

Erasmus+ Experience Report

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| Home University: | University of Oldenburg |
| Host University: | Stavanger University |
| Exchange Period: | January 2025 – May 2025 |
| Scholarship: | Erasmus+ Scholarship Recipient |

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

The transition process to study in Norway was very smooth. The host university was very reachable and supportive months before my departure. Their guidance on application procedures, learning agreements, and rules and regulations about the stay permit information was clear and timely. I had no worries regarding accommodation, as it was arranged in advance by the host university. I felt well-prepared and confident going into the exchange thanks to their proactive communication.

2. Travel and Arrival

I traveled to Norway in early January 2025 and found the journey smooth and manageable. Upon arrival, the university's orientation programme ensured I was integrated quickly. Local students and staff welcomed us warmly and provided support in getting settled, including opening bank accounts and navigating public transport.

3. Accommodation

Accommodation was organized by the host university in advance. I was assigned a private room in a student residence with shared kitchen facilities. The accommodation

was clean, furnished, and located close to the university and other essential services. Living with other international students also helped build a strong community.

4. Studying at the Host University

I enrolled in courses focused on emigration, migration and interculture studies, subjects aligned with my EMMIR program. The academic environment emphasized independent learning and active discussion. Lecturers were accessible and supportive. I expect full credit transfer upon completion of the recognition process with my coordinator in Oldenburg.

5. Everyday Life and Leisure Time

Living in Norway was a unique experience. The Erasmus+ grant covered a significant part of my living expenses, making it easier to focus on academics and enjoy daily life. I joined hiking groups, explored local culture, and engaged in international student events. The lifestyle was clean, safe, and community oriented.

6. General Experience, Credit Transfer, Conclusion (Tips for Other Students, Dos and Don'ts)

The Erasmus+ experience greatly enriched my academic and personal development. It expanded my cultural horizons and strengthened my international academic profile.

Tips for future students:

- Start early with applications and housing.
- Attend orientation sessions and ask questions.
- Engage in local activities and network with fellow students.

Dos:

Do explore Norway's natural beauty.

Do build relationships with locals and fellow internationals.

Don'ts:

- Don't underestimate winter weather—pack accordingly!
- Don't isolate yourself—join student groups and events.

I am sincerely grateful for the opportunity provided by the Erasmus+ program. It not only supported me financially but also opened the door to a truly transformative academic and personal journey. Studying and living in a new country expanded my global outlook, deepened my intercultural understanding, and strengthened my confidence in navigating diverse environments. I wholeheartedly recommend the Erasmus+ program to any student seeking to broaden their perspective, develop meaningful international connections, and grow both personally and professionally through immersive, cross-cultural learning experiences.