

# STUDY IN NORWAY



Høgskolen i Østfold

# Look to Norway and Østfold

Østfold University College has about 4000 students and 450 staff members distributed among six faculties and three neighbouring towns in the southeast corner of Norway, close to the Swedish border.

We have a large number of bachelor's degree programmes and a few master's degree programmes. A number of programmes and modules are taught in English, German or French and could be just the right thing for you as a part of your home university degree.

Norway has adopted the European Credit Transfer System (ECTS) and our studies are internationally compatible.

TUITION IS FREE – the only fee you have to pay is a semester fee of about NOK 600. There is no fee at all for exchange students.

## Just the right size

The three campus towns are just the right size. You can participate in a variety of leisure time activities, and recreation facilities are good and plentiful. Still, the towns are small enough to make you feel at home and make friends – probably for life.

Distances are not a problem; it takes about one hour and a half to Oslo and a good two hours to Gothenburg in Sweden. Add another two to three hours, and you will find yourself in Copenhagen.





# Three towns – six faculties + a lot of possibilities



**Halden** is the smallest of the three towns with close to 28,000 inhabitants, but has the largest student population with 21,000 students. It is a border town, situated by the Iddefjord between Norway and Sweden, with the 17th century fortress Fredriksten towering above idyllic old houses and a nice little harbour. Halden is the home of three of our faculties: **the Faculty of Business, Languages and Social Sciences, the Faculty of Computer Sciences, and the Faculty of Education.**

The Norwegian Centre for Foreign Languages in Education is also situated on campus.

**Fredrikstad** on the Glomma estuary is the largest of the three towns with a population of 70,000. It is the home of a complete fortified town from the 16th century – Europe's best preserved of its kind. The Old Town is not a museum; it is a place where people live and work, and it boasts a number of arts and crafts shops. Two of our faculties are situated in Fredrikstad: The Faculty of Health and Social Studies and our smallest faculty – the Norwegian Theatre Academy.

**Sarpsborg** has about 50,000 inhabitants and was once the site of Viking kings, to which an interesting open-air museum bears witness. The town is situated on the Glomma, Norway's largest river, and is built around a large waterfall. Sarpsborg with its many large industries naturally houses the **Faculty of Engineering.**

## Accommodation

**The Student Welfare Organisation** owns and operates residence halls. The rent is reasonable, ranging from EUR 280 to 420 per month. As an international student you are guaranteed university college accommodation.

In the residence halls you have access to a well-equipped kitchen and there are grocery stores close by if you want to cook your own meals – or you can eat in the campus canteen. There is Internet access in all rooms.

## Social life and leisure time

**There is a Student Union House** in Halden with a pub, cafe and a stage where active and enthusiastic students arrange concerts and other events.

There is a multitude of cultural and social events to choose from as well as a large and varied number of leisure time activities: from film and photo clubs via theatre and dance to rowing or rock climbing. If you are fond of outdoor life and long for the wilderness, Østfold has vast forests and beautiful lakes.



# Courses offered to international students

Østfold University College offers a steadily growing number of courses, taught in English, German or French that can be studied as part of your home university degree. For all the courses or programmes, good skills (intermediate level) in the relevant language are required.

## The Faculty of Business, Languages and Social Sciences

in Halden offers the following programmes to international students:

### ■ The International Business Programme

(third-year specialisation). One or two semesters (30 to 60 ECTS credits).

- For third-year students of business administration or economics.
- You can apply to be awarded our bachelor's degree – Bachelor of International Business – in addition to your home degree.
- The programme focuses on global finance, economics, marketing and communication

■ **Communication and Business.** One or two semesters (30/60 ECTS credits). The programme is designed for students who are interested in working with communication and marketing in internationally oriented companies.

■ **Political Science.** One or two semesters (30/60 ECTS credits). The programme focuses on comparative politics/political theory, comparative welfare models, American and British studies.

■ **Deutsch als Fremdsprache (German as a Foreign Language).** One-year programme (60 ECTS credits) starting in the autumn semester (August). Previous basic knowledge of German is required.

■ **German extension course.** One semester (30 ECTS credits). Good skills in German are required.

■ **Le Français language étrangère (French as a Foreign Language).** One or two semesters (30/60 ECTS credits). Previous basic knowledge of French is required.

All the mentioned programmes can be combined with Norwegian as a Foreign Language (5/10 ECTS credits).







Our gold winning team from Shell Eco-marathon in France, 2007.



## The Faculty of Education

in Halden offers:

- English for Teachers. One or two semesters (30/60 ECTS credits). The programme aims to provide students with language, cultural and didactic competence.
- Drama/Theatre for Teachers. One or two semesters (30/60 ECTS credits).

## The Faculty of Health and Social Studies

in Fredrikstad offers clinical practice, that is: work placement supervised in English for students enrolled on programmes in:

- Nursing
- Social work
- Child welfare

- Social educator training
- Biomedical Laboratory Science

## The Faculty of Computer Sciences

in Halden offers:

- Modules taught in English in its two-year master's degree programme. There are three specialisations in the programme: 1) Intelligent systems, 2) Mobile applications and 3) Design of digital environments.
- Courses at bachelor level. For these courses, the language of instruction is Norwegian. However, courses and projects are supervised in English.

## The Faculty of Engineering

in Sarpsborg offers projects and courses within:

- Industrial Design (20 ECTS credits)

- Technology Innovation and Entrepreneurship.

One or two semesters (30/60 ECTS credits)

- For third-year engineering students:
- You can apply to be awarded a bachelor's degree – Bachelor of Technology Innovation and Entrepreneurship – in addition to your home degree.

For all engineering courses: The language of instruction is Norwegian. However, courses and projects will be supervised in English, alternatively German for courses in Industrial Design.

The smallest faculty of the six, **the Norwegian Theatre Academy** in the Old Town of Fredrikstad, offers a unique undergraduate education in scenography and acting that is taught in English. The programme is highly competitive with just a handful of students enrolled each year.

For further information please see our website [www.hiof.no/english](http://www.hiof.no/english).

For detailed information on application, admission, residence permits etc. please contact our International Office:

Email address: [international@hiof.no](mailto:international@hiof.no) • Phone: +47 69 21 50 00 • Mail address: International Office, Østfold University College, N-1757 Halden, Norway

# What students say



**Dominik Müller, Germany:** The greatest benefit about studying here is that I improve my business and everyday English because lectures are given in English and English is used as a lingua franca to communicate among the students. It is also

a benefit to me to get a Norwegian bachelor's degree in addition to my German degree.

What I like best here is the size of the university. My home university is the biggest in Germany with lectures attended by more than a thousand students. Here there are only 20–30 students in your class and the atmosphere is very friendly. The distance between students and lecturers is not big, as I am used to, and the administration is very kind and helpful. You really feel recognised as an individual instead of being only a number.

Students have to take a much more active role during lectures here than in Germany. Lecturers often offer the possibility to adjust the content of their courses in accordance with students' preferences, and presentations, assignments and obligatory group work sessions train social and communicative skills, which I miss in the German university system.

I hope the study abroad year will help me in my future career. I am thinking of applying for a special International Management Associate Program offered by a big German car manufacturer, where qualifications for access are knowledge of at least three languages and having studied abroad for at least a year. In general, I think that if you want to have a successful career you will have to deal with foreign cultures and languages.

Even though I have been studying “only” in small Norway, I have learnt to know the local culture, improved my English, learnt a new language (Norwegian), brushed up my French and learnt a lot about the French cuisine! I have met people from Eastern Europe, Asia and Africa and listened to all sorts of

“dialects” in English. And I have experienced how people from different cultures party and have fun.

Would I recommend a stay in Norway? Ja! Yes! Oui!

**Magda Rembiesa, Poland:** I love the atmosphere of this university. It is small, students get to know each other, and lecturers are very friendly. International students are given a warm welcome. It is a pleasure to study here: we really combine business with pleasure and there are so many possibilities of leisure time activities that you do not feel alone or bored.

I believe this university prepares you for your future work by being both practical and theoretical. One of the most significant things is group work; very important for future careers. In Polish universities we still place great emphasis on theory and individual work.

Prices in Norway are a bit difficult, though; it seems to me that only millionaires live here! And the Norwegian brown cheese and the traditional porridge – well, some like it, but I think it is something you try only once!

My biggest surprise when arriving in Norway early this autumn was that it was so warm – I had not expected that. Also surprising is the culture of being on first name terms with the lecturers (in Poland that would have been impossible!).

It is hard to compare universities and systems. Østfold University College is young and small. My home university in Wrocław is very big and one of the best in Poland. However, the academic level

is very high for both, although maybe differently focused.

I think there are vast benefits from studying abroad, especially when you choose a country quite different from your own. To me, this has been an unforgettable adventure that will change my life forever!



**Benjamin Kofi Donkor, Ghana:** To me, Norway is a peaceful country that values education and sees it as a key to success.

The level of education is very high, and education is also more flexible than in most other European countries.

The biggest difference for me is the size of classes: at Østfold University College classes are so small that it is easy for lecturers to relate to each individual student.

There are still too few courses taught in English at Østfold University College. I strongly believe more foreign students would be encouraged to study here, and in Norway in general, if more courses were taught in English.

It is difficult for African students to learn Norwegian. I think African students, and maybe Asians as well, should be given more time to study the language because it is more difficult for us than for European students.

People in Norway are individualists. This is different in my home country where people like to be together all the time. Still, I was quite surprised about the informality in Norwegian universities and Norway in general. For instance, it is normal to call a lecturer only by his or her first name – that would have been a taboo in my home country and a sign of disrespect.

But the biggest surprise for me was the cost of living. Norway is really expensive compared with my country.



I plan to work in a reputable international organisation in Ghana, and studying a year abroad will make me a “hot cake” in the Ghanaian labour market. I think that studying abroad, especially if you study in an environment that is quite different from your own country, enables you to know more about the different cultures: how people think and how they react in certain situations. This helps you perform better as a professional if you get to work in a foreign country.



# Follow your heart – and try a new country

What images do you have about Norway? That it is cold and expensive and has a difficult language? Let us try to kill some myths:

## Prices

**The rent** will probably not be higher than where you come from. In Østfold you can get a student flat from NOK 2300 a month (EUR 280), located within walking distance of study locations.

**Beer and other alcoholic beverages** are expensive – true. But you are probably not planning to spend all your money on beer?

**Shopping** is good and clothes cost about the same as in any other European country.

## The climate and the people

OK, we are not the South of Europe. But there are no polar bears in the streets either. Not much snow either in these parts, to be honest. In case you are looking for heaps of snow there are buses going to ski resorts at reasonable prices. The International Office also arranges trips and social activities for exchange students.

And even if the weather can be cold, people are not. Anyway, it is warm and snug indoors, where we, admittedly, spend most of our time in winter.

Norwegians are friendly and informal people; easy to get along with. You will find that relations to the teachers and staff in the university college are also very informal and everybody is on first-name terms.

We really make it our business to take care of you and make you feel at home.

## The language

Most probably you do not speak Norwegian. But that can be helped. You will be offered a language course in Norwegian for foreigners as a part of your programme. Maybe it is not such a bad idea – even a bit exotic – to learn one of the “lesser” European languages. Plus, it gives you access to the entire Scandinavian language area with a population of close to 20 million.

However, you do not really need to know the language. You get along perfectly with English in all situations.



[www.hiof.no/english](http://www.hiof.no/english)