1. Host University
   University of Oslo

2. Host City
   Oslo

3. Host country
   Norway

4. First semester of exchange
   - Autumn semester (HT)
   - Spring semester (VT)

7. Level of studies during exchange?
   - Undergraduate (Bachelor)
   - Graduate (Master)
   - PhD/doctoral studies
8. State the name of the courses you took during your exchange

1. HEVAL5140 21H Methods for effectiveness evaluations in health care
2. HGOV4100 21H Fundamentals of Health Care Systems

9. Home faculty at the University of Gothenburg (GU)?

- Faculty of Humanities
- Faculty of arts and design
- Faculty of Social Sciences
- Faculty of Education
- School of Business, Economics and Law
- Sahlgrenska Academy
- Faculty of Science
- IT-Faculty

10. What are you studying at GU? (name of programme, single subject courses etc)

Masters in Global Health

11. What subject area/s did you study during your exchange? (example; communication, biology etc)

Health Economics

12. Were you/or will you be able to transfer the credits from your exchange to your studies at GU? (tillgodoräknande)

- Yes
- No
- To some extent

Personal Experience
13. STUDIES: Describe the studies at your exchange university. Differences between GU and your exchange univ? Academic level and quality of your courses? Examinations and learning methods, relationship between teachers and students?

There was an initial challenge with registering for my courses and I did not receive much support from both GU and UiO because of the summer holiday break (totally understandable :)). However, after several emails and redirection to different individuals, I was glad that was finally sorted out. The courses were comprehensive and interesting. They took a hybrid (online & on-campus) approach. They felt very relevant to what I had anticipated. The only downside was they used different programming software than what we use in GU; therefore, there was a really big learning curve. UiO had lots of great facilities for students like individual career advice meetings and funding opportunities for activities like podcasts or artsy events.

14. ARRIVAL, ORIENTATION AND HOUSING: Tell us about your arrival and how you settled in? Practical matters such as registration, housing etc. How was the orientation organized? What type of accommodation did you have? Were you satisfied?

The arrival was great. The housing did not have a key pick up facility near my housing so I had to pick it up from school then go to the apartment. UiO had organized a lovely orientation week for the first years and exchange students so it was lovely meeting new people and having the chance to go sightseeing before the courses actually began. The housing was quite disappointing. I found out I paid approximately 1100 NOK more than my neighbours and wasn’t sure why, the SiO housing was pretty worn down and they had to do a lot of repairs while I had already moved in. It didn’t live up to the photos on their website but I made due.

15. FINANCES: Describe the living costs compared to living and studying at GU. Cost of accommodation? Were there any administrative fees at the university? How did you finance your exchange? Is CSN enough to cover the costs?

The living costs were very high in Oslo which I had anticipated. It is undoubtedly much cheaper to study at GU and to live in Gothenburg. Before finally buying things to cook in, on the first days I spent 300 NOK a day on meals. The housing I received from SiO was 6,338 NOK for 14m². There were no administrative fees at the university. I received the Nordlys scholarship. I didn’t qualify for CSN.
16. LIFE IN A NEW COUNTRY/CITY/CULTURE: Location of the university? Non-academic activities organized by the university? Tips for future students?

I was glad to go to another Scandinavian country. There was not much of a cultural difference. It was, however, a larger city and was, therefore, more costly. It was super diverse and felt like a lovely melting pot of people put together. The school organized an orientation week and financed the non-academic activities. We had picnics, walking tours around Oslo, ferry rides to different archipelagos, Fika and a pub crawl.

17. OVERALL EXCHANGE EXPERIENCE: Sum up your experience on the whole. If you have any comments or tips for future students please include them here.

It was an amazing experience and a lovely chance to meet a lot of new people. The courses were also great. The downsides were the poor coordination since classes in UiO started in the second week of August but GU staff are still on break at this time. It would be nice to address this aspect because I did feel stranded at some point. I would advise anyone who wanted to do an exchange to consider the initial miscellaneous costs that may arise. They should also take advantage of the first weeks to really move around and meet new people. There will be lots of you who are new and 'lost' so it's fun to do all that together. I would also advise them to look for people who are in the course already to sort of orient them better because had I known we were using a different programming system than what we use at GU, I likely would have opted for a different, more-aligning course. An important aspect to consider is also the logistics like travel and accommodation. It took some time for me to find someone to sublet my place to so it's never too early to start planning. At the time, Norway had strict COVID regulations like quarantine at a hotel for those who weren't fully vaccinated so this was an important thing to factor in. Overall, I would recommend an exchange to anyone, and I personally loved going to a bigger city because it offered a much 'richer' experience.

Covid-19

Due to the current pandemic we have some specific questions regarding how the pandemic have affected your exchange.
18. In what way were your exchange studies effected by the Covid-19 outbreak?

☐ The Host University closed and I had to return back to Sweden

☐ I participated in remote studies from Sweden

☐ I participated in remote studies in the host country

☐ I had to self-quarantine before I started the exchange

☐ Other

19. How do you think the Host University handled the Covid-19 situation?

<table>
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<th>Very bad</th>
<th>Bad</th>
<th>Neither bad or good</th>
<th>Good</th>
<th>Very good</th>
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</table>

Grade from very bad to very good

20. Additional comments

Inget svar angavs.

21. If you took part in remote studies at the Host University, how would you rate the quality of the remote studies?

<table>
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<th>Poor quality</th>
<th>Neither</th>
<th>High quality</th>
<th>Very high quality</th>
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</table>

Grade from poor quality to high quality
22. Additional comments

Inget svar angavs.

23. How satisfied were you with the information and support that you were offered by the Host University

<table>
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<th>Somewhat dissatisfied</th>
<th>Neither satisfied nor satisfied</th>
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24. Additional comments

They took a long time replying to emails and it took a fair amount of time before I finally registered for the courses at the departments.

**Confirmation and usage rights**

29. I agree that this report can be published on the University of Gothenburg website

   Yes, with my name and email address

   Yes, but anonymised (no name and no email address)

   No