The Oslo, Norway program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with the International Summer School at the University of Oslo. This IAP Program Handbook supplements handbook(s) or materials you receive from the International Summer School 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 International Academic Programs at UW-Madison.

This program handbook contains the following information:

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Contact Information

On-Site Program Information
Torild Homstad or Einar Vannebo
International Summer School
P.O. Box 1082, Blindern
NO-0317 Oslo
Norway
Tel: +47-22-85-63-85 Fax: +47 22 85 41 99
Email: torildh@admin.uio.no

Dormitory Reception desk: +47 23 33 10 00
Houseparents: +47 23 33 13 66

UW-Madison Information
International Academic Programs (IAP)
University of Wisconsin-Madison
Emergency Contact Information
In case of an emergency, call the main IAP number (608) 265-6329 between 8:00 a.m.-4:30 p.m. Monday-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’s embassy or consulate.

United States Embassy
Henrik Ibsens gate 48
0244 Oslo
Norway
Tel: +47 22 44 85 50
Fax: +47 22 56 27 51
www.usa.no

Program Dates
June 25 – August 7, 2010

Preparation Before Leaving
Refer to the Pre-Departure Checklist on pages four and five of the IAP Study Abroad Handbook for essential information.

Immigration Documents
Passport
A passport is needed to travel to Norway. 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.

Visa
A visa is not necessary for citizens of the United States. If you hold a passport for a different country, please visit the following website to determine whether or not you will need a visa:
http://www.udi.no/templates/Tema.aspx?id=7403

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. If you plan on bringing credit or debit cards, be sure they are on the CIRRUS, Visa Electron or Visa Plus system. It is recommended that you travel with at least NOK 1,000 in cash to cover fares, tickets and emergency purchases. ATMs are readily available and are the most convenient way to access cash while in Norway.

A credit card is a good resource for emergency situations and larger purchases.

Notify your bank and the credit card company that you will be using your cards abroad to avoid having your account frozen. You may also want to ask about conversion and other fees associated with using your card in another country.

Packing
- Warm sweater
- Windbreaker/rain jacket
- Umbrella
- Walking shoes
- Summer clothing
- One formal outfit
- Gloves, scarf, hat and wool socks if you plan to hike in central Norway.
- Supply of any prescription medication you require (bring enough for your full stay and make sure it is in its original bottle for customs)

Electronics
The electrical current in Norway is 230V at 50Hz with a typical two-pin European plug (Type B). Carefully read the specifications on the electronics and appliances that you plan to take with you. Some modern electronics are able to convert the different electrical currents, while others are not.

Travel and Arrival Information
Travel and Arrival information will be provided by the International Summer School in your Pre-Arrival Bulletin.
The Academic Program

General Information
The University of Oslo
The University of Oslo is Norway’s largest and oldest institution of higher education. It was founded in 1811 when Norway was still under Danish rule. Today the University of Oslo has approx. 30,000 students and 4,600 employees. Four Nobel Prize winners indicates the quality of the research at the University.
http://www.uio.no/english

The International Summer School
The International Summer School (ISS) is an academic center for learning in an international context, and a forum for fostering intercultural understanding. Every summer from late June to early August the ISS welcomes some 500 students from all over the world to its wide variety of graduate and undergraduate courses, mostly within the liberal arts and social sciences.
http://www.uio.no/iss/

Course Information
Courses
During the application process, students will choose the course(s) they plan to take at the international summer school. Most students will take one or two courses. During the six intensive weeks, the ISS strives to offer courses that are interactive and comparative in their approach, and wherever appropriate for the learning goals, classroom instruction is supplemented with field experiences. Instruction is concentrated, so daily attendance is necessary in all courses. Admission to take the final exam in all courses requires a minimum attendance of 75%, i.e. absence may not exceed 25% regardless of its cause. All courses have written examinations. Norwegian language courses also have oral examinations. The daily schedule of courses can be found at:
http://www.uio.no/iss/admission/daily_schedule.html

Some courses at the ISS have additional fees. If you are taking one of these courses you will receive an additional bill from IAP for the fee:

<table>
<thead>
<tr>
<th>Course</th>
<th>NOK</th>
<th>USD</th>
</tr>
</thead>
<tbody>
<tr>
<td>ISSHF 1143 Art in Norway</td>
<td>1,400</td>
<td>250</td>
</tr>
<tr>
<td>ISSSV 1753 Contemporary Norwegian Society</td>
<td>500</td>
<td>90</td>
</tr>
<tr>
<td>ISSSV 4854 Peace Research</td>
<td>600</td>
<td>110</td>
</tr>
<tr>
<td>ISSSV 4756 International Development Studies</td>
<td>800</td>
<td>145</td>
</tr>
<tr>
<td>ISSSUM 4180 Energy, Environment and Sustainable Development</td>
<td>4,700</td>
<td>840</td>
</tr>
<tr>
<td>ISSMF 4205 International Community Health</td>
<td>5,000</td>
<td>895</td>
</tr>
<tr>
<td>ISSHF 2060/4060 Gender Equality in the Nordic Countries</td>
<td>500</td>
<td>90</td>
</tr>
</tbody>
</table>
Course Equivalent Requests and My Study Abroad
Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. In order to establish UW-Madison course equivalents for your study abroad courses, you will submit a Course Equivalent Requests through your My Study Abroad account. Detailed information on the UW course equivalent process that you will use through your My Study Abroad account is available in the IAP Study Abroad Handbook.

Registration
Official registration will take place upon arrival in Oslo. During this registration, students will receive an ISS Student Card, login information for the computer labs, an invitation to the Opening Ceremony and other information about your program. Norwegian language classes are divided into several sections and during registration, students will be given a section assignment.

Credits
Intensive language and content courses are offered to students at the ISS. Students can receive no more than 8 UW-Madison credits for the program. All courses are accredited according to the European Credit Transfer System (ECTS). ISS courses range from 5 to 20 ECTS credits. Students who are only taking Intensive Norwegian language at the ISS will receive 5 credits in the language sequence here at UW-Madison and will be considered as passing two semesters of Norwegian language. The Norwegian Language sequence is as follows: 101, 102, 201, 202, 251, 252.

For students who wish to take content courses at the ISS, the following credit conversion scale will be used to convert ECTS credits received:

<table>
<thead>
<tr>
<th>ISS ECTS Credit</th>
<th>UW Madison Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>15</td>
<td>5</td>
</tr>
</tbody>
</table>

For students who receive a grade and credit on their transcript for a content course in addition to intensive language, 5 credits will be awarded for the language component, and the above conversion scale will be used to convert the additional ECTS credit received.

Limits and Load
Students will be unable to receive more than 8 UW-Madison credits for courses taken at the International Summer School.

Pass/Fail/Drop/Audit
Please refer to the IAP Study Abroad Handbook for academic policies.
Grades and Grade Conversions
The grading scale consists of the following 6 letters (the numbers in parentheses indicate the percentage of successful candidates who receive the grade):

A. **Excellent**: Excellent performance, clearly outstanding. Shows a high degree of independence. (10%)
B. **Very good**: Very good performance, above average. Shows a certain degree of independence. (25%)
C. **Good**: average performance, satisfactory in most areas. (30%)
D. **Fair**: Performance below average, and with some significant shortcomings. (25%)
E. **Sufficient**: Performance that meets the minimum criteria. (10%)
F. **Fail**: Performance that does not meet the minimum criteria.

The grade scale conversion is as follows:

<table>
<thead>
<tr>
<th>ISS Grades</th>
<th>UW-Madison Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>A</td>
</tr>
<tr>
<td>B</td>
<td>AB</td>
</tr>
<tr>
<td>C</td>
<td>B</td>
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<tr>
<td>D</td>
<td>C</td>
</tr>
<tr>
<td>E</td>
<td>D</td>
</tr>
<tr>
<td>F</td>
<td>F</td>
</tr>
</tbody>
</table>
Living Abroad

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 11th century early Christian era.

Tourist Information for Norway www.visitnorway.com

Study in Norway www.studyinnorway.no

Oslo
Oslo is the biggest city in Norway, and has been the country’s capital since 1814. The Government and Parliament are located here, and at the end of Oslo’s main street, Karl Johans gate, you find the Royal Palace. Oslo has just over half a million inhabitants, a very low number compared to other European capitals. Oslo has a great location at the head of the Oslo Fjord, surrounded by forested hills. The city is a great destination for those who enjoy outdoor activities.

Even in the city centre, the nearest park is never more than a few blocks away. A ten-minute boat ride from the centre takes you to lovely beaches on the Oslo Fjord islands. Thanks to the Gulf Stream bringing temperate water from the Gulf of Mexico, Oslo’s climate is milder than what its latitude would imply. Between June and August, the average temperature in Oslo is 60 degrees.


Housing
On-campus participants are housed at Blindern Studenterhjem. This is a privately-run institution located in a park-like garden adjacent to the University, and its charming buildings date from the mid-1920s.
There are few single rooms, which means that the majority of the participants will be assigned to double rooms and have a room-mate. All rooms are furnished with desks, single beds, dressers, tables and chairs. There are no private baths, but there is a shower for every two rooms. Common rooms at Blindern are available for general use until midnight. With 300 students from up to 100 countries aged 18-80, the Dormitory tends to be a lively place.

Breakfast, lunch and dinner are provided on all weekdays. Lunch on weekends (including long weekend) will not be served after the weekend of arrival, but tea and coffee will be available and residents may pack their lunch at the breakfast table. Needless to say, the menus will be Norwegian, which means for instance that fish will normally be served for dinner twice a week.

The only alternative to the standard menu will be simple vegetarian food including eggs and dairy products. Unfortunately, the Blindern Dormitory kitchen cannot cater to special dietary needs. Please note that cooking facilities for students are not available.

Off-campus participants arrange their own accommodation. The following websites can be of assistance:

www.hybel.no

www.finn.no

www.zett.no

Student Life
The ISS offers a variety of extracurricular activities open to all its students. In addition to the special events and excursion program listed below, the Student Council organizes a number of social get-togethers. Some activities may include sightseeing around Oslo including guided tours to the Munch Museum, the National Gallery, the Vigeland Park and along the Aker, Folk Dance instruction, Norwegian cultural events, international debate forums, student performances, film programs, and open lectures on Norwegian life and society.

The ISS arranges a number of weekend excursions to culturally interesting and scenic areas of Norway (departure Saturday approx. 08:00, return Sunday approx. 22:00). All students have the opportunity to participate in one weekend excursion covered by the basic fee (excursion to Bergen not included). As long as there is space available, students are welcome to go on additional weekend excursions. The following excursions have been offered in the past:

Telemark - Culture and Scenery
This excursion takes in some of the most outstanding views of the county of Telemark,
including a visit to the 13th century Heddal stave church and to a historic farm as an
introduction to the rich culture of Telemark. There will be a visit to the old canal system
used to transport timber from the mountains to the coast. There will also be a stop at
Vemork, the Industrial Workers’ Museum, a hike into old silver mines and a visit to the
17th century baroque church of Kongsberg.

Lake Mjøsa - a Cross Section of Norway
Lake Mjøsa is Norway’s largest lake and is surrounded by important agricultural areas.
This excursion tours through these areas with stops at historic sites such as the city of
Hamar and its medieval cathedral ruins. A voyage on Lake Mjøsa with the steampaddler
Skibladner, still in service after well over a century, gives a unique opportunity to view
the cultural landscape from the lake. Participants stay overnight in the city of
Lillehammer, which is famous for its large folk museum Maihaugen and also as host to
the 1994 Winter Olympics.

Jotunheimen - Hiking and Rafting in the National Park
The mountain area of Jotunheimen is said to be the “Home of the Giants” in Norwegian
gnome folklore. The national park includes many mountains, rivers and glaciers. On the
excursions to this area there will be a reindeer safari, mountain hiking and whitewater
rafting.

The Oslo Fjord - A Trip to the Sea and to Norwegian History
This excursion combines historical sightseeing with a chance to experience the beautiful
coastline around the Oslo fjord. On the west side of the fjord we will visit the huge burial
mounds from the pre-Viking Age at Borre, Tønsberg’s hill fortress which is sometimes
called “the Acropolis of Norway”, and Sandefjord with its rich maritime traditions. A
cruise ship takes us to the other side of the fjord where we will visit the historic city
centre of Fredrikstad, inside the best-preserved fortification you can find in the Nordic
countries. The final stop is Drøbak, a charming village strategically placed close to where
the Oslo Fjord is just a narrow strait.

Bergen - Art and History (Long Weekend Trip)
The bus trip from Oslo to Bergen and back, which takes up two and a half days of the
excursion and includes a boat ride on the Sognefjord, provides a unique opportunity to
become acquainted with the beautiful and wild Norwegian mountain and fjord
landscape. The two days spent in Bergen include visits to numerous places of national
and local interest; Haakon’s Hall, the fish market, the Rasmus Meyer Collection, Bergen
Municipal Art Gallery, Lysøen and the home of the composer Edvard Grieg.

Hiking trip in the Oslo forests
A distinctive feature within the boundaries of Oslo and adjacent municipalities are
extensive forest areas (Marka) with paths and lakes available to the public for leisure
activities. A guided hiking trip into these areas is organized with the aim of introducing
interested students to the numerous possibilities for hiking, swimming, camping and overnight stays at cabins.

**Boat trip on the Oslo Fjord**
The Oslo Fjord with its many small islands is a popular resort area. Boat trips arranged by the ISS familiarize students with the opportunities for recreation on the Oslo Fjord beaches and islands.

**Transportation**
The Oslo public transit systems is comprised of buses, trams, ferries, local and inter-city trains and an extensive metro system called the "T-bane". A single ticket allows the transit user to make use of the full transit system within Oslo for a period of one hour. You can buy a monthly pass or punch card (*klippekort*) for the T-bane which will save you money if you use public transportation on a regular basis. The cost is calculated according to the distance traveled. Passes and punch cards may be purchased at kiosks, on buses and at train stations. If you purchase an individual fare, the ticket can be used again within the next hour as a transfer. Taxis (*drosje*) are commonly used and available at one of the many taxi stands throughout the city or by calling the central taxi number (Oslo: 22 38 80 90; Trondheim: 73 50 50 73; Bergen: 55 99 70 00; Tromsø: 77 60 30 00). Tips of 10% are customary.

**Health and Safety**
Oslo has long been considered an extremely safe city for living and visiting. However, a small level of petty crime has been flourishing over the past few years, and tourists are usually on the receiving end of this bad fortune. Pickpockets are a common problem, so take special care to keep your valuables hidden and your camera and bags slung across your shoulder to deter an easy snatch. Fortunately, violent crimes against visitors are quite rare, so you needn’t feel wary of the locals. It is recommended, however, that you go out with at least one other person at night.

Police: 112
Ambulance: 113

**Communication**
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.
Skype is a free, downloadable software application that allows users to make live video and voice calls over the internet. Skype users can also add money to their account and can then use the service to call land lines and cell phones internationally at very low rates. Additionally, Skype also provides an instant messaging function as well as file sharing.

To create a Skype account, users must download the application from www.skype.com and create a user name and password. Once the application is installed onto their computer, they can search for friends either by first and last name or using their friends’ Skype usernames. Once a friend is added to a users contact list, they will be able to see whether that person is available to chat. If two users both have web-enabled video cameras for their computers, they will be able to chat face to face. For users without a web cam, a microphone is all that’s required for calls to another computer.

ADDITIONAL RELEVANT INFORMATION/WEBSITES OF INTEREST

UW-Madison International Academic Programs
http://www.studyabroad.wisc.edu

U.S. State Department:
http://travel.state.gov

U.S. State Department Students Abroad site:
http://www.studentsabroad.state.gov/

Center for Disease Control
http://www.cdc.gov/travel/

Current exchange rates
http://www.oanda.com

Lonely Planet
http://www.lonelyplanet.com

The Norway Post:
http://www.norwaypost.no/

Norwegian Tourism site:
http://www.visitnorway.com/