

Erasmus+ Student Experience Report
Host University: University of Stavanger
Host Country: Norway
Academic Year: 2025-1
Home University: University of Oldenburg
Student name: Gabriela Rubiano Polanco

Spending a semester at the University of Stavanger in Norway through the Erasmus+ program was an incredible experience, both academically and personally. From the very beginning, I felt welcomed and supported, especially thanks to the many activities organized for international students. The university really makes an effort to help exchange students feel at home. There were social events, trips, and weekly gatherings that made it easy to meet people and engage in different activities.

The campus itself is great, modern, surrounded by nature, and well-equipped for studying and social life. I spent a lot of time in the library and the common areas, especially the SIS building, which has a brand new climbing and bouldering area and the second floor that is extremely comfortable to study or just chill. At the same time, it's easy to take breaks by going for a walk around the nearby botanical garden or just sitting outside when the weather is good (which happens more often than you'd think for Norway).

Academically, I was happy with the quality of the courses and the way they're taught. The professors were approachable and open to discussion, and I liked how independent the learning environment felt. There's a lot of trust in students to take responsibility for their own learning.

Overall, living in Norway was a dream, expensive, yes, but absolutely worth it. The landscapes are beautiful, and it's easy to get around and explore. I went on hikes, visited fjords, and even saw the northern lights from Stavanger, which is rare.

I would definitely recommend the University of Stavanger, and Norway in general, to anyone thinking about doing an exchange. It's a beautiful place to learn, grow, and enjoy life.