy)
end date	21 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process
The application process was quite easy to do if you just follow the steps. I do recommend to start in time just to be sure there aren't any problems.
counselling & support at Utrecht University
The counselling process was mainly through emails, which was okay for me because I didn't need much help with anything and didn't run into any problems.
academic preparation
I did not really prepare academically because I didn't need to know anything specific while taking the courses
language preparation
I didn't do any language preparation in advance. While in Norway I followed a Norwegian language course which was really nice to do
finances
I was aware that Norway is an expensive country so I saved some money up before I went

STUDY ABROAD PERIOD

study programme (content and organisational issues)
I followed some courses in different fields. I followed the courses Personnel Psychology and Labour market policies in a comparative perspective. Besides that I participated in the norwegian language course. All the courses were well organized with a syllabus and clear information about the readings.
academic quality of education activities
All the professors were really good in English so I didn't experience any problems with understanding. All the lectures were well organized and you knew what was expected from you although it wasn't really necessary to go to the lectures of these courses because you could just pass the exams without attending any of the lectures.
counselling & support at receiving university abroad
I didn't use any counselling and I didn't need support from the University of Bergen.
transfer of credits
I received an online form with a signed transcript of records really soon after I requested it. I didn't experience



any problems with it.

STUDENT LIFE

welcome & orientation programme

The university had a really good welcome program. In the faculty you were divided in smaller groups of around 20 students with Norwegian and international students combined. That was really nice to get to know both locals and internationals. During the welcoming week you got to know the university and the city really well as they had an extensive program every day. You could choose if you wanted to attend the program or just a few parts of it.

accommodation

The student organisation SIB makes sure that you are given an accommodation. Most international students stay at Fantoft, which is 15 minutes away from the city center. I stayed in an apartment where I had to share my kitchen with 15 others and I had a roommate. That was the best part of the whole exchange because you start to feel like a family in the end and we did a lot of stuff together. The building where I stayed in was built 2 years ago so it was quite new and it looked really good.

leisure & culture

Bergen is a beautiful city. If the weather isn't too bad you go hiking most of the time in the surrounding mountains because the view from the top is amazing every single time.

suggestions/tips

Make sure you have rainproof clothes and also hiking boots and hiking clothes because that is what you'll probably do a lot of your spare time!

CONCLUSIONS

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

Yes i would definitely recommend it. The city is beautiful and especially if you are a bit sporty and like to be outside this is the perfect destination. Also everything at the university was really good organized. I didn't come across any problems.

do you have any additional advice or comments?

Don't doubt, just go and you'll have the best experience ever.



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	Psychologie: Studiepad Klinische Psychologie
destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	08 / 08 / 2018 (dd/mm/yyyy)
end date	13 / 12 / 2018 (dd/mm/yyyy)

PREPARATION

exchange application process

To prepare for the application process I mainly used the information given by UU on the website, Osiris and the information given to me by e-mail. Also, I contacted friends whom also were in the process of application, or already went through the process in the past. Their help and tips helped me write a good motivation letter for example.

counselling & support at Utrecht University

I don't recall asking for counselling or support at Utrecht University. This is because the information given to me in advance was sufficient enough that I did not need it.

academic preparation

I did not need to prepare academically. The courses I chose to do were courses where I did not need to have previous knowledge from courses. Although I would like to add that if the course information says so, this is not necessarily true. I chose one politics course where the course information stated that, but the course was too hard for me without any previous politics courses followed. I decided to switch courses.

language preparation

My English was therefore sufficient that I did not feel the need to prepare this even more before going abroad. I prepared my Norwegian knowledge by following a Norwegian language course during my stay in Bergen.

finances

I saved some money before going to Bergen by working almost fulltime in the summer break. I also used my student loan to get by. Besides that life in Norway is more expensive than life in the Netherlands, it is also nice to have some savings going to Norway because there are so many opportunities to take nice trips that all cost money.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

Studying psychology, I chose one Personell Psychology course (15 ECTS), a Norwegian language course (7,5 ECTS) and a Development Economics course (10 ECTS). Before the course Development Economics, I chose a Chinese Politics course, which turned out to be too hard. The organisation went very easily, I'm also glad that I still had the possibility to switch courses even after both courses had already started.

academic quality of education activities



I think the academic quality was pretty good. My Norwegian language course was a bit easy, but I feel like my Norwegian is pretty good now so it's still good. My Personell Psychology course was very interesting for me, but I feel like it shouldn't be worth 15 ECTS, but less. Most lectures were however very good and also the seminars were for all courses very useful.

counselling & support at receiving university abroad

I did not request any counselling or support

transfer of credits

Not applicable

STUDENT LIFE

welcome & orientation programme

The welcome & orientation programme was very good. We got a nice introduction to the University, the resources and to Norwegian culture in general. We also had a nice introduction week where we got to meet other Norwegian and international students.

accommodation

The accommodation was decent. The price was pretty low and the housing was nice and modern. The location was not ideal, but the very good streetcar connection made up for that.

leisure & culture

Bergen is a very nice town with lots of culture and leisure activities. However, it's a bit expensive. There are also a lot of hikes to do which are of course free and very nice when the weather allows them. The student home, which was Fantoft, organised many activities like movie nights or quiz nights. Also, there was a game room with pool tables etc. Bergen, the gateway to the fjords, is very close to cool nature and popular destinations in Norway.

suggestions/tips

If you're going in the autumn semester, bring good rain clothes.

CONCLUSIONS

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

Yes, the university is really good and Bergen is a nice town. Sometimes it could be a bit boring because in the autumn semester it rains a lot. But if you live at Fantoft, where almost all international students live, there is enough to do there.

do you have any additional advice or comments?

No.



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	Health Psychology

destination city & country	Bergen, Norway
name university abroad	University of Bergen
start date	10 / 08 / 2017 (dd/mm/yyyy)
end date	20 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process starts by following the steps that are described on the website of Utrecht University. The steps are easy to follow and as long as you complete the application within the deadline you shouldn't come across problems you can't solve by yourself.

counselling & support at Utrecht University

If you find yourself experiencing problems with you application you can always contact the international office and they are happy to help you out. I went to the international office to get some information about one of the partner universities and by the afternoon I received an email that included the information I was not able to find by myself.

academic preparation

I was not worried about the level of education I was going to find at the partner university. Since I was told that the educational level in The Netherlands is quite high in comparison to other countries throughout Europe I wanted to go to a country where I could be sure that the educational level was equal to that at Utrecht University or higher.

language preparation

The study programme I was following at Utrecht Univeristy was in English so I was used to having my lectures and seminars in English. This lead me to do nothing specifically different than following this study programme to prepare myself for my studies abroad.

finances

I tried to save as much money as possible for my studies abroad at my parttime job. I wanted to be able to enjoy my stay abroad without having to worry about my finances. Norway is an expensive country for foreign students and I would recommend everybody who wants to study there to make a clear and advised financial plan as far in advance as possible.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The study programme I attended consisted of an master course at the faculty of psychology, norwegian language and a bachelors' course at the faculty of humanities (this because I wanted to experience the working methods at another faculty). It was easy to choose these courses and when I accidently filled in the wrong level of the norwegian language course I got an email from the university that they already changed it into the right



course for me and they wanted to make sure that this was what I intended to do.
academic quality of education activities
The first two weeks of my semester were also the weeks in which I had the most lectures and they each took 4 hours. The quality of these lectures was quite similar to the lectures I was used to in The Netherlands. The lectures from the course Music, Gender and Sexuality were very different from what I was used to because the teacher spoke a lot about his own opinion and I was missing the (in my opinion) Scientific background. Even though this course was different it showed me that the way I was thought to study is not the way that is common at every faculty. I would recommend to follow a course outside of your own faculty to experience this and see things from a different research perspective.
counselling & support at receiving university abroad
The counseling and support at the university of Bergen is very well taken care of. They helped me with the norwegian language course (as I wrote down above). During my stay I didn't have much difficulties where I needed counseling for, but I am sure that you could expect help with all kinds of problems (study problems and personal problems)
transfer of credits
I did not receive all my results yet.

STUDENT LIFE
welcome & orientation programme
The welcome programma (fadderuken) is so much fun. As long as you don't attend the law faculty you get mixed up with norwegian students in a faddergruppe. In one week they show you the city and a bit of the Nowegian student culture, this week is a great opportunity to meet norwegian students and to go out for (a more) reasonable price since alcohol is very expensive in Norway. During the fadderuken there are all sorts of activities organised during the day and night but nothing is obligatory. There is also a welcome meeting from the university for all the new international students in grieghallen (the big concert hall of the city), this meeting gives you immediately a feeling of being welcome and the small part of doing the whole exchange on your own disappears.
accommodation
When you apply for accomodation you probably get to choose between Alrek and Fantoft. If you want to make a lot of international friends and are in for a party now and then choose Fantoft. I lived in the new building where I shared a kitchen and living room with 14 others and I'm really happy that I ended up there. At first I wasn't aware of the fact that I had to share a room and bathroom with one other person but since everything in the building was completely new and the kitchen/living room was really big I only used the room when I had to study and living with a roommate was very nice.
leisure & culture
If you go to Bergen you choose one of the best places to experience the Nowegian nature. From Bergen you can travel to al lot of nature parks where you can make amazing cabin trips and hikes. Because Bergen is surrounded by mountains you can also just hike up a mountain from the city center (even before a lecture if you feel like it). The nature and hiking trips are by far the things I'm never going to forget about my exchange. If you're not an experienced hiker you can join the organisation BSI and join their guided trips. Besides the fact that Bergen is the perfect location to discover the nature is it a true student city so the night life is buzzing. There are a lot of clubs and small bars so after the fadderuken you know that there are places to go that please everybodies wishes. Most of these clubs are open till 3 but the norwegian students start early (pre-drinks at 6/7) so you still have a long night.
suggestions/tips



One of the tips I would give is attend the faddruken, this way you get to know the city fast and you will meet a lot of amazing people. One thing you have to keep in mind when you consider going to Norway is that it is an expensive country for foreigners so you have to save some money in advance, that way you can fully enjoy your exchange without worrying about money.

CONCLUSIONS

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

I would definitely recommend this university to others, I can say that it was the best semester of my studies and it is an experience that enlarges not only your educational knowledge but also your professional-, personal- and social knowledge. I think you will experience this during every exchange period but Norway is a country that shows you the most beautiful nature, sustainability and a high educational level.

do you have any additional advice or comments?

I think that every abroad experience will be fun but I can say for sure that Norway and especially Bergen is a place that will show you a different way of living and studying that will stay with you for the rest of your life .



UU Report form - Erasmus 2017-2018

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

destination city & country	Bergen, Norway
name university abroad	Universitetet i Bergen
start date	10 / 08 / 2017 (dd/mm/yyyy)
end date	15 / 12 / 2017 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was going very well, due to the preparation made by Utrecht University and Universitetet i Bergen as well. The site of the home university and the receiving university are very clear about the conditions for applying, the application steps that you have to follow and the possibilities that are offered. Make sure you have all the required documents ready and the process will be very quick.

counselling & support at Utrecht University

Utrecht University is very supportive for students that would like to go on exchange, so there is plenty of information available as well as enough people at the International Office. They are very helpful and act quick, so your process won't be delayed. During the stay, Utrecht University is keeping you in track via e-mail and are always available for further questions and updates on what you should do during and after your stay.

academic preparation

The academic preparation is made by following courses at your home university and taking that knowledge with you when you go on exchange.

language preparation

The language preparation is important especially for students that have to follow courses that are not in English. For me that wasn't the case, so I prepared myself by reading the information of the university, so I had everything clear for myself. I think it is important to take extra language courses if your English isn't that good, but otherwise you will manage with average English.

finances

Finances was not a problem for me, because my parents supported me and I worked hard before I went on exchange. The Erasmus grant can also be very helpful when you need some extra support.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses that I followed in Bergen were not very intensive courses. The literature was not too much and the amount of lectures and assignments was low, so I had a lot of free time. The organization of the exchange was very good. The introduction week was clear and very helpful and the university (site) gave a lot of information about where to go and what to do. Thereby there were no issues and everything was very well organized.

academic quality of education activities



The academic quality was good, but the level wasn't that high as I expected it to be. The level of literature, assignments and requirements were not higher than Utrecht University.
counselling & support at receiving university abroad
The counselling and support was very well organized, so there were no issues or misunderstandings about certain cases. They were very supportive when there was a question or when something needed to be signed, so the process was quick and clear.
transfer of credits
The credits were giving within 3 weeks after delivering in assignments or making tests. The final credits are easy to get from the studentsite that is available, so you don't have to go to the university to get them.

STUDENT LIFE
welcome & orientation programme
The welcome was real welcoming. There was a very nice, clear and fun introduction in a big theatre where they gave all the information that was also made available online. They also 'introduced the country' and it's possibilities, so a full introduction was given. The next week there was a mentor week where you got to know people from your faculty and did a lot of fun things.
accommodation
The accomodation was good, because we were in the new Fantoft building. We lived in a house with 15 people, so we had a lot of people to go out with and do fun things. We could help eachother with exploring the university as well as the city. It is easy to find good housing via the universities student department. The housing is not far from the city center and easily reachable by tram.
leisure & culture
Norway is a country with endless possibilities for exploring various things, especially when you love nature and walking in the mountains. Bergen is a beautiful city that gives both room when you need a quiet place, but also when you want to go out there is a lot to do. Around Bergen there are 'the 7 mountains' that you can explore by walking up and down in a few hours. The station is in the centre and brings you to wherever you want to go by train and bus, so you can go into the country easily and explore other cities, mountains and beautiful trainrides. You can also travel by plain to the north for example, but this can be very expensive...
suggestions/tips
Go hiking in the mountains and sleep in a cabin! The nature is beautiful and you see so much more of it when you walk for hours with a little group of people and don't see other people for hours while admiring waterfalls, fjords etc. Sleeping in a cabin gives a great feeling and is very nice when you need some time off from studying. Sign up with an organisation and enjoy staying in cabins very cheap.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
I would defenitely recommend this university and destination for it's beautiful location with endless possibilities for a variety of people. The university is of a good level of education and is very clear and helpful as well. Bergen is the most beautiful city that I have seen so far in Norway, because of it's old houses, the mountains, fjords and nature. The people are very nice and love to help you.
do you have any additional advice or comments?
Don't wait to long with going into the nature, you will love it!