As part of the European Masters in Migration and Intercultural Relations, I had the opportunity to spend a semester at the University of Stavanger (UiS) in Norway. This report outlines my experiences, from preparation and arrival to academic and everyday life, and I hope it can be useful to other students.

1. **Preparation (Planning, Organisation, and Application to the Host Institution)**

My preparation for the exchange began with applying for student accommodation through the SIS Bolig website. I was fortunate to secure a place in the same accommodation as my friends, which made the transition smoother. The application process to the University of Stavanger was seamless, with the staff being incredibly supportive and easily reachable for any queries or concerns.

2. **Travel and Arrival**

I opted to travel to Norway by plane, although some students chose to arrive by ferry, which is another good option. A helpful tip is to use the code UNDER26 to receive a student discount on Norwegian airlines. This discount was particularly useful. Within Norway, domestic travel is convenient via plane, bus, or ferry.

3. **Accommodation**

I stayed at Madlamarkveien 6, a student dormitory. The accommodation consisted of a corridor with twenty people, sharing a kitchen with ten others. Being housed with my friends was great for my wellbeing and mental health. The dorm was conveniently located, just a short bus ride away from both the university and the town center, and it was adjacent to a lake. This proximity allowed me to regularly run around the lake as part of my marathon training.

4. **Studying at the Host University**

During my time at UiS, I developed valuable research skills through various projects. One notable experience was the "ViWalk, ViTalk, ViPod" podcast series on integration. Alongside my colleague Ángeles Zúñiga Medina, I explored structural barriers to integration and the privileges of student migration in Norway. This project included interviewing a local migrant for the "Documenting Immigrant Voices of the Past and Present: A Memory Bank for the Future" project, where we discussed identity, learning Norwegian, and the role of football in integration.

**Collaboration with Professors**

I also benefited from collaborating with professors from the ZRC SAZU – Research Centre of the Slovenian Academy of Sciences and Arts. The modules "Integration and Social Protection", "Gender, Work, Migration", and "Intercultural Education" were particularly enriching. We delved into topics such as MIPEX, feminism under capitalism, and critical
pedagogy. I also conducted policy analysis on the Modern Slavery Act 2015 and explored feminism at Cambridge University.

**Engaging with the Local Community**

A highlight of my academic experience was a field trip to the Johannes Learning Centre in Stavanger, a school providing linguistic, vocational, and social skills courses to immigrants of all ages. This visit allowed me to engage with the local community and understand the practical aspects of integration.

**5. Everyday Life and Leisure Time**

My leisure time in Norway was filled with memorable activities. We went on a cabin trip to the Lysefjord, which was an incredible experience. I also had the opportunity to go skiing and hiking, and I continued training for a marathon. These activities allowed me to fully appreciate the natural beauty of Norway.

**6. General Experience and Conclusion**

My semester in Norway was immensely rewarding. However, it's important to note that the cost of living can be high, so budgeting is essential. The grant I received helped to alleviate everyday costs, which was very helpful.

In conclusion, I highly recommend the University of Stavanger for a semester abroad. The academic and personal experiences were enriching, and Norway offers a unique and beautiful environment for study and leisure! Overall, going to Norway for a semester was an incredible experience that I would encourage other students to pursue.

Here are some photos: