In preparation for the Erasmus+ semester at the University of Stavanger in Norway, the excitement was high, and the stress was rather low. I believe this was due to the guidance of the international office at my home university, the Carl von Ossietzky Universität Oldenburg in Germany. The early stages for the application and acceptance were much easier with the consistent time and attention of the staff members within that office.

Traveling to Stavanger was rather easy but completely moving out of Oldenburg was rather difficult. I actually sent a bag in advance with a classmate. There will always be someone that packs lighter than you do, find them! Those luggage shipping companies can get rather expensive, especially when shipping to Norway. Therefore, if you are nervous about traveling with too many things, find a buddy. If you are unable to find a buddy, then I would suggest either Send My Bag or Luggage to Ship. Upon arrival at the Stavanger airport, there are three options for transport: public bus system, airport bus and taxi. The public bus is fine, but you need to download the app ahead of time in order to get the tickets and it may take you 45 minutes- 1 hour to arrive at a place that is probably only a 10-minute drive away. The taxi is sort of outrageous, no 10-minute cab ride should cost 50+ euros! Therefore, I suggest the airport bus. It is super easy and around 15 euros.

Let me tell you a little something about my accommodation, it was a Scandinavian dream home. After searching on the typical accommodation site in Stavanger, Hybel, my two roommates and I found this beautiful home pictured below:
While it was on the more expensive side at around 500 euro/month, it was equipped with a big and beautiful kitchen, large bedrooms, two bathrooms, large dining room, large living room and an overall ambiance of comfort and warmth. I would like to think that we saved money from neglecting to go out as often because we were perfectly cozy in our own humble abode.

The University of Stavanger was a beautiful campus with top-notch facilities and resources. I already miss the gym and endless study spots. The campus life as a whole was pretty spectacular. There was always some activity occurring; I was even able to join the lacrosse team and practice a few nights a week! That was an excellent way to make friends. I highly suggest checking out the website of the host university ahead of time because student activities are often abundant. I also suggest checking out the Facebook groups for universities. After following one group, I was able to find out about this awesome excursion day where we went on a boat tour of the Fjords (Lysefjord pictured below)! On the academic side, I was also able to find a paid research assistantship that I am still working with today because I enjoyed my time so much! This really allowed me to experience the city of Stavanger through an entirely new lens since a great deal of the project involved getting out into the community.

At first, the Erasmus+ program may seem overwhelming; for those that may be feeling this, I would like to remind you that the “Checklist” is your friend, not your enemy! Please use it as a
clear guide to expectation for before, during and after the mobility. I suggest you set calendar alerts for every time you need something completed. I also suggest that you coordinate this very report from the beginning and write as you are going throughout the semester. Everything moves very fast and you want to take in each moment as much as you can. I, unfortunately, saved this detail for the end and it was a bit overwhelming to remember every detail, positive or negative.

While the coronavirus pandemic shut down a lot, I would like to note that the University of Stavanger always kept us in the loop for changes in Norway and changes at the university specifically. I would have traveled more and had several other academic opportunities, but I still had a wonderful semester with the time we were given. Overall, I would suggest an Erasmus+ semester to any and all that are interested.