



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>See end note for * and **</i>	<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 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: @
faculty/college	University of Utrecht
level	<input checked="" type="checkbox"/> bachelor's <input type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Aardwetenschappen

destination city & country	Oslo, Norway
how did you travel to your destination?	by airplane
name university abroad	University of Oslo
start date	10 / 01 / 2022 (dd/mm/yyyy)
end date	10 / 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	It was quite hard to find all the right documents and information. Also the communication between the universities was not great which did not help with preparing and for a very long time it was unsure if I could go on exchange or not. This was because the university of Oslo was not able to tell me if I could follow the courses I wanted until the week before the semester started. This all was a quite stressful proces.
counselling & support at Utrecht University	



Although there was help from the University of Utrecht with the preparations for my exchange I noticed a lot of the time the international office also did not have an answer to my questions and my stress around the preparations was not taken that seriously.

academic preparation

Since I went on exchange in the second semester I had to drop a course that I wanted to follow in period two at the university of Utrecht since it was not possible to finish this course earlier or abroad. This caused some study delay but it was worth it to go on exchange.

language preparation

All the courses I followed at the University of Oslo were given in English this is why I did not have to do any language preparation apart from the mandatory english test from Erasmus.

finances

To finance my exchange abroad I had to fill in a lot of documents to get the erasmus+ grant. With the erasmus+ grant, my savings and help from my parents I was able to pay everything abroad.

STUDY ABROAD PERIOD

study programme (content and organisational issues)

The courses I followed at the University of Oslo were Meteorology, Climate Change and Impacts, and Environment and society. The courses were given in a nice tempo not too fast and not too slow and they were of good quality. The organisation of the geological courses were in the beginning a bit strange because the geological department of the University of Oslo was not able to tell me if I could follow the courses I wanted until a few days before the semester started. This was really stressful during my planning and because of this I needed to change one of my courses one day before the semester started.

academic quality of education activities

The courses had a good quality and most of the time it was clear what was expected from you. The two geological courses I followed had a very small number of students that followed the course, which was nice because this made the teaching very personal. The small group was also nice during the excursion of the meteorology course because it made it easier to get to know everyone better.

counselling & support at receiving university abroad

Once I was studying at the University of Oslo the counselling was very good. Very quickly during my stay there I got all the extra needs I needed for studying with dyslexia and because the classes of the geological courses were so small you could get a lot of personal help.

transfer of credits

It was very easy to get the credits transferred to Utrecht. I only had to log-on to a website of the university of Oslo where I had to put in the e-mail address of the international office and within two weeks that I did that the credits were transferred.

STUDENT LIFE

welcome & orientation programme

At the beginning of the semester there was an introduction week for all the exchange students. This was very nice to get to know the city and the other exchange students. All the activities during the introduction week were very fun and helped you to get out of your comfort zone and meet new people.

accommodation

The student accommodations are all organised by the organisation SIO. All the student houses are very nice and well taken care of. I unfortunately got an unfurnished room because all the furnished rooms were already taken



which was a bit more work at the beginning, but with help from some people and the Norwegian website Finn (the norwegian version of marktplaats) it was quite easy to find cheap furniture.

leisure & culture

In Oslo it is possible to take a membership at the gym places that fall under the company SIO for only about 20 euro's a month if you are a student which gives you the ability to do a lot of different sports like bouldering or swimming at the different gyms around the city. There are also quite some student organisations which is very nice and in the city there are also a lot of nice bars and clubs to go to.

suggestions/tips

To get to know more people it is important to be active during activities especially in the beginning of the semester. Therefore I would advise people that go to the University of Oslo to be very active during the introduction week and maybe also join a student organisation.

CONCLUSIONS

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

I would definitely recommend people to go for an exchange to Oslo. Oslo is a very nice city to live in with good infrastructure and is close to nature. Also Norwegians are very nice and easy going which is nice. At the university you can get a lot of personal help once you know where to go and there are a lot of organisations that give you the opportunity to get to know new people.

do you have any additional advice or comments?

Although I would advise people to go on exchange to Oslo or another city it is important to know that arranging everything beforehand and after the exchange is very stressful because you get almost no help and it is not always clear what you need to and where to find all the documents.

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.