



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: @
See end note for * and **	
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)

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

PREPARATION	
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 all 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 17th 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!

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.