EXCHANGE PARTICIPANT QUESTIONNAIRE

STUDENT INFORMATION

Faculty: Arts and Social Sciences
Major/Minor: Psychology/Counselling & Human I
Host university: University of Oslo
Host Country: Norway
Dates of your exchange: (month/year) Jan/2015 to (month/year) May/2015

TRAVEL
Approximately how much did air transportation cost? $2000 CAD
Approximately how much did any required ground transportation cost? $60 CAD transit per month
Do you have a recommended routing or airline? No Yes
If yes, please describe: ____________________________________________________________

VISAS
What is your citizenship? (voluntary; may impact following information) Canadian
Did you need a student visa/permit? No Yes: What was the cost? $266 CAD
If yes, what documentation was needed? Passport, letter of admission, housing, bank statement, application
Did you need a visitor visa/permit? No Yes: What was the cost? __________________
If yes, what documentation was needed?
Where was your immigration documentation processed? The Danish Embassy in Ottawa
How long did it take to procure your visa/permit? 1 month. Then after you visit the police in Oslo it is 10 days
Were any other documents required (residence permit, etc)? No Yes
If yes, please comment: ____________________________________________________________

AIRPORT RECEPTION
Were you met at the airport by representatives of the host university? No Yes
Is there easy transportation between the airport and university? No Yes
Please comment: I came early to Oslo so I was met by representatives. However, if you arrive in orientation day they will meet you at Oslo S (Central Station). From the airport there is a fast train (Flytoget) which leaves OSL every 20 minutes to Oslo S (only a 30 minute ride.
What is the closest airport to the host university? OSL (Oslo Lufthavn Gardermoen)

ORIENTATION
Is there an organized orientation session upon arrival at the host university? No Yes
Was there a cost for the orientation session? No Yes, how much? ________________
If yes, do you recommend that future students participate? No Yes
Please comment: Usually you won't meet people until orientation. All of my best friends in Oslo were from my buddy group at orientation. There are lots of fun activities like going to trivia (quiz) nights at the student bars, a free bus tour, ice skating, etc. and it is extremely likely the people you meet this week (including your buddy leaders) will be the people you spend the most time with during the semester.
LANGUAGE PROGRAMS
Is there a language program available either before or during the term? □ No □ Yes
If yes, how long is it? 60 hour intensive course over the span of 12 weeks
Is there an additional cost for language training? □ No □: Yes How much?
Please comment: The course I took was available for international students as a regular course (no extra cost). There was also a 90 hour course that I chose not to take but students are also welcome to take that. However, the International Summer School offers Norwegian courses as well, for an additional cost.

ACCOMMODATION & LIVING
Is on-campus or university dormitory accommodation available? □ No □ Yes
If yes, are you living in a university dormitory? □ No □ Yes
If yes, can you make a recommendation for a specific dormitory? □ No □ Yes
If yes, please describe: Most exchange students live in Kringsja/Sogn student villages. No on-campus housing
What is the average monthly cost of accommodation? $530 rent
Is there a meal plan? □ No □ Yes: How much is it?
If no, do you have access to adequate cooking facilities? □ No □ Yes
How far is your dormitory from the main campus? From Kringsja it is an 8 min metro ride. Sogn is 1 min.
Please comment on internet and phone access in your dormitory:
There are internet and phone outlets for cables that you have to provide yourself. If you want wifi you have to buy and set up your own router.

Did you have to make a deposit for your accommodation prior to arrival? □ No □ Yes
If yes, how did you arrange this? Through the housing website
Is off-campus housing easily available? □ No □ Yes
Please comment on off-campus housing:
There is no direct on-campus housing as mentioned above. There are several student villages (like Krinsgja and Sogn) for all the University students off-campus as mentioned above. It is easily available, especially for international students. You would not find a problem finding housing.

Approximately how much money per month is needed for living, including accommodation and meals? $1100
Any other comments on accommodation:
The prices vary widely depending on which student village you live in and how new your room is. You will likely have to share a bathroom with 1+ people and you will likely have to share a kitchen with several people. The rooms are generally clean and comfortable and they come furnished but you will need to get your own bedding and curtains as soon as you arrive.
### FINANCIAL DETAILS

Have you opened a bank account in your host country?  
- [ ] No  
- [ ] Yes

What are the challenges/benefits to opening a local bank account?

How would you recommend students bring money (Canadian/American cash, travelers’ cheques, local currency)?

Convert money to the local currency before you arrive. Cash is a good idea to have with you.

What is/are the preferred method(s) of payment at most establishments?  
- [ ] Cash  
- [ ] Debit  
- [ ] Credit card

Please comment: All places accept cash or credit (I never used my debit for transactions but I am sure you can use it).

### ACADEMIC DETAILS

Was it possible for you to get all of the courses that you wanted?  
- [ ] No  
- [ ] Yes

Please describe the course registration procedure:

You can see the courses for the semester 2 months before the semester begins and register a month beforehand. It is very straightforward and is all on their website. However, you cannot be accepted into your Norwegian language course before you arrive in Norway as there is a meeting regarding those courses.

What discipline(s)/program(s) are you taking at your host university?  
- Electives in language and culture

What is the language of instruction in your courses?  
- English

If not English, are English-taught courses available?  

Describe the manner and quality of instruction at your host university.

The professors don't post their lecture slides and they don't all use something like Canvas/WebCT like we do at home. I like having lecture slides and printing them out before class so this structure was hard for me to adjust to. However, overall the quality of classes is good and I really enjoyed what I learned.

What do you feel is/will be the main academic benefit of your participation in this exchange program?

Getting to meet people from all across the globe gives you a first-hand perspective of what is happening in the world. And this type of perspective is only something you can gain by being abroad and meeting these people.