

Experience report

Fist and last name: Julia Frese
Study program: Creative Industries Management
Bachelor or Master: Bachelor
Host institution, country: Kristiania University College, Norway
Period: 16.08.2021 – 17.12.2021

Declaration of consent to the publication of the report

- I agree that the present report will be linked on the website of the ERASMUS office, so that future prospective customers can get first-hand information about my experiences at the university location abroad.
- I agree that my e-mail address will be available to prospective students who would like to get first-hand information about my experience at the university abroad, upon request to the Erasmus office.
- I agree that my **full name** / only **my first name** can be found in the published report.

Formalities:

Motivation and preparation for mobility:

Finding accommodation was easy through SIO. I just signed up for student housing and was guaranteed a place as an exchange student. You can apply before you are accepted into the program if you want to ensure that you get the specific type of accommodation that you would like. I would highly recommend living at Song because that is where the most international students are and it will be super easy to make friends for your time abroad.

Start of mobility:

Getting to know all of the stores and who sells what was a bit of a learning curve but once you know which supermarkets are cheapest and where to buy batteries, life makes a bit more sense. The partner school set us up with a buddy and she was so helpful and knowledgeable. My transition would not have been as smooth as it was without her.

During the mobility:

I had an absolutely amazing time in Oslo. Life felt very simple and manageable. Though it is the biggest city in Norway, it never felt overwhelming. The local students were very kind and helped us whenever we needed.

What have I learned and what am I taking with me from this time?:

The Norwegian way of life was so amazing to see and experience. The hardest things to get used to were the alcohol regulations and the high cost of living. A big shock coming from Germany. The most wonderful part of my time there was all the free events that were held for students by SIO. They really take care of creating a phenomenal university experience of all of Oslo's students.

Green ERASMUS – How is the topic of the environment treated at the host institution & in the host country?

Trash was separated similarly to in Germany all over the city. Most forms of transport were electric, and the air was super clean even in the city. Respecting nature plays a huge part in Norwegian culture. It is not really talked about because it is so deeply ingrained in their way of life.

Impressions (photos, links etc....) :



