Country session: Norway & Sweden

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Norway: What are the options
Faculty partner universities

Leiden faculties with their own partners in Norway:

Faculty of Humanities
Faculty of Governance & Global Affairs
Faculty of Law
Faculty of Science
Faculty of Social and Behavioral Sciences

Please review your faculty website or contact your faculty International Coordinator for more information
Where to find more information?

- Blackboard > Study Abroad: Outside Europe (University wide agreements)
- Website for incoming exchange students of partner university
Norway – Culture differences

Oslo (Norway): capital city of Norway

- Student life orientated city
- Nature/work orientated city
- Nice canals and a pretty, small city
- A lot of nature, way bigger, very clean
- A lot of museums
- Lots of beautiful nature
Norway – Culture differences

• Students in Norway are less open to foreign people
• But: TRY! I have met some very kind and interested Norwegian people/friends
• Make time to visit as much nature as possible
  • Around Oslo
  • Other parts of Norway → Lofoten, Bergen, Trolltunga, Kjeragbolten
Educational system Norway

- Within the master courses I followed: small groups (of about 5-15 people)
  - Interaction with teacher
  - Discussions (about articles or lectures given)
  - Quizzes
  - Presentations → improve your skills!
- Semester / Academic calendar:
  - **Spring** semester: Begin of January - Half of June
  - **Fall** semester: Half of August – End of December
Educational system Norway

- Language: master courses are given in **English**
- **Grade** conversion:
  - A = excellent (10), B = very good (9), C = good (8), D = satisfactory (7), E = sufficient (6), F = fail (5 and lower).
- Easy to get at the University → public transport
Expenses Norway: housing

- The easiest way: [https://www.sio.no](https://www.sio.no)

- A student welfare organisation:
  1. Housing → different places around Oslo:
     - Sogn/Kringsjå etc.
     - +/- €420,- p/month.

  2. Sports → member of Athletica
     - 949,- NOK = 100,- Euro

  3. Health & Counselling

  4. Etc.
Housing: Sogn
Expenses Norway: Food & Transport

- Public transport:
  - About €45,- p/month
  - However, about €100,- p/month from the Dutch Government
- Estimated costs for food:
  - Meat = expensive! → I ate less meat to reduce costs
  - Twice as expensive as in the Netherlands
  - However, find cheap places to buy vegetables and fruit → Grønland
- Save extra money for trips to the mountains, Bergen or Copenhagen.
Student life: Norway

- Less contact hours at university → more reading
- During the weekend: trips to other cities/nature or visitors from the Netherlands
- Some parties in the weekend
- Meeting a lot with other exchange students:
  - Diners
  - Tea with a movie etc.
Sweden: What are the options

Faculty partner universities

Leiden faculties with their own partners in Sweden

Faculty of Humanities
Faculty of Governance & Global Affairs
Faculty of Law
Faculty of Science
Faculty of Social and Behavioral Sciences
Leiden University Medical Centre

Please review your faculty website or contact your faculty International Coordinator for more information
Where to find more information?

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Culture

• “A tolerant, sustainable, innovative and home to Nobel Price country”
• Behavior categorized as “lagom”. Swedish word for –everything in moderation-
• Quiet people. Very quiet.
• Punctuality matters.
• Very polite.
• Take your shoes off!
• We recycle –everything-
• Public transport is widespread – and it actually works!! -
Educational system Sweden

- Educational system ranked as one of the best in the world.
- Similar to Leiden, lectures and seminars, ECTs.
- Universities are well adapted to international students needs.
- Language: English, you don’t have to learn Swedish!
- Grading system: Varies from A-F, VG/G/U
Expenses Sweden : Housing

Accommodation: 3,700 SEK

• Student rooms near university (Uni could offer these)

• Via facebook or blocket.se, sokstudentbostad.se, etc.
Expenses: Food & Transport

Local travel: 550 SEK
Phone: 300 SEK
Hobby/Leisure: 1,450 SEK
Food: 2,000 SEK

General costs per month/semester: 8,000 SEK
Around €850 / $1,000
Student life: Sweden

- Student Unions

- Student societies

- Sports: Handball, hockey, bandy.. Cross country and downhill skiing.

- Nightlife: Pubs and clubs on campus. Systembolaget.

- City life: Events, Museums
Questions?
Larissa Bons-LST student

About Studying Abroad in Oslo, Norway
Before going ABROAD:

- I started searching in October/November
  - Which university?
  - Which courses?
- Write a motivation letter:
  - Describe the courses → why these courses? How is it connected to your study?
- Ask exam committee
- After being admitted to the University of Oslo:
  - Housing (more later)
  - Erasmus scholarship → Erasmus language test
Before going ABROAD:

- The courses I followed:
  1. Eukaryotic transcription factors – structures, function, regulation (MBV4230)
     - Everything around transcription: promoters, polymerase, chromatin
     - All transcription factors needed
  2. General Toxicology (BIO4500)
     - Examples of toxic compounds
     - What can happen → cancer? Populations?
     - Dose-response etc.
  3. Biochemical mechanisms in intracellular transport (MBV4240)
     - Membrane traffic
     - Cell signaling
Studying Abroad in Norway — Culture differences

Oslo (Norway): capital city of Norway

Leiden

Student life orientated city Nature/work life orientated city

Nice canals and a pretty, small city A lot of nature, way bigger, very clean

A lot of museum Lots of beautiful nature
Studying Abroad in **Norway** – Educational system

- Within the master courses I followed: small groups (of about 5-15 people)
  - Interaction with teacher
  - Discussions (about articles or lectures given)
  - Quizzes
  - Presentations → improve your **skills**!
- Semester / Academic calendar:
  - **Spring** semester: Begin of January - Half of June
  - **Fall** semester: Half of August – End of December
- After each course → Exam (writing, open questions)
### Studying Abroad in Norway — Educational System

- Master courses
- Less lectures
- More reading!

<table>
<thead>
<tr>
<th>MBV4230 OG 9230 -PLAN FOR 2016</th>
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<tbody>
<tr>
<td><strong>Date</strong></td>
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<td>0915-1000</td>
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<td>1015-1100</td>
<td>9. Elongation</td>
<td>11. Nuclear Org. &amp; Trx</td>
<td><strong>Student presentations</strong></td>
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<td>1115-1200</td>
<td>10. Activation - Repression</td>
<td><strong>Student presentations</strong></td>
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<td>1115-1200</td>
<td>16. STAT smad</td>
<td>18. Myb og Fox</td>
<td><strong>Student presentations</strong></td>
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1315-1400
Studying Abroad in Norway – Educational system

- Language: master courses are given in English
- Grade conversion → Osiris/ USIS
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- Easy to get at the University → public transport
Studying Abroad in Norway — Housing

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- A student welfare organisation:
  1. **Housing**: different places around Oslo:
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     - +/− €420,- p/month.
  2. **Sports**: member of Athletica
     - 949,- NOK = 100,- Euro
  3. **Health & Counselling**
  4. **Etc.**
Studying Abroad in Norway – Housing (Sogn)
Studying Abroad in Norway — Food & Transport

- Public transport:
  - About €45,- p/month
  - However, about €100,- p/month from the Dutch Government

- Estimated costs for food:
  - Meat = expensive! → I ate less meat to reduce costs
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Studying Abroad in **Norway**

- Less contact hours at university → more reading
- During the weekend: trips to other cities/nature or visitors from the Netherlands
- Some **parties** in the weekend
- Meeting a lot with other exchange students:
  - Diners
  - Tea with a movie etc.
After going ABROAD:

- Transcript of records to exam committee → Osiris or USIS
- Erasmus language test (again)

AND... Missing every moment of going abroad!