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**UQ Program: Bachelors of Arts/Laws**

If there is one thing I can recommend to people considering exchange is that you should go early and go often! I met the other UQ student and a Norwegian student studying in Brisbane over coffee a few days before I left, and then spent the European summer backpacking with friends. I would suggest that you try and meet any other UQ students or current exchange students from your host university, or at least get their email addresses, before departing, since it is quite nerve racking showing up in a city where you know absolutely no-one (and unlike a back-packers hostel your student housing reception is probably really busy and not able to help you out as much as you would like!). However, in saying that, most international students are in the same situation and after a few days I had settled in with my housemates and made friends with the people I had been in line with waiting (for 5hours!) for the key to my room. I was also lucky that the University of Oslo has an amazing buddy program for International students. On the second day of orientation week we attended a formal welcome ceremony and were split into buddy groups. Our Norwegian buddies took us on a tour of the university, invited us to their homes for dinner, arranged for us to go on the Law Pub Crawl (where we had tasks to complete at each bar and the Norwegian organisers were kind enough to run the competition in English for us!), and they also helped us with practical things like buying sim cards.

Doing exchange is one of the best decisions I have ever made. I recommend you get involved in as many as activities as possible. I went on a trip to the student cabin, we had to hike through knee-high snow but there was a warm fire and sauna waiting for us when we arrived and I attended the law ball (where the organisers were kind enough to do the formal part in English for all of the international students and it also seemed to be the norm to wear your napkin on your head!). I also got to do lots of things I wouldn't normally do at home, such as skiing, ice-skating, tobogganing (down a ridiculously scary 2km track) and drinking coffee and baileys with my Latvian housemate when we decided -25 was too cold to go outside! If you are heading to Oslo, wait until you arrive to buy your warm clothes (it's a lot cheaper and they are a lot more practical!) and take half as much as you think you will need. Also, Oslo is meant to be the "most expensive city in the world" but you could easily live quite well off the student loan (\$5500), \$1000 scholarship and youth allowance (around \$3500). I suggest you save up a bit more to go travelling around Norway and Europe. Alcohol and meat are quite expensive but fruit and veggies are about the same as Australia and seafood (especially salmon) was cheaper. Public transport is amazingly efficient and cost around \$60 a month and a semester gym pass cost around \$130.

I took two Masters Law subjects and both of them were taught in English, I found them relevant to my degree as they were both international law subjects. The University of Oslo had an interesting selection of subjects offered in English and also offered a Norwegian language course for international students. I recommend you try and meet as many locals as possible (most Norwegians, especially students, speak great English) to get a feel for what life is really like in your host city. If you go to Oslo, I thoroughly recommend that you check out Bla on a Sunday afternoon, for the great markets and free live music, and Tim Wendelboe's coffee (they are the number one coffee barista in Europe). I had a great time in Oslo and now have new friends from Norway, all over Europe, North America, Taiwan and Australia. To repeat what I'm sure all the other testimonials say, go on exchange: you won't regret it!

