

Travel Report

GENERAL INFORMATION

What was your semester abroad like?

I agree to the publication of the report and attached photos (there are no third parties rights to these photos) Yes

New outgoing students sometimes ask us for a way to contact former outgoings. Are we allowed to pass on your contact details in case of inquiries? Yes

Academic year 2022/2023

Start semester Herbst/Fall 2022/23

Duration in semesters 1

Study program at EUF BA European Cultures and Society

Subject 1 (only applicable to teacher training students)

Subject 2 (only applicable to teacher training students)

Subject 3 (only applicable to teacher training students)

Host country Norway

Host university Høgskolen i Østfold

YOUR PERSONAL EXPERIENCE

How did you prepare for the semester abroad? What should be organized in advance?

I made sure that I had all the documents I needed for my stay abroad. For any questions about the stay abroad, concerning the housing and the university, I got quick and helpful responses to my emails.

Where did you live and how did you find your accommodation (self-organized/provided by host university, dormitory/private etc.)?

I lived in a collective with up to 7 other people, with a private room, a two-people shared bathroom and a well equipped kitchen to share with the whole collective. The whole housing situation was really nice and the janitor service was really good as well.

Did you participate in events for exchange students? How did you establish social contacts in other ways?

By living in a collective with 7 other people you are likely to quickly meet new people. The university does a lot of events for international students. The first week of university - and after that, every weekends- there are a lot of parties on campus, where you have the opportunity to meet new people. There are also boardgame and movie nights. But they also organized events like climbing and a trip to Oslo.

How satisfied were you with the host university (facilities, staff etc.) and the course offer (workload etc.)?	The university is well organized and structures. For every problem you have the university is happy to help you. The staff and especially the professors were all really nice and competent. At first I was sceptic about the courses since it was teacher education courses instead of EUCS courses, but the courses were really nice and offered a lot of generally useful knowledge, philosophy and different perspectives. Because one course had 15 ECTS i only had to take two so the workload was really manageable.
Did you learn the local language? How important was the language for your stay?	There was a beginners norwegian course but unfortunately it overlapped with another course so I was not able to take it. I learned some norwegian words from my norwegian roommates. But knowing norwegian is not really important when studying in Norway since everyone, also outside the university speaks really good English.
What intercultural experiences/skills have marked your stay?	Because all international students lived on campus it was very easy to meet people from all over Europe and the world which was a very interesting experience from which lifetime friendships have formed. Another special experience was the typical Norwegian christmas lunch that the international office organized for all international students.
Which perspectives on your host country/home country have changed - and why?	For me personally nothing about my view has really changed. All the people I met were really nice, welcoming and helpful. Norway is a technologically advanced country, that is has a well organized and sustainable infrastructure.
How was your everyday life (leisure, shopping, transportation, inclusion etc.)?	Due to only having two courses a week I had a lot of freetime to do sports or go shopping in the city centre, which is a 30 minute walk or alternatively a 10 minute bus ride. I also really enjoyed going on hikes through the near woods and down to the fjord. I also sometimes took the, rather cheap bus- to go to the next bigger city Frederikstad to go shopping.
How did you manage financially? How much did you spend on visa (if applicable), travel, accommodation (per month), living expenses, leisure activities, other expenses (books etc.)?	Norway is a really expensive country, not only the rent that was around 500€ per months, which was the cheapest option, was a lot to handle but also the food prizes are rather high. An advantage of Halden is that it is only a 15 minute drive to a shopping center in Sweden, where you can buy food much cheaper than in Norway. The shopping center is reachable by bus or you can rent electric cars on campus.
What was your best/worst experience? Is there anything else you would like to share?	The overall stay was absolutely amazing. I made friends for life and always felt welcome at the university. I really appreciated the experienced, competent and friendly professors and university staff in general, as well as the welcoming people of Norway.
Would you recommend a semester abroad at your host university? For what reasons?	Absolutely! The reason being, that the workload is rather little so you have a lot of freetime to experience the life in Norway and to spend time with other people. If you have the money you can even plan trips within the country to see more of Norway. Every person I met was absolutely friendly. There was no language barrier if you speak English. The courses were nicely structured, organized and the professors really good. The exams in the end were also easily manageable. Living on campus makes everything really easy, concerning getting to the courses, the library, using printers or doing sports. Overall it was a really nice experience.

PHOTOS

In this section, you may upload some photos that represent your stay abroad. When selecting the photos, please bear in mind that the pictures will be visible online if you have given us the permission to publish your report.

- Photo (1)** file_63b87ffdb0313-whatsapp_image_2023-01-06_at_20.27.41.jpeg
- Photo (2)** file_63b8800224bf6-whatsapp_image_2023-01-06_at_20.28.01.jpeg
- Photo (3)** file_63b8800625892-whatsapp_image_2023-01-06_at_20.33.37.jpeg
- Photo (4)**
- Photo (5)**

Photo (6)

**Here you have the possibility to enter
descriptions/explanations for the photos**



Høgskolen i Østfold



