

## UNIVERSITY

Griffith University, Australia  
Spring 2024 / Bachelor of Psychology

## ARRIVAL

**Was there a welcome programme for new students?**

Yes.

**Please describe the welcome programme.**

It was 2 fadderuker, one from the school with events with a more academic focus and one from ANSA with more social events with party and alcohol.

**Did you join any organisations and/or sports teams?**

No.

**Did you attend a language course before your exchange?**

No.

## ACADEMICS

**Which courses did you attend at the host institution?**

International relations, social problems, understanding the social world and criminology.

**Did you have to change your courses after arrival?**

No.

**How were the lectures and the evaluation at the host institution?**

The lectures were online or recorded, so we had to watch them at home before school, and then at school we were evaluated in workshops/seminars on how prepared and engaged we were in class. The assessments and the school system was very different from Norway, and it was surprisingly a lot of work and effort we had to put in everyday every week. A lot more than in Norway.

**How satisfied are you with the academic outcome?**

Satisfied.

**To which degree were the courses relevant to your degree at UiS?**

Not at all relevant.

## ACCOMMODATION

**How did you find accommodation?**

Prebooked 1 week accommodation so I had the first week to find something permanent. randomly posted in fb groups and chatted to random people, a girl I talked to said she were going to keep her eyes open for a room for me and suddenly she found an apartment with an extra room, so I got the opportunity to join her and her friends there.

**Approximately how much was the rent per month? (in NOK)**

8400.

**Any advice for students looking for housing?**

Prebook at least 1 week accommodation!! use that week to walk into every random apartment building/hotels you see and ask the reception if they rent out something. That's how all my friends found housing. rental websites are very difficult to have a chance on because the competition is high and it's

very expensive to live in surfers' paradise near Griffith. It's also difficult to find apartments with several bedrooms, mostly you have to share bedroom with a friend because it is too expensive with 3-4 bedrooms.

## **PRACTICAL INFORMATION**

**If you received support from Lånekassen, was it sufficient during your exchange?**

No.

**How did you manage your phone subscription, internet, bank account, etc?**

Bought an Australian phone subscription with phone number. Norwegian bank-cards don't work here, so I used my Mastercard everyday for everything. Some of my friends did go in an Australian bank and got themselves an Australian bank account with a card, and used that here. But that cost, and you have to pay fees when you transfer Norwegian money over to the Australian bank account/card.

**Which insurances did you sign before your exchange?**

ANSA.

**Did you travel using environmentally friendly transportation?**

Yes.

**Why/why not?**

Flight and tram.

**If you had to apply for a visa: How did you proceed?**

It was a long process and I followed a template from our school.

## **OVERALL EXPERIENCE**

**How would you describe your exchange overall?**

Good, but poor helpful information from the exchange guidance at UiS. I wish someone with experience could have told us how different the school system was, or that it is really difficult to find housing/apartments. It took 4-6 weeks for several friends of mine, so they had to live in hotels week for week. We weren't prepared for this and missed information about this. UiS should explore partnership with housing firms in the areas of the universities in Australia, that would be a lot easier for the students.

**What was the most positive?**

Explore new places, new things and challenging myself. and summer and the warmth.

**What was the most challenging?**

Adjusting to live on the other side of the planet where everything is new, and you are completely alone and responsible for everything. The housing was stressful, expensive and exhausting.

**Would you encourage other students to go on exchange?**

Yes absolutely.