

Erasmus + Report

As an MA student of European Master in Migration and Intercultural Relation (EMMIR) I had the opportunity to study at Stavanger University in Norway. I was very excited; I had heard a lot about Norway and its beautiful nature. Being under 26 years old I was able to book a youth flight- tickets through SAS, which are cheaper than the standardized ones. Hence, my trip to Norway was easy and smooth.

Furthermore, as soon as I knew that I was moving to Norway, I started to look for accommodation. I was recommended by a Norwegian friend to check out the website finn.no. This website is in Norwegian; however if you use google translate, it is convenient. Through finn.no website I was found a five-room apartment five minutes from the city center for a reasonable price. I shared the apartment with four of my classmates.

Besides the flight and accommodation preparation prior to my arrival, I planed the modules that I wanted to study. I studied; Emigration and Immigration: A Northern European Perspective; Migration and Integration; Migration, Gender, Culture; and Controversies over Multiculturalism. The courses were very interesting and fruitful for my future career. Although not all courses are graded yet, I am sure of passing all the modules. I also started looking at the different organization I could be active at, such as Amnesty Stavanger and other student association. Furthermore, in Stavanger I got the opportunity to make new friends that I will stay in touch with forever.

One thing I learned about the Norwegians is that they love working out and hiking. To be active is part of the Norwegian culture and lifestyle. I tried to adapt to it by signing up for the gym and tried to go there at least three times a week. Not only because it is good for health but also because it is the cheapest activity you can do as a student in Norway. Also, hiking in nature was something I tried for the first time in my life. I enjoyed being out in the nature and at the same time get fresh air, and I learned to appreciate that a lot. To hike and be in nature has been the greatest way to take a break from studies, relax and enjoy this exchange experience.

Norway has a high living standard. However, it is an expensive country planning grocery shopping is a must. I learned to buy all my groceries on Mondays since the supermarkets have sales on usually expensive products with short dates left. I also learned to cooked a lot at home, and always had a lunch box with me to university.

Concluding, I recommend future exchange students in Norway to try hiking. I would also recommend to cook at home and have lunch boxes because otherwise, you would go bankrupt very soon.

