

# University of Bergen

Exchange start semester	Autumn semester 2023
Study level	Undergraduate (Bachelor)
Home faculty at GU	Faculty of Social Sciences
Studies at GU	Personalvetarprogrammet

## Courses during exchange

- PSYK110 - Arbeids- og organisasjonspsykologi (Work and organizational psychology)

## Main difference compared to studying at GU

I only studied one course at UiB which was 30hp. We had 1-2 lectures a week, which differed a bit from GU, where we usually have more lectures. There were no compulsory elements throughout the semester. We had no group work or submissions, but the entire course led to a big exam at the end, which differed from GU where in some larger courses we have more exams. The last exam was a hall exam of 8 hours. I would say that the level was about the same as at GU.

## Arrival, orientation and housing

UiB had organized an information meeting for all exchange students at the faculty before the course started, which I thought was good as we got practical and good information before the start of the semester. The following week, UiB had a welcome week (fadderuken), which can be likened to the welcome week at home. There were different activities every day which was super fun! I thought it was great that UiB organized so that exchange students could participate in this as it gave the opportunity to meet more local students as well and to quickly get to know other students!

Sammen guarantees all exchange students accommodation and I was lucky enough to get my own apartment with a kitchen and bathroom of 17 square meters. So it was very smooth. The apartment was fresh and had a bed and a desk, and it worked great for me! However, it was a little bit outside the city center and the school but there was a tram right outside that went straight into the center which was convenient. However, many of my friends lived in the center and sometimes I felt that there was a lot of going back and forth on the tram and that it required a bit more planning.

## Finances

It was a bit more expensive to live in Norway. The rent was a bit more expensive compared to Sweden. I paid about 5600 including electricity etc. for 17 square meters.

Some things were a bit more expensive in Norway than in Sweden, like grocery stores, movies, or restaurants, so it required a bit more financial planning than at home. But I thought it worked out well! With full CSN, the Erasmus scholarship and the Adlerbertska scholarship (which I also applied for) it wasn't a problem, it was enough to cover all costs.

## Life in a new country/culture

I quickly met friends with whom I clicked very well, which contributed a lot to my positive experience of the exchange semester. It has really been great. I also liked the city very much and really appreciated the proximity to nature and the mountains, while there at the same time was a lot going on in the village such as festivals, events, etc. It was a good combination that made me always feel that there was something to do.

The school and various student organisations also organized many events to go to, which meant that there was always something to do and gave the opportunity to meet and get to know others! Among other things, they had a swimming and sauna association, an outdoor association and several different sports associations. They also organized game nights, beer pong tournaments, etc. at the school, which was fun! Some associations also organized trips. I think the outdoor association went surfing for a weekend.

## Overall exchange experience

Overall this semester has been great and I am super happy with my exchange! Bergen was my last choice, but if I had chosen again today I would have put it first. I really appreciated the nature and going on tours. I had not previously been to Norway but it is incredibly beautiful. I also feel that I was able to experience and do everything I wanted.