



UU Report form - Erasmus 2022-2023

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

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was not too difficult to figure out with the help and guidance of the International Office. From the very start, they kept us up to date with all the actions that needed to be taken in order to apply for an exchange. The first meeting was very informative, and further in the application process, the sent emails were more than enough to keep me informed. To correctly submit all the official documents can be quite overwhelming, but the tip to make a to do list for yourself, really helped me in this process. I made a list that was formed out of 3 parts; before, during and after the exchange; which made it easily visible how much I still needed to do. Furthermore, I would advise to do certain things as quickly as possible, figuring out housing first and foremost. I was lucky with finding housing so easily, but I also heard other people at UiO that were not able to get university housing for their stay, so in contrast to previous years, they do not guarantee housing for everyone. However, this was not a disaster, as these students were able to find private housing, and still had a very good time. For me, all the applications worked out in the end, and I did not have a lot of problems, just a little stressed emotions about whether I would get into university housing.

counselling & support at Utrecht University

As I stated above, Utrecht University really helped me during my application process and also during my stay. During my time abroad, I knew I could always contact their International Office for all kinds of questions, and they always give me a quick answer to my emails.

academic preparation

I did not experience a kind of academic preparation in the sense that I had to achieve good grades in order to apply for this exchange. I did look into the courses I would pick to follow in Oslo, and whether they could cooperate in being a possible preparation for my future master.

language preparation

The courses in Oslo were all in English, but I did nothing more in order to prepare me for this because I was confident with my level of English. This was due to the fact that most of my subjects in my bachelor were also in English, and I never had a really hard time using it.

finances

Living and studying in Norway is very expensive in some ways, but definitely not in all. Because many people told me about the high prices in Norway I was sort of prepared and made my own precautions in order to study there. In some ways, the financial issue was better then expected: general groceries, alcohol and going out were a lot more expensive then in the Netherlands, but Norway also has some financial benefits. Due to



Norway's government promoting a healthy lifestyle, aspects connected to achieving this lifestyle were cheaper as well. Healthier food options, going to the gym (that was associated with the student housing) and doing outside activities were not expensive at all. Also, If you plan to have a side job when staying there, the wages are consequently also a lot higher, so this would be a good way to help with the financial problem.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	Overall, I was really pleased with my student programme because I was really happy with the subjects that I choose. I found them really interesting and they were a perfect way for me to explore new topics that suited my interests. Due to my exchange, I found some new interests, which I am very happy with. The content of most courses was therefore in my opinion quite good. The organisational issues were in the beginning something to get used to and to settle into, but in the end there were no further major organisational issues. There was clear communication from the university to the students, and I did not have many questions during my stay.
academic quality of education activities	The academic quality was pretty high, and the level was comparable to Dutch education. The only difference was that they provide more counseling and personal contact; there were a lot of meetings, almost none mandatory, however it was expected to show up. Students were motivated to do the readings and were involved in group discussions. The tests were at a slightly lower level than in the Netherlands, so that was kind of nice.
counselling & support at receiving university abroad	When I had questions, the helpdesks were more than happy to help me, and people were very helpful overall. Teachers and teacher assistants were involved with students, so I felt I always could go to them for questions and issues.
transfer of credits	The transcript of records was no problem, and I think the rest of the process went smoothly as well.

STUDENT LIFE	
welcome & orientation programme	The welcome programme took a week, and was well structured. I felt like there were many options and activities, but these did not all conform to what students were looking for. A bit more feel and use of the city instead of the campus would have been nice. However, it was a easy way to meet other students and get to know the university, I just would have picked other activities.
accommodation	If you get accepted into university housing (SiO) it is very easy to get yourself an accommodation, and the process is also quite easy! They have a lot of options to choose from, but I would recommend choosing a student village with lots of Erasmus students, as this is the most convenient and most fun. As an Erasmus student, it is almost impossible to get into a student room actually in the city center, or close to it. The "international" student villages are outside of the city (however close to campus) and take +15 min by metro to arrive into town. The rooms are mostly for short-term students fully furnished, so that is really nice. However, they do not provide all the necessary equipment, like bedding. Keep this in mind when packing, or schedule a trip to Ikea when you arrive. In my apartment I lived with 6 other international students, and this was pretty standard for most exchange students. It is a really nice way to keep in touch with your fellow students and really adds to the exchange experience.
leisure & culture	



Norway is in a lot of ways similar in reference to culture to the Netherlands, but also in a lot of ways very different. Norwegians are not very open people when you first meet them and are not likely to run up to you to tell you something. It was something I really needed to get used to, but it gets better. Furthermore, leisure in Oslo is good, but it also is not the biggest city ever. There is a lot of stuff to do, especially if you like spending time in nature. However, if you are a urban person, Oslo is the ideal place for you; it is too small in order to experience something new every day, but it has a lot of cool places.

suggestions/tips

I would suggest to meet as many people as you can in the first weeks and keep an open mind about them! Your exchange is the best way to explore different mindsets, backgrounds and stories from people all over the world. Don't be afraid to talk to anyone, everybody is just as eager to make friends as you, and you never know who is going to be your best mate for these couple of months.

CONCLUSIONS

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

I would recommend this if you enjoy nature and have no problem with being independent and living a more individual lifestyle, as this is quite common in Norway. The university is really good and the city has enough to offer. What makes Norway also really nice, is that it is really easy to travel to the rest of Scandinavia, which makes the trip way more fun!

do you have any additional advice or comments?

The only thing I would recommend is for the University of Oslo to advise students on how to use public transportation, and tell them how to obtain a metro card, as this is the first thing you need when traveling to the university and student housing. You absolutely need a creditcard for these things, especially for public transport, so it is essential when living in Norway to get one before you leave home! Other than public transport, a creditcard is used for laundry and buying everything online, there is hardly any Paypal option.



UU Report form - Erasmus 2022-2023

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

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	University of Oslo (UiO)
start date	1 / 08 / 2022 (dd/mm/yyyy)
end date	24 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was really easy. There is a document which explains all the required steps that you need to take to apply yourself for exchange.

counselling & support at Utrecht University

The social sciences international office is really nice. They are quick with their responses to either e-mail or phone calls. I do find it a recommendation to go to the exchange open day the university organizes. Then you have a better overview of all the steps that you need to take and certain aspects you need to know before you apply.

academic preparation

It is of importance to really think about when you want to study abroad and which semester suits you and the courses you need to take in the Netherlands to graduate and the master you want to do. I did this by talking to my study advisor who helped me a lot.
But furthermore I don't think that further academic preparation is necessary. The education level is quite similar to that in The Netherlands.

language preparation



Oslo - Madelief van Olst.docx

The UiO has a good variety of English courses. Therefore I didn't need to learn Norwegian and I didn't really prepare anything regarding language preparation for my English.

finances

I would recommend looking into the grants as soon as possible. Then you can keep track of the deadlines for these specific grants. I would also recommend to save some money before you go abroad. This really helped me not to worry about money and do as much fun trips and activities (besides uni) as I wanted.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

UiO is a really nice and well organized university so I didn't experience any organisational issues. And with the minor ones that did occur, people from UiO helped me a lot.



academic quality of education activities
The academic quality of education is quite similar to the quality back home. It does depend on the courses that you choose whether or not there is a lot of student participation involved such as seminars.
counselling & support at receiving university abroad
As I said before the counseling and support at the UiO is really good. They reply really quickly on e-mails and are really friendly and ready to help.
transfer of credits
I have not done this yet so personally I don't know this yet.

STUDENT LIFE

welcome & orientation programme
The university organized a buddy week for all new international students. The activities of these buddy weeks differed per faculty. I really liked the fact that it was organized because it was an easy way to meet other people and it was really nice to get to know the university through someone who was already studying there. It was also an easy way to ask for recommendations from someone who already lived in Oslo. I met quite a few of my friends during this buddy week, with which I was really lucky. But other friends of mine I met a different way so if your buddy group isn't the most fun, it doesn't really matter.
accommodation
As soon as I applied for exchange I also applied for SIO student housing. That is an organization like ssh for which you can apply to be selected for a room or a studio. I really liked this organization because it was really easy to apply. Personally I lived in a house which 5 other students in Sogn which I loved. It is a student village in which a lot of international students live which makes it really easy to meet people through parties and the bar. Our apartment was really clean and quite new which was really nice and I loved the location for this semester. It is not really in the city but because there are so many (international) students, you are never far away from your friends.
leisure & culture
I loved the city and the culture. Personally I didn't have that much contact with norwegians because i lived in an international flat and I decided not to join any clubs. But the people were really nice and you can join clubs as an international aswell!! The city is really nice aswell and I loved it that we were there for summer, autumn and winter. It is a big city and I didn't use a bike, so I did have to get used to that, but that wasn't a problem. I did have to get used to the time to go out at night, but I loved the clubs and bars and if you pre before you go to a club, it doesn't have to be that expensive :)).
suggestions/tips
Start planning the bigger trips in the beginning of the semester so you can spontaneously go on smaller trips in between those trips. This because the months fly by so by the end of it, it is possible that you don't have time anymore for trips you would have loved to take. Go up to Norwegians in clubs and ask them what things are fun to do and what clubs are nice to go to. This really helped my friends and me in the beginning when we were just getting to know the city.

CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
Yes, I would highly recommend this university and desitation!! I really loved it the university and it was really wel organized. I also loved the country and the city itself, its really beautifull and I loved the culture there. I do think that it's not a destination for everybody because for a long time the sun sets really early and it can be quite rainy and gloomy. But if you don't mind that I think you should go there!



do you have any additional advice or comments?

Don't be afraid to go on exchange, because everybody is scared at the beginning but it is such an amazing experience and I would go back if I could :).

I also think that the country where you go sort of matters, but in the end it doesn't because every country and city has their own amazing culture and things.



UU Report form - Erasmus 2022-2023

faculty/college	social sciences, Utrecht university
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	psychology

destination city & country	Oslo, Norway
how did you travel to your destination?	by plane
name university abroad	University of Oslo
start date	01 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process went smoothly. Everything is clearly stated on the website and you can get a lot of information from it. if something is not clear, you can just contact the international office.

counselling & support at Utrecht University

The counselling and support at Utrecht University was very enjoyable. You can ask questions about anything by e-mail or make an appointment. They respond quickly which was nice.

academic preparation

I didn't do a lot of academic preparation.

language preparation

All my classes were taught in English, and because I already speak English I didn't prepare.

finances

Norway is an expensive country, which is why I did save a lot of money beforehand. It is something to keep in mind when going there, but if you're mindful about your spendings it is doable.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The University of Oslo doesn't have a lot of restrictions when it comes to choosing your courses. For example, I study psychology and choose mostly political science courses. You do have to pay attention to the times when a course is being taught and when you're exams are, this can overlap.

academic quality of education activities

My courses were mostly lectures. The lectures were mostly well-taught and relatively easy to follow. For one class (Public Opinion and Political Behaviour) I had 3 workgroup meetings in the semester. The quality of these meetings were high. I had a really nice lecturer who gave helpful feedback. My two other courses (Norwegian Life and Society, and Nuclear Weapons and International Conflict) I only had lectures and no workgroup meetings.

counselling & support at receiving university abroad

The website is really helpful and all the information is really accessible. At the beginning of the semester they



give an information lecture about the websites, where you can for example hand in your papers or find the reading. At the times I tried to contact the university, they responded very fast.
transfer of credits
The transfer of credits is still due.

STUDENT LIFE

welcome & orientation programme

There is a welcome & orientation programme for all the international students. You can get a lot of information by attending so I would really recommend going. As I mentioned they give you an informational lecture about the organisational side and how everything works. Besides this, there are a lot of fun activities to explore the city and meet other internationals.

accommodation

I stayed in a student village (Sogn), relatively close to the city centre. It was well connected, you can get there by metro or bus. The accomodation itself was very nice. I had four other roommates with whom I had to share two bathrooms and one kitchen. The room is very clean and quite spacious. There is a supermarket at the student village so that was also really nice. You do have to apply on your own, this is not taken care of by the university. However, there is a lot of information about the application on the site.

leisure & culture

Oslo has a lot to offer. There are many museums you can visit (my favorite is the Munch museum), there are beautiful architectural buildings like the Opera house or the royal palace, and in Oslo you're very close to nature. I recommend keeping up to date with all the activities the city of Oslo organizes, because almost every weekend you can go see something like a sports event or a lightshow. In the winter there are a lot of Christmas markets you can go visit which is really nice as well.
The people in Oslo or in Norway in general are really nice. They are very introverted, but once you talk to them they can be very friendly. Everyone speaks English which is really helpful when you're not taking a Norwegian language course.

suggestions/tips

I would suggest planning some trips while your there. For example, I went to Stavanger and Lapland and this was a really nice way to explore Norway more.
A tip is to be mindful about your spendings. Norway is an expensive country, but if you know where to shop (like go to Grönland) the prices are okay. The alcohol is very expensive, so if you like to go out I would keep this in mind.

CONCLUSIONS

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

I would definitely recommend going to Oslo for your exchange. It is a really pretty city with a lot of fun things to do. The academic quality and workload is almost the same as in the Netherlands, so I would recommend this university too. You do have to like Scandanivian culture and the way they live there, if you like to party a lot I wouldn't recommend it. However, the quality of life is really high in Oslo and I'm definitely still happy that I chose to go there.

do you have any additional advice or comments?

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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	Oslo, Norway
how did you travel to your destination?	By car
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	15 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was pretty clear. You sign up by applying for the exchange in Osiris. When you hear where you can go, you just follow the steps in Osiris and follow the steps the international office gives you. Also UiO is really fast with responding to emails, so that makes the process much easier as well.

counselling & support at Utrecht University

The international office was really helpful and always fast to respond. Also if you upload something incorrectly in Osiris, they contact you and fix it for you :).

academic preparation

I didn't do any academic preparation, the UiO level is pretty similar to the level in Utrecht.

language preparation

I didn't do anything specifically. Norwegians speak English really well, but it is nice to know some basic words. Duolingo is a really easy tool to help you with that!

finances

Norway is an expensive country, so you should save maybe more than you would think. My rent was €563 per month (there are cheaper ones as well). Groceries are also pretty expensive, you should go the grøntland for fruits and vegetables and maybe tea. For your other groceries i would go to Kiwi or Rema 1000. Alcohol is always expensive, maybe you can bring a bottle or two from home or schiphof ;). In the beginning of the semester you have your introductory week and in september we had a "studentslippet" week, in this week you can sign up for tons of free activities, such as: museums, sauna's, movies, climbing forest, escape rooms, boat tours etc. So make sure you sign up early! Also, save some money for trips outside of Oslo or even Norway!

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did a Norwegian language course (NORINT0114) 10 ECTS, Towards inclusive education (SNE3120) 10 ECTS and Personal Psychology (PSY2407) 10 ECTS. The language course was 10 weeks 6 hours per week. You really need to keep up with your homework, because they move quite fast. SNE3120 was a master course, it was a very intimate course with very personal contact with the teachers. In the end we had a take-home exam of 7 days. PSY2407 was a course where we had an assignment every week and in the end we had a two week take-home exam.



academic quality of education activities
I had a bit homework for the language course, i had to read a few chapters each week for PSY2407 and we had to read a lot for SNE3120. For SNE3120 I had a studygroup of 4 persons so we could devide the reading work. The quality of education is about the same as in Utrecht.
counselling & support at receiving university abroad
The contact with the university is really good. They respond to email really quickly and they are always very kind and helpful. Also the website is really clear.
transfer of credits
All three of my courses were excepted. You will get a pass/fail on your transcript of records.

STUDENT LIFE
welcome & orientation programme
I started my time with the buddy week. It was a week with a group of 20 internationals and three buddies (older students). We did a lot of activities togheter, with and without our buddies. It was really nice to have a lot of contact with people right away because some of them you will meet around campus or at classes. These people are usually also people that study the same things as you do, so you will have things in common.
accommodation
The accomodation at SIO was really nice. I stayed in Kringsjå in a single furnished room with my own bathroom. I shared the kitchen with 5 other people. When I came in the kitchen was not really clean. But I made rules with my roommates right away, so that problem was easily solved. My room and bathroom were really nice and very clean. I moved some things around to make the room feel bigger. I loved staying in Kringsjå, we had for example: an elevator, a dishwasher, sognsvann lake at 5 minutes and the metro nearby. Also we have a kiwi (supermarked) which is pretty big compared to the other supermarkeds around. It is really important that you apply as soon as possible to increase your chance to get an offer from SIO. When you get an offer, it is best to except it, you can transfer afterwards if you want that. It is also important to know that you need a creditcard to pay your rent. Kringsjå and Sogn are the biggest international communities.
leisure & culture
Songsvann lake is really nearby, you can go for a hike, make a bonfire or barbeque and in summer you can swim here as well. By metro you are in about 20 minutes in the city centre. With the Ruter App you can buy a 30 day student ticket so you can just hop on and off the public transport in Oslo. In Oslo and around there is a lot to do like going to museas, go to one of the islands, go shopping, to the sauna, hiking or to a icehockey game.
suggestions/tips
<ol style="list-style-type: none"> 1. In a SIO accomodation you need to bring your own WIFI router, I would bring it from the Netherlands. 2. If you want to drink, i would bring some alcohol from home or schiphol airport. 3. Really save some money, groceries are pretty expensive, I would recommend going to Grønland once a week. 4. In september there was a "studentslippet" week in which they had all kinds of free activities, like paintball, escape room, boat tour etc. You have to be quick and sign in at the website of studentslippet.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I would definitely recommend this University and city. If you really like Nature, culture and a bit of going out on weekends you are in the right spot. Norway is a really relaxed country, if you just do what you need to do you will have enough time left to enjoy outdoor life. Norwegians are known to be more to themselves but ones you get to know them they are the most kind people you will meet. Also all the internationals I have met are very sweet and easy going.



do you have any additional advice or comments?

Don't be afraid of going, it will be the best time ever and you will never want to leave again!!



UU Report form - Erasmus 2022-2023

email address	floor23franssen12@gmail.com Instagram: floorfranssen2000
faculty/college	Social Sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Educational Sciences

destination city & country	Oslo, Norway
how did you travel to your destination?	Boat and bus
name university abroad	University of Oslo
start date	05 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

I knew I wanted to go to Scandinavia, so I started looking for Universities here. Oslo immediately caught my eye, because it is a big city - which I like. At first I tried to apply through the faculty of Social Sciences, because I did not want to follow any Educational Sciences courses (I already had all my EST so this was all extra). However, through Social Sciences I did not get accepted. In Oslo they also have a separate faculty of Educational Sciences, so the international office of Utrecht emailed me I could try to get accepted through that faculty. So I tried this and it worked. I still did not follow any Educational Sciences courses, so it did not really matter in the end.

counselling & support at Utrecht University

I thought the support was great. The people of the international office reply super quick and are always there to help you. Sometimes things were a bit confusing (with the Erasmus grant for example), but they answered my questions very quickly.

academic preparation

I already 'finished' my bachelors. I had all my EST and my thesis. This meant I could follow whatever courses I liked in Oslo. So I chose courses that really interested me, but had nothing to do with my bachelors.

language preparation

In Norway they can speak perfectly English, so I did not need any special language preparation. I did do some Duolingo in Norwegian and listened to a lot of Norwegian music before I came to Oslo.

finances

I worked a lot in the summer and did not go on summer holiday. This way I saved up quite some money, because Norway is EXPENSIVE. Also you get the Erasmus grant, which helps a lot. I also lend money from the government (DUO).

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In Oslo most of the courses are worth 10 EST, therefore I took three courses.
 - Norwegian life and society
 - Norwegian language course



- Public Opinion and Political behavior
If people ask me what my favourite things about exchange was, going to university is definitely in my top 3. I loved the courses I took, and I loved the university in Oslo. I learned so much and met so many nice people. And because I liked my courses so much, it did not feel like going to school at all. So one tip is definitely to choose courses you're really interested in. I also really liked that I learned so much about Norway, and the Norwegian language (in my political course we talked a lot about the Norwegian political system). This way I felt really connected to Norway, and knew a lot of fun facts when people came to visit ;)
academic quality of education activities
The academic quality was good, comparatable with the Netherlands. The teachers were really nice and passionate about their courses.
counselling & support at receiving university abroad
The people I emailed at the university of Oslo mailed back really fast, which is nice. Other than that I don't really have that much experience contacting them.
transfer of credits
Went perfectly well. About 3 weeks after I came back they were visible in Osiris.

STUDENT LIFE	
welcome & orientation programme	Was fine. I did not follow any courses at the faculty of Educational Sciences, so I did not see these people any more after the orientation week. But I know friends who really stayed in touch with their buddy group.
accommodation	The most important thing is that you sign up for SiO!!!!!! They have all these student accommodations in Oslo and almost all international students live here. The two biggest ones are Sogn and Kringsjå. I lived in Sogn, which I really liked. Kringsjå is a little bit more out of the city, but is located near Sognsvann, which is a beautiful lake. From Sogn you can take a bus which will take you there too. At Sogn there is a supermarket, study areas and a pub. It is like a really small village full of international students which is really fun. I paid around 500 euros for my room. I lived with 5 other people and we shared a kitchen and a bathroom. The rooms were nice and big. You can take the metro which will take you into the city centre in about 15 minutes.
leisure & culture	I joined the swimming team which was really fun. The people were very welcoming. It is also so much fun to visit museums in Oslo, they have so many good ones. The nature around Oslo is insane. So I would definitely suggest exploring this.
suggestions/tips	Explore the city, Oslo is so beautiful. Also, don't be afraid to try to speak Norwegian. In Oslo they can speak English so good but it is way more fun to talk to people in Norwegian (or at least try). Also, it is very very very expensive. Please be prepared for that. And: going out is different from the Netherlands. They go very early, and the clubs close earlier too. Me and my friends got the hang of it only after a couple of months, because you really need to know where to go to. But it is really fun!! (everything is 20+ though, something to keep in mind)

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	YES. For sure. There are a couple of things I really needed to get used to, but Oslo is a city I immediately fell in love with.



do you have any additional advice or comments?

One thing I really struggled with is people visiting. Before I left I promised everyone they could visit, but when I got there I realized this was way too busy. Because ofcourse you have school, but you also make new friends there who you wanna hang out with. And if people come to visit they expect you to be their tourguide (ofcourse) and you have to visit the same spots many times. So my one big tip is: don't promise too many people that they can come visit you. Please wait until you're there for a couple of weeks and then start thinking about who you want visiting you.



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	Interdisciplinary Social Sciences

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was relatively easy and very clear. It was clear what I needed to do and what the deadlines were. Furthermore, I knew what was expected of me and which documents to submit. Both Utrecht University was very helpful and the Erasmus+ website.

counselling & support at Utrecht University

The International Office at Utrecht University was incredibly supportive and always reacted fast. If I had any questions, they would always help me quickly. Furthermore, the meeting with students who were also going abroad was very helpful. There I learned everything I needed to do and prepare and had the chance to meet other students who were also going to Oslo. I have no criticism whatsoever on this process.

academic preparation

For the academic preparation, I prepared no other than I usually do for a new semester. The University of Oslo was clear where the course manuals could be found, I scanned this and prepared the readings before the semester started. I only had some trouble figuring out exactly what was found where, as different programmes were used for different things. However, this was explained very clearly in the Introduction week at Oslo.

language preparation

For the language preparation I did some exercises with Future Learn, a learning program from the University of Oslo. Furthermore, I downloaded 'DuoLingo' and practiced with this. This way, I had a very basic understanding of Norwegian. Moreover, since Norwegian is not that different from Dutch I did not have much trouble reading it.

finances

I started saving up for Oslo as soon as I knew that I was selected to study there. Norway is famous as being a very expensive country, therefore I wanted to start soon with saving. This went relatively well and with the prospect of the Erasmus grant I did not have worries about my finances there. Furthermore, both UU and the University of Oslo were clear on what to expect from the expenses in Norway and this prepared me well.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

It was clear where to submit for the courses and what the content of these courses was. For me, the only thing that was unclear was where to find what. The University of Oslo uses different programmes for different things



(Inspira for literature lists, Studentweb to apply for courses, MyStudies for an overview of everything, and more). This was a bit unclear, however on the first day of the Introduction week we had a lecture about everything regarding our studies. In this presentation they explained how everything worked and how the University of Oslo worked. From this moment on, everything qua organisational and educational aspects was very clear.
academic quality of education activities
The academic quality of education activities was a bit lower than I expected. For each course, there was quite some reading material but I sometimes missed going into depth about a topic. I think this was due to that I had more lectures than seminars. For two (out of three) courses, the course only offered one or two lectures a week. In these lectures, there was a bit of room for discussion but it was mostly listening to the lecturer. My experience on the University of Utrecht is that we (almost always) have seminars in a course, which is very valuable to me. This way, you get a deeper understanding of the discussed topics and there is room to shape your own informed opinion. Furthermore, the exams of all courses were relatively easy to me. I would have liked it if there was more depth, more room for discussion and more of a challenge in the exams.
counselling & support at receiving university abroad
The receiving university was very supportive. There is a general email you can use for general questions and the emailaddresses of the course lecturers were also easy to find for specific questions. Furthermore, they had a well organised introduction week where it was made clear who to contact for what and that you can always go there for questions.
transfer of credits
This I do not know yet, as my credits are not transferred yet.

STUDENT LIFE	
welcome & orientation programme	As I said before, the introduction week was very helpful in getting to know Oslo and the University of Oslo. There was a lecture about all the organisational aspects of studying and there were multiple fun activities for getting to know your fellow students.
accommodation	The accommodation was very clean, big and had a good location. The application process for the accommodation was also clear. However, my only point of criticism is that I did not know in what kind of housing I would end up until I received my keys. It was clear that I had been selected for an accommodation, just not what type of accommodation (also without a specification of the rent). It would have been nice to have had some idea in what kind of accommodation I would end up. For the rest everything was perfect. If we had a problem in the house, we would report it and mechanics often came the same day. They were also clear when they would come to fix things and what was happening in the student village.
leisure & culture	Oslo is an amazing place for cultural activities. There is the opera house where you can enjoy beautiful pieces. Furthermore, there are various clubs with all kinds of music. The most magnificent about Oslo was all the forests which surround Oslo city. You can take the metro to Sognsvann, Lillevann and many more places for everything from a small walk to a days-long hike.
suggestions/tips	My suggestions would be: go to the Operahouse, to Blå (club/concerthall), Sognsvann, Lillevann, National Museum, Munch Museum.



CONCLUSIONS

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

I would definitely recommend this university to others. The University of Oslo offers nice, medium quality courses with a focus on the Norwegian context. This I found very interesting, as in Utrecht there is often only the Dutch perspective on social problems. Furthermore, the city of Oslo is beautiful, calm and the forests surrounding Oslo are magnificent.

do you have any additional advice or comments?

My advice would be not to worry too much before going to Oslo. Some things are not immediately clear, but this will all be explained once you come there. Furthermore, I would advice to choose courses which interest you and which broaden your (academic) perspective. Going abroad is a perfect time to reflect and broaden your perspective!



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	Pedagogical Sciences

destination city & country	Oslo, Norway
how did you travel to your destination?	By car and by Flixbus back
name university abroad	University of Oslo
start date	15 / 08 / 2022 (dd/mm/yyyy)
end date	21 / 12 / 2022 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was not very difficult for me, because I had great help from the International Office of the Utrecht University. Any inquiry I had, they usually helped me with very swiftly (all my contact with them was via e-mail). Multiple documents need to be signed by both the home university and receiving institution, which resulted in many back and forth e-mails (especially when there was a mistake in a document that needed to be fixed). Therefore, make sure to check all the details and requirements thoroughly before e-mailing a document for a signature.

counselling & support at Utrecht University

I received great support at Utrecht University, as described above. My questions were always answered. I also had help from peers who also planned to go on Exchange.

academic preparation

For my Erasmus Exchange I did not need to do any academic preparation. I followed courses that were relevant to my current study, because I felt like that would be the most useful for future reference.

language preparation

I did not do much language preparation. I tried to learn a bit of Norwegian in an app called Duolingo, but I ended up being too busy in Oslo to properly keep up with it, so my Norwegian remained limited. I did, however, learned some Norwegian by living there and hearing it in the supermarket or sports group sessions for example. Luckily, in Norway the level of English in general is very good, so most Norwegians are perfectly capable of holding a conversation with you in English. I did not experience a language barrier.

finances

To be able to study in Oslo, I did have to take out a bigger loan to be able to afford the costs of living there. This was mostly because the rent was higher compared to my room in Utrecht. However, eventually, because I did not drink much alcohol (it is very expensive there, and you can have fun without it!) the relative costs were not that much higher than back home. There are also many things in Norway that are offered for free. I joined two student associations, for example, that did not have any costs involved. You often even get free food and drinks on many occasions, also on campus. Therefore, Norway was less expensive overall than I expected. The costs do increase when you want to travel outside of Oslo. The public transport is pretty cheap when you stay in Oslo (about 50 euros per month for students, and with that you can take the metro, tram, bus and ferry, and we even got a 20 euro discount in the final month).



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed three courses: Cognition, Emotion & Language, Interventions & Research-based Knowledge in Practice and Biopsychosocial Development. These courses were organised in a way that the study load was evenly spread over the semester, I did not have multiple deadlines very close together, which was nice. There were not many group sessions, mostly lectures.
academic quality of education activities
In my opinion the academic quality was high. The lectures were detailed, concerning interesting topics and there was room for questions. The literature was interesting and there was not too much pressure on when you had to finish your reading, which helped manage stress. The group sessions were useful and there was space for personal feedback.
counselling & support at receiving university abroad
I did not have a personal mentor, but there was a service point at the faculty where you could go for personal inquiries. There is also a general e-mail address that you could contact that always managed to help me out with my questions too. I felt like I had the right amount of support I required.
transfer of credits
Each course I followed corresponded to 10 ECTS, which meant I needed to follow at least three courses. The credits were transferred when I received a grade higher than an 'F' (which corresponds to 'fail').

STUDENT LIFE
welcome & orientation programme
There were many introductory activities organized by the university at the beginning of the semester. There were also other events that were not organized by the university, like introductory parties (I found them via friends or on Facebook). However, the university organized activities were the most fun (also parties involved). There was 'buddy-week', which was a great week to meet new people and explore campus and Oslo. During this week I was placed in a group of internationals from my faculty and we did a bunch of activities together.
accommodation
In my opinion the accommodation was very good. I lived in Sogn student village. This is pretty close to Kringsjå student village (about a 20-25 min walk, depending on if you're going up or down). Kringsjå is right next to the lake Sognsvann which is beautiful. Sogn is closer to campus walking distance and has a busstop right next door. The housing organisation SiO is very trustworthy and if you arrive and it was not cleaned well, they will clean it for you. I did have to share one toilet and one shower with 6 other people, but we managed just fine. The costs for accommodation for me were on average 530 euros per month.
leisure & culture
For fun I liked doing things outside like hiking or just a simple walk (Oslo is not flat so that sometimes felt like a little hike too). I also liked to follow group sessions at one of the gyms, which I really liked (especially Domus Athletica, because it has a sauna and a pool as well). They have many options for different types of sessions and it's not too expensive (and you can just go to every location). The Opera House is a must to see on the inside (especially to go to a show) or to stand on top of to see the city view and the Oslo fjord, especially pretty at sunset. Vettakollen hike, is a hike I did and really enjoyed because of the beautiful view of the entire city. The Deichman library is beautiful and enormous, and you can also just do fun things there.
suggestions/tips
Grønnerløkka has a nice market for little trinkets and fun unique souvenirs every Sunday from small business owners, it's also a great atmosphere. Sognsvann is a beautiful lake where you can swim, hang out, ice skate in winter and hike!



CONCLUSIONS

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

Yes! I would definitely recommend this university and location. There is a combination of beautiful nature and a very intimate but also big city with many neighbourhoods to explore. It feels safe because there is not that much crime. People are generally very kind and helpful. The university has very nice teaching methods, that resulted in much less stress for me and my fellow students.

do you have any additional advice or comments?

Get your fruit and vegetables at Grønland! There it's much cheaper and good quality.



UU Report form - Erasmus 2021-2022

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

destination city & country	Oslo, Norway
how did you travel to your destination?	To Oslo by plane. Back to the Netherlands by boat.
name university abroad	University of Oslo (UiO)
start date	05 / 01 / 2022
end date	22 / 06 / 2022

PREPARATION

exchange application process

The exchange application process was really easy. You sign up by applying for the exchange in Osiris. When I heard that I could go to Oslo I just followed all the steps the International Office provided me and everything worked out. UiO is also pretty fast with responding on e-mails so that made the process easy aswell.

counselling & support at Utrecht University

Counselling and support from the UU international Office was great. They respond really fast and are always open to think with you about certain issues you face.

academic preparation

You don't need special academic preparation. UiO provides the same academic level as the UU in my opinion and also the way of teaching is similar.

language preparation

It is nice to know a few basic words as 'Tusen takk' (Thank you) and 'Ha det Bra' (Good bye), but Norwegians have a really good level of English speaking and have no problems changing to English if they hear you're not Norwegian.

finances

As you probably know: Norway is expensive. So don't underestimate the amount of money you should save. My accomodation was 510 euros each month. Groceries are also pretty expensive, but after a while you'll adjust to the prices and find out what the cheaper options are. The cheapest grocery stores are Kiwi and Rema 1000. For cheap veggies you can go to Grønland (tip: buy your tea also here, because tea is so expensive in the normal stores). Alcohol is always super expensive. A glass of wine or a beer will cost approximately 11 euros. If you're on an exchange you will probably also want to make some trips to other parts of Norway, so also count that in your savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I did a Norwegian Language course of 15 ECTS and the course 'LGBTQIA+ Awareness'.

academic quality of education activities



The academic quality is the same as in Utrecht. For the normal courses you have lectures and seminars. In the seminars they expect you to participate and you're allowed to share your opinions. For examination you have to write an essay or they mostly do take home exams. For the Norwegian Language course I had classes for six hours a week where you practice speaking Norwegian in a small class. I really liked this practical way of teaching but you have to be quite committed about learning Norwegian to be there for that many hours a week.
counselling & support at receiving university abroad
Counseling and support at UiO was good. If you have a question you can easily e-mail the International Office and they respond pretty fast. Everything is well organized and it's also easy to just ask stuff to your teachers.
transfer of credits
I haven't done this yet but getting a certificate of my grades was really easy so I expect the transfer of credits to go easy aswell.

STUDENT LIFE
welcome & orientation programme
The welcome programme was okay. They tried to organize a nice welcome program but the organization was lacking sometimes. I had a great week nevertheless. You are put into a group with around fifteen students and two Norwegian (or International) buddies. They show you the University and we did a lot of other things like an 'amazing raze' through the city, barbecuing at Sognsvann, quizzes and visiting the Munch museum. Sadly we didn't have a lot of parties because of Covid but normally they are also part of the welcome week!
accommodation
Accommodation was perfectly organized. You sign up with SIO, and if you do it as early as possible you will probably get a room. I lived in Sogn which I really liked. I lived in a flat with six other people from all around the world, and three of them became my best friends. There are a lot of internationals living in Sogn and most of my friends lived there. They have a Rema 1000 for groceries and a studentbar called Amatøren where they had karaoke nights and movie nights. I chose Sogn over Kringsjå because its closer to the city, but they are both nice to live. I would recommend Kringsjå if you're a little bit more outdoorsy, because it's next to a beautiful lake.
leisure & culture
Norwegians are pretty proud of their cultural heritage. If you're there on their national holiday the 17 th of May you should really look forward to it, it's an amazing day! Norwegians are really sportive people. They love to ski, hike and every other outdoor sport you can think of. Cross-country skiing and downhill skiing is also something you can do in Oslo and you will see a lot of people with ski's in the public transport. If you're not really a sportive person but you want to go to Norway, Oslo is the best city to live in. They have multiple great museums. For example the National Museet they just opened is really worth a visit. Grunerløkka is a great neighbourhood in Oslo, especially in summer. There are a lot of vintage stores and nice coffee bars. Oslo is a pretty modern city but if you want to see some old buildings, you can go to Akerhus.
suggestions/tips
<ul style="list-style-type: none"> - Go volunteer in a studentcafe/bar. I did volunteerwork in U1 and I got to know a lot of people there, especially Norwegians. - Take the boat (B1 or B2) to the small islands around Oslo. You can do this for free with the Ruter app. My favourite Island is Gressholmen. There is a nice restaurant and you can rent free kayaks with the organization Green Kayak. - Sålt is a trendy sauna where they also have dj's sometimes. - Blå is a great bar and they have a free jazzconcert every sundayevening. I have been there multiple times and it's really nice! - For alcohol: Mabou is a bar where they have wine for three euros until 23:00. In the studentbars on university they have cheap beers, for example the social sciences one: U1. In the studentbar in Sogn: Amatøren, they have cheap wine and beers aswell.



CONCLUSIONS	
	would you recommend this university/destination abroad to others? please explain
	Yes I would. I really enjoyed my stay in Oslo. The city is the biggest in Norway but comparable to Utrecht, so it doesn't feel too overwhelming. The university was well organized and I didn't experience any difficulties. Also the accomodation is well organized.
	do you have any additional advice or comments?
	Do enough research about which country/city you want to study in, but in the end it is the people you meet on your exchange who make it amazing.

UU Report form - Erasmus 2021-2022

Contact details	my e-mail address bibischut@gmail.com
faculty/college	Social and Behavioural Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	17 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
	exchange application process
	The application process was quite easy. I received clear instructions from both universities. I recommend to keep an eye on the conditions for the Erasmus grant, as there are some documents that need to be handed in before the deadline. The guidebook from the faculty of Social Sciences and the newsletters from the International Office were very helpful in doing so!
	counselling & support at Utrecht University
	The International Office replied fast and was very helpful. Before my exchange, there was a lot of uncertainty due to Covid-19 travel restrictions, but the International Office always responded to my e-mails and helped as best as they could.
	academic preparation
	You don't need academic preparation for the courses besides general knowledge about psychology (if you take psychology courses). For most courses, you have to write an essay or take-home exam, so it can be useful to have experience in doing so.
	language preparation
	You don't need language preparation before going to Norway, as most Norwegian citizens have great English skills. There are language courses available at UiO, if you are interested in learning Norwegian.



finances
I would recommend saving a lot of money for Norway. It is an expensive country, especially groceries and drinks. If you get a spot on student housing, the rent is not that high, but you will still have high monthly costs for everything else. Here are some tips to save money: bring your student card (you get a lot of discounts), go grocery shopping in Grønland (the fruit/vegetables are a lot cheaper than in the supermarkets), for a cheap night out go to the studentbar at UiO, Mastermind or Mabou on wednesdays, get the montly ticket for public transport in the Ruter app, rent free camping gear at BUA, go to free activities from SiO and so on. Even though it is expensive, it is very much worth it and Norway has a lot of free initiatives for students. Don't be thrown off by the costs, because there are many ways to manage it and it is such a beautiful country that I didn't even worry about it that much.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The study programme was clear and well organized. You can contact the helpdesk if you have questions and they also have a walk-in office. It is quite easy to contact the professors. I really liked the way the courses at UiO were structured. Most courses are worth 10 credits, so you get to dive into the topic more than with a 5 or 7.5 credits course. Also, courses often have one big assignment at the end, for which you are graded, but not a lot of small deadlines in between. Instead of tests about all the information at the end, sometimes I got the pick the topic that I wanted to focus on (for example for essays). Consequently, I really got to pursue my own interest within the given topic.
academic quality of education activities	The academic quality of the courses is quite good, but I found the courses to be less demanding than at UU. I followed a masters course (Multidisciplinary Studies of Consciousness), which I would recommend if you are at the end of your bachelors, because it is more academically challenging than the bachelor courses and I enjoyed the small and motivated study groups. I also followed the Norwegian Language course, which is obviously different from regular university courses. I really enjoyed being in a classroom, having to do exercises and interact with other students, so I would recommend following this course. The last course I followed was Cognition, Emotion and Language, which I enjoyed less than I expected, especially because the lectures were online and a bit repetitive if you already followed a lot of psychology courses. However, I did enjoy the creative freedom at the end assignment, so if you don't mind some repetition or if you are still in the second year, I would recommend this course as well.
counselling & support at receiving university abroad	The support from UiO was great, you can always contact the help desk or walk by, they are helpful and quick to respond. UiO also offers a lot of facilities at the University, for example a doctors office, book shop, and so on.
transfer of credits	You get instructions on how to transfer the credits. The credits points are the same.

STUDENT LIFE	
welcome & orientation programme	The orientation programme was very nice! It lasted a whole week and I was assigned to a buddy group, which is how I made most of my friends there. We attended a lot of activities that week, to get to know the group and the city better, for example a scavenger hunt. They also provided us with information about living in Oslo, the study programme, and so on. I would highly recommend going to the orientation week.
accommodation	I would recommend trying to get a spot on student housing, as it is the most affordable and I heard nice stories



<p>from people living there (for example Sogn or Kringså, most students live there so it is easy to meet new people that way). I did not get a spot on student housing, but I managed to find an apartment on finn.no and hybel.no that I could share with two other girls. I shared a bedroom to make it affordable, sometimes you have to be a bit creative to save money (I paid around 450 euros per month to live in the city center).</p>
<p>leisure & culture</p>
<p>While I was in Norway, I visited a lot of beautiful places all over the country, including Stavanger (Preikestolen), Bergen (Trolltunga), Trondheim, Tromsø and the Lofoten. I also visited Stockholm and Copenhagen (you can easily take a bus to go there). I would definitely recommend travelling around and trying to plan some trips quite early in the semester, as time flies by faster than you think. My top recommendations would be the Lofoten (in spring/summer), Tromsø (in the winter season) and Bergen/Odda (in spring/summer). It is also a lot of fun to go on small hiking trips around Oslo. This is quite cheap to do so if you get a year membership at the Norwegian Trekking Association. The gym, Atletica, offers a lot of group courses. There are also many associations which you can join at UiO, they provide information about those during the orientation week. SiO offers tours to various museums, which is a nice way to get some culture in the mix.</p>
<p>suggestions/tips</p>
<p>Don't save money on trips, they are really worth it! Also, the Norwegians are friendly and like it when you try to speak their language, even if you are not that good at it.</p>

CONCLUSIONS	
<p>would you recommend this university/destination abroad to others? please explain</p>	
<p>Yes, I definitely would. I loved the destination, the nature is beautiful and there are many opportunities for trips, as it is such a big country. Additionally, UiO is well organized and offer a variety of courses.</p>	
<p>do you have any additional advice or comments?</p>	
<p>Enjoy! :)</p>	

UU Report form - Erasmus 2021-2022

<p>contact details</p>	<p>my e-mail address i.m.vandijk1@students.uu.nl</p>
	<p>faculty/college Social Sciences</p>
<p>level</p>	<p><input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD</p>
<p>name study programme</p>	<p>Interdisciplinary Social Sciences</p>

<p>destination city & country</p>	<p>Oslo, Norway</p>
<p>how did you travel to your destination?</p>	<p>By train and bus</p>
<p>name university abroad</p>	<p>University of Oslo</p>
<p>start date</p>	<p>16 / 08 / 2021 (dd/mm/yyyy)</p>
<p>end date</p>	<p>17 / 12 / 2021 (dd/mm/yyyy)</p>



PREPARATION	
exchange application process	The application was a lot of work, but it was manageable as long as you did it long before the deadline. I needed to fill out a lot of forms and send it back and forth to the universities, but it was not hard, just a bit time consuming.
counselling & support at Utrecht University	There were several meetings as a preparation for the exchange. The International Office also was of help during the preparation period. They send news letters with information about deadlines and forms we had to fill out. There is also a handbook created with all the information we needed to know about the exchange.
academic preparation	There was no additional academic preparation needed, just the normal amount of ECTS.
language preparation	In Norway, they speak well English, so it was not needed to learn Norwegian. However, I did like to learn a bit of Norwegian (since I also wanted to participate in a language course), therefore I downloaded the app Duolingo and practiced a bit with the basic words.
finances	I had saved up a lot of money, because the life in Norway is crazy expensive unfortunately. We did have the Erasmus grant and the additional support of the government for the public transport, which helped a bit. I also prepared the expenses in an Excel document to keep track of my money.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed three courses. Nordic Welfare Society, Emotion Cognition and Language and an Introductory Norwegian language course. The two first courses were very interesting and the Norwegian language course was super fun to follow and also pretty helpful. It was really nice to learn about the differences in policies between the Nordic countries and also about the causes of the policies they have now.
academic quality of education activities	I felt like the professors were really understanding and they really wanted to help you during your learning process. This contributed to the quality of the lessons. The amount of readings were similar to the amount at Utrecht University and also comparable to the ones I read before. I would say the level of the exams are lower than in the Netherlands, which made it easier to pass.
counselling & support at receiving university abroad	At the beginning of the semester, a buddy week was organized to introduce all the students to the university and the city, which was very helpful and with the people I met in that week we organized more activities abroad. The international office there was also very helpful and organized a presentation with all the information in the beginning of the semester.
transfer of credits	My grades are not transferred to Dutch grades, but just registered as a pass/fail. This went very easy.

STUDENT LIFE	
welcome & orientation programme	There are many Facebook groups with international students and organizations that organize activities to meet other students. One is SIO, this is part of the universities in Oslo and they organize a lot of free activities. There



was also a buddy week organized within the faculty where we spend time the week before the semester started with other Social Sciences students. It was really nice to get in touch with those other students. We got a tour around the university, but also in the city and evening activities like BBQs.
accommodation
Because of covid, I didn't receive an offer for the student housing. Luckily I found some other international students looking for an apartment on Facebook. This was way more expensive than I planned to spend on the rent, but in the end I needed a place to stay, so I decided to do it. It was a super location in between the University and the city center (in Majorstuen) and I lived with three other girls. Everything worked out pretty fine in the end, but in the beginning it was pretty stressful to find a place.
leisure & culture
As expected the life in Oslo is pretty expensive, so a lot of 'normal' things to do in the Netherlands, such as going out for lunch was not really a thing for International students here. However, the nature and the city are super beautiful to see and are for free. You can go to the islands with the public transport ticket as well which was super nice!
suggestions/tips
I would definitely recommend to visit other places in Norway. Especially the Lofoten islands. Go on hikes and travel to places by car or train, because the nature is so beautiful. You also have to experience a cabin trip, which is also possible to do around Oslo.

CONCLUSIONS	
would you recommend this university/destination abroad to others? please explain	
Yes absolutely! As a first time abroad for a long period of time, Norway is the perfect location, since it is very good organized, still very different from the Netherlands. They have good education and the life is nice to integrate into.	
do you have any additional advice or comments?	
I would recommend to keep track of your monthly expenses, since it is very different of the life in the Netherlands. And to go to the Rema or Kiwi if you want to buy groceries.	

UU Report form - Erasmus 2021-2022

faculty/college	Faculty of social sciences, Utrecht University
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Psychology
destination city & country	Oslo, Norway
how did you travel to your destination?	By train and bus
name university abroad	University of Oslo
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	17 / 12 / 2021 (dd/mm/yyyy)



PREPARATION	
exchange application process	The application process is very clear and the steps are easy to follow. The IO sends clear emails, about the things you have to take care of and you can also find it on the website. It can be a bit much, but if you figure everything out in time, it should work out just fine!
counselling & support at Utrecht University	They are very open to your questions at the university. Usually, International Office replies pretty soon to your emails and the information meetings before the exchange are very detailed, so that can be helpful. In my case, it was quite unsure whether or not we were allowed to go on our exchange. The policy of the university was, in my opinion, not ideal and it raised a lot of questions, so that was a bit annoying. But hopefully, that won't be a problem in upcoming years.
academic preparation	I didn't need to prepare in a special way for academic reasons.
language preparation	It is enough if you have finished high school with B2 level in English, which is usually the case for most students. So there was no specific preparation necessary.
finances	I recommend that you check the application process for the Erasmus scholarship early on, because for me it took quite some time before I got the money (but maybe that was because of Covid) and you have to get a few forms signed by the sending and receiving institution. Before I went on my exchange I had a student job and I saved some money for my exchange. I really wanted to enjoy my time in Norway and go on trips and so on, so I did not want to worry about money that much.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I followed three courses: Norwegian life and society, Nordic welfare society (contemporary perspectives) and environmental anthropology. There is a deadline for signing up for the courses which you can find on the site, as well as the instructions of how to sign up. It is possible to sign up for more than 3 courses, because you can unsubscribe yourself from the course in the first weeks of the exchange.
academic quality of education activities	Sadly, two of my courses were online. I think they would be better and way more enjoyable if they were taught on campus. The teaching is a bit different from the UU. My courses were only taught with lectures, so there was a lot of self-study. Also, I only had one big exam for each course at the end of the semester, apart from small assignments which were not graded. The course environmental anthropology was taught on campus and was quite interactive, something I really liked.
counselling & support at receiving university abroad	They have quite clear instructions at the UiO website and they respond really fast to emails. They have an easy accessible helpdesk at the university, so I would say the counselling and support is good.
transfer of credits	The transfer of credits was a digital procedure, but without any difficulties. You can find the instructions on the UiO site.

STUDENT LIFE



welcome & orientation programme
There is a buddy week at the beginning of the exchange. Even though my buddy week had to be adjusted a bit, because of Covid, it was still fun and a very good way to meet other international students and get to know the city. The people you meet here might be your friends for the rest of your exchange. So I definitely recommend that you participate in this week.
accommodation
Accommodation was a bit of a problem in my case. Because of Covid the UiO could not guarantee housing for every international student (which they usually do). So it did matter when you signed up, the earlier the better. If you know that you want to study in Oslo, I recommend that you sign up for housing as soon as possible. I did not get an offer for student housing and had to look on the private market, which is not ideal and can be quite hard. Eventually, I found an apartment in the city centre with two other girls, so luckily it turned out great.
leisure & culture
There are a lot of things to do in Oslo. In the city itself, as well as in the nature around it. Like museums, sculpture parks, nice coffee places, hikes, the islands in the fjords, saunas etc. Especially in the summer, there are a lot of things happening in the city. Visitoslo.com is a good website to check all the events out. There are also quite a few student accommodations, in case you want to do a specific activity/sport. I would say there are mainly Norwegians in these accommodations, but some of them are very popular among internationals and they are very welcoming to exchange students. Norway is a big country, so it is really nice to explore a bit more of the country during your exchange. I made some really nice memories on the trips I made. For example, we went to the Lofoten and that was really beautiful. It can be quite easy to plan a trip in Norway, or even Scandinavia, and it is really nice to do with the people you've met. If you are interested to explore a bit more and you are able to go on a trip, I definitely recommend doing that. It really makes your exchange unforgettable.
suggestions/tips
Norway is an expensive country. You get used to it eventually, but something I would recommend is doing your fruit/vegetables groceries in Gronland, an area in the city centre of Oslo. There are little fruit and vegetables stores and fruit and vegetables are way cheaper than in the big supermarkets. Also, there are multiple supermarkets in Oslo. I think Kiwi and Rema1000 are the cheapest. Furthermore, some cafes, cinemas, karaoke bars, clubs etc. have student discounts, so that is nice as well.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes I do, I have had an amazing time here. If you love the combination of a beautiful and interesting city and a country which has a very rich nature, than you should definitely consider Oslo as a destination for your exchange. Furthermore, it is a popular exchange destination, so you will definitely meet other international students with whom you will have a great time.

UU Report form - Erasmus 2021-2022

Contact details	my Facebook account Ingeborg Kool
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	Oslo, Norway
how did you travel to your destination?	By car
name university abroad	University of Oslo
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	17 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
exchange application process	The application process was pretty simple. I REALLY wanted to go to Oslo, so writing the motivation letter was easy.
counselling & support at Utrecht University	The International Office replies quickly and helps you through all the steps of the process.
academic preparation	I didn't really prepare academically. I just took some courses in Oslo that were close to what I would have done in Utrecht.
language preparation	I wanted to learn Norwegian on a high level (B2) during my exchange, so I prepared for that by learning Norwegian before I left, but I didn't prepare any English for my exchange. The Sociology courses I took were in English, but I was used to that from UU.
finances	I prepared to receive the Erasmus grant, but apart from that I paid everything with my student loan from the Netherlands. Because I didn't use my OV-chipkaart, I received 99 euros per month during my exchange. This was enough for a monthly ticket for public transport within the city. I couldn't work in Norway, because then I would have to stop my health insurance in the Netherlands, otherwise I probably would have done that.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	I took three courses in total. Two Sociology courses; The Nordic Welfare Society - Contemporary Perspectives (10 ECTS), and Religious Fundamentalism, Extremism and Violence (10 ECTS), and one Norwegian language course; Norwegian for international students level 3 (20 ECTS). The language course was quite extensive, so I used a lot of time on that, but normally three courses of 10 ECTS each is fine. For the Sociology courses I had to write a paper at the end of the semester. I thought both courses were very interesting and I learned a lot. There were many international students, but also norwegians. Both courses only had online lectures via Zoom, which wasn't too great, but at least my Norwegian course was on campus.
academic quality of education activities	I had to read a lot of articles for both Sociology courses, but I do feel that I learned a lot from it. The academic quality is about the same as in Utrecht, I would say.
counselling & support at receiving university abroad	University of Oslo is very supportive. They reply to emails quickly, but they also have a clear website with good information. There's also Knutepunktet where international students can ask any question.
transfer of credits	



All three of my courses were accepted. The grades were transformed to 'passed' on my transcript of records.

STUDENT LIFE

welcome & orientation programme

I participated in the Buddy Week from 16 to 20 August 2021. Even though there were still some corona measures, there were a lot of great activities. I was in a group with other international students at Social Sciences, which is nice, because you meet each other in class later if you follow the same courses. Much more useful than the UIT-week where you meet a lot of people who study something completely different and never see them again afterwards.

accommodation

Accommodation in Oslo is so much better than in Utrecht or the Netherlands for that matter. The organisation SiO has housing and as an international student you're at the top of the list to get accommodation. It's important that you apply as early as possible to increase your chances to receive an offer from SiO. I applied at the end of March 2021 and got an offer in July, right before I almost found accommodation in the private sector, which is more expensive than through SiO. In Norway it's not allowed to pay your deposit directly to the account of the landlord, so you have to create a deposit account, which is kind of difficult (if not impossible) as an international student. With SiO you don't have this issue, because they created the deposit account. I lived in Kringsjå, which was an amazing student village. It's a little further outside the city centre, but nature, the gym and a grocery store are nearby.

leisure & culture

Kringsjå is close to a beautiful lake called Sognsvann. You can just walk for 5-10 minutes and you're out of the big city and in beautiful nature. I took a lot of walks around Sognsvann and in August when the weather was good I would go on hikes further away in Nordmarka. The city centre of Oslo is very nice, too. There are a lot of nice bars, cafés and restaurants. There was snow in December and a lot of people were ice skating.

suggestions/tips

In SiO housing you need to bring your own router. You can bring it from the Netherlands or buy it secondhand in Oslo. The website Finn.no is your best friend when it comes to buying anything secondhand. Also, alcohol is very expensive in Norway, so if you like to drink a lot, you have three options: 1. don't drink 2. accept that you'll be broke at the end of the semester 3. don't go to Norway. Seriously, don't underestimate the high prices in general.

CONCLUSIONS

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

Yes, definitely! But this really depends on who you are as a person. Not everyone can appreciate the Norwegian culture. It can be tough, because Norwegians are quite reserved. The chances are high you will only/mainly make international friends, because many Norwegians don't really take much initiative with internationals. I had the advantage that I spoke Norwegian, so I just threw myself in the middle of all these people and became a volunteer at the local café, but I could see around me that many international students mainly were friends with other international students. Also, a lot of things in Norway are very expensive, so if you don't want to spend too much as a student, I cannot recommend UiO or Norway in general. Don't go to Norway, just for the hype of Scandinavia, if you don't really fit there. If you love nature and maybe if you're a bit reserved yourself, I would recommend it.

do you have any additional advice or comments?

Make sure you participate in a lot of activities. All around the city there were a lot of activities organized for students. Norwegians use Facebook and Messenger and that is also where you find these activities. They don't really use WhatsApp.



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	Educational Sciences

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	Univeristy i Oslo (UIO)
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	20 / 12 / 2021 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process takes some time. There are different steps you need to follow. First of all by choosing a country you want to go to. Once you have done that there is some paper work that needs to be done. For example choosing the courses you want to follow and applying for grants. Do not be to shocked by this. If you choose a course here that you want to follow and once you reached the destination you want to change that is totally possible. It is just to have a vision on what you are planning to do there.

counselling & support at Utrecht University

The support of Utrecht University is good. They are quick with replying to your emails and they think along if you have difficulties choosing a country.

academic preparation

I did not do much academic preperation. I finished all my courses from my firt two years of bachelor and was mostly excited to start my third year in a different country. For Oslo it is also not really necessary to prepare academically

language preparation

In Norway they speak very good English so you will be fine with that language. However for Erasmus you do have to take a language exam. These are very doable and do not take a lot of time.

finances

I applied for the Erasmus grant and the travel grant you can get from the government (reiskostenvergoeding) together with some savings it was totally fine.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

In Norway I followed two courses at the master program of Special needs education. These courses were the Historical and Socialcultural perspective on learning development and Towards inclusive education. These courses were short (only four or five weeks) which means that you have to do a lot of reading in quite a short time. However not all readings are really necessary for the exam so it is fine if you skip one. Next to these two



<p>courses I followed a Norwegian language course level 1. This was a lot of fun, Norwegian is not a very difficult language to learn since it is similar to Dutch and German. However a tip I would like to give is, if you want to learn the language just for fun, choose a language course with less credit points. Personally I choose the 15 credits which is the most serious course for people who really want to learn the language. There are also language courses with five credit points and these are more designed for one semester students who want to try.</p>
<p>academic quality of education activities</p>
<p>Personally I thought that the educational level of the two master courses was quite low. I am a bachelor student and it was quite easy for me to get a high grade. You need to have a lot of internal motivation if you really want to learn something in the courses. The Norwegian course however was really good. The teacher was a lot of fun and she was very creative with her teaching styles. You can really learn a lot of Norwegian in three months/</p>
<p>counselling & support at receiving university abroad</p>
<p>The University replies quick to you emails and the faculty is very flexible if you want to change something in your study program.</p>
<p>transfer of credits</p>
<p>This is still an on going process, since I am waiting for a result to come.</p>

STUDENT LIFE

<p>welcome & orientation programme</p>
<p>The first week of the semester you have buddy week. Originally the faculty organizes a program that you follow. However since the faculty of education is very small in my case there was only one international buddy group. This did not stop the fun though. My two buddy group leaders organized quite a lot for us to explore the city, the campus and student life and we could ask them any type of questions. It is very nice to meet other international students, making contact is very easy since everybody wants to make friends and is there to have fun. I also recommend you to make friends with the internationals, a lot of partying is happening there and Norwegian people are quite reserved. So making contact with them can be difficult.</p>
<p>accommodation</p>
<p>Personally I was lucky enough to receive a room bij Sio I seriously recommend you to enlist there and on time. If you are leaving in the autumn semester it is wise to already enlist at Sio in January or February. I had a room in the studentvillage called Kringsja. This is a very nice village if you also like the outdoors. There is a big lake behind it called Sognsvann which is great for hikes. There is a metro directly to campus and the city center in about 15 minutes. If you like to be in a more party village I would suggest Sogn. Most parties were thrown there.</p>
<p>leisure & culture</p>
<p>Norwegians are active outdoor people. There are a lot of sport associations you can join and Norway has great nature for hiking, climbing or running. The party culture is not that big. In the weekends the clubs are obviously open and fun, but most of them only on Friday and Saturday. Drinks are very expensive in clubs. Therefore Norwegians are fan of pre-drinks. The country itself is beautiful and plan as many trips as you can! To Bergen (go by train, absolutely beautiful), Tromso (to see the Northern lights), Trondheim, etc.</p>
<p>suggestions/tips</p>
<p>Norway is expensive so make sure that you have some savings. Definitely try to catch a train to Bergen the view is absolutely beautiful. And try not to stress too much about school, but enjoy your stay abroad!</p>

CONCLUSIONS



would you recommend this university/destination abroad to others? please explain
I would definitely recommend Uio to other people. The campus is quite big, but easy to understand and there are great study opportunities. But most of all I would recommend Oslo. The city is not that big, which makes it easy to understand. The people are nice, but reserved. And the country is absolutely breath taking
do you have any additional advice or comments?
Be on time with your application on Sio and otherwise check finn.no. Next to housing they also offer a lot of other things you might need as a student.

UU Report form - Erasmus 2021-2022

contact details	other (social) media: instagram @heleendekruijff
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	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	18 / 12 / 2021 (dd/mm/yyyy)

PREPARATION	
exchange application process	I found the application process for the exchange really doable! At first it seems like a lot of work and documents, but once you start to collect them all it is fine. Just start on time and whenever you doubt send an e-mail to the international office and they will help.
counselling & support at Utrecht University	I found the international office at the UU very helpful. They responded to my e-mails timely and they helped me make the things I was struggling to figure out easier.
academic preparation	I did not do any specific academic preparation beforehand, though I had finished my bachelors completely before going, since I went in my 4 th year. I think the academic level is similar or a bit lower to Utrecht, so if that all goes well, it should not be a problem.
language preparation	In Norway everyone speaks English very well, so I did not really prepare anything else a lot. I did do some duolingo excersises on Norwegian, but I also took a language course in Oslo which helped a lot better.



finances
I saved up quite a lot of money. The website of UiO gives some sort of idea how much you financially need, but I'm happy I saved up a lot more, since it was more expensive than I thought. Though I did go on a couple of trips in Norway which definitely did not help. But I'd say save up around 1500 euro per month if you want to be able to do whatever you want.

STUDY ABROAD PERIOD	
study programme (content and organisational issues)	The choice of courses was really clear, though they did not really provide any English courses that I didn't already take in Utrecht, so I just chose some random ones that I liked. How to sign up for all that was not hard at all.
academic quality of education activities	The academic quality was pretty good, but it depends on the course. Some courses were a bit newer and thus more messy. Overall the difficulty is a bit lower than in Utrecht I'd say, so that was good. I was happy that I did not have very big exams at the end tho, which some of my friends had. That might be something to keep in mind but it's also explained when you choose the courses.
counselling & support at receiving university abroad	I did take part in the buddy week at the start of the exchange, which really helped to make friends and it was nice to have two Norwegian buddy's to ask more practical questions if I had those! I never really contacted the international office in Oslo for anything.
transfer of credits	I am currently waiting for my credits to be transferred.

STUDENT LIFE	
welcome & orientation programme	I signed up for the buddy week before the exchange and I'm very glad I did that. We had a week full of fun activities in the group we were assigned to and about half of the group are still my friends!
accommodation	I did not get a room through the University due to covid. I lived in a hotel for the first month with a deal through the university and later went to live in an apartment from the private market with two other girls from Utrecht. We arranged this before going to Oslo.
leisure & culture	There is plenty to do in Oslo! There are a lot of nice places to get a coffee or go for a walk etc. The city has everything you need. You can also sign up for some associations, but I did not do that myself. I just did fun activities with my friendgroup. The Norwegian people are really nice and helpful, but they are kind of reserved as well. They are willing to talk English to you and help you, but they wouldn't necessarily start talking to strangers just for fun as fast as they'd do in the Netherlands.
suggestions/tips	Save up more than you think you need! I thought I saved up way too much, but ended up to spend a lot of it. I myself went on 5 trips and also to a cabin in the city. If you sign up at DNT you can rent cabins for very cheap which is a nice way to go somewhere and traveling within the country is relatively doable. I went to Stavanger (incl. the Preikestolen hike), Bergen, Trondheim, Tromsø and the Lofoten. If you have a bit more to spend I would definitely go to the Lofoten, it's more of a vacation and we went in our free week beginning October, since you don't go there for just a weekend. Tromsø we went to in December after our exams and that was



amazing too! I would also go to Bergen, Stavanger and Trondheim were also nice but less "necessary" if you don't have the budget to go everywhere! But there's also a lot of cabins just outside the city which is an affordable way to go on a little trip.

CONCLUSIONS

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

YES! I have really fallen in love with the country and city. It really has everything you need. The city itself has nature but also the city aspects which never lets you down. Besides that it's really easy to travel around and because the study load isn't too high, you have time to go explore and do fun things a lot!

do you have any additional advice or comments?

Just have fun and do it! I have had the best months and learned a lot! At first it might be scary, but just open up to everyone and try to get in contact with everyone and then all will be fine. Everyone is looking for friends, so making friends is really easy! Also: sign up at SiO (student accomodation) on time so you have a cheaper place to live.

UU Report form - Erasmus 2019-2020

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

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	5 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process was easy. I had to make an study plan and I had to write an motivation letter. After putting my request on Osiris I first got a confirmation of the University of Utrecht and after a little while also a confirmation of the University of Oslo.

counselling & support at Utrecht University

The University of Utrecht sended a couple of emails with information. They also responded fast in general on extra questions. They also organized a meeting for all students who where going on exchange. Here we got all the information you needed to know when you go on an exchange.

academic preparation

I didn't have to do any academic preparation.

language preparation



Because you can follow English courses in Oslo, there was no language preparation needed. You only had to make the Erasmus language test for your Erasmus grant.
finances
Norway is an expensive country. The student life is more expensive than in the Netherlands. The Erasmus grant was very usefull.

STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed three courses, all the courses had 10 ETCS. I followed one course at the Faculty of Psychology and two courses at the faculty of Social Siences. The courses I took were all interesting. For two courses I only had one lecture in the week and for the other course I also had seminars. For two courses I also had take home exams and only for one course a normal exam.
academic quality of education activities
I think that the academic quality of the courses at the University at Oslo are comparable to the courses at the UU. The only difference is that in Oslo you follow 3 courses in one semester, which you have the whole semester long and in Utrecht you do 4 courses in one semester but divided in a shoter time period.
counselling & support at receiving university abroad
There is a lot of information at the site of the University of Oslo. You can sent them an email when you have a question and they respond fast. At the University they also have an office where they help you directly. In the buddy week they also have make hours free where they help you when you have questions.
transfer of credits
The transfer of credits was very easy.

STUDENT LIFE
welcome & orientation programme
On the Friday before the orientation programme started there was an meet and greet service at the airports for the international students. They helped the students to get from the airport to the place where you could get your keys for your housing. In the evening there was a welcome party to meet other international students. The next week the buddy week started. This was a week with a lot of events to get to know exchange students. The groups were selected on which courses everybody did so the people you meet in the first week are also the ones which you have courses with. We did a lot of events from seeing the university, games to get to know eachother, get to know the city and there were also a lot of parties.
accommodation
The accomodation was very nice. I lived in Sogn. I had 6 other international housemates. The room was fully equiped and everything was new. In Sogn was a grocery store. There is a bus which is directly going to university which takes around 10 minutes. When you want to go to the city centre you can take the bus and then the metro but you can also walk around 10 minutes to the metro and then take the metro from there. The gym is also very close. There is also a night bus on Friday and Saturday which takes you from the city centre to Sogn. In general, the most international students live in Sogn or Kringsja.
leisure & culture
There are a lot of things organised for students. The study association organise many events. There are also a lot of sport and leisure associations you can join. There are also associations only for internationals. In the first week there is an meeting where you can see every association which you can join and then you can decide if and which one you want to join. Besides the associations there are also events which are organized only for internationals. I joined the study association and I was a volunteer at the bar. Here you also meet Norwegians.



Oslo is also a nice city where you can do a lot. The Norwegian Culture is not very different from the Dutch culture. Oslo is a really nice and chill city. There are a lot of different things to do.

suggestions/tips

Oslo is a very beautiful city so try to explore it. But Norway is also a beautiful country so when you have the chance try to visit other places to.

CONCLUSIONS

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

Yes, the university of Oslo is very nice. They arrange a lot for international students. I felt very welcome. Oslo is also a beautiful city.

do you have any additional advice or comments?

No.



UU Report form - Erasmus 2019-2020

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

destination city & country	Oslo, Norway
how did you travel to your destination?	By car
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The exchange application process was not too hard. It is just important to keep track of all the emails you receive, and write all the deadlines down in your agenda. As long as you pay attention to the deadlines, it is pretty easy to do. It is just a lot of forms and mails to fill in and send.

counselling & support at Utrecht University

The support from Utrecht University was good in my opinion. I only had practical questions, and the international office responded really fast with accurate information.

academic preparation

I don't think you need a lot of academic preparation. The level of education is pretty much the same as on the Universities in the Netherlands. However, in Oslo you often have even less contact hours, and more self study. Often, you only have a lecture per course instead of a seminar and a lecture. Moreover, you mostly have exams in the end of the semester (which are often long in class written exams or take home exams) instead of multiple assignment and essays per course. It is hard to get a really good grade, but it isn't too hard to pass an exam if you keep up with the readings and lectures.

language preparation

The level of English in Norway is pretty good. Almost everyone speaks English (even more than in the Netherlands). You do not have to prepare a lot in terms of language. It might be a bit difficult at first to speak English all the time, but you get used to it so easily. After a while you do not have to think about it at all anymore, and you might even start to think in English.

finances

Norway is an expensive country. Especially in terms of alcohol, and food in general. The housing prices are comparable to the prices you would pay in Utrecht (if you live in a student village). At the beginning the prices may be a bit of a shock if you arrive in Oslo, but trust me you will get used to it. It is useful to buy food at Gronland (this is a multicultural neighborhood where food is pretty cheap). Beer and other beverages are just really expensive, especially in bars in the centre (but also in supermarkets). I think you will manage if you keep track of your finances.

STUDY ABROAD PERIOD

study programme (content and organisational issues)



I followed three courses: North/South development, religious violence and extremism, and digital anthropology. The content in all the courses was really interesting, especially in the religious one and the digital anthropology course. The organisation of the courses were good as well. You mostly had just one lecture a week, and a lot of reading to do for self-study. This is not that many hours, but I still feel like I have learned a lot.
academic quality of education activities
The academic quality was pretty good. The lecturers were really good and interesting to listen too. The level of education was comparable to that in the Netherlands. The only thing that I liked less, was that there was less discussion because there were often only lectures and no seminars. I did like that you had a lot of freedom, because there were not that many assignments and you had a lot of self-study and reading to do. The hours that you did have to spend in class were very productive and full of useful information.
counselling & support at receiving university abroad
I barely made use of this, but in terms of practical information they were very efficient and available.
transfer of credits
Has not happened yet.

STUDENT LIFE	
welcome & orientation programme	I thought the welcome and orientation programme was really good. In the first week you had a buddy group, which is a group of around 40 international students from the social science department, with who you do a lot of activities. The activities might not always be that great or nice but I think it is very important to be open to it and participate with most of the activities. It is a very easy way to make friends with other internationals in this first week, so it is useful to be present. I feel like most people made friends with others during this week, because later in the semester it is harder because you do not spend many hours in class and internationals are way more easy to make friends with than Norwegians. Moreover, you see a lot from the Campus and Oslo during this week, which is also very useful.
accommodation	There are multiple student villages in Oslo, of which Kringsja and Sogn are the most well-known, especially for International students. I would really recommend living in one of these two villages, because it makes meeting people really easy. It is a bit further away from the city centre, but it is really easy to get there by metro. Kringsja is near a beautiful lake and is a bit bigger and more modern, but further away from campus and the city centre. Sogn is a bit more old and small and closer to the city centre and campus. I lived in Sogn and I really enjoyed it there. I would highly recommend living with a lot of roommates. I lived in a house with 8 students, of which most were internationals coming from many different countries, and I made so many good friends there. I had some friends in Oslo who did not have a roommate or who only lived with people who weren't open to making friends, and they felt pretty lonely. You get used to living with a lot of people really easily and you have much higher chances of living with someone you like and could become friends with.
leisure & culture	Oslo is a capital city, so there is a lot to do. Although it is a capital city, it still feels very small if you have lived there for a while. It is easy to get to know the city fairly fast. Norwegians really enjoy sports and there are many options for this. Moreover, Oslo has beautiful nature and you should really go hiking in the mountains. In terms of culture there are some museums that sometimes have good expositions (Astrup Fearnley Muset & Munch Muset). A nice bar that has live music every Sunday evening is 'Bla', they also have a lot of concerts and nice flea markets.
suggestions/tips	



Be open to meeting new people and do not be afraid to talk to people, and be open to new experiences. I feel like I have learned a lot from meeting many other Internationals with different life experiences. There may be a lot of Dutch people, but it might be more fun and interesting to meet people from different backgrounds. So, do not stick to what feels safe because you speak the same language.

CONCLUSIONS

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

I would highly recommend Oslo to other students. It has honestly been one of the best experiences of my life. Oslo is not too big and not too small, it has culture and beautiful nature, everyone speaks English, it is very easy to meet other internationals, the university is good, and it kind of feels like an Utopia in a way.

do you have any additional advice or comments?

Just really enjoy your time there, because it is over before you even realize. Step out of your comfort zone and make the most of all the fun experiences!



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	Educational Sciences

destination city & country	Oslo, Norway
how did you travel to your destination?	By plane
name university abroad	University of Oslo
start date	12 / 08 / 2019 (dd/mm/yyyy)
end date	20 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

There were a few spots available for studying in Oslo and to be accepted at the university, there were no extra requirements or tests I had to attend. I only had to write a motivation letter for the International Office and was then also accepted by the University of Oslo

counselling & support at Utrecht University

Whenever I had questions, the International Office helped me.

academic preparation

The courses I followed did not ask for any preparation

language preparation

The language used in the courses was English and that did not pose any problem to me

finances

I received an Erasmus+ grand, which helped a bit to cover some expenses, but life in Norway is very expensive. I would recommend to rent at DUO and to do some savings.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed three courses from different faculties: Education for All, Introduction to Personnel Psychology and Applied Ethics. Education for All only took five weeks (7,5 hours per week), whereas the other courses were spread out over the whole semester (3,5 and 1,75 hours per week).

academic quality of education activities

In general, the courses were of good academic quality. However, they were not very challenging compared to what I am used to in the Netherlands. Also, the study load was much lower.

counselling & support at receiving university abroad

I did not make use of any counselling and support, but I am sure I would have gotten help from the university when necessary.

transfer of credits



All my courses were worth 10 credits and no trouble occurred in transferring these credits

STUDENT LIFE

welcome & orientation programme

The university organized an orientation week, in which you were assigned to a buddy group. This really helped to get to know a lot other international students. All the activities can be a bit overwhelming, because you get so many new impressions and meet so many new people. However, they are not mandatory, so you can decide yourself whether you attend them or not.

accommodation

Student housing is very well organized by SiO. If you sign up in time, you are assigned to a room. Make sure to accept the first room that is offered to you, because you might not get a second offer! I lived in a student village called Sogn and really enjoyed it. I payed approximately €420 per month.

leisure & culture

Oslo has a lot of nice activities to do. I would recommend going to Blå, because every Sunday a band plays amazing music there. Furthermore, when exploring the city, you should go to Akkerbrygge, the Operahouse, the fjord sauna close to the Operahouse, Oslo Streetfood, Mathallen, Akerhus, Vigelandsparken, Ekebergparken and the islands of Oslo. Also, keep an eye on all activities suggested by Facebook.

suggestions/tips

For groceries, I would recommend going to Gronland! I did my weekly groceries there, which really helped me save some money. Furthermore, plan your trips in time. For example, going on a hike to Trolltunga is best to do in september. Also, going to Bergen is quite cheap by train if you plan it early.

CONCLUSIONS

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

Yes, I would definitely recommend going to Oslo. The university is very well organized, as well as housing and Norway is such a beautiful country. It is great to have the time to do trips and see more of everything Norway has to offer.

do you have any additional advice or comments?

If you are hesitating to go abroad, please don't! Half a year might seem like a long time, but it is over before you blink. You might never get another chance to do this, so go for it!



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	Sociology

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	Universitetet i Oslo
start date	09 / 08 / 2019 (dd/mm/yyyy)
end date	17 / 12 / 2019 (dd/mm/yyyy)

PREPARATION

exchange application process

The application process is inasently easy. As long as you make you sure know the deadlines you need to make, there are no problems. For me the application process started around december i believe and in januari i knew that i was going to Oslo. I knew to Oslo university had a deadline for guarantee housing so i applied on time and had no issues.

counselling & support at Utrecht University

The university of Utrecht has great counselling and informative meetings/e-mails. Especially the meeting with all the other abroad students from your own faculty was helpful to get some pre-departure information about where you will stay. During opening hours the international office is always very helpful and willing to do what they can do to help you as much as possible in your application process.

academic preparation

For me there wasn't really a academic preperation. You need to have a certain amount of ECTS before you can go abroad but that was it. The books i needed to buy and the classes i applied for was all arranged in Oslo self so.

language preparation

Norway has an insanely high level of english speakers. Especially in the university area everybody speaks enough english to have a talk about almost everything you can think off. There is no need to speak Norwegian yet i would recommend it, it is insanely fun and easy.

finances

Norway is an expensive country, be prepared for that. The erasmus scholarship helps out a little bit but you need a lot of money to make sure you can enjoy the living there. Especially if you are planning on also traveling some, you need more than the 5.000 Euro's they state on the UiO website. Yet it is all worth it, just make sure you have some savings and a back up plan. Also if you do groceries at the right spots you can safe money, and flying with the SAS gives you a student discount.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I took three courses of each 10 ECTS. The courses where an Norwegian laanguage course for international



students, a life and society course about Norway and a sociology course about the Nordic welfare society. All three where relative low in demand. I had around the 5 to 6 lectures in a week and there where no midterms. So it was all information up till the last exam. Passing the exams is easy, if you follow all the lectures and read the books you get atleast a E which is already passing in Norway. If you want a high grade you need to study some but this is for sure not impossible.
academic quality of education activities
The academic quality is a bit lower than we are used to here in the Netherlands. The system is more organised on trusting that people are intrinsic motivated and not on getting good grades. Yet everything is very good organised and very relaxed. If you need help the teachers are always there and the helpdesks are easy reachable.
counselling & support at receiving university abroad
The first weeks they get you settled very nicely. And beforehand the e-mail contact is quick and adequate. Nevertheless i haven't had any problems during my stay so i have not regulary used their counselling or support
transfer of credits
N/A. Have not done that yet.

STUDENT LIFE

welcome & orientation programme
The welcome is insanely warm. They have a meet and greet on the day of arrival and they help you getting your keys for your room and show you in which direction you need to go. In the first week there is a buddy week. There are no lectures yet and you as international will get aquanted with the city and campus during this week. You get dividided in to some groups of around 40 international students and there are a lot, and i mean A LOT of really cool and fun activities they organize in that week. Think of bbq'ing, city detour games, pub crawls, semester start parties and much more. After that during your whole stay this buddy group is more or less your friendgroup.
accommodation
The accomodation in Oslo is really nice. If you apply on time the university offers guaranteed living in the city. The prices differ from around the 400 euros up to 700. Yet if you live in the two bigger student-cities it is most likely you pay around the 420 with and than you have 5 roommates, shared kitchen and shared bathroom. Yet most of the apartements are already furnished and have kitchen stuff in them so you do not need to buy that. But this depends on the room, all the information you can find when you are applying for a room.
leisure & culture
Oslo is a upcomming urban area. The metropol has almost 1.4 million people living there but it feels like you are living outside in a small nature town, with the upsides of the big city. In 15 minutes you are outside the city and you can hike, ski, sleigh, ice skate and run in the forest. In winter snow will fall and be prepared for this. But in summer Oslo is crowded with spots where you can swim. Also there are a lot of cultural activities, there is an opera house that is not too expensive. Football games and movies are payable and in the neighborhood Grunnerlokka there are a lot of upcomming bands playing.
suggestions/tips
When you are there, make a tour to the islands in the fjords. Go swimming in summer in the Akerselva. Go iceskating and sleighing in the winter. And do some partying in the city centre which is expensive but really fun.

CONCLUSIONS

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



Yes. Oslo is a very good experience for those who want to have a low threshold for going abroad. Everything is really good organized and easy to arrange, yet it is insanely different and beautiful.

do you have any additional advice or comments?

Be on time with the application for UiO so you have guaranteed housing. And try to live in either Sogn or Kringsja because these have the mosty students living there.



UU Report form - Erasmus 2019-2020

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	Social Psychology

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

PREPARATION

exchange application process

About a year in advance you start orientating for studying abroad. I knew that I wanted to stay in Europe, so I went to the University of Utrecht website to see what the options were for the Erasmus exchange. I had written down on paper which cities seemed interesting to me and whether the universities offered courses that aroused my interest. I then made a top three of cities and filled it in on Osiris. You also have to write a motivation letter, this can take some time. I asked my friends and parents for help and I worked on that letter for three days. You write the letter in English so it takes a while to assemble it grammatically well. After uploading the motivation letter, it takes a while before you receive a message from Utrecht University due to the selection procedure. After a few weeks you will be informed whether you are selected or not. Once you have received the message that you have been selected, you can also better focus on your departure and what you need to arrange.

counselling & support at Utrecht University

Utrecht University organized an information evening for students who went abroad. During the information evening I received a lot of information what certainly helped me. In addition, I also met the people who were also planning to go to Oslo. Eventually I had contact with one girl before my departure and during my stay in Oslo.

academic preparation

It was not necessary for me to prepare academically.

language preparation

I did the language test and this resulted in a good score (c1) so I didn't practice my English. I also did not learn the Norwegian language beforehand, this was not necessary because Norwegian people have a good level of speaking English.

finances

During my stay I lived from Erasmus scholarship, money that I borrowed from the government and money that I had saved myself. Norway is an expensive country so it is certainly advisable to set aside some money. In addition, there are few opportunities to work in Norway if you are staying for a short period. It is difficult to open a Norwegian bank account.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The website of Oslo University was clear and well-arranged and almost everything was translated into English.



The lectures and seminars were very interesting and the study pressure was lower than I was used to in the Netherlands. The exams consisted mainly of writing essays and take home exams.
academic quality of education activities
the academic quality is almost the same as University of Utrecht. For me personally it was it little bit easier and I had less contact hours at the University itself. The grade system is different then the one we have at University Utrecht. In Oslo you have a grading system of A till F. A till E is a pass and only the F is failed.
counselling & support at receiving university abroad
The information desk at University of Oslo was very helpfull. You can mail them and they respond to you very quickly.
transfer of credits
this is still in progress

STUDENT LIFE	
welcome & orientation programme	I arrived a few days before the orientation week started. That evening when I arrived there was a meeting for all the erasmus students to get to know each other. I found this so nice at the moment because I arrived in the afternoon and had no idea what I had to do and who everyone was. Then the first week there is a orientation week organised for the buddy groups. They organised tours in the city and the campus, parties and games. This was a nice opportunity to meet all of the other international students. That whole week was very busy, you see and do a lot and make some new friends. This week was so important and nice because this was the time I became friends with other students for the whole semester , so I highly recommend you to go.
accommodation	In Oslo you have one main company SIO that arranges the housing. SIO has an information point at the university campus, they are very friendly and can help you with mostly everything related to housing. Remember that you must always accept your SIO offer, because otherwise you are back at the end of the row of people who wants a room. Two of the biggest studentvillages are Kringsja and Sogn. During my stay I lived in Sogn, I shared a bathroom and kitchen with 6 other people. This sounds like a lot but it was actually very nice. Our building was just renovated so everything was in plastic and very clean, since this year a lot of the buildings in Sogn are renovated. I had the fully equipped room, wich means you have furniture (bed, desk, closet etc) but also a duvet, pillow, chair, cutlery, plates, kettle and pans. I really liked this because i didn't have to buy stuff in a unknown city. Kringsja is closer to the nature (sognsvann lake) but Sogn is closer to the university. It is a 7 minute walk from sogn to the metro station, but you can also take the bus right next to the studentvillage. I really enjoyed my stay in Sogn, a lot of international students live there and a lot of parties can be hold in the attics of the buildings :) .
leisure & culture	ESN organise parties and trips athletica mmembership with a student discount. Highly recommend you to buy one because there are a lot of things you can do. Train for yourself, have sport classes and you can use the sauna's if you like. Athletica is located at a lot of place around the city. DNT (Norwegian Trekking Association) has a lot of cabins throughout Norway that you can hire. If you have a membership the prices can be very low. Mostly they are located in the beautiful nature of norway, very nice if you spend a night at a cabin with a group of friends. Visit places in Norway and other countries. Norway is such a beautiful countries with a lot of nice (small) cities and stunning nature. There are also a few hikes you can do, I would recommend the Trolltunga hike and Preikestolen hike. Also the train ride to Bergen is wonderfull and if you book early it can be cheap. My last trip



was Tromso, were you can see the Norhthern Lights if you're lucky.
SAS airlines also offers a student discount.
Skiing in Oslo vinterpark. On Friday they have a discount for students!

suggestions/tips

gronland is the place to be if you want to buy cheap fruit and vegetables.
Bla is nice bar with free concerts on Sunday night.
Bring warm clothes with you, it can be very cold during the winter. Also a rain coat is highly recommended because it can rain a lot in Oslo.

CONCLUSIONS

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

I would deffinitly recommend this university to other people. I had a great time here in Oslo, everything is good organised and the Norwegian people are very thrust worthy and helpfull. The prices are high but you will get used to it and eventually you will find cheaper options. You will meet a lot of new people around the world and with them you will have the best time in Oslo and discover how beautiful Norway is.

do you have any additional advice or comments?