University of Oslo
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The University

The University of Oslo is the oldest and largest higher education institution in Norway. Its history began in 1811 when Norway was allowed by King Frederick VI, a Danish monarch to found its own university. The original university campus was built in Kongsberg but in 1812, it was moved to Oslo and was named The Royal Frederick University. Rented buildings served as the university's classrooms, which then only had six teachers and 17 students. But starting 1852, enrolment started to increase so that the university needed to expand and build more infrastructure. Its first buildings stood along Slotsveien (today known as Karl Johans gate).

The university began with only four faculties: The faculties of Law, Theology, Medicine, and Philosophy. However, in 1861, the Philosophy Faculty was divided into the Faculty of Mathematics and Natural Science, and the Faculty of Arts. In 1959, the university added another faculty, the Faculty of Dentistry. The last two faculties to be founded were the Faculty of Social Sciences in 1963 and the Faculty of Education in 1996.

Today, the university has eight faculties:

- Law
- Theology
- Medicine
- Humanities
- Mathematics and Natural Sciences
- Dentistry
- Social Sciences
- Education

The university was renamed University of Oslo in 1939. By the 1970s, the university already had 20,000 students. Today, the university is home to over 30,000 students and 4,600 staff members. The university is well known for its excellent research quality, proved by its four Nobel Prize winners. Apart from its research facilities and faculties, the university has a number of affiliated units and independent centres.

The current buildings of the university are spread over different parts of Oslo. The university's buildings are located in Toyen, Gaustad/Blindern, Ulleval/Geitmyrsveien, and in the Oslo city centre.
The International Office

The International Student Advisors renders advisory, non-academic services for international students who have been accepted for studies at the University of Oslo, and offers student support services all through your stay at the university.

- Karl Norli, Coordinator for the International Student Advisors and Special Events Coordinator
- Lynn Josephson, International Student Advisor for NOMA, Macedonia Programme, SUST, Fulbright students, Erasmus Mundus and Eurasia Programme
- Michele Nysæter, International Student Advisor for Quota Master's and Quota PhD students
- Sigrid B. Elgsaas, International Student Advisor for Master's Degree students and Guest students
- Camilla C. Rogne, International Student Advisor for Bachelor's Degree students
- Ingeborg Marie Østby Laukvik, part-time student assistant

Exchange students on the following programmes may contact any of the student advisors: Nordplus/Nordlys, ERASMUS, EEA Financial Mechanism Scholarship program or Bilateral agreements.

If you are a prospective international applicant, please see information about admission to courses and programmes: http://www.uio.no/english/studies/admission/index.html

**Contact details:**
Visiting Address
International Education Office
Lucy Smiths hus
Problemveien 7, Ground floor.

Opening hours
Monday - Friday 10 -15

Telephone
(+47) 22 85 82 00

E-mail
international@admin.uio.no

Due to a high number of incoming e-mails, it may take a few days before you receive a reply.

Postal address
P.O. Box 1072 Blindern
N-0316 OSLO, Norway
Location

Oslo has a population of approximately 600,000 and is surrounded by magnificent scenery from the fjord to the forested hills. It is a friendly and exciting city where you can find everything you need within a short distance from the downtown area.

As a student at the University of Oslo you will be living in a city that has all the benefits of a capital while never being more than a 15-minutes bus ride from the sea or the forests. Whether culture or nature, arts or sports is your scene, you will find it in Oslo!

Although Norwegian is the official language in Norway, most of the inhabitants in Oslo are both happy and able to communicate with newcomers in English – many even speak a third language, such as French, German or Spanish.

The city of everything

Culture, nature, politics, diversity, large, small, few, many – you will find everything in Oslo. The Norwegian capital houses almost 600,000 inhabitants, and over 10% of the whole population of Norway. Among Oslo’s 60,000 students, almost 75% come from outside Oslo.

Fjord city

The city of Oslo lies at the top of the 100 km Oslo Fjord and is surrounded by sea, forests and hills. You can reach many of the 40 islands in the Oslo Fjord by boat from downtown Oslo. The climate in Oslo is milder than the latitude suggests, and in the summer the temperature normally exceeds 20°C. Yet, the winters are cold enough to make Oslo a popular venue for skiing.

Green city

Oslo’s many parks cover more than 8 km² of the city. Over 50% of the city area is covered by forest and parks, and you find hundreds of lakes within the boundaries of the city. With public transport, you can quickly and easily reach Oslomarka, the forested and hilly areas
surrounding Oslo. Here you can go hiking, skiing, kajaking, camping, swimming, or travel on bicycle deeper into the forests surrounding the city.

**Friendly and safe capital**

Students in Oslo can feel safe. According to the Oslo Police Oslo is one of the world’s safest capitals in comparison with the capitals in other countries. There is less crime in Oslo than in other Nordic capitals.

For more information about Oslo and Norway, see VisitOslo.com - the official website for Oslo, and visitnorway.com.

**Travel**

The university is easily accessible by road and air travel. The university allows its students and staff to bring their own vehicles, although they are encouraged to use public transportation and bicycles. Bicycles are one of the fastest ways to move around central Oslo. To reach Blindern, car drivers can take Ring 3 and drive to Ulleval Stadion. Roads in Oslo are well signposted, allowing you to reach the university's redbrick buildings. Travellers coming from Trondheim can take the E3 and E6. Be sure to observe the city's speed limits and stop at designated toll booths.

**Travel by Air**

Oslo International Airport is located some 50 km / 31 miles north of Oslo. This is the largest airport in Norway and welcomes over 17 million passengers each year, from all over the world. The airport is accessed from the city by taking Highway E6 at Jessheim. Another airport in Oslo is Gardermoen. From here, travellers can get to the city by taking inexpensive buses and trains. Allot about 25 minutes for travel time.

Oslo Airport (OSL) Information: http://www.oslo-osl.airports-guides.com/

**Car Hire and Road Travel**

Oslo is an ideal base from which to make excursions to nearby villages and towns or along the stunning Oslofjord. A rental car gives you the flexibility to explore some interesting localities.

It is possible to rent a car in the city of Oslo as several hire firms have their depots in the city. The best and easiest way to book car hire is by pre-booking it online. There is a convenient online service here which offers the best car rental deals from a number of well known firms including Europcar, Alamo and Budget.

**Car Parking**

Students who have their own cars may park in Blindern Dormitory. However, upon obtaining parking permits, there are also parking spaces found in the university's parking lot. Just remember to place your permit in front of your windscreen to prevent being fined or your car being towed.
Travel by Trains and Rail
Norway boasts of an efficient and inexpensive train network. Travellers to Blindern get off at Oslo's central station. From here, travellers can take a taxi, bus, or shuttle to head to the university and to other nearby destinations in the city centre.

Travel by Buses and Coach
First-time visitors to Oslo can take Bus 28, 20, 22, and 25 and get off near Blindern campus. However, these buses do not drive through Oslo’s centre but focus on the city's fringes. Travellers coming from Lillestrom and Nannestad can take bus 363 or 335 to head straight to the university.

Ferry
Oslo has a large port that links the city to some destinations in Germany and Denmark. The city's port facilities are limited to a departure hall and a coffee shop, but there are a lot of good restaurants nearby.

Three ferry companies operate in the Oslo port. DFDS Seaways sails to Copenhagen daily. Color Line sails to Kiel, Germany and to Hirtshals, Denmark six times a week. Stena Line sails to Frederikshavn, Denmark daily.

Travel by Taxi
Taxis in Norway are fairly expensive, but take you virtually anywhere in and around Oslo. Taxis congregate outside airports, bus stations, and train stations. Its English-speaking drivers can take you to nearby destinations in the city as well as in the university. Depending on which taxi company you choose, a taxi from the airport may cost from approximately NOK 400, up to NOK 600-700. Sharing a taxi with others may be the cheapest way to travel here. A taxi from the Central Station to Kringsja Student housing is about NOK 200.
Accommodation

Student Accommodation
SiO Student Housing provides affordable housing for students in Oslo. SiO has 7700 rooms and apartments, near campus and around town. Some of the rooms share a bathroom and kitchen; others have a separate bathroom and kitchenette.

 Guaranteed housing

International students on exchange or full-degree programmes are guaranteed accommodation in one of the student villages, provided that they follow the instructions in their admission letters and go through with all necessary procedures by the specified deadline.

Please note that some students may have to share a room and that the housing guarantee does not extend to family members. All international students will receive guidelines on how to book student housing after admission, together with their Letter of Admission.

Students who have been admitted to the University of Oslo should see housing for new international students: http://www.uio.no/english/studies/new-student/housing/index.html

Housing application deadline

- **25 June** for students starting their studies in the autumn semester
- **25 November** for students starting their studies in the spring semester

Prices and standard

Prices for a single, furnished room vary from approximately NOK 2200 to NOK 4200 a month. International students are generally offered accommodation in the lower price range, where they share bathrooms (2-5 students) and kitchens (4-6 students), often with other international students. However, it is possible to apply for transfer at a later date if you should wish to change their accommodation within the same category.

SiO also offers housing of higher standards, e.g. new and modern student houses in the higher price range where all tenants have their own bathroom and kitchen.

Please note that family apartments or flats for students who wish to bring along their spouse or family cannot be guaranteed by SiO or the International Education Office. Students who wish to bring along their spouse or family have to find an apartment on the open market. These days, rents start at approx NOK 8000 for a 2-room apartment in central Oslo.

Location

Most international students are given housing at Kringsjå studentby where there is excellent access to public transport and great opportunities for biking, swimming, skiing and hiking just minutes away. For more information on getting to your accommodation see:
http://www.uio.no/english/studies/new-student/getting-to-uio/
Admissions

Through the Erasmus programme, students from Europe may spend one or two semesters at the University of Oslo (UiO) as part of their studies.

How to apply
Please contact your institutional Erasmus coordinator to find out if you are eligible for exchange with the University of Oslo. You must apply through your home university. Local procedures and deadlines will vary according to each institution.
After nomination by your home institution, you must fill in the application forms:

- ECTS Student Application Form
- ECTS Learning Agreement
- These are available online in pdf format at:
  http://www.uio.no/english/studies/admission/exchange/erasmus/

The application form and learning agreement must be sent together with transcripts of grades/records by the Erasmus coordinator at your institution directly to the faculty or department with which your institution has an agreement (and not to the International Education Office).
The University of Oslo does not admit Erasmus Free Movers.
Erasmus Placement: In general the University of Oslo does not offer many placement opportunities for incoming Erasmus students. All questions about placements must be directed to the International Education Office or the exchange administration at the relevant faculty. The general procedures for nomination from home university, application and application deadlines apply for Placements as for regular Erasmus Student Exchange. Placement applicants must be from partner universities.

Students who contact professors or academic staff directly about placements without involving administrative staff risk rejections of their applications.

Deadlines
The application form and learning agreement must have reached the relevant unit at the University of Oslo before:

- **31 May** for the Autumn semester (August - December)
- **31 October** for the Spring semester (January - June)

To ensure that admitted students have enough time to prepare for their exchange, we recommend that the applications are sent **2-4 weeks** before these deadlines.

Courses in English
Erasmus students may choose from more than 800 courses offered in English. The course descriptions give detailed information about each course, course content, when it's taught etc. The list is updated for the coming semester in late November/mid-May.
Some courses are only taught in English if requested by exchange students. If you want to apply for one of these courses, you must do so within the deadlines for completing the Declaration of Acceptance (25 June/25 November).
Erasmus students who wish to follow courses that are not included in the agreement they apply through, must ensure that their home institution will recognize such courses as part of their degree. The students must also contact the department/faculty they are applying to, to ensure that they are permitted to follow courses at other departments/faculties. If permission is granted, that department/faculty will facilitate contact between the student and the other department/faculty.
The University of Oslo uses the ECTS credit system where a full semester work load should give 30 credits. For further information see academic system.
For questions concerning courses offered in other foreign languages than English, please contact the local international coordinator at your home university.

Norwegian language courses
Erasmus student at the University of Oslo may apply for Norwegian Language Courses on foundation and advanced level:
- Erasmus Intensive Language Course (EILC) - is offered at the International Summer School (ISS), University of Oslo (17 July - 3 August 2012). Applicants apply through the Erasmus contact person at their home university before the given deadline. Application form and further information is found on the Erasmus webpage
- Norwegian Language Courses at the Department of Linguistics and Scandinavian Studies. The credit value of these courses may be incorporated into a degree, if the courses are recognized by your home institution.
- Intensive Norwegian Language Courses offered through the International Summer School (ISS) at the University of Oslo. The courses have a fee and are accredited with 15-20 ECTS credits. For further information about academics and admission, see The International Summer School (ISS)

After admission
Letters of Admission will be sent out from the beginning of November for the Spring semester, and from the beginning of June for the Autumn semester. Together with the Letter of Admission you will also receive directions on how to go to the online Declaration of Acceptance form, which must be submitted before 25 November for the Spring semester and 25 June for the Autumn semester.
Student housing must also be booked before 25 November for the Spring semester and 25 June for the Autumn semester. Students who follow the directions are guaranteed housing in one of the student residences. See student housing
The Spring semester usually starts in the second week of January and ends in the third week of June. The Autumn semester usually starts in the second week of August and ends in the third week of December. Erasmus students should arrive in Oslo the week before the start of a semester to ensure that they will be present for the Orientation Week for new students.
Most questions regarding practical issues are answered on our web pages for new international students.

**Contact information**
For questions regarding courses and other academic matters, please contact the department or faculty with which your institution has an agreement, see contact information under questions about studies.
For general information about the Erasmus programme, see information on the European Commission's website ‘Erasmus for students’.
Academics

Libraries

The University of Oslo Library is Norway's largest academic library. The University of Oslo Library is available to everyone, whether or not you are attached to the University. The library’s main function is to support the University’s aims regarding research, education, communication and innovation. Our primary users are staff and students at the University of Oslo and Oslo University Hospital, Rikshospitalet. The University Library cooperates with other libraries, both in Norway and abroad, to ensure that our primary users have access to material not found in our collections.

We offer you
- High quality information services and collections
- Simple and effective access to electronic resources
- Assistance in using the library and in searching our resources
- A good and inspiring environment for study and research

We guarantee you
- Professional and helpful staff
- Confidential assistance
- That time limits are kept

We expect of you
- That you respect the Library Regulations
- That you familiarise yourself with the library’s information to users
- That you make an effort to search for books and journals, and to find the literature on the open shelving

For more information on facilities and locations of the various libraries and their opening hours etc see: http://www.ub.uio.no/english/

Academic Calendar

The academic year for most programmes of study at the University of Oslo is divided into two semesters: Autumn and Spring.

Semester duration
- Autumn semester: from the middle of August to the middle of December.
- Spring semester: from early January to the middle of June.

Vacations
- Summer vacation: from the middle of June to the middle of August.
- Christmas vacation: from the middle of December to early January.
- Easter vacation from the Monday after Palm Sunday until the Tuesday after Easter Sunday.

Start and end of each semester
The exact dates for the start and end of each semester may vary from year to year and between the different study programmes and courses. The course descriptions will give you detailed information about each course, when it is taught, time and place of the exam(s) etc. The list is updated for the coming semester in late November/middle of May.
Grading System

The University of Oslo employs either a grading scale with letter values or a grading scale with only pass/fail values in the assessment of examinations.

1. Pass/fail

   The pass/fail scale is applied as an independent scale with only two possible results, and is not connected to the letter grades.

2. Letter grades

   The grading scale with letter values is a descending scale where A is the best grade, E the lowest pass grade and F is fail. The assessment is based on defined, qualitative criteria for each grade in the grading scale.

Below you find the general, qualitative descriptions of the criterias used in the assessment of examinations. Each subject area may have specified more detailed criterias for the assessment.

A – Excellent: An excellent performance, clearly outstanding. The candidate demonstrates excellent judgement and a high degree of independent thinking.

B - Very Good: A very good performance. The candidate demonstrates sound judgement and a very good degree of independent thinking.

C – Good: A good performance in most areas. The candidate demonstrates a reasonable degree of judgement and independent thinking in the most important areas.

D – Satisfactory: A satisfactory performance, but with significant shortcomings. The candidate demonstrates a limited degree of judgement and independent thinking.

E – Sufficient: A performance that meets the minimum criteria, but no more. The candidate demonstrates a very limited degree of judgement and independent thinking.

F – Fail: A performance that does not meet the minimum academic criteria. The candidate demonstrates an absence of both judgement and independent thinking.
Practical Matters

Residence Permit

Students residing outside the European Economic Area must apply for a visa and residence permit immediately after they have received their Letter of Admission from the University of Oslo.

Students from the European Economic Area (EU-citizens and Swiss citizens) do not have to apply for residence permit, but they must register with the Police if staying in Norway for more than 3 months.

1. Non-EU/EEA-citizens

Please follow the instructions in your Welcome Letter. All Non-EU/EEA students are advised to apply for a residence permit from home.

Citizens under the Norwegian visa regulations are required to apply for a visa and residence permit before entering Norway. Please note that students who enter Norway without the necessary permit will not be allowed to remain in Norway.

How to apply

- Please register an application for a student residence permit on the UDI application portal.
- UiO organisation number: 971 035 854
- e-mail address: int-advisor@admin.uio.no

When asked to send the application to the reference you listed, please check NO, as this has no relevance to your application.

If you cannot register an application online you must fill in the UDI application form for first time residence permit and apply through the nearest Norwegian Embassy/Consulate in your country of residence.

Which documents to submit with your application

- A certified copy of a valid passport.
- A certified copy of your Letter of Admission from the University of Oslo.
- The blue sheet addressed to the Norwegian Immigration Authorities (which you will receive together with the Letter of Admission).
- Documentation of financing

- You do NOT need to present a study plan or a housing contract if you use the Letter of Admission and the blue sheet.

Who is required to submit documentation of financing

- Degree students and Guest students
- Bilateral exchange students under the visa regulations

Please note that Bilateral exchange students who do not need to apply for a visa, are not asked to deposit money in Norway.
Should you have any problems receiving an answer regarding your residence permit application in due time, please contact the Norwegian Embassy/Consulate in your home country.

**Registration with the Police**
As a non-EU/EEA student you must report to the Oslo Police, Foreign section within 7 days after arrival in Norway.
New international students starting **Autumn 2012** are advised to attend the Police registration day Saturday 18 August. Please make an appointment with the Police for this date on https://selfservice.udi.no/ (registration will be possible from early August).
If you arrive early in August, you should still wait for the Police registration day even if you will exceed the seven days limit.

**Police registration help day for new international students:**
- **Time:** Saturday 18 August
- **Place:** Schweigaardsgate 15b
  Students arriving later than 18 August must make an appointment and register with the Oslo Police, Foreign Section within 7 days after arrival in Norway.
- You can make an appointment with the Police on https://selfservice.udi.no/
- Students can also make an appointment with the Police by calling tel: 22 34 21 00 (09:00 - 13:00) or
- go in person to the Oslo Police, Foreign Section, Monday-Thursday 08:15 - 10:00

**2. EU/EEA-citizens**
EU/EEA students no longer have to apply for a residence permit, but they do have to register with the Police if staying in Norway for more than 3 months.

**How to register with the Police**
- Please submit an online registration on the UDI application portal
  Upon arrival in Norway you must submit copies of your documents to the Police in order to receive a registration certificate. Remember to bring with you the following documents to Norway:
  - Letter of Admission
  - Passport or National ID-Card
  - European Health Insurance Card or proof of other private health insurance coverage
  You will be asked to submit copies of these documents on specific dates to the International Student Reception.
  The University of Oslo will bring your documents to the Police for registration. We will send you an e-mail when your registration certificate can be collected at Knutepunktet - the International Student Reception. The process should take approximately 10 days.
Autumn 2012:
EU-students can submit documentation required for registration with the Police on
Tuesday 21 August or Wednesday 22 August
EU/EEA students arriving after these dates, must make an appointment with the Police in order to submit the documents.

- An appointment with the Police can be booked while registering on https://selfservice.udi.no/
- Students can also make an appointment by calling tel: 22 34 21 00 (09:00 - 13:00) or
go in person to the Oslo Police, Foreign Section, Monday-Thursday 08:15 - 10:00

Health insurance

Students from the European Economic Area (EEA)
Students from EU/EEA countries must have health insurance coverage from their home country. The European Health Insurance Card documents that you are entitled to necessary medical treatment during temporary stays in other EEA countries or in Switzerland. You are entitled to treatment on a par with the citizens of the country where you are staying. For further information about the correct card/form please check with the nearest health authority office in your home country. If you decide to use private health insurance you have to check with your insurance office as to whether your coverage applies to Norway. NB: You must bring the European Health Insurance Card when you enter Norway. Read more about the European Health Insurance Card on the European Commission's website.

Students from countries outside the European Economic Area
If the duration of your stay in Norway is more than one year you automatically become insured under the National Insurance Scheme (nav.no) when you register as a student at the University of Oslo and as a resident in Norway. If the duration of your stay in Norway is between 3 and 12 months you should fill in a special form entitling you to social security coverage with regard to health services in accordance with the National Insurance Scheme. The form must be sent to the insurance office in the municipality in which you are staying. For students living at Sogn or Kringsjå studentby the address is:
Nordre Aker trygdekontor
Postboks 320, Alnabru
0614 Oslo
Telephone: 21 06 67 00
Students who do not fill in this form or students who stay in Norway less than three months should have social security coverage from their home country.

Health services for international students at UiO
Your semester card which you receive by semester registration basically allows you free medical treatment at the Student Health Services. This does not apply to medicines or to medical tests taken off Blindern campus. The cost of medicines is only covered if you are hospitalised or suffer from a serious disease and are member of the National Insurance Scheme or have the European health insurance card or other form of social security which covers these costs.
Acclimation and Immersion

The Buddy system is there to help new students establish a social and academic network as soon as they arrive at the University. All new international students are automatically signed up for a buddy group. In a buddy group you will get:

- The possibility to join a social network and make friends from your first day at the University.
- The possibility to take part in several enjoyable events such as concerts and theater shows with your buddy group.
- A tour of the UiO campus

Each buddy group is made up of 2-3 buddies and 15 - 20 new international students. As a member of a buddy group you will meet other students from your study programme who are also new at the University. The buddies have already studied at the University for some time and know what it is like to be a student. They are familiar with the joys and sorrows of student life and are there to answer any questions you might have about student life at the University and in Norway. All new students will receive information about the Orientation Week in their Admission packet. Detailed information will be in their Welcome packets after arrival.

Student cafeterias
SiO operates around 40 on-campus restaurants and cafés with a varied selection of menus, including vegetarian and halal food. Prices are student friendly.
See SiO Cafeterias website.

Student counselling
SiO has a team of professional counsellors to whom students can turn for advice in academic, financial, or personal matters.
See SiO Student Counselling website.

Student health services
An on-campus student health centre with general practitioners, nurses, psychiatrists, psychologist and dentists ready to see patients on an appointment basis and to deal with emergencies.
See SiO Student Health Services website.

Student sports
A variety of activities are available for individual exercise or under the supervision of fully qualified instructors, in both indoor and outdoor facilities.
See SiO Student Sports website.

More than 200 active student societies, clubs and organisations
There are societies for students on particular study programmes, social clubs for specific faculties, and societies for the pursuit of hobbies and interests. Among the latter are theatre groups, choirs, publications, political societies and special interest groups.

http://www.uio.no/english/student-life/services/sports/
Tips from UCC Students

Academic Matters

- The university system at Oslo is quite different from that of UCC, and can be difficult to understand. Make yourself known to your departmental coordinator as early as you can so that you have a resource available to you should you require aid.

Accommodation

- Student accommodation is difficult to find if one begins one’s search too late.
- The option to request accommodation is provided to incoming students during the pre-departure registration process.
- Bring personal items that will help you feel at home
- Bring sheets and a blanket or duvet as well as towels

Travel

- Be sure to check your baggage allowance with the airline or train company with which you are travelling. Paying for excess baggage can be very expensive!
- We recommend that you arrive in Oslo a few days prior to commencing your studies. This will give you time to settle in, and to get acquainted with the city before starting classes.
- If you feel lost, or just want to inquire about the easiest way to get to where you are going, please do not hesitate to ask for assistance and directions: Practically everyone speaks English!

Social

- There are more than enough things in Oslo to make sure that you are always occupied.
- The student accommodation is a great place to make friends. If you don’t live there, find someone who does!
- If you show an interest in getting to know the Norwegians, their culture and their language you will get a positive response. Try to speak a bit of Norwegian to them even if you only know a few phrases. It pays off.

General

- You will need warm clothing – a warm coat and waterproof shoes are advisable. It is also a good idea to bring a sleeping bag, if you intend to travel during your stay.
- Keep your passport with you at all times. It can be difficult doing things in Oslo if you do not have it with you.
- Don’t give up and go home early in the semester. It may feel difficult, but you’ll pull through fantastically. You will love your Erasmus study at Oslo!
- Look into phone cards – they are one of the cheapest ways to phone home.
- If you have a laptop and internet access in your accommodation, look into getting Skype or other internet phone packages.