

Exchange Semester at NTNU, Trondheim

Preparation

I started my semester in January 2024 but the process began around 6 months before that where I had to select the university according to my courses and prerequisites and get the confirmation, after which I had to focus on selecting courses which is the most important thing and anyone interested in a semester abroad should get the courses confirmed as soon as possible.

Travel

Taking a flight can be a good option as there is not that much difference in cost while traveling by bus or flight.

You can easily find the flights to Trondheim and then the bus from Trondheim airport to your location. Tickets can be bought through the AtB app or website.



View from Gloschaugen

Accommodation

If we talk about accommodation there are lots of options through university dorms (sit) or private apartments. I was staying in a private apartment where I was paying around 500 euros per month including energy and wifi which I think is a decent amount considering how costly Norway is. I got this place through a portal called hybel.no but if you are getting a place through sit that can be a good option as well, most of the students stay at Moholt studentby, and have to take a bus for Gloschaugen or Dragvoll campus depending upon your campus, and it is around 10 minutes away by bus from Moholt.



Tromso, Norway

Campus and courses

All my lectures took place at Gloschaugen which is the main NTNU campus in Trondheim. The campus has all the facilities equipped with not only libraries or labs but with open spaces for self-study or group study, which was actually the best part as we were spending time completing assignments or developing something in a team. One more thing that I would highly recommend is to select some of the courses that include group projects or research from the NTNU diverse course list. Also, not all courses are for exchange students so confirming the courses from the host university before adding them to the mobility portal will save you time.

Leisure and sports

ESN (Erasmus Student Network) organized events throughout the semester for exchange students and it is a good place to meet people. Our usual routine was to attend any event or pre-game at ESN and then join Studio26 or Samfundet for a party. Beer pong practice will come in handy though. Another thing to consider will be to get a sit sports membership which includes a gym and different sports, and it is also situated in 3-4 locations within the city. Also, the NTNU sports club is included in the membership and offers different group activities, training courses, and a gaming room at the Dragvoll campus.

There are places like NTNU Bumerang where you can rent equipment for snow or other activities. Hikes are something that is really common, and with the view Trondheim offers it is totally worth it. Buying spikes can be one of the things that will be useful for hikes and sometimes for day-to-day walks as well. You can also visit museums in the city, go for cabin trips, and watch out for any ESN events or trips to Lapland or Lofoten.



Lapland

Food and stationery

Food is quite expensive if you compare it with Germany, so usually people try different stores and choose which one is good for them. Goto shops for me were REMA (for more options) and KIWI (cheaper and offers), but EXTRA is also a decent choice. ESN group will be helpful to ask about queries related to food or any other things. Other than that Finn.no and Restore can be good places to look for giveaways or to buy used items.



Korsvika, Trondheim

Why?

I have specifically selected the Spring time to do my exchange semester in Trondheim, as the Spring semester allows you to experience both the Winter and Summer seasons so from 4-5 hours of daylight to 24 hours and also Northern Lights. A semester abroad was really an experience that I would recommend. It's one of the best ways to meet people from so many countries that I couldn't imagine and get to know them. From exploring the city together and sharing each other's cultures I surely made some friends and memories to cherish for a lifetime.

Trondheim

