



## 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: <b>or</b> <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:      @
faculty/college	Faculty of Geosciences
level	<input type="checkbox"/> bachelor's <input checked="" type="checkbox"/> master's <input type="checkbox"/> PhD
name study programme	Sustainable Development

destination city & country	Oslo, Norway
how did you travel to your destination?	Plane
name university abroad	University of Oslo
start date	16 / 08 / 2021 (dd/mm/yyyy)
end date	17 / 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	After participating in several events of the study abroad week I started preparing my application. It took me a lot of time to write the study plan, as it was challenging to find suitable courses in general for master students and specifically for my programme. I did reach out to several universities to require their flexibility regarding course choices, as it was important for me that the courses I took would match my study programme and count towards my degree.
counselling & support at Utrecht University	



In preparation I did have a meeting with my study advisor as well as someone from the International Office of the Faculty of Geosciences. I found this to be very helpful in clarifying some questions and to come up with my study plan. It is rather unusual in the SD Master's programme to go abroad, so I had to make some decisions such as postponing one mandatory course which I then have to take after my return.

academic preparation

There was no specific academic preparation necessary before going to UiO. Students could inform themselves about Norwegian culture to prepare themselves if they wish to do so.

language preparation

I did not take any further language preparation as my master's programme at UU is already in English. If that were not the case I would recommend practicing English to make sure you can follow classes. Generally, people in Norway speak excellent English, similarly to the Netherlands. For students who intend to learn Norwegian it might be a good idea to already start learning.

finances

It is known that Norway is an expensive country. Therefore, it is important to plan accordingly. Luckily, I received the Erasmus grant. It should however be noted, that students usually receive the grant only after they have travelled abroad, therefore one should be prepared to first pay all expenses and only be compensated later. While it is possible to save a little money for instance by choosing cheaper supermarkets, the living expenses will exceed those in the Netherlands by quite a bit. Especially when you plan to take some trips it is advisable to save money in advance. It also makes sense to inform yourself about where to buy cheap groceries and make use of activities offered by the university or student organizations as they can be much cheaper. The student organisation SiO regularly offers events such as going skydiving, game nights or even free cinema tickets.

**STUDY ABROAD PERIOD**

study programme (content and organisational issues)

There was no equivalent to my master's programme at UiO. So, I choose courses that matched my study area across different faculties. It should be noted that UiO is quite flexible with students taking courses at more than one faculty. The content of the courses matched very well with my study programme. I took one course on the social dimensions of environmental change, one which was an advanced introduction into development and environment and one about economic geography and sustainability transitions. Students usually receive more ECTS for one course compared to those at UU and therefore you have to take less courses. Similarly to UU, there was both individual as well as group work to be completed. However, usually the course grade is given for one bigger individual assignment, such as an exam or paper at the end of the course. It is noteworthy that courses may have different durations (some are intensives, others go over the whole semester) and the faculties also have different regulations.

academic quality of education activities

The courses I took were of good academic quality. One maybe a little less than the other two, as it was solely a lecture without any group work or seminar sessions. Overall, the courses and teachers at UiO were more critical than I was used to from UU, which I highly appreciated. Especially one course encouraged students to be critical with mainstream approaches and taught us critical analysis. There were some different focal points and it was very interesting to learn more about the sustainability approach of Norway. Due to its geographical location, its resources, history and size Norway has a very unique standpoint (e.g. not being a member of the EU).

counselling & support at receiving university abroad

All questions could be directed to the International Office of UiO. In my experience it sometimes took some time, before getting an answer, but everyone was very friendly and happy to help. From my understanding in non-corona times the office is also open to walk-ins.



transfer of credits

The courses I took could be registered as electives for my programme.

**STUDENT LIFE**

welcome & orientation programme

In the first week there was an orientation programme. Unfortunately, due to corona many events took place online. However, there were buddy groups of about 20 students with which we could meet and organise events ourselves. I would highly recommend taking part in the orientation to meet other students and learn about practical matters around student life. Furthermore, I would recommend to join one of the many student associations. They are great for meeting (Norwegian) students and doing sport or social activities for little money.

accommodation

There are two main options for exchange students in Oslo. The first is to stay in university housing provided through SiO, most of which are located a bit outside of the city and are relatively cheap (by Norwegian standards). Alternatively students can stay in a private student housing which can be located more central, but might also be more expensive. Due to corona SiO was not able to provide housing for exchange students, therefore I did not have a choice and stayed in a private student housing in the city center. I ended up really enjoying staying the middle of the city and being in walking distance to many central places such as the train station or the opera.

leisure & culture

Oslo is a great place if you like a mix of city activities and nature. Norwegians enjoy going into nature whenever they can, especially during weekends. Around the city there are many nice hiking spots and a lot of cabins, some even owned by the university that can be rented by students. There are also a lot of museums to visit, such as the new Munch Museum. As Oslo is a relatively small city a lot can be done by walking. I noticed that people do ride the bike less than in the Netherlands, I assume due to the weather conditions and small hills, but it is possible to do so as well if you like.

I took several trips to other cities, such as Trondheim, Bergen or Gothenburg in Sweden. It is recommendable to plan a bit in advance to get cheap train or bus tickets. There are also trips offered specifically for students for instance by ESN, which I recommend to check out as they are usually cheaper than going by yourself. Also, if you want to go to more remote places you mostly need a car.

suggestions/tips

My personal favourite: look up BUA, which is a project that provides sport equipment to students for free! This way you can save a lot of money when you go skiing, ice skating or do other activities. They even have camping equipment such as tents or backpacks. I used it to rent cross country skis during winter and was amazed by the quality of the material.

**CONCLUSIONS**

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

Yes, I would recommend going to Oslo. You should however be aware of the high prices when planning for your stay. Apart from that, Norway is a very beautiful country, with a lot of nature and culture to explore. The academic quality is also very high and they offer interesting courses. For me personally, the stay in Oslo was a perfect addition to my studies in Utrecht both personally and academically.

do you have any additional advice or comments?



If you have the chance learn some Norwegian. Even a little can get you a long way. People always appreciate you making an effort.

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.