

# Norway, Bø – Fall/Year 2009-2010

## IAP PROGRAM HANDBOOK

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The Bø, Norway program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with Telemark University College. This IAP Program Handbook supplements handbooks or materials you receive from Telemark University College as well as the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to IAP at UW-Madison.

This program handbook contains the following information:

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# Contact Information

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## ON-SITE PROGRAM INFORMATION

Your primary contact will be:

Ave Mølster  
International Coordinator  
Faculty of Arts and Sciences  
Telemark University College  
3800 Bo i Telemark, Norway  
Telephone: +47 35 95 27 48  
Fax: +47 35 95 26 01  
E-mail: [Ave.Molster@hit.no](mailto:Ave.Molster@hit.no)

## UW-MADISON INFORMATION

International Academic Programs (IAP)  
University of Wisconsin-Madison  
250 Bascom Hall, 500 Lincoln Drive  
Madison, WI 53706  
Tel: 608-265-6329, Fax: 608-262-6998  
Web: [www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

*For Program Advising & Grades:*

Kate Hamoonga  
IAP Study Abroad Advisor  
(608) 265-6296  
[hamoonga@bascom.wisc.edu](mailto:hamoonga@bascom.wisc.edu)

*For Financial Matters:*

Judy Humphrey  
IAP Financial Specialist  
(608) 262-6296  
[jhumphrey@bascom.wisc.edu](mailto:jhumphrey@bascom.wisc.edu)

## EMERGENCY CONTACT INFORMATION

In case of an emergency, call the main IAP number **(608) 265 6329** between 7:45 a.m. and 4:30 p.m. Monday to Friday; after-hours or on weekends call the IAP staff on call at **(608) 516 9440**.

## EMBASSY REGISTRATION

All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at <https://travelregistration.state.gov>. If you are not a U.S. citizen, register at your home country embassy or consulate.

United States Embassy  
Henrik Ibsens gate 48  
0244 Oslo  
Norway  
+47 22 44 85 50  
+47 22 56 27 51 fax  
[www.usa.no](http://www.usa.no)

## Program Dates

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### Fall 2009

Arrival weekend	August 14 - 15
Orientation week begins	August 17
Semester begins	August 17
Semester ends	mid December

### Spring 2009

Semester begins	January 4
Semester ends	late May/early June

Telemark University College will provide more detailed program dates.

## Preparation Before Leaving

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### IMMIGRATION DOCUMENTS

**Passport:** A passport is needed to travel to Norway and to obtain your residence permit. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website <http://travel.state.gov/passport/>. If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

**Residence Permit:** Students staying in Norway for over 3 months are required to apply for a residency permit prior to departure. This should be done from the United States as soon as you have received your official letter of acceptance from Telemark University College, as the residence permit can take 2-3 months to process. Students will turn in their residency permit applications to the appropriate Norway Consulate according to the student's state of residence. You will need to submit the following documents:

- Application form for student residence permit
- Copy of passport
- Passport-size photo
- Letter of admission from Telemark University College
- Documentation of housing
- Documentation of financial support (evidence such as a recent bank statement, letter from your bank, financial aid letter, and/or proof of scholarship showing you have money to support yourself while studying in Norway)
- Application fee

Additional information on the residence permit application process is available from the Norway Embassy [www.norway.org/visas/](http://www.norway.org/visas/) and the Norway Immigration Department [www.udi.no](http://www.udi.no).

Before leaving Norway, you must notify the National Registry Office in your municipality. You can acquire the relevant form from the National Registry Office in your municipality or from the International Office at Telemark University College. On the form you will fill in your current address, your future address, and your moving date.

## HANDLING MONEY ABROAD

The Norwegian currency is the Norwegian Kroner (NOK). As of 1/28/09, the exchange rate was \$1 USD to 6.76 NOK. You are advised to bring some Norwegian currency with you when you arrive in Norway or change money at Oslo airport-Gardermoen. We recommend that you have at least 800 NOK in cash. You will need to have money to pay for the bus or train to Bø. It will also make it easier for you during your first few days, especially if you happen to arrive during the weekend when banks and post offices are closed. It is also advisable to bring along money in the form of traveller's checks, to have an ATM card, and an international credit card.

## Travel and Arrival

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You are responsible for arranging your transportation to Bø. The major airports near Bø are Torp Airport (TRF) (located in Sandefjord) and Oslo Airport (OSL) (located 1 hour north of Oslo in Gardermoen).

The program coordinator/student guides will meet international students at the Bø train station. To arrange this, you must provide the International Office with your travel itinerary prior to departure and arrive in Bø between 9:00 a.m. and 8:00 p.m. on the designated arrival days. Consult the "Travel Tips for North Americans" handout in your Telemark University College acceptance packet for more details.

**Arrival in Oslo:** From the airport, you may travel to Bø either by train or by bus. The cost for a one-way bus or train ticket is approximately 80 NOK student price and the journey takes about 4 hours travel time. To travel by train, first take the airport train to Oslo Sentralstasjon (Central Station). From here take the "Sørlandsbanen" (student cost NOK 192,-) to Bø. For Norwegian Railway information, visit [www.nsb.no](http://www.nsb.no).

To travel by bus, take the SAS airport bus to Oslo Bussterminal (central bus station) (60 NOK student cost) or a local bus (less expensive but slower). From the central bus station, there are two buses that can both get you to Bø:

1. The “Nor-Way Bus Express - Haukeliekspressen” bus (165 NOK student price) [www.nor-way.no](http://www.nor-way.no)
2. The “Timeekspressen” bus (140 NOK student price) [www.timeekspressen.no](http://www.timeekspressen.no). If you travel with the “Timeekspressen” you may have to change buses in Notodden. Your bus driver will help you.

**Arrival in Sandefjord:** If you fly into Torp, you can take the bus called “Telemarksekspressen” to Bø. This bus takes about 3 hours and costs approximately 165 NOK for students. The last bus available for reaching Bø in time leaves the airport at 5:25 p.m. Monday through Saturday and 5:10 p.m. Sundays, with fewer buses during the weekends. If you are taking a plane to Torp Airport it is crucial that you know that this airport closes at 11:00 p.m. and does not open again until 6:00 a.m. There are no hotels nearby.

Note: You must have an international student identification card if you want to get a discount on bus or train fares prior to receiving your Telemark University College identification card.

## **The Academic Program**

### **TELEMARK UNIVERSITY COLLEGE**

Telemark University College is a fully accredited state college in Norway with more than 4,500 full-time students and 500 faculty and staff. There are about 1500 students at the Bø campus, with more than 100 foreign students from over 40 different countries. The campus is located in the heart of the community, within walking distance of student housing, stores and the train station. Gullbring Cultural Center is located adjacent to the college. The cultural center has numerous amenities including a large gymnasium and swimming pool, a climbing wall, a movie theatre, an art gallery and a concert hall.

Telemark University College [www.hit.no](http://www.hit.no)

### **PROGRAMS TAUGHT IN ENGLISH**

UW-Madison students can participate in one of four programs: Alpine Ecology and Environmental Management, Business Administration, Outdoor Life and Ecophilosophy or Scandinavian Studies in Telemark. For the Alpine Ecology, Business and Outdoor Life programs, students are required to have a background in natural science, business, or outdoor recreation respectively. The Scandinavian Studies program has no pre-requisites and students can take courses in English or Norwegian. This program is offered at the Bø campus of Telemark University College and has been specially developed for international students. During the study term, students engage in an intercultural Scandinavian experience through class sessions, guided field trips, campus activities and student dorm life. The program emphasizes the importance of integration with Norwegians in some program classes as well as through social events, dorm life, and campus activities. Contact with Norwegians and Norwegian culture is the essential core of the program.

<http://www.hit.no/english/content/view/full/52275>

## COURSE INFORMATION

**Courses:** Students participating in the program will attend classes Monday through Friday each week. Normally classes meet only 1 or 2 times per week but for a minimum of 2 hours each time. Wednesday afternoons are reserved for student parliament and other student meetings (“demokratitid”) from 12:30 p.m. to 3:30 p.m. Regular attendance is expected as is participation on the study trips.

Participants in the Scandinavian Studies program are required to take the course “Telemark I: Regional Identity” in addition to one Norwegian language class and one literature class. Advanced level Norwegian language students have the option of taking courses taught in Norwegian as well.

Courses may not be offered every semester due to factors such as student interest or instructor availability, while some courses are offered on a rotational basis only. Accepted participants will receive a course preference form from Telemark University College where they will indicate which courses they would like to take as well as alternate courses. This form is to be submitted with their confirmation of participation.

## CREDITS

**Conversion:** Telemark University College uses the European Credit Transfer System (ECTS) in which courses are measured in “studiepoeng/study points.” The conversion scale is as follows:

ECTS Study Points	UW Madison Credits
2.5	2
3	2
4	2
5 or 5,5	3
6 or 6,5	3
7 or 7,5	4
8	4
9	5
10	5
12	6
12,5	7
15	8

**Limits and Load:** The full-time workload for one academic year is 60 ECTS and 30 ECTS for a semester. Program participants are required to take a minimum of 30 Norwegian study points (ECTS) a semester. Most courses in the program are either 5 ECTS or 10 ECTS. A 5 ECTS course at the undergraduate level generally means a course with an average of 500 pages required readings, one to two term papers or tests (totalling approximately 15 pages of writing) and a final written exam, 4-6 hours long. Oral exams may also be given. Approximately 45-50 hours of classroom teaching. A 10 ECTS course at the undergraduate level will be approximately double of this.

## PASS/FAIL/DROP/AUDIT

Please refer to the IAP Study Abroad Handbook for academic policies and forms.

## GRADES AND GRADE CONVERSIONS

Grades for undergraduate examinations are awarded according to a graded scale (A,B,C,D,E,F, with E as the minimum passing grade and C considered a good grade). A pass/no pass mark is given for some examinations. The grading system is as follows:

A	Excellent	An excellent performance, clearly outstanding. The candidate demonstrates excellent judgement and a high degree of independent thinking.
B	Very Good	A very good performance. The candidate demonstrates sound judgement and a very good degree of independent thinking.
C	Good	A good performance in most areas. The candidate demonstrates a reasonable degree of judgement and independent thinking in most important areas.
D	Satisfactory	A satisfactory performance, but with significant shortcomings. The candidate demonstrates a limited degree of judgement and independent thinking.
E	Sufficient	A performance that meets the minimum criteria, but no more. The candidate demonstrates a very limited degree of judgement and independent thinking.
F	Fail	A performance that does not meet the minimum academic criteria. The candidate demonstrates an absence of both judgement and independent thinking.

The grade conversion scale is as follows:

Telemark	UW-Madison
A	A
B	AB
C	B
D	C
E	D
F	F

## Living Abroad

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### NORWAY

Norway is a ruggedly beautiful country of mountains, fjords, and glaciers. The 'Land of the Midnight Sun' has delightfully long summer days, pleasantly low-key cities, unspoiled fishing villages and rich historic sites that include Viking ships and medieval stave churches. Norway prizes its stunning natural wonders and retains a robust frontier character unusual in Europe. It's not all frozen tundra, either. The temperate south includes rolling farmlands, enchanted forests and sunny beaches as well as the dramatic Western Fjords.

Norway has held fast to many of its cultural traditions and it's not uncommon to see elaborate folk costumes worn at weddings and other festive events. Traditional folk dancing, singing, and storytelling (often featuring trolls) are also popular. Norwegian architecture is renowned for its unique stave churches—among the oldest wooden buildings on earth—which have one foot in the Viking Age and the other in the 11<sup>th</sup> century early Christian era

Tourist Information for Norway [www.visitnorway.com](http://www.visitnorway.com)

Study in Norway [www.studyinnorway.no](http://www.studyinnorway.no)

## **BØ**

The town of Bø is centrally located in Telemark, one of nineteen counties in Norway. The campus is located in the heart of the community, within walking distance of student housing, stores and the train station. Gullbring Cultural Center is located adjacent to the college. The cultural center has numerous amenities including a large gymnasium and swimming pool, a climbing wall, a movie theatre, an art gallery and a concert hall. The area also provides excellent opportunities for outdoor activities such as hiking, fishing and skiing.

Telemark Information [www.telemarkreiser.no](http://www.telemarkreiser.no)

## **HOUSING**

Telemark University College will provide students with housing in single rooms at one of the several co-educational student dorms, located within a 5 to 20 minute walk from the main buildings. The dormitories vary in size and appearance but most students have private rooms and bathrooms and share a kitchen and living area with Norwegian and international students. Students cook their own food (Norwegian students usually prepare their foods at home and take sack lunches (matpakker) with them to school). All rooms have internet connections. Please note that there is limited telephone access from the dormitories. Most students bring along their own cellular/mobile phones, or purchase one after arrival.

Additional housing information is available from the Students Association (SiTel) [www.sitel.no](http://www.sitel.no). Detailed housing information is sent to participants from Telemark University College prior to departure.

## **STUDENT LIFE**

Students at the Faculty of Arts and Sciences are active in many different types of clubs and organizations during their free time. There are numerous clubs including: a book club, a photo club, a film club, a jazz club, a student newspaper, a choir, a student radio station and multiple inter-mural sports clubs. There is also an annual student organized week called VIKO which includes a wide variety of fun activities.

The students also have a club called KROA. They arrange concerts and discos at KROA throughout the school year. KROA in Bø is one of the most respected clubs in Norway. It is primarily run through voluntary work from the students. To find more about KROA or about which events are planned visit [www.kroaibo.no](http://www.kroaibo.no).

## COMMUNICATION

**Telephone:** When making calls, keep in mind time zone differences

[www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always "1") followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial "011", the country code, city access code (if necessary) and the phone number. Country and city codes can be found online [www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Each student dorm area has a pay telephone, but not individual telephones in the rooms. The pay phones normally require a special phone card sold at most newsstands. Almost all Norwegian students use mobile/cellular telephones. Be aware that not all foreign mobile/cellular phones will work here. Most students choose to buy their own Norwegian phones after arrival.

**Email:** All computer labs at school have access to the internet. You will be given a student e-mail account after arrival. If you have your own computer, you will be able to access the internet from your dorm room as well.

### Websites of Interest

International Academic Programs (IAP) at UW-Madison:

[www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

Telemark University Website

<http://www.hit.no/english/>

General Orientation Information:

[www.worldwide.edu/travel\\_planner/index.html](http://www.worldwide.edu/travel_planner/index.html)

(includes topics such as culture shock, international travel, etc.)

U.S. State Department:

[travel.state.gov](http://travel.state.gov)

U.S. State Department Students Abroad site:

<http://www.studentsabroad.state.gov/>

Center for Disease Control:

[www.cdc.gov/travel/](http://www.cdc.gov/travel/)

Current Exchange Rates:

[www.x-rates.com](http://www.x-rates.com)

International Learning Community “Norden” at UW-Madison:

<http://www.housing.wisc.edu/ILC/>

## **Student Testimonials**

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The quotes below are comments from past participants; they reflect various students' experiences and are included to provide different perspectives. IAP does not endorse any specific view expressed in this section.

### **HANDLING MONEY ABROAD**

Expect to pay more for things in Norway, as it is more expensive to live there. Food was expensive and going to restaurants was even more expensive. I only ate in a restaurant 3 times during my entire semester.

### **HOUSING**

Accommodation facilities are really good. I lived in Gullbring which was only a 3 minute walk to campus. I had my own room which was very large in a flat with other students. Since we shared a kitchen facility, it was a great way to meet other students.

My dorm was well above UW-Madison standards. Living with all Norwegians greatly improved my cultural and language experience. The dorm itself was one of the nicest places I have ever lived. The location was beautiful and within reasonable distance of the university.

I lived in the cheapest housing available and thought that it was nice for what I needed it for. One thing students should be notified of is that there will likely be no Norwegians living in the cheapest dorms, and so it kind of cut down on my chance to learn Norwegian because of that. I did have a cool experience of living with two girls from Italy, a girl from China and a guy from Cameroon. This was unlike any experience I have ever had, but I was there to learn Norwegian better above all else.

Housing was great. The rooms were cleaned and furnished. I had my own bathroom which was amazing. The Breisås area was quiet most of the time. In house washer/dryer was very much appreciated. 15 minutes from school with a great view and easy access to the forest. Two thumbs up for Breisås housing.

## **STUDENT LIFE**

The student union has lots of different activity nights, which is a great way to meet people.

Be outgoing. It really helps to try new things, go out to places you might not normally go to, and talk to all sorts of different people.

But when it came to social time, learning to play sports and enjoy the outdoors was a challenge because as Americans we are much louder than other nationalities. Understanding study habits was also something that took time because procrastination is very common over there.

I really liked volunteering at the student club Kroa. It really helped me meet a lot of people that worked there as well as people just coming to have a good time.