



ERASMUS+ STUDIES - UU Report

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

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

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

family name*	
first name*	
student number*	
permission to publish contact details**	<i>optional; only if you allow students preparing for study abroad to contact you (directly)</i>
	my e-mail address <input type="checkbox"/> yes: @ my weblog <input type="checkbox"/> yes: my Facebook account <input type="checkbox"/> yes: other (social) media <input type="checkbox"/> yes: or <input checked="" type="checkbox"/> my contact details cannot be published on the UU webpage, but I do give the International Office permission to forward my e-mail address to individual students interested in my host university abroad: @
<i>See end note for * and **</i>	
faculty/college	Geosciences
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	SBI

destination city & country	Trondheim, Norway
how did you travel to your destination?	Arrival: plane; departure: car
name university abroad	NTNU
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	21 / 12 / 2021 (dd/mm/yyyy)

You are requested to write on the following topics. Text boxes will expand automatically while typing!

PREPARATION
exchange application process
<p>The exchange application process was quite easy. However, it was really difficult to find housing due to corona restrictions. Normally you can apply for housing of the university, but now only a few spots were available. They offered some websites where you could find housing, but you really need to be careful with scamming. I got scammed twice via facebook and on hybel.no. So be careful!</p> <p>The Erasmus grant was quite easy to apply for. And a tip is to apply for the 'reiskostenvergoeding Buitenland' of DUO.</p>



counselling & support at Utrecht University

The support of Utrecht University was quite good. They were fast with replying, especially in comparison with the international office of NTNU. The international office of NTNU took three weeks to reply, which was quite long in my opinion.

academic preparation

No academic preparation

language preparation

No language preparation, but I would suggest for bachelor students to apply for the course 'Norwegian for Foreigners'. In the end, a lot of my friends could speak a bit of Norwegian, which was really nice.

finances

As I already explained, it is quite easy to apply for the Erasmus Grant. Luckily, I received the Erasmus Grant, because life in Norway is expensive. For example for a bread you will pay around 3-4 euros, for a beer in the supermarket you pay around 2,50, and in a club you will pay 10 euros for a beer.

For my room I paid around 550 euros per month, but I think this was a normal price for a room.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

I followed four different courses: 'innovation by design thinking', 'sustainable food production', 'applied project management' and 'climate change mitigation'. I would really recommend to follow the course 'innovation by design thinking'. The course is focused on making your own product/service that will have a significant impact on your surroundings. The concept 'Design Thinking' was quite new to me and the professor teaches in different way than you are expected. During the lessons, there was time for icebreakers, meditation and personal development. I think this course was really an eye opener how you can teach in a different way. I can definitely use the practical insights in my future work. Also for this course, there was a pass/fail, so the focus was not on getting the highest grade or pleasing the teacher, but focused on your own motivation. This led to less pressure and more creative ideas. So I would say: please follow this course!

The course 'climate change mitigation' is a good course if you want to learn more about sustainability. I already knew a lot of these concepts, so the lectures were quite easy to follow. I did not really like the tutorials, because it was sometimes a bit too chaotic.

The course 'sustainable food production' was different then I expected. I hoped to learn about different sustainable production methods, but it was just a bunch of different topics. I missed the 'red line' in this course, but i think it was the first year this course was teached.

The course 'applied project management' was also good and easy to follow. It was not as practical as I expected but it was nice! I would suggest not to buy both books, but only the book of the professor. The other book is a recap of the book of the professor.

academic quality of education activities

The level of the courses are lower than in the Netherlands. In the Netherlands, I studied a lot during the week and weekend. Here, I had a lot of free time during the weekends. Now I had enough time to explore Norway.

counselling & support at receiving university abroad

As I explained above was the support of the receiving university not that good. It took three weeks for a response, and most of the time they did not really answer your question. Also they made some mistakes with signing the learning agreement. However, I think the rest of the university stuff is well arranged.

transfer of credits

The transfer of credits is still in process. But its easy to see your grades on their studentweb.



STUDENT LIFE
welcome & orientation programme
Due to corona we did not have a welcome & orientation programme. This was quite sad! It was a bit weird, because the normal Norwegian students had a welcome week ('fadder week'). Luckily, we had a facebook page for all international students. In this facebook chat people send whatsapp groups to go for walks, hikes, or drinks. So after all, it was quite easy to meet new people and make friends, but you had to be a bit more active with meeting new people.
accommodation
It was quite hard to find housing via internet, because the university only arranged a limit amount of housing spots. I would suggest not to search on Facebook, but use these websites : hybel.no or finn.no. I found a room via finn.no, but you need to be active with responding to advertisements of rooms. If you see a phone number on the advertisement, you should call that number. I also had some friends who could not find a room on the internet, but stayed in a hostel for a some days, until they found a room. A bit stressful, but this is also possible!
leisure & culture
There is enough to do in Norway. Wauw, I did not expect that Norway was so beautiful. Really fell in love with the country. Especially Trondheim is a really nice student city close to nature. In 20 minutes, you are in a big forest next to Trondheim, called: Bymarka. You can go for there for beautiful hikes, cycling, swimming, or in the winter for cross country skiing and ice skating. The Norwegians are really fan of cross country skiing. Also the university has some wooden cabins, which they rent for a low price. You can easily book the cabins, which are located between half an hour to three hours of travelling. Some of the cabins have a lake or sauna, and it is really nice to spend a weekend there with your friends. Before I came to Norway I did not really like hiking, but here I hiked nearly every weekend. Also I would suggest to go for a long weekend/week to the Lofoten. One of the most beautiful places of Norway, and maybe even of Europe. Steep mountains next to the sea, with perfectly blue water! In September/October it is the best moment to vist the Lofoten, because there are nearly any tourists. However, if you are done with hiking there is enough to do in the city center. There are good bars and clubs to party. The students in Trondheim normally party on Thursday, Friday and Saturday.
suggestions/tips
- Lofoten --> longer weekend trip - Bar Circus --> small rock bar - Samfundet --> huge student club (looks like Tivoli Vredenburg, but a bit smaller). In October they have a three weeks festival. I would suggest to buy some tickets for random/Norwegian parties.

CONCLUSIONS
would you recommend this university/destination abroad to others? please explain
Yes, I really would recommend to go to Trondheim. Beautiful city which offers everything you expect of a city: from a cute city center to beautiful nature. Also the university has good facilities and courses.
do you have any additional advice or comments?
No



Save this UU report for your own records and upload the report in your Erasmus+ file/application in Osiris within 30 days after finishing your study abroad period and in ANY case before the final deadline!

NOTE: Please **upload in Word (.docx)** so we can delete your ***personal details between processing for grant purposes and publication on the website for future UU exchange students. **Contact details will only be included if and where permission has been given.**