



## UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Artificial Intelligence

destination city & country	Bergen, Norway
how did you travel to your destination?	Aeroplane
name university abroad	University of Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process went without any issues, just do it well in advance before each deadline.

#### counselling & support at Utrecht University

I did not need counseling or support.

#### academic preparation

I did not have to do academic preparation because I followed courses which require knowledge which I already obtained during my bachelor.

#### language preparation

The language of instruction was English so none was required. I believe it is possible to follow courses in Norwegian but you would have to be able to prove that you speak the language fluently. You can also follow a Norwegian course where you learn the basics, which is very fun.

#### finances

Living in Norway is very expensive, so you must prepare for this in some way. I personally started a loan from the government (duo) during this exchange because it was the only way I would be able to afford it. The erasmus+ grant helps but is not nearly enough to live off of. I recommend saving up money beforehand so you also have the possibility to travel within the country.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

I followed a Norwegian course offered by the university, which I highly recommend because you meet other international students and learn enough Norwegian to do groceries, order food, etc. I also followed a mathematics course and a computer science course.

#### academic quality of education activities

The quality was hit or miss, for the Norwegian and Computer Science courses I had great teachers who taught in an engaging way, although the courses themselves were very easy. The mathematics course, however, was probably the worst course I ever had, because the teacher was all over the place and simply didn't seem to care. He was also very late with uploading things. Apart from that the course was fine although a bit difficult.



counselling & support at receiving university abroad
I did not need support.
transfer of credits
No credits have been transferred yet.

<b>STUDENT LIFE</b>
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welcome & orientation programme
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During the first week there is a sort of mentor-week where you group up with others who follow the same bachelor and do some activities. However, I was grouped up with a few international students and the rest were first year Norwegian students, and they basically had their own groupchat which excluded all the international students and there was very little communication. They also did not want to go to most activities but would rather just go to someone's house and drink, so I ended up not really doing much with that group. On the other hand, there was also an international evening the same week from the faculty which was much more fun and I actually ended up meeting a lot of people whom I would become friends with for the rest of the stay.

accommodation
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The university offers guaranteed housing for all international students. Most international students live at Fantoft, myself included, which is about 20 mins from the city centre. I lived with 14 others in the same house and shared my bedroom with one other person. This was not my preferred choice, but because of the amount of international students and guaranteed housing most people at Fantoft share a bedroom. It ended up being great since I had a nice roommate and very nice housemates, but I know some other people who did not like their roommate because they were inconsiderate and their sleep suffered from it. So if you want to avoid this you should apply for housing outside of the university. Apart from that Fantoft offers a lot of great activities so you can meet new people.

leisure & culture
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Bergen is an amazing city to live in, it is surrounded by 7 mountains making it very scenic. Most people that go to Bergen want to do a lot of hiking so it's very easy to find people to hike with. The city also has many nice bars and cafés to go to after your lectures. Next to Fantoft is also a sports centre which is great if you end up living there. If you follow a Norwegian course at the university you will also learn a lot about the culture of Norway and Bergen. There are also many student organisations to join, like Friluft which organises outdoor trips such as skiing, hiking, canoeing, etc.

suggestions/tips
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I suggest that you try to hike all 7 mountains as a fun challenge and just try to be outside in the nature as much as possible. I also recommend going to some activities at Fantoft even if you don't live there, because that's where you can meet a lot of internationals.

<b>CONCLUSIONS</b>
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would you recommend this university/destination abroad to others? please explain
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I highly recommend the university if you like hiking and nature. The quality of the university itself is also good but not really better than UU, so just pick this university based on if you like Norway and outdoors activities.

do you have any additional advice or comments?
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## UU Study Abroad Report Form

	Contact info at the IO.
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	Cultural Anthropology

destination city & country	Bergen, Norway
how did you travel to your destination?	By plane
name university abroad	University of Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

The application process knows many steps, but everything was explained well on the UU and UiB website, so it was not very difficult.

#### counselling & support at Utrecht University

Support in the preparation process from Utrecht University was good. Most information is on the site, there were information meetings and you could always ask questions by mail, that were answered quite quickly.

#### academic preparation

I needed to have finished a whole year of studies (60 erts) but apart from that no academic preparation was needed.

#### language preparation

There are a lot of courses given in English at UiB, so I did not need to prepare for the course language. Also, most Norwegians speak pretty good English, so you do not have to speak Norwegian.

#### finances

Norway is a really expensive country and you also want to travel around, so make sure you save enough money beforehand. In addition to savings there is an erasmus grant that can support you financially during your stay.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

As an international student you can choose between a lot of courses from different disciplines. There are courses specifically for international students and 'normal' courses given in English that you can follow. As in Utrecht the difficulty of the courses depend on the level (1-3).  
I took three courses at UiB: Norwegian culture and history (15 ert) ; Music gender and sexuality (15ert); Nor-intro: Norwegian language introduction (7.5 ert). My courses started mid august and ended, depending on the course, somewhere in November with classes and in December with the final exams. I had two classes a week for Nor-intro, and I had one lecture a week from each of the other two courses. In addition readings and assignments had to be made at home. Some of these assignments you had to pass in order to make the final exam. In addition, for two of my courses there was a mandatory attendance (80%) to be able to pass the course. My Nor-intro exam was an oral exam, my exam from Norwegian culture and history a take home exam, and for



Music gender and sexuality I had to write a final paper of 4500-5000 words. For my Norwegian culture and history course we also had two fieldtrips to museums at/near Bryggen. I though it was really fun following these courses at UiB.

academic quality of education activities

The academic quality of the education is, I would say, a bit below that of Utrecht. The courses are often easier, they are less strict with evaluating your work, and their grading system goes from A-F, where an E is still a pass and only an F means you failed the course. You still need to do the work ofcourse, but not as much work as in Utrecht and the chances of passing a course are higher in my experience.

counselling & support at receiving university abroad

They also have an international office at UiB and the faculties themselves have information and help services too. You can visit them in person or you can easily contact them by email and they will help as soon as possoble. They also send a lot of information mails wich is usefull and the website is really clear.

transfer of credits

This process has not yet been completed, but I know that only my credits, not my grades will be transferred.

**STUDENT LIFE**

welcome & orientation programme

There are different welcome and orientation programs when I arrived in August. There was a faculty programme where you are put into a mentor group from your faculty and meet up and do activities around the city depending on your faculty and mentors. There are different welcome parties for international students with different themes at different locations that are quite fun. Also where I lived at Fantoft, different introcution meetings and activities were given. For example a practical meeting with information about living there, but also a walk to a nearby park to get to know the surroundings.

accommodation

If you are on time, accomodation is well organised for international students. Sammen is the housing organisation that has student accomodations at different places around the city. I stayed at Fantoft, a place where a lot of students and also most international students stay. I had a shared apartment where we shared the kitchen and living room with 16 international students and a bedroom and bathroom with 2 students. This was nice for my exchange as I was always surrounded by international people who wanted to do the same things as I did, for example hikes and other trips to explore the country/area, and making friends was really easy. There are also other options for accomodation at Fantoft, for example shared studios for 2 people and a shared flat with 7 people and a private bedroom (though I could not get into the latter one, as I was in the fall semester when there are a lot of one-semester internationals, and they want to put you in the shared rooms). At Fantoft there is an (expensive) supermarket, but there are also cheaper supermarkets (kiwi and Rema1000) one bybanen (lightrail) stop to the airport. From Fantoft I could take the bybanen (lightrail) to the city centre in 20 minutes. Fantoft also has sportsfacilities where you can get a membership for, with for example a gym, climbing hall, football/basketball hall and sauna. Sammen and Fantoft also organise things for students, such as parties, film nights, or game nights at Club Fantoft. The area is really pretty, there is a stavechurch, a lake and a park (gamlehaugen) nearby.

leisure & culture

If you love the outdoors then Bergen is an amazing place to study. The city is surrounded by mountains so you can always hike and go into nature. There are also a lot of student associations you can join, for example BSI Friluft, the outdoors club. They organize weekend trips and for example Tuesday climbing. The city itself is also really nice. There are quite some museums and Bergen is a pretty city to walk around (go for example to Bryggen). There is also a fun nightlife, but alcohol is very expensive and can only be bought before a certain time



at day. Also, good to know is that most shops (also supermarkets) are closed on Sundays. The International students are all very open and want to make friends and do stuff together, however the Norwegians are in general more closed off. I have got to know a few of them, but mostly they are not often that open to outsiders, and can come across as a bit rude (but when they are drunk they are suddenly very talkative).

suggestions/tips

Hike the 7 mountains around Bergen. Go wild-camping. Rent a car and go a little further the country in, for example, for weekend trips and hikes further away. Take trips: for example, go all the way north to Tromsø and experience the darkness and Northern lights or go to Oslo by train (the train ride is really beautiful). Take the introduction language course (Nor-intro) it is really fun to learn the language and if you are lucky with the teacher they tell you also a lot about the culture. Go to a football game (BRANN).

## CONCLUSIONS

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

I would really recommend this destination to others, especially if you love the outdoors. The nature in the country is really beautiful, and the city of Bergen is very cozy and pretty and feels immediately like home. I also did go out and partied, but this was very expensive, so if you only want to do this then this might not be your destination.

do you have any additional advice or comments?

Make sure you save enough money, cause it is a very expensive country to live and you also want to make trips around the country.



## UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	social sciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	psychology

destination city & country	Bergen, Norway
how did you travel to your destination?	by plane and car
name university abroad	Universitetet i Bergen
start date	11 / 08 / 2022 (dd/mm/yyyy)
end date	20 / 12 / 2022 (dd/mm/yyyy)

PREPARATION	
exchange application process	The exchange application process was really easy! You get guided through the whole process step by step, and if you are ever stuck or you need someone to talk to, you can easily contact the international office. They are very happy to help you and they are very quick in their responses.
counselling & support at Utrecht University	As stated above, this was wonderful and really helpful when I couldn't understand a specific thing I had to do.
academic preparation	I didn't really do any academic preparation, since I thought that Norway and the Netherlands were quite similar in their academic levels.
language preparation	Since I knew I was going to follow the Norwegian language course (and even before I knew I was going to attend that course), I wanted to learn the basics. So I started doing Duolingo. ;) I could really recommend doing this before your departure, since it introduces you to the languages and really teaches you the basics. This way I was a little bit ahead in my Norwegian language course and I felt like I was able to understand more of the Norwegian daily life.
finances	<p>Be prepared, Norway is reaaally expensive. I saved a lot of money by working before I left, because I knew I didn't want to live in Norway and not be able to do all the amazing things Norway has to offer! I wanted to be able to say that I really did everything I wanted to do and saw everything I wanted to see.</p> <p>Luckily, there are ways to save money when you live in Norway. One thing that got me and my roommate through it all, were all the Too Good To Go's! Download the app and find the best boxes, it saves you a lot of money!! Some of my favorites were Baker Brunn (lot of bread, which you can just freeze and then eat bread all semester long ;)), Friends of Food (you get 2 full meals for 50 kroner, 5 euro's, for example, salads, stews, sandwiches, etc.), Starbucks (if you want some sweets and sandwiches for your hikes), and Daily pot (you get either soup or salad, but you can pick them yourself, and they always taste amaaaazing!).</p> <p>Next to Too Good To Go, there is this app called Tilbud!, which has all the offers from the supermarkets in Bergen. Me and my roommate always made a whole food schedule for the week, using all the offers from the</p>



supermarkets. This way we didn't do any impulse buying (or at least in theory ;)). This saved us a lot of money too! And eating together with others saves you money too and its nice to do as well!

### STUDY ABROAD PERIOD

study programme (content and organisational issues)

Since I already obtained all my obligatory credits, I was free to pick whatever course I wanted. I followed a course about culture, positive development and health, which only lasted 2 weeks and was worth 6 credits. I really liked this course, because it connected culture to psychology, which has not been done as much back in the Netherlands. Next to this, I followed the NOR-INTRO course. I absolutely LOVED this!! I had a lovely teacher, who told the funniest stories about Norwegians and taught us all about the Norwegian language. I always had so much fun going to this class. I could really recommend this for everyone! The last course I followed was a Master course, which was a bit more intense than I expected. I recommend to look into if you are following a bachelor or master course, because I was admitted to this master course, even though I was still in my bachelor. I thought I knew what I was getting myself into, but it was more difficult than I expected. However, I still had fun, and it was still an interesting course about Gender and Global development. I just didn't realise I would be in a class with 30-year-olds who already did 3 masters and worked at UN ;)

academic quality of education activities

The academic quality was similar to Utrecht, only the exams were different. You usually get take-home exams, where you will get for example 7 days to write a paper. The plus-side is that you can use all of the course material, which makes it easier, but be prepared to lock yourself up for a couple of days to finish these kind of exams.

counselling & support at receiving university abroad

UiB was so nice with helping, you could just contact your contact person and they would immediately reply. Toril Salen from psychology was super nice and always helped me when I needed her. You will be in good hands with her :)

transfer of credits

I haven't been able to do this yet.

### STUDENT LIFE

welcome & orientation programme

We had an orientation day for international students (online) where UiB explained all the basics of studying in Norway. They also gave some tips for hiking and planning trips which was really nice. I also had a welcome from psychology, where I got to know the other international psychology students. This was really fun and nice to get to know other students quickly!

Next to the orientation program from UiB there was also this thing called Fadderukken which was basically the same as UIT. International students were put into groups with first-year Norwegian students and we got tours of the campus, got tips from our Fadders (older students who organized everything) and there was a lot of partying. That is where you get your first introduction to drunk Norwegians, they are really something else ;). It was really fun to go to predrinks at the Fadders, this way you got to see how they lived and you get a taste of the Norwegian life. I really liked this, the only thing was that my courses already started, so I wasn't able to join much of the Fadderukken, because I had to study and go to lectures.

accommodation



I lived in Fantoft TRE in a shared room with 15 flatmates. At first I was really scared, because I didn't want to share a room with someone I never met. Thankfully I got in contact with my roommate before the exchange started, so we already met up in Utrecht once (she was also dutch and studied at UU). Looking back, having her as a roommate might have been the best part of my exchange. We quickly became very close and did almost everything together. I recommend to just contact Sammen and ask them who your roommate is, so you can already contact them beforehand and get to know them a little.

Our room had a bunk bed, two desks and a bathroom. It was small, but doable. We had a big shared kitchen, a living room, a balcony and even a tv! I loved living with so many internationals and learning all about their cultures, through talks, cooking, etc.

Fantoft TRE even has a large rooftop terrace with bbqs and picnic tables. This was really fun in the summer! There is also a gym at Fantoft, with everything you need. The gym in the city centre even has a big swimming pool and sauna!

leisure & culture

Bergen is the perfect mix between nature and culture. You can climb all 7 mountains, go sit in cute cafés or go to a concert! There is something to do for everyone!

suggestions/tips

- go hike floyen on Sunday and hike to Skomakerstuen, a cute café on top where they sell traditional Norwegian pancakes! the café is only open on Sundays
- Kafe Albatrossen is also a very cute café, where they have 20% student discount! Their cinnamon buns were the best!!
- If you want to eat out I could really recommend Daily Pot. It's cheap for Bergen prices and the food is amazing!
- hike all 7 mountains! Do it in one day (do start really early tho ;)) or just spread it out over your semester abroad.
- go to Tromso!! almost all the international students go on a trip to Tromso, and for legit reasons! I went in december and saw the northern lights, went on a whale-watching tour and saw orca's and a finwhale, petted reindeers, hiked in the snow and had the most beautiful views!
- Loen is also a nice place to go on a trip. I didn't see many students going there, but I really recommend it. Some Norwegians I spoke to said it was the most beautiful part of Norway, so please visit it! You do need a car to drive there, but you can try that through the app GetAround!
- hike to gamlehaugen, close to Fantoft, where you can swim in the fjords!
- Be open to meeting new people, especially in the first few weeks, this is where the best friendships are made! It can be quite overwhelming, but it is worth it at the end!

**CONCLUSIONS**

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

I couldn't recommend studying in Bergen enough. It is one of the best decisions I've ever made in my life. This really is one of those once-in-a-lifetime opportunities, which you will reminisce about your whole life. I made friends I will never forget and saw the most beautiful places. Just do it!! Especially Bergen, which has a good university, amazing nature, beautiful culture and a very nice atmosphere.

do you have any additional advice or comments?

If you want to know more about Bergen, UiB, or just my experience there, feel free to contact me, I would be happy to help! <3





## UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	betawetenschappen
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Biologie

destination city & country	Bergen, Norway
how did you travel to your destination?	Plane on the way there, driving on the way back
name university abroad	Universitetet i Bergen
start date	01 / 01 / 2023 (dd/mm/yyyy)
end date	30 / 06 / 2023 (dd/mm/yyyy)

### PREPARATION

#### exchange application process

I recommend starting way before deadlines as you need to send and receive various forms that require waiting. The application process sounds a lot more complicated than it really is, just follow the steps on the respective websites of both your sending AND receiving institutions and you should be fine. But i also recommend talking and meeting with other applicants to see what you are missing.

#### counselling & support at Utrecht University

The nice people at the international office are always there to help if you just email them. I had to get a signature from my recieving but they werent responding so they allowed me to just send the form in without the signature.

#### academic preparation

Barely anything, depends on the courses you take.

#### language preparation

Norwegians have amazing English capabilities so that was not a problem. But I also took a Norwegian course.

#### Finances

The duo system is about to change so im not sure how to advice on that. I can recommend to not forget the public transport compensation grant AND not forgetting to deactivate your student OV.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

Very organized in norway. Had some time overlap between courses here in semester 1 ending and semester 1 starting there. You have to see if certain courses can be taken alongside each other.

#### academic quality of education activities

Examination was almost exclusively done via oral exams, which took some time to get used to.

#### counselling & support at receiving university abroad

Sometimes a bit slow.



transfer of credits
Automatically.

STUDENT LIFE
welcome & orientation programme
Missed it due to home uni exams.
Accommodation
Amazing, guaranteed housing for internationals at Fantoft by sammen boliger. Which had amazing housing for good prices. my building had 8 bedrooms for 16 people with a massive shared kitchen and living room. Also a fantoft common room which had events almost every other day, amazing place to party or meet people.
leisure & culture
Mostly did nature stuff like hikes as norway is expensive for foreigners.
suggestions/tips
Take hiking clothes, warm but also cold weather clothes. Weather varied immensely between january and june. January had 20 cm of snow daily almost. June had me burning and walking without a shirt.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes for sure, beautiful country and city. Everything is clean and working well. The housing is immaculate and super social with an amazing gym that has unlimited amenities for a good price: 120 euro for one semester, 4 gyms to access, a pool, climbing and bouldering halls, esports areas, golf simulators and more. The city has very good infrastructure to get around, i had a tram stop in front of my house and in front of the uni. All norwegians know good english and are actually very nice if talking to them. Dont believe people saying theyre distant, they just dont come up to you to talk randomly. i can't recommend norway if you are a heavy clubbing person, clubs close at 2:30 and drinks are super expensive (i paid almost 10 eu for one beer)
do you have any additional advice or comments?
I personally really enjoyed living with my 13 flatmates, so i can recommend that. I took the cheapest room (~300 eu/m) and had a roommate aswell, how well this goes is really random and dependant on who you are and who your roommate is. I had an okay experience with my roommate but i think i wouldve preferred my own room, then again i saved almost 700 euros by sharing. Having flatmates also lets you make alot of friends, me and my flatmates already have 3 trips to each other planned. I would also use the revolut bank as its free and allows you to exchange currencies for free during the week. If your friends also have it you can easily request and send money to each other too. this applies to other destinations too i guess. Feel free to ask for my email to ask questions.



## UU Study Abroad Report Form

	Contact info at the IO.
faculty/college	Faculty of Science
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	College of Pharmaceutical Sciences

destination city & country	Bergen, Norway
how did you travel to your destination?	Plane (but via the train back)
name university abroad	University of Bergen
start date	05 / 01 / 2023 (dd/mm/yyyy)
end date	20 / 06 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	The application process was quite easy. You just had to follow the steps that are written on the UU website concerning the exchange. Still, be prepared for a lot of applications during the preparation phase. A lot of forms need to be signed by different parties, so don't underestimate that.
counselling & support at Utrecht University	My questions were answered really quickly and clearly.
academic preparation	The University of Bergen uploads a list of all the courses exchange students can take, which made it really clear for me to choose the courses I like. The academic level of education in Bergen is similar to the dutch level. The main difference is their level of examination. When choosing a course, I would really recommend you to check out which kind of exam it is.
language preparation	Before arrival I learned a bit of Norwegian via Duolingo, which was quiet helpful for me. However, Norwegian is really similar to Dutch, so you would understand most of the things when it is written. All the courses I took were in English, except the Norwegian language course.
finances	I applied for the Erasmus grant and made sure that I still had savings to do trips here. However, Norway is a really expensive country, so make sure you do not underestimate the costs you will spend here. If you are planning to do a lot of trips, I would suggest you to plan already in the start of your Erasmus so you know how much money it will be and how much you have left for other stuff in Bergen. If you want to do a roadtrip in Norway, a tip is to rent cars via the app getaround!

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I did 4 courses: Norwegian Language Introduction Course, Food Toxicology, Cellular and Molecular Neuroscience, and Behaviour, Health and Nutrition. It was very easy to pick the courses from their website and



to change courses in the beginning of the erasmus. All of these courses were very interesting and a nice addition to my study program.
academic quality of education activities
The academic quality of my courses were similar to those in Utrecht. Most of my courses had lectures and workshops which is similar to the education activities in Utrecht, however, the NOR-INTRO is very interactive.
counselling & support at receiving university abroad
The UiB is very welcoming towards exchange students and respond very fast to emails. Moreover, they also have an information office at the campus where you can go to if you need anything.
transfer of credits
My credits have not been transferred yet.

## STUDENT LIFE

welcome & orientation programme
The welcome programme at the University was not very elaborate, but the main practical things were said there. However, Fantoft, ESN, and ISN organize several activities during the first weeks (and later) so you will feel directly at home in the city.
accommodation
I lived at Fantoft TRE, which is a very modern building. I highly recommend to live at Fantoft as everybody lives there and a lot of activities are organized there. I shared my room and the bathroom with another person. First I was a bit afraid that I would not like this, but we had an amazing time together, so don't let this scare you! I shared the kitchen with 13 other persons which were all of different countries. In this way, I directly made many friends and we had a lot of parties and dinners together!
leisure & culture
In my free time, I did as much as possible. I loved to go hiking at one of the seven mountains around Bergen. On the 28 <sup>th</sup> of May I even did all 7 mountains in one day which is an amazing experience. The city itself is also really beautiful and there are a lot of things to do. I would recommend to go to the Nordnes seawater pool where you can go swim in the fjords. I also went on a lot of trips as there is a lot of nature to explore. Some recommendations are Tromso, Lofoten Islands, Stavanger (Preikestolen), Flam and Oslo. It is also an amazing experience to just rent a car and go on a roadtrip with a few friends!
suggestions/tips
Make sure to use all your free time to do as much as possible. There are so many things you can do in and around Bergen which will make your Erasmus experience even greater. Some tips: - Rent a car via the app Getaround - Rent outdoor stuff (sleeping bags, ski's, tents...) at BUA for FREE - If you want to hike I would recommend the apps UT.no and Komoot - Explore the island Askoy and go camping there

## CONCLUSIONS

would you recommend this university/destination abroad to others? please explain
I would 100% recommend this university to everyone! I had the best time of my life here and I wish I could have stayed even longer. The city itself is really beautiful and has a nice location on the fjords, but the best thing is



that it is fully surrounded by nature and mountains. Moreover, there is always some event going on in the city so you will never get bored.

do you have any additional advice or comments?

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## UU Study Abroad Report Form

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

destination city & country	Bergen, Norway
how did you travel to your destination?	I travelled there by plane, though there is also the option to go by train.
name university abroad	Universitetet I Bergen
start date	05 / 01 / 2023 (dd/mm/yyyy)
end date	20 / 06 / 2023 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	This was not difficult at all and was facilitated well on both ends. You have to keep track of the deadlines and make sure you got your documents ready on time. Most of the time I also got an E-mail if i had to send in and prepare a document . The university of bergen also made sure you got alerted on deadlines in time and are very fast in delivering back documents and emailing you back. THere is quite some paperwork involved, so keep that in mind.
counselling & support at Utrecht University	The international office was very helpful with answering questions, signing forms etc. And they reply very fast, sometimes even the same day, so overall very satisfied and happy with it.
academic preparation	I did no academic preparation as the courses that I took were all introduction and intermediate courses open for all students.
language preparation	I did not do any language preparation as my English was sufficient enough for the courses that I took. Overall it is also not needed to study Norwegian before coming here as most Norwegians speak English very well.
finances	In before coming to Bergen I saved up money by working for about a year before coming. This together with my Erasmus Grant and regular aanvullende beurs that I receive from DUO was enough. Just keep in mind that Norway is an expensive country to live in compared to the Netherlands and that prices for example groceries are a lot higher.

<b>STUDY ABROAD PERIOD</b>	
study programme (content and organisational issues)	I studied at the faculty of Humanities at UiB and took the courses RELV239 / Islamic Religious Thought and Practice, RELV224 / Hinduism and KVIK206 / Gender and Sexuality in a Global Context. The content of the first 2 courses courses matched up with the description and were generally very easy to follow. KVIK206 had some organisational issues concerning some lectures that seemed unprepared and very loosely organized by the lecturers which made it a bit confusing and harder to follow on what exactly the content of the course was. All of the exams were take home exams of 7-14 days and were essays.



academic quality of education activities
I found that the courses were much easier than the ones I followed in Utrecht. However I did study courses non-related to my major at a different faculty so I can't directly compare. Most of the semester I simply did not have that much work to do except for in the ending were I had to spend some time preparing for my exams. The quality of your courses do simply depend on the lecturer you have and their educational skills and preparations. As I have had very contrasting experiences with lecturers.
counselling & support at receiving university abroad
There was sufficient support from the University. In the beginning there were information meetings from both the university and the separate faculties on what to expect and what is important to know beforehand. Also each faculty has its own information centre that aid you with questions regarding counselling, exams, application forms etc.
transfer of credits
Norway uses the same credit system as The Netherlands which is the ECTS. So this did not have to be transferred.

**STUDENT LIFE**

welcome & orientation programme
There was an introduction week by the university that had a general meeting online for the entire university and a meeting on site that was per faculty. There the practical information was shared among the students. Some student organisations like ESN also organized an activity week for international students.
accommodation
I lived in Fantoft like most international students end up living at. At first I was not too pleased considering I had to share a room with another person as well as an entire common room with 14 others. However it is relatively cheap housing and also guaranteed by the university which is very nice. Fantoft is also socially speaking a nice place to meet new people very fast as well as a lot of parties going on. With Bybanen (tram) there is a good connection to the city centre (about 25 min) and it also goes regularly.
leisure & culture
Go hiking! Bergen is surrounded by beautiful nature and mountains to hike on. You don't have to be experienced with hiking for a lot of them and it's a great group activity. There are also some museums worth visiting, the university museum is free for all UIB students and the kunsthall is free on Thursdays for students :) You can also rent out skis for a very cheap price at the BUA if you are interested as well as ice skates/ roller blades/ long boards etc.
suggestions/tips
-get a credit card, you will need this for paying rent, getting your public transport subscription etc -Make sure you have enough money in advance, again Norway is an expensive country - Go on trips outside of Bergen! Oslo, Preikestolen, Lofoten etc, some trips do not have to be that expensive if you plan them well in advance.

**CONCLUSIONS**

would you recommend this university/destination abroad to others? please explain
If you are into nature, hiking etc and want to be amazed by some beautiful scenery, most definitely. Also you should be able overall lower temperatures than we would be used to in the Netherlands as well as a lot of rainy days. While partying is very nice here, if you are more interested in that aspect of studentlife, I would say



Bergen is not necessarily the place to be. Clubs tend to close very soon in the night and alcohol is on the rather expensive side.

do you have any additional advice or comments?

Only thing I have to say is: enjoy your time on you Erasmus! Don't worry too much about courses and try to make the most of every moment you have.





## ERASMUS+ STUDIES - UU Report

destination city & country	Bergen, Norway
how did you travel to your destination?	Plane
name university abroad	University of Bergen
start date	04 / 01 / 2023 (dd/mm/yyyy)
end date	31 / 05 / 2023 (dd/mm/yyyy)

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

### PREPARATION

#### exchange application process

The application proces was quite clear. There is quite some time that goes into prepping and you have to pay attention to all the deadlines. But overall, both UU and UiB made the proces as clear as possible.

#### counselling & support at Utrecht University

The support at the UU was quite good. I felt that I could ask the questions that I had and would receive help if I needed it.

#### academic preparation

I had done no academic preperation. My English was already at a good level before I left and I needed no prior knowledge for the subjects that I wanted to take.

#### language preparation

As I said, I did no language preparion but if you unsure of your English, I would advise to prep a bit.

#### finances

The finances were quite a struggle. Norway is very expensive when it comes to food and activities. But aside from that also set aside money for trips during the exchange period because everyone goes on trips and you will want to join. And it's way more fun if you get to explore the country aside from Bergen.

### STUDY ABROAD PERIOD



study programme (content and organisational issues)
I did not do a specific study programme. I chose random subjects that interested me, so Scandinavian Literature in the 19 <sup>th</sup> and 20 <sup>th</sup> century, Scandinavian Politics and Introduction to Norwegian. I really enjoyed the study part, though Scandinavian Politics wasn't my favourite. I would really advise to follow the Norwegian course. You get to meet a lot of new people and it's fun!
academic quality of education activities
The quality of education is quite good. I have to say, for me and for other people I have talked to, the studies there were much easier compared to the studies at home. So there is a big chance (depending on the subjects you chose of course) that studies will not take up that big a chunk of your time.
counselling & support at receiving university abroad
The support was quite helpful though sometimes it took a while to arrange things. You just have to be proactive and contact again if you haven't received an answer.
transfer of credits
I still am in the process of it so I can't say anything about this.

<b>STUDENT LIFE</b>
welcome & orientation programme
The wasn't an extensive welcome programme. There was an introductory Teams meeting which was helpful and it gave quite a lot of useful information. Take good notes of the information they give at that meeting! Fantoft had introcutory meetings at the TU (tenants union) which I would advise attending.
accommodation
I chose to live at Fantoft. Most exchange students live in Fantoft housing though you could also choose to live in the city centre. I lived in a shared flat with 16 people and shared a room with 1 other person. I was really hesitant about this living situation because I am not used to having this many people around. I had applied for single housing but in the end I am happy that I was placed in the shared flat. Although it was a bit much sometimes with the partying and noise, it also made it so so much easier to make friends and not feel lonely on exchange. I wouldn't have had a lot of the experiences I've had if I hadn't lived in this kind of housing. Especially if you're there for just half a year I would strongly recommond to choose the shared room Fantoft TRE. A lot of people who ended up in single housing ended up regretting it from what I've heard.
leisure & culture
Bergen is great for someone who wants to do a lot of things in nature. Bergen clubs and musea are not what you come for. There are fun clubs and it's fun because you will recognise a lot of exchange students there (the whole Fantoft goes out in the same clubs) but it's definitely not the main attraction. Norwegian nature is insane. Hike the mountains in Bergen and rent a car and drive out of the city. Just within one hour there are already so many beautifyl places with cliffs, waterfalls, mountains etc. It's really beautiful.
suggestions/tips



Fun things to do:

- Nobel Bopel (coffee place)
- Hike the 7 mountains
- Stay at DNT cabins
- Go to Tromso in the winter time

I have many more so feel free to contact me.

## CONCLUSIONS

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

I would definitely recommend going to Bergen. I had so many valuable experiences here and so so much fun. The University of Bergen is way more accomodating to exchange students than in other countries/universities. You will not feel lonely if you live in the Fantoft shared housing and there is so much to do for students in Bergen. Go, go go!

do you have any additional advice or comments?

Get a credit card because you won't have to pay commision while paying. It's expensive enough as is. And bring alcohol and tea from home.



## ERASMUS+ STUDIES - UU Report

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

destination city & country	Bergen, Norway
how did you travel to your destination?	By plane
name university abroad	University of Bergen
start date	11 / 01 / 2022 (dd/mm/yyyy)
end date	25 / 05 / 2022 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	I read every step on the UU site about the exchange programme and I went to the informationday. There I got more information of what was expected. I wrote all the steps down with the dates in my kalender so that I wouldn't forget what needed to be done. This really helped me and I highly suggest to do this as well. Because there are so many steps it is easy to forget.
counselling & support at Utrecht University	Tessel helped me to know what I needed to do, I study at the Universiteit of Humanistiek and the procedure was a little different and she really helped me to know what I need to do. Because I study at the Universiteit of Humanistiek and I applied for the exchange on the UU there was a lot of trouble with creating a new osiris and user name. This took way longer than expected, but Tessel really helped me through it. In my case it is good to take your time with all the different steps because a lot of things didn't work right away (I couldn't logg in to my email or to osiris).
academic preparation	I wrote a motivation letter and practiced my English. Besides I really dove in the the different lectures my host university had to offer to know what kind of level they expected of me. With Bergen I have noticed that the academic level wasn't that different from the UvH. But it depended on whether you did an undergraduate course or a graduate course, so it is good to look closely at this. The graduate courses where way harder.
language preparation	I read a lot of English novels and I died the OLS test, in my case I knew that my English is oke enough to have good conversations and read English academic literature. But because all the academic literature is in English you should really know if your English is good enough for this. Otherwise for me it helped to read English books or watch more difficult English movies. This helped with creating a bigger vocabulary.
finances	The Erasmus money really helped but Bergen and Norway is extremely expensive. The public transport is on the other hand really cheap but the food was very pricey. The housing was also oke and I could affort that but it is good to have enough savings if you also want to do some nice things.



STUDY ABROAD PERIOD
study programme (content and organisational issues)
I followed a historical lecture and the Norwegian language class NOR1. All the information is visible on MITTUIB and in class you are told what is exactly on MITTUIB . Besides that they help you with registering for your exams on STUDENTWEB. The content was very nice and interesting and the teachers both really loved their lectures, this was inspiring.
academic quality of education activities
The academic quality is really high, the teachers really know what they are talking about and have a lot of knowledge. Besides, it was noticeable that they loved their lectures and they both really taught with a lot of enthusiasm.
counselling & support at receiving university abroad
I didn't got a lot of counselling abroad but I knew I had contact persons where I could go to (in the Netherlands). I think this they could have done better. I also know some people who felt a little bit lost in the beginning and had trouble making friends. It is nice to know exactly who you can go to in Bergen and who you can talk to about mental health.
transfer of credits
It went really fast. I was really happy with the money I received, I think for an expensive country as Norway it was enough and that is really a miracle. I was surprised with how soon the money was on my bank account, this was way before the semester start.

STUDENT LIFE
welcome & orientation programme
Unfortunately, I had covid during the orientation programme so I missed this. But, I heard from friends that it was really nice and that they give you a lot of tips of what is nice to do in Bergen. They also help you with what mountains to climb.
accommodation
I lived at Fantoft, this was amazing with a lot of parties and nice people. This is the biggest student complex in Bergen, they also have a club where you can go out. In the night it can be quite noisy because there are so many parties. But you can call the security and they will break up the party if it is too loud, so then you can sleep.
leisure & culture
I really loved Norway, it had nice museums and nature. If you like to hike, Bergen is the place to be. It has seven mountains around the city that are all different and very beautiful. In the city itself you can go out to town and drink coffee at the student kvarteret for only one euro. This is also a nice place to work and meet people.
suggestions/tips
You should definitely love nature if you want to go to Bergen otherwise there is less to do. But a tip is to go to the nordness swimming pool. It is in a fjord with a sauna and a warm pool, it is really nice.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I do, it was a really nice experience and I met a lot of nice people. Also Norway was incredible. I have a feeling the whole town really welcomes the students and you get so many student discounts. It is a small but cozy town and the nature is incredible.
do you have any additional advice or comments?



You shouldn't go to Bergen if you are really a 'city' person. Bergen is mostly surrounded with nature.



## ERASMUS+ STUDIES - UU Report

faculty/college	Geosciences
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Human Geography and Spatial Planning

destination city & country	Bergen, Norway
how did you travel to your destination?	Airplane
name university abroad	University of Bergen
start date	05 / 01 / 2022 (dd/mm/yyyy)
end date	20 / 06 / 2022 (dd/mm/yyyy)

<b>PREPARATION</b>	
exchange application process	The application process at the University of Bergen was very clear and had clear deadlines. It was not difficult to receive the required documents for the application. If you had a question regarding the application, the international office of Bergen responded very fast.
counselling & support at Utrecht University	The University of Utrecht explained well before any deadlines what options you have when you would like to go on an exchange and they held very useful information meetings. The university also held a very nice and informing pre-departure meeting after selection of your exchange destination. In this meeting I received a lot of practical information on what to prepare and there was also an opportunity to speak to students that have been on exchange to Bergen previous semesters. During my exchange I didn't need the counselling of the University of Utrecht that much, but if I had any questions they responded quickly.
academic preparation	The academic level in Norway is quite similar to the academic level in the Netherlands and therefore academic preparation was not necessary. The education that I received in the Netherlands was sufficient preparation for the education in Norway.
language preparation	Almost everyone in Norway is able to speak English, so you do not need that much language preparation. My courses in Utrecht were partially in English and I feel that this has prepared me sufficiently for the semester abroad. However, I also wanted to learn some Norwegian, because I like to learn new languages. I learned some Norwegian before going abroad through DuoLingo and during my semester I followed a Norwegian Language course, which was very interesting.
finances	Norway is a very expensive country compared to most other countries in Europe. Everyday groceries and alcohol are definitely more expensive than in the Netherlands, and you should be prepared for that. Fortunately, a lot of places give student discounts! Examples are restaurants, some clothing stores, airlines and the public transportation in Bergen also has a student price. I prepared for the higher expenses by saving up



money well before going to Norway. It is also nice to have money for traveling in Norway, as the country is super beautiful.

### STUDY ABROAD PERIOD

#### study programme (content and organisational issues)

The University of Bergen has a lot of courses for exchange students, which can be found in a clear list on the website. It was very easy to pick the courses from the website. I decided to do a the Norwegian Language introduction course, which was super fun. There were only international students in the course and the book was adjusted to international students that live at Fantoft. The language course is very popular among international students, so if you want to follow this course you have to apply on the date and time that the application is opening (for me this was at 8 in the morning). Being five minutes late would already be too late for a spot in the course. I also followed two courses on sustainability: SDG215 Sustainable life on land, and Systems of Governance and the Global Challenges of Energy and Climate. These courses were also very interesting and a nice addition to my study program.

#### academic quality of education activities

The academic quality of my courses in Bergen were similar to the academic quality in Utrecht and most education activities were also similar. The Norwegian language course and the SDG15 course were more interactive than the courses in Utrecht, and they were also in smaller groups.

#### counselling & support at receiving university abroad

The University of Bergen is very supportive and welcoming towards exchange students and always responded very fast to emails. They also gave updates on the Covid-19 situation in Norway and informed us on how to get vaccinations, which was very nice.

#### transfer of credits

My credits have not been transferred yet, but I feel that this will be fine. The credit and grading system in Bergen is different from the Netherlands, as the grading scale is only from A to F, where F means failing the course.

### STUDENT LIFE

#### welcome & orientation programme

I went on exchange in the second semester, so the welcome programme was not very elaborate. I did hear from students that were in Bergen for the entire year that the welcome programme in August is better and bigger. For me, there was only an orientation meeting and a faculty meeting on the second and third day of my arrival in Bergen. Both the meetings were held online, due to the COVID-19 measures. The orientation meeting was specific for new international students and focussed on practicalities, such as where to find the student centre and where to get necessary signatures. They also talked a little bit about the student life in Bergen and the Norwegian Mountain code, with good warnings about hiking while there was still a lot of snow in the mountains. We used the chat of the meeting to create Whatsapp groups for the students living at Fantoft and many more groups, which was nice to have. The faculty meeting was kind of similar and explained a lot of the same information again, but then specific about the faculty buildings. The meetings were useful, but I missed a part about meeting the other international students and trying to get to know Bergen together. I think this was not done because of the COVID-19 measures.

#### accommodation

I lived at Fantoft TRE, which is one of the relatively new buildings at Fantoft. I would recommend living there to everyone, since this is a place with a lot (almost only) international students. Living in Fantoft ensured that I met a lot of students from various countries, also outside of Europe, which was super fun and interesting. I lived in a single room with a shared kitchen and my own bathroom, which was very nice. In the spring semester you





don't have to share your room with another student, so it was nice to have my own place and also have the possibility to sit in the kitchen with my flatmates. The Fantoft Tre building is perfect if you like this, because when you enter to go to your room, you first pass by the kitchen. I had 6 flatmates from European countries and a flatmate from Japan, who were al super nice and we had a lot of fun together. It is very nice that the University of Bergen guarantees the housing, so that you don't have to worry about finding accommodation. Living in Fantoft TRE was the best choice, as this is a place where you can easily make friends and most of the parties and dinners would happen at Fantoft.

leisure & culture

In my free time I loved the hiking around one of the seven mountains that surround Bergen. The hikes are all very nice and give a gorgeous view over the city and the fjords. There are ofcourse many more hikes you can do around Bergen, and most hikes are super easy to access via public transport. The public transport in Bergen is not too expensive as you can go to for example Odda (at the Hardangerfjord) for only 6 euro's, which is three hours from Bergen. I would also recommend to go on as many trips as you would like, since Norway is such a beautiful country to explore. Examples of very nice trips are Tromso, Lofoten islands, the Sognefjord, Trolltunga and Preikestolen. Bergen also has a lot of very nice nightclubs and bars to explore, and you will be amazed by the Norwegian drinking culture. Alcohol is very expensive in Norway, so most Norwegians would have pre-drinks and get super drunk before arriving at the club.

suggestions/tips

You won't need to spend as much time on your studies as you would in your home country, so make sure to use that time for fun activities. There is for example, a free iceskating ring a few bybanen stops away from Fantoft. Another very important tip is that in Norway they have something called the BUA (they have multiple locations in Bergen), where you can rent outdoor stuff like ski's, SUP's, tents and other camping materials all for free! If you like to ski, you can go to Voss by train (two hours) with your rented ski's. Another nice app is the UT.no app, which shows all the hiking routes available in Norway.

CONCLUSIONS

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

I would definitely recommend this university to everyone! Bergen is a super beautiful city, with a lot of cute old Norwegian wooden houses. It has a super nice location on the fjords, making the views from the mountains extra beautiful. Bergen is a very international and student like city, where there is always something fun to do. When I was there, there was the Norwegian national day on the 17<sup>th</sup> of Mai, which was a really fun day with people wearing the traditional Norwegian bunad. Also, Bergen is a really nice location to explore the rest of Norway, as you can easily fly to the North and go above the arctic circle. It is also very easy to rent a car or go by public transport to the fjords more land inwards, which are not very far away from Bergen but provide you with a completely different landscape. The University of Bergen is very helpful and has a lot of courses for international students, with a high academic level.

do you have any additional advice or comments?

Bergen is the rainiest city in Europe, as you would have probably already heard about before. However, when you are for a longer period of time in Bergen, you will see that there are also a lot of very nice and sunny days! For me the weather wasn't a problem, since I would just study on days that are rainy (as is the same in the Netherlands) and have fun outside when it stops raining. But it is nice to pack a rainproof jacket, thermal clothing and of course your hiking boots when you go to Bergen on exchange. Norway is a super beautiful country and Bergen is the perfect Norwegian city to go to, as it has many old architecture and nature is always close to you!