

# ERASMUS Erfahrungsbericht SMS



MEDIZINISCHE  
UNIVERSITÄT  
INNSBRUCK

## PERSÖNLICHE DATEN

Name des/der Studierenden (freiwillige Angabe)	Julius Grienberger
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Gasthochschule	University of Oslo
Aufenthaltsdauer	von 05.08.2024 bis
<input type="checkbox"/> vorbereitender Sprachkurs	von Startdatum bis Enddatum
Ich habe das 9. Semester im Ausland absolviert.	

## ALLGEMEINES

Wo haben Sie Informationen über die Gastuniversität gefunden?	Website
Welche Unterstützung bei der Organisation wird im <b>Gastland</b> vom International Office geboten und wer ist der Ansprechpartner?	Anne Westheim, sie kümmert sich um alles per email und direkt vor Ort
Wo findet man Informationen zum Studium (Kursplan, etc.)?	Modul 6 uio - website
Welche Kurse wurden besucht?	Modul 6
Welche Kurse sind empfehlenswert?	Modul 6
Ist die Organisation von Famulaturen einfach?	Nein

## KOSTEN

Wie hoch waren die **monatlichen Kosten**?

Unterbringung	€ 492
Verpflegung	€ 600
An-/Abreise (Flug, Zug, Auto)	€ 500
Kosten für Unterlagen, Bücher, etc.	€ 0
Sonstiges: Reisen	€ viel

## SPRACHKURS (FALLS ZUTREFFEND)

Haben Sie im Jahr vor dem Aufenthalt einen vorbereitenden Sprachkurs absolviert?	Ja <input type="checkbox"/> Nein <input checked="" type="checkbox"/>
Wenn ja, wo/bei welcher Einrichtung (z.B. MUI-Sprachkurs, etc.):	-
Wie zufrieden waren Sie?	-
Kosten des Sprachkurses:	€ -

## UNTERKUNFT

Wie haben Sie Ihre Unterkunft im Gastland gefunden?	<input checked="" type="checkbox"/> selbst gesucht <input type="checkbox"/> Gasthochschule hat Wohnungs-/Zimmersuche übernommen/war behilflich <input type="checkbox"/> Freunde <input type="checkbox"/> andere: bitte spezifizieren
Wie zufrieden waren Sie?	10 von 10
Tipps für andere Studierende (z.B. Homepages, Zeitungen, Preis, ...)	Unbedingt ins Studentheim (Sogn) und so früh wie möglich bewerben

## NARRATIVER ERFAHRUNGSBERICHT (MINDESTENS 1-2 SEITEN):

Bitte berichten Sie über:

- Reisevorbereitungen, Versicherung, Vorbereitung auf die Gastuniversität
- Abreise und Ankunft am Studienort
- Betreuung an der Gasthochschule (International Office, Lehrende, Veranstaltungen für Erasmus-StudentInnen)
- Unileben am Studienort
- Studium (fachlicher Nutzen, welche Kurse haben Sie belegt, Niveau der Kurse, ...)
- Tipps für zukünftige Erasmus-Outgoings

## Erasmus Experience Report:

### A How-To Guide for Oslo, Norway

Duration: August 2024 - December 2024

Name: Julius Grienberger, Medical School, 5th Year, 9th Term

Embarking on my Erasmus journey in Oslo has been an unforgettable chapter of my life. This report is designed to serve as a comprehensive guide for future exchange students, combining practical advice

with personal insights to help you make the most of your time in Norway. Here's everything you need to know to navigate your Erasmus semester in Oslo successfully.

## Choosing the Right Student House

Selecting the right student accommodation is crucial to your overall experience. The medical school's activities are spread across several locations including Rikshospitalet, Ullevål, Akershus, Radiumhospitalet, and the infertility clinic. From personal experience, I found that opting for a larger student house significantly enhanced my stay. It is advisable to choose accommodations with good access to grocery stores and public transportation (Sogn).

### Sogn Studenthouse

emerged as the best option for me. It is one of the oldest and largest student houses, featuring flats for 6-7 people. Its strategic location offers several advantages: a 15-minute walk to Sognsvann, a 12-minute walk to Rikshospitalet, and metro services that run every 5 minutes on workdays. Additionally, it's close to Domus Athletica, which provides gym and swimming facilities.

### Kringsjå Studenthouse

is another good alternative, although it's a bit more remote with less frequent metro services (every 15 minutes). It typically requires an additional 20 minutes of travel time compared to Sogn Studenthouse. However, its proximity to a lake and on-site gym offers a cozy, nature-friendly environment, especially appealing during summer and autumn.

## Navigating the Learning Agreement

The learning agreement is a critical component of your academic transition, and it's best to simply adhere to the one used the past year. Trying to make changes is generally not feasible, so save yourself the hassle and just copy it as it is.

## Essential Apps for Living in Oslo

A few apps are indispensable for managing daily life in Oslo:

- Mine Studier: This app helps you keep track of your class timetable.
- Ruter: Essential for public transport schedules and tickets.
- Studentbevisapp: Your digital student card for various discounts.
- YR: A weather forecast app that's vital due to the constantly changing weather.

## Preparing for MRSA Swab

An MRSA swab is mandatory before starting your clinical rotations. This can be done by your GP at the clinic in Innsbruck. He might chat with you a bit.

## First Steps Upon Arrival

Arriving early is key to making the most of your time in Oslo. On arrival, focus on getting the necessary signatures promptly, although you might have to persistently follow up with Anne Westheim, who can be ghosting you. Acquiring a Norwegian prepaid SIM card should be a priority as well; relying on EU fair roaming rules might not suffice and could lead to complications.

## Making Friends and Socializing

Make full use of all get-together events in the initial weeks to establish connections. The friends you make early on will be your companions throughout the semester. Norwegians tend to be more approachable during the first university week, so attend all the initial lectures and events to meet them. Organizing your Journal ER dates immediately after the first lecture is also crucial—do not procrastinate on this!

## Travel and Exploration

Norway offers breathtaking travel opportunities which you should definitely seize. Connect with other exchange students from Innsbruck and plan maybe a trip together or visit each other. Norwegian Airlines provides student discounts which can make travel more affordable. Consider renting an electric vehicle as it's cheaper due to toll exemptions.

### *Highly recommended destinations include:*

- Jotunheimen: particularly the Besseggen trail.
- Rondane National Park: ideal for camping.
- Bergen: accessible via a scenic train ride.
- Senja: explore Segla and Hesten, and stay in a DNT cabin (DNT membership is worthwhile).
- Other must-visit places include Lofoten, Tromsø, and Romsdalsfjord.

### *For shorter trips, consider:*

- Stockholm: a 2-3 day trip.
- Helsinki: two days is usually sufficient.

While Svalbard/Longyearbyen is spectacular, it's also very expensive due to the need for guided tours and safety requirements (you need a rifle licence, probably most of you don't have that, otherwise you are trapped with the tourist stuff...). Unless you have friends there, it might be wiser to allocate your budget elsewhere.

## Academic Life

The University of Oslo offers a mix of mandatory and optional classes that you can easily plan via the university website. You are permitted to miss some classes, so choose wisely. The professors and doctors are highly motivated, providing a unique opportunity to delve into clinical work, especially at Rikshospitalet where you might encounter rare cases. Spend extra days at the hospital to maximize your learning experience—you won't regret it.

## General Advice

### *When to go?*

If possible, complete your KMPs in advance, particularly 6A and 6B. This will enable you to gain more from your clinical work in Oslo. The 9th term is highly recommended – as it appears to be a big advantage and less burdensome if you are more advanced in your studies compared to others.

### *What to expect?*

Beyond academics, immerse yourself in social activities and friendships. Erasmus is even more about cultural exchange and personal growth than it is about academics (but also important). Whether it's cooking, playing games, or simply having conversations, building social skills is invaluable.

### *Social life*

Partying in Oslo might not be the highlight (check here for parties: [osloomvendt.no](http://osloomvendt.no)), but making Norwegian friends can be profoundly rewarding. While 99.9% of exchange students tend to stick within their Erasmus bubble (and that's probably accurate), if you manage to break through and connect with Norwegians, it's a priceless experience. Norwegians can be extremely friendly and warm-hearted once you get to know them, often hosting cosy gatherings and cooking sessions (Taco Friday is a popular tradition). Despite their initial introversion, they can become your best friends. Try everything (Tinder, Bumble, whatever), but the real deal happens in the real world, speak to them! Approach them and have lots of endurance, it will take months

## Recommendations from Locals

For some local gems, consider:

- Food: Oslo Street Food, Farine, Haralds Vaffel, Smak av Italia, Koie Ramen. Grønland area is especially good for vegetables and exotic groceries.
- Saunas: KOK sauna, SALT sauna, - get your hands on a "Bruce studio" subscription. It's worth the money and again, you will people/locals!!!
- Cafés and Social Spots: Godt Brød, MelaCafe, Blindern campus cafeteria, student cinema on the last Thursday of each month.
- Districts to Explore: Grønland for food markets and Grunerlokka for its hip, diverse vibe.
- Photography Enthusiasts: Oslo FOTO for developing, FOTO.no for gear, and consider joining the photography club at Chateau Neuf.

## Conclusion

Reflecting on my Erasmus stay in Oslo, I can assert that it has been one of or even the most enriching times of my life. This experience has allowed me to grow, reflect, and realize what truly matters, free from external biases. The friends and memories made here have the potential to alter your life path drastically (like me and seriously consider moving to Oslo - for your future career and even more private life (the people, the hospital, and the nature are great - but Innsbruck is also great - major difference: the mindset)! As my time in Oslo draws to a close, I genuinely wish it wouldn't end.

Enjoy every moment, seize every opportunity, and let this guide help you make your Erasmus experience in Oslo as remarkable as mine.

Julius Grienberger

December 2024