

## Trondheim, Norway, NTNU, ERASMUS+

With that report I want to **explain the preparation (planning, organisation and applying to the host university), accommodation, studying at the host university, the daily life and free time of my exchange in Trondheim, Norway.**

**The preparation part was split into the planning process, the organisation and applying to the host university.** The preparation part was not that difficult, but a lot. But I followed the time schedule from the home international office and when you have still the same time schedule you will see: When you solve everything in time it is just few little assignments per day or week.

I do not really had to **organise** a lot, because there was no need to! The main part of my trip was really well organised by the international office from the home university and by the international office from the host university.

Going further to the point of **applying at the host university**, it was actually really easy as well. Usually, you can take five Unis and sort them from the most favourite Uni to less favourite Uni you want to go.

The next point is about the **accommodation**. Everything I needed to know about that was written on the internet page from the host Uni. And I got also helpful information from the host international office as well! You can choose between living in a student village or taking a private accommodation. I chose the student village, since it is usually more cheap and you can get to know other students more easily. When you want to live in a student village, you can pick between different areas in the city. I applied for the Moholt area and gladly, I got an apartment!

You can choose between different types of apartments depending whether you want to live alone or together with other students. I lived together with three other international students and even though I did not live in a shared apartment before, it turned out to be very interesting for that period of time. Everyone of us had one room and we shared the kitchen and bathroom.

From the Moholt student village you can have a pretty nice view over Trondheim as shown in the next picture and the distance to Gløshaugen, Handelshøyskolen or Dragvoll is just 15 min by walk or you can take the bus directly from Moholt to the 3 places. The distance

to the city center is a few minutes more behind Gløshaugen and you can also take the bus directly to it.



The following point is about **studying at the host university NTNU**. The NTNU is a technical university and the biggest university in Norway. The Norwegian University of Science and Technology and the host International Office are really structured, organised and furthermore, they are really friendly. So from the beginning they helped me and gave me a comfortable feeling in every case during and after the whole stay.

The whole system which is used in that university is really modern and user-friendly. For example, the registration for courses is really easy. You can also go to the University with the chip card you get 24/7. Regarding the courses, I could choose between a lot of courses in English. The teachers are really friendly and you ask them things by the first name, not surname.

I will now describe **the daily life in Trondheim**. Trondheim is a nice city surrounded by many mountains, forests, some lakes and the city is direct at a fjord. This nature characteristics create a lot of opportunities for free time activities. For example, you can go for a hike or spend a weekend in one of many student cabins in the middle of nature. You can go to sauna in the student cabins and make a nice fire in the evening. You can also find at least one student cabin direct at a lake with a small wooden boat. On the next picture I have been with two others to one of the lakes in Trondheim.



Right at the beginning of the semester, there was the Orientation Week with helpful information and a lot of events. Just to name two events, one was a hiking trip and another was to go to a soccer match of Rosenborg Trondheim. Rosenborg played already champions league and is the best team in Norway.

Since the NTNU is the biggest university in Norway, there are also a lot of events and free time activities, e.g. sport activities.

Furthermore, you have really good chances to see the northern lights in Trondheim.



I think also a very important aspect to mention is the price level in Norway. The prices in supermarkets are similar to the prices in Germany, so you can definitely live there without fear of high prices. Just additional things like eating in a restaurant and buying alcohol is more expensive than in Germany, so it really depends on your life style.

The next and last point is about **free time in Trondheim**. I already mentioned a lot about that in the previous point, but I will still let you know some facts about it.

Trondheim is a student city. There are 30.000 students, so there are a lot of possibilities to do in your free time. You can go out every day if you want and the people are really friendly and spread happiness. And also in general:

Almost everyone is speaking English fluently and Norwegian people try to help you, especially when they find out that you are an exchange student. Norwegians are in general a bit reserved, because they respect each others privacy. It was interesting and a new

experience to see how Norwegians treat other people. They have high social standards and try to treat each others well and nice. Additionally, when you talk to some of them you will find out that they do not like to make stress, but really appreciate an enjoyable life.

So all in all, I had a great time abroad and it is interesting to go there.