

## Norway – NTNU

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## 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 ?*

## II. Before the travel

### A. Preparation

#### 1. Visa

I did my Erasmus in Norway. I didn't need a visa.

#### 2. The flight

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

Originally from Nice, to go to Trondheim I took Norwegian Airlines. My journey was as follows: Nice - Oslo - Trondheim.

However, since I am there a direct line was opened by SAS Airlines. It is perhaps more expensive but simpler.

For my trip I paid 270 euros.

#### 3. My luggage

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

To come I had 2 pieces of luggage of 23kg and a backpack. I advise to put your stuff in vacuum bags to be able to carry more things.

Example: <https://www.amazon.fr/sac-vide-vetement-aspirateur/s?k=sac+sous+vide+vetement+aspirateur>

In these bags I put a comforter and a pillow to avoid buying them on the spot.

For the clothes I advise to take technical under layers (Decathlon has very good ones for all budgets). The most important is to have a good down jacket. I chose to invest in a parka from The North Face. It made my winter very soft; I could be in a t-shirt underneath despite the negative temperatures.

I advise to take a hat and a neck warmer and to always have some in your pocket (very unstable weather).

NTNU really encourages students to experience the Norwegian landscape and to do sports via NTNUI, so take sports gear.

From April the weather gets milder. The mistake I made was to take only clothes to protect myself from the cold and very little for the milder temperatures. Don't forget lighter/spring jackets.

Don't forget to buy hiking boots (preferably waterproof).

#### 4. Bank account

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

Norway is a very expensive country and does not have the same currency.

10 Norwegian crowns are equivalent to about 1 euro.

I left with 2000kr that I took in an exchange office (so about 200 euros). I also negotiated with my bank to avoid fees for each transaction.

You must know that each Norwegian has a 'D-Number' which is his bank identity, it allows him to open a bank account. To be able to have one, you must stay more than 6 months and declare yourself as a resident of Norway. I have acquaintances who worked all semester and to be paid, these people had to create a D-Number. Having worked the whole first semester, I didn't need to work here.

Life is expensive in Norway, but the wages are high, between 15 and 17 euros per hour in restaurants.

#### 5. Insurance

*Help : What insurance did you subscribe to ?*

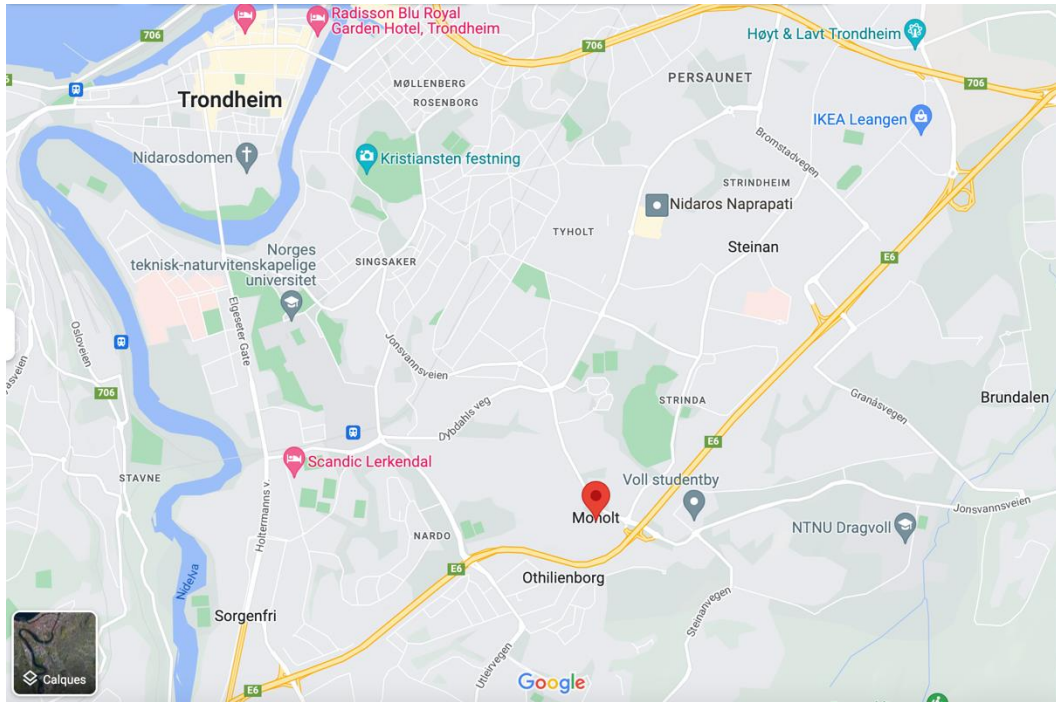
I chose « Assurance scolaire étudiant international MAE », séjour pour études se déroulant en Norvège.

## 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)*

Trondheim is a very student city. It is composed of several student villages. I personally lived in Moholt Studentby which is, in my experience, the best student village. Steinan Studentby is out of the city but can be very interesting for those who want to take advantage of their Erasmus to explore Norway. There are not really any places to avoid.



## 2. Find a flat or a room

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

To find a room you must go through the website of Sit.  
<https://bolig.sit.no/en/>

## 3. Cost

*Help : How much should I plan for a room?*

Moholt is in the process of renovation, in the next few years the rents will surely increase. There are several types of collocations, collocations of 4 or 15 people. I was in a flat of 4, I paid 4380kr/month or 440 euros per month. My apartment was an already renovated apartment. Some friends were paying 380euros per month, but these apartments will be replaced little by little.

### 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 of the semester, you will receive an email to log in to Blackboard. Blackboard is the central platform to get courses, send assignments, register for exams etc...

#### 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?*

In Norway each course is worth 7.5 ECTS credits. To validate a semester you have to pass 4 subjects.

I chose these subjects: BØA2042 - Financial Modeling using Excel, SPR2010 - Business and Management English, MRK3025 - Innovation and Business Development, SØK2006 - International Trade.

- BØA2042 - Financial Modeling using Excel is a rather technical course. The course is in the form of videos and there are many of them. The best advice I can give you is to be regular. There is a 45-minute FAQ each week on the course given the week before. To access the final 4-hour exam, you must hand in 2 written assignments during the semester and validate them. These assignments are to be handed in as a group.

- SPR2010 - Business and Management English. This course is an intensive course. It lasts 4 weeks and classes are Monday to Wednesday/Thursday from 8am to 12pm. The topics are very interesting, and each chapter is independent of the others. This is a course that I recommend taking. The exam is in two parts, a written part with documents to be handed in, and an oral part with a presentation to be made on 4 subjects of your choice.

- MRK3025 - Innovation and Business. This course is given in distance learning. Only videos. The exam is in 3 parts. To access the exam, you must submit and validate two written assignments. A 2-page project presentation and a 20-page Market Research. After handing in and validating these two assignments, you will have access to the last part, a Business Plan to hand in. These 3 papers My advice is to choose your work partners because you will stay with them throughout the semester and there is a risk of handing in all the assignments alone and finding yourself writing a 50-page business plan alone in the middle of the revision period.

SØK2006 - International Trade. This course is also technical. It is given on Monday mornings between 8am and 12/13pm depending on the day. This course is based on economic models and the exam is in two parts. To access the final exam, you must first validate a written assignment in a group, taking the first economic models seen in class. The final exam is done alone and is based on all the models.

## 2. Advice on "contrat d'étude"

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

**Je recommande faire attention à la manière dont la notation est faite. Certaines matières sont évaluées sous forme de d'oraux, d'autres sont des devoirs à rendre en groupe ou seul, ou alors un examen écrit. Je pense qu'il faut voir l'Erasmus comme une opportunité. L'opportunité de se découvrir ou alors exceller dans des domaines qui nous sont plus faciles. Par exemple, je conseille à ceux qui sont à l'aise à l'oral en français de pencher sur des examens oraux afin d'améliorer leur compétence forte dans un nouveau domaine, l'oral en anglais.**

## IV. When I life there

### A. Safety

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

Norway is a very safe country. It is even a point that surprised me. People are not afraid of robberies, it is common that Norwegians leave their lockers open with their stuff when they go to the gym for example, or their bikes without a lock in front. I have never seen anyone fighting, shouting or heckling in the street. In Trondheim there is no area to avoid, kindness and discretion are common values to Norwegians. At least from what I have seen.

However, beware of their behavior in the evening after a few drinks, especially for girls. The men approach the girls without tactics and being quite tactile. What surprised me was the difference in their behavior at the University and at parties. I have had the experience of reframing a Norwegian man who was too comfortable with a friend when he didn't know her. I haven't witnessed anything serious, but it's a point that may be good to make clear. No matter where you are, it is always important to look after yourself and not lose control, even in a country like Norway.

### B. Phone and Internet

*Help : How to be able to call and have internet*

In order to have 4G internet and to be able to make calls/send SMS I activated the international option of my SFR plan. I had 20GB of data and unlimited SMS/Calls. However I encountered several problems, the first weeks I had no network because SFR did not have partners in Norway from what I understood. So I had to call the customer service who found a solution. All French students using SFR were in the same situation. Second problem: from 4 months SFR charged every second of call, every SMS sent and every MB used. So I paid for my last 3 months in Norway 45 euros, 48 euros and 81 euros. Instead of 8 euros. Without any possibility to do anything despite calls to the customer service. The only advice given: connect to Wi-Fi when you can. The reason was that I had spent "more time abroad than my offer allowed".

No worries with my friends at Orange. Don't make the same mistake I did.

### C. Events

*Help : How to know about the events?*

In Norway the use of Facebook events for any kind of event is very common. I advise you to join student Facebook groups in Trondheim. Many Whatsapp/Telegram groups are being set up, for specific sports/activities.

Remember Samfundet (remember to get the loyalty card, you'll pay it off quickly) or Downtown Nightclub, you'll be spending a lot of your nights there, if not all of them. Don't miss May 17. It's the national holiday. The parade is out and so is the whole city. As a Frenchman, I found this celebration to be magnificent.

### D. Sports

*Help : What sport can I do ? and how?*

**NTNU really encourages sports for its students with sports complexes and activities that are practically free. Let me explain how everything works. First of all, NTNU's sports association is called NTNUI. They offer to practice all the existing sports. They even offer FREE rental of sports equipment (ice skates, balls, cross-country skis, alpine skis...) / tents / hiking bags. The choice is huge, but so is the demand, so you have to make arrangements in advance. This service is called NTNUI Bumerang and is located in Moholt Studentby. Then NTNU has a partnership with Sit. Sit is the company that owns the apartments/student villages and sports complexes. These sports complexes are exclusively dedicated to students. I personally took out a 6 month subscription which cost me about 120 euros. This subscription includes the NTNUI license and access to the 7 sports clubs of the city. I recommend Dragvoll (from Moholt 5min by bus, line 3), in winter there is no one there and it's a treat to train alone.**

**I also took boxing classes, at the Sit club in Glosaugen (see NTNUI Boksing group on Facebook to sign up). I also played soccer, there is a university championship that starts in April (which we won!). Before the championship starts, between January and April there are practices once a week on Mondays between 8-10pm at Dodens Dal field.**

**I played sports all semester and almost every day. Sports kept my spirits up when in winter the sun rises at 10am and sets at 4pm in January/February.**

### E. Eating

*Help : Any recommendation? Or good tips (e.g. aninternational house buffet)*

For shopping you have several supermarkets: Bunnpris & Joker (very expensive, and small grocery stores in general), Rema 1000 (they are the biggest supermarkets, correct prices for the country and often promos, be careful), Kiwi (the cheapest but I didn't see many).

Important subject for the students: the sale of alcohol. It is centralized and sold only by the state in specialized stores called Vinmonopolet. Alcohol is taxed very heavily. In the above-mentioned supermarkets, only alcohol under 5% can be sold. Only beer is sold and it is very expensive, don't be surprised.

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

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

Trondheim is a city with excellent bus connections. The monthly cost is 54 euros per month. The subscription must be taken on the green AtB application. Also download the grey one, for real time timetables.

MazeMap is the app that will help you find your way around the NTNU campus at first. Starting in April or so, electric scooters are making their appearance in town. Very useful to get around quickly. I advise you to use them to go to Korsvika beach (difficult to reach by bus). It's a beautiful beach for a sunset from 22/22:30. Attention the service stops at 23h. There are Ryde, Voi, Tier. I only used Ryde and the price is : 55kr 24 hours pass (5,50 euros) or 499kr monthly pass (50 euros).

I did not have a car in Trondheim but there are rental agencies (Sixt, Hertz). NTNU has a partnership with Sixt and there is an interesting student discount. The rental agencies can be very useful when you travel.

#### G. Travels

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

Norway is an incredible country. I will tell you about my experiences but there are whole books about travelling in Norway.

The most important thing and you will realize it, is the difference between the winter and summer landscapes. It is another country which takes shape in summer, I let you discover.

Already Trondelag, the county of Trondheim is beautiful. NTNUI proposes to visit it thanks to the Cabin Trips. I personally did 4 of them. They are cottages without electricity, wood fire, no toilets, no running water. When you put it that way, it doesn't sound very attractive. Don't be fooled, it is a human experience first and you will create a strong complicity with the people you will leave with. These are memories engraved for life. There are several available but the weekends are reserved several weeks in advance. Go with several friends, plan to eat. Usually the cost of the rental + food is 15 euros per person.

I also visited the Lofoten Islands twice, in April (snowy) and in June (midnight sun). In Lofoten there are a lot of things to do and tips to have to make the best possible trip and the least, contact me so I can give you the details (adrien.belleudi@gmail.com). We did a 5 days road-trip but it is possible to do it on foot and in tent. For the more athletic profiles, there are incredible hikes to do, but they are very difficult. For the less athletic, the small fishing villages and hidden beaches will make you happy.

I also visited Bergen. Very peaceful city with a very beautiful port.

The Hurtigruten cruise is magnificent (coastal express). If you are a hiker, the county of Tromso will delight you.

The northern lights are visible between January and March. Download the aurora application which will give you the probability to see them. I know that in Lofoten they



are very present. I had the chance to see them twice from Trondheim. Observe the sky well on cloudless nights.

#### 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*

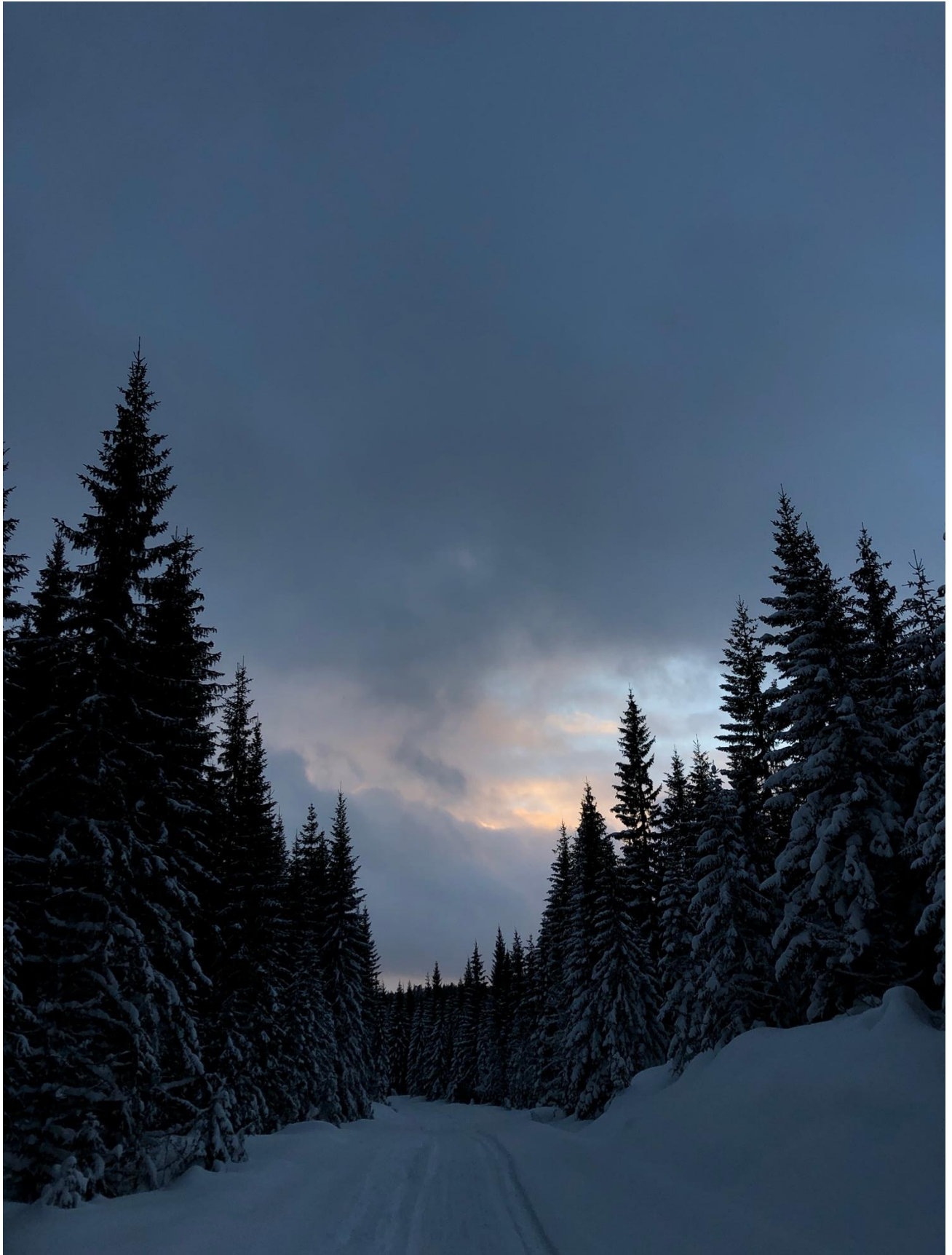
I think I've given you a few tips in this little "Feedback". If you have any questions, I will be happy to help you.

Plan a nice budget, especially if you want to travel.

Do some sports and work out regularly, you will have an unforgettable experience.

I would like to thank MOMA for allowing me to experience this Erasmus. I certainly grow up during my Erasmus.

## V. Photos



[WWW.MONTPELLIER-MANAGEMENT.FR](http://WWW.MONTPELLIER-MANAGEMENT.FR)

MONTPELLIER MANAGEMENT - Espace Richter - Rue Vendémiaire - Bât. B - CS 19519 - 34960 MONTPELLIER Cedex 2 - Tél. : 04 34 43 20 00



Photo 1: Tydal, January 30th, 2022 à 15h30.



Photo 2: Bymarka, January 9th, 2022 at 12h47







Picture 3 and 4: Auroras in Moholt Studentby, January 8<sup>th</sup>, 2022, at 23h52





Picture 5: Holmsakoia Cabin, January 30th, 2022.





Picture 6: Football field in Dodens Dal, January 31<sup>st</sup>, 2022.











Picture 9: NTNU Campus (Høgskoleparken), May 16<sup>th</sup> 2022.



