

I. Your overall feeling after your semester abroad

Help : How was your experience abroad? If you could go back I time, would you go to this university and why ?

My experience in Norway was amazing. I think it was the most incredible experience in my life. Norway is for me the perfect country for Erasmus. Indeed you can learn english as everyone is bilingual there but it is also a real travel and culture experience. You will leave your comfort zone for 6 months. I met a LOT of people there and nobody had the regret of choosing Norway.

II. Before the travel

A. Preparation

1. Visa

Help : Do I need a visa ? If yes, what is the process ?

No visa needed.

2. The flight

Help : what flight did you take (the company name, airport etc.) and when did you take your flight ticket

I took my flight at the beginning of December for the 4th of January. It was enough but if you can look at it even before to find the best price. I used a flight comparator to find my ticket. I chose Air France KLM for all my flights between France and Norway. In Norway I used SAS or NorwegianAir for domestic flights or train.

For leaving I left from Lyon to Amsterdam to Trondheim (approximately 4 hours flights). there is no direct flight to Trondheim. I paid approximately 350€ for my one way ticket.

3. My luggage

Help : what to not forget in the luggage (what was useful and what you would like to have taken)

The most important : all the basics to survive the cold.

- Boots
- Sneakers
- Hiking shoes
- Sportswear
- Ski equipment
- Gloves / scarf / warm hat
- Underwear such as tights or leggings
- Pullover
- Big socks
- Heaters (chaufferettes) —> very useful

- Necessary travel equipment (for me : your smartphone + extern battery / go pro or something to take pictures / earphone / Norway guide / Hiking guide)

My personal experience : I found useful stuff at Decathlon for a very low price. Don't take too much, you don't care about your style in Norway, it is all about adventure !

4. Bank account

Help : did you have to change bank? To respect some amount requirement on the bank account etc.

You have to find a solution for the bank because you will pay some taxes for each payment or transaction you will do. In Norway we use the Norwegian coroner. But you don't really need to have some cash before, I never used cash in 6 months there.

You need to get some information about your bank if it is an international one or not. **If it is not** I advise you to create an account with **N26** bank. It is a german bank and you can pay internationally for free. I used it all the semester and it is really easy to use. You just have to do a bank transfer (3-4 days before) from you bank to N26 to have your money and you can pay with your card. Don't forget to create it in advance because you need to receive the credit card before leaving (15 days to arrive approximately).

5. Insurance

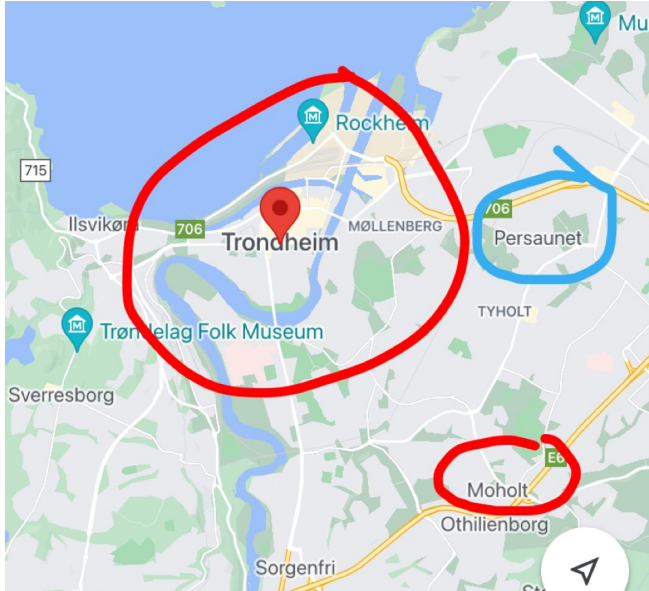
Help : What insurance did you subscribe to ?

The most important insurance that you need will be the « responsabilité civile ». But your insurance in France usually doesn't work in Norway. It was difficult for me to find one in Norway because they don't have this kind of insurance and it is difficult to access it if you are not Norwegian. So I found an international one. It was a little bit more expensive but it was mandatory. I used « April », you can take it online.

B. Housing

1. Where to live

Help : Do a google maps capture and circle the area you recommend to live in (and the one you do not recommend)



I recommend to live near the city center so you can do everything by foot. There is a student housing in Moholt that is nice but quite far from the city center. I lived in Persaunet (blue circle) and it was nice, easy to take the bus to go to the city center or to the university.

2. Find a flat or a room

Help : How did you find your flat? Do you have any recommendation

Usually you can have a room thanks to NTNU (university) but with the covid it is not possible anymore so you have to find a place by your own. It exists 2 websites to find a good place :

- Hybel.no
- [finn.no](https://www.finn.no)

They usually ask for a deposit in advance.

3. Cost

Help : How much should I plan for a room?

Life in Norway is globally very expensive. Approximately you will pay between 450€ and 650€ for a shared flat. It is complicated to find something less than 500 euros. I really recommend to find a shared flat : the price will be less expensive and you will meet lot of people. It is almost impossible to find a place for your own in Trondheim.

III. When I arrive at the university

A. Inscription at the university

Help : How was the process, what did you have to do?

At the beginning you will have a police appointment to do to « register » yourself in Norway. You will need also to go to the post office to register your new address.

For the university :

- Fill your arrival confirmation
- Choose your courses and register yourself
- Sign your learning agreement
- Sign in for the exams
- Create your student account

B. Information on the university

1. Courses

Help : List the different courses, and for each course, describe the format, the content, the exam, what did you like and not like, would you recommend it for the next student?

Because of the covid each course was online. But you have access to the university if you want to work there. The university is huge and very cool, you have good places to work in team or alone and some places to relax and have fun with your friends (kind of American university). I was everyday at the university.

- Development economics : it is an interesting course talking about countries development. If you don't like economics don't take this course. It is quite intense in the rhythm (big courses with lot of contents). For the exam : one paperwork to do during the semester (answer some economics questions using the course) by group. At the end you have a written exam (same : economics questions with graphs) but alone. The teacher speaks very fast but you have access to all the diaporama.
- Environmental and natural resources economics : same teacher so same organization. Very interesting but very intense. You will use lot of economics models.
- Strategic leadership : basically management courses with lot of model. Written exam at the end, quite easy to follow but the teacher was a little slow.
- Industrial marketing / international trade : my favorite course. It was very interesting divided in two parts during the semester. You will work on real companies cases and you will be graded on the cases (2 cases in the semester in marketing and in international trade). No written exam at the end.

2. Advice on "contrat d'étude"

Help : would you recommend for a student when picking its courses

Choose courses that you like and be sure to have enough ECTS. I don't recommend Norwegian courses : it is lot of work and at the end you can't really tell a sentence in Norwegian. If you choose only 30 ECTS it is okay because you will validate it all. It is impossible not to validate except if you don't work at all.

IV. When I live there

A. Safety

Help : Is it safe? Is there areas or times I should avoid

Norway is the safer country I ever visited. No problem with the security you can walk alone in the middle of the night in Trondheim you will have no problem. (Maybe not so safe in Oslo)

B. Phone and Internet

Help : How to be able to call and have internet

Ask for information at your phone operator.

For me it was complicated (SFR) because I could use my international forfait only for 4 months. After that I only used my phone with the wifi because you need to have a norwegian civil number to have a norwegian « forfait », and you can't have a norwegian civil number if you stay less than 6 months in Norway. So complicated... I advise you to ask you phone operator and see with them.

C. Events

Help : How to know about the events?

Events with covid was complicated but you can find all the informations on facebook « Les français en Norvège » / « Les français à Trondheim » / « NTNU » etc, the best way to have all the information is on facebook group.

D. Sports

Help : What sport can I do ? and how?

At Trondheim you can subscribe at NTNUI, it is the sport association for students. It is approximately 100€ for all the semester and you will have access at 4 different sports hall in Trondheim. You will have an unlimited access (but you have to book it 48h before because of covid). You will also have access at all the group class (Yoga, Zumba, Spinning, Cardio, etc). You have to book it also 48h before. Sport is a real part of the culture of Norway.

E. Eating

Help : Any recommendation? Or good tips (e.g. an international house buffet)

Eating outside will be rapidly expensive. Even the school cafeteria is expensive (between 6 and 10 euros per lunch). I just recommend you to try Egon restaurant (pizza buffet Sunday and Monday night). There are several Egon in Trondheim but try the one in the big tour for the view. The platform where you sit is moving and you will have a 360° view of Trondheim during your meal. It is really nice, it worth the price.

Try the reindeer, and the Norwegian salmon for sure.

F. Go to the university : bus, car, bike

Help : How did you get access to the bus, car or bike

I used bus during the semester. But some of my friends bought a bike at a very good price and it was very nice to use it in Trondheim. I think it is the best way to move in Norway (but only after April because before April you will have snow everywhere so bus is the best way). After April I walked a lot also through the city.

G. Travels

Help : What do you recommend and what do you not recommend

I have lots of recommendation about travels because there are lot of things to discover in Norway. In a global way Norway is a hiking country, so I recommend to do lots of hikes. Around Trondheim you can do lots of hikes at Bimarka (kind of national parc). You can do lots of cabin trip too (week end in the mountain, you can access a cabin in the middle of nowhere by hiking). It is a really good experience.

For big travels :

- Lofoten (North of Norway)
- Bergen and Trolltunga
- Oslo
- Stavanger and Preikestolen
- All the west cost (Geirangerfjord, Romsdalseggen, Atlantic road, Trollstingen road...)

H. Any other information you would have liked to know about

Help : What would I liked to know if I could have gone back in time

Norwegian people are very « cold » at the beginning but when you know them they are the most welcoming people in the world.

When I arrived there in January I had to do a quarantine (10 days) because of the covid. The university paid the quarantine if the hotel was in Trondheim. It was pretty cool because the hotel was very nice (the food was not the best but it was okay) and I met all my friends there during the daily « hike » (kind of mandatory for the moral).

When you will arrive, it will be very cold (-30 approximately) and very dark (4-5 sun hours in a day), so it is very important to meet people and go hiking and enjoy the sun. Your body will adapt itself to the cold progressively don't worry. Be prepared mentally and in your luggage ! But when you will arrive around may and june, sun will be here all the day long (even during the night) and you will have the best days (and the longest) of your lives.

I am working on a blog about my experience, so you will have all the details about this experience very soon.

