STUDY ABROAD?

www.hiof.no

Østfold University College

NORWAY

SARPSBORG | FREDRIKSTAD | HALDEN

Study abroad? Why not choose Norway?

Østfold University College offers a variety of courses in English to be taken as part of your home university degree.

Østfold University College has about 4000 students distributed among six schools 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 and could be just the right thing for you as part of your home university degree.

Norway has adopted the ECTS credit and grading system and our studies are internationally compatible. You can come as a self-supporting student or on one of the exchange programmes we participate in: ERASMUS, LEONARDO DA VINCI or NORDPLUS.

Tuition is free. The only fee you pay is a semester fee of NOK 700 (EUR 86; GBP 60; USD 105) – and there is no fee at all for exchange students.

Just the right size

The three campus towns are just the right size. You will find plenty of shops, cafes, pubs and bars; 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 find 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.

Østfold is one of the main export areas of Norway and houses some of the major industrial enterprises. There is extensive cooperation between the University College and local industry. The area is also one of the oldest settlements in Northern Europe and is rich in stone carvings and other heritage landmarks.



As an international student you are guaranteed university accommodation.



Three towns – six schools



Halden is the smallest of the three towns with close to 28,000 inhabitants, but has the largest student population with 2100 students. It is a border town, situated on 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 schools: the Faculty of Business, Social Sciences and Foreign Languages; the Faculty of Computer Sciences; and the Faculty of Education.



Fredrikstad on the Glomma estuary is the largest of the three 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. It is also the site of our smallest school: the Norwegian Theatre Academy. The Faculty of Health and Social Studies is also situated in Fredrikstad, in close contact with the regional hospital.



Sarpsborg has almost 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 giant waterfall. Sarpsborg with its many large industries naturally houses the Faculty of Engineering.

Accomodation

The Student Welfare Organisation owns and operates residence halls and also arranges private accommodation. The rent is reasonable, ranging from EUR 221 to 344 per month (GBP 155–242; USD 270–422) all included, and the standard is high: among other things there is Internet access in the rooms. As an international student you are guaranteed university 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 cafeteria.

Social life and leisure time

There is a Student Union House in each of the towns, with pubs, cafes and stages where active and enthusiastic students stage plays and arrange concerts and other events. All the most popular bands and artists visit regularly.

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. You can actually hike for days without meeting other people.



Courses offered to international students BACHELOR's DEGREE LEVEL

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

Business, Social Sciences and Foreign Languages

The Faculty of Business, Social Sciences and Foreign Languages in Halden offers the following programmes to international students:

The International Business Programme (third-year specialisation). One or two semesters (30/60 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 and economics, and is combined with modules from the degree programme English and International Market Communication.

English and International Market Communication. Modules offered:

- Oral and Written Business Communication (15 ECTS credits both in autumn and spring)
- Intercultural Communication (10 ECTS, spring)
- British Culture (10 ECTS, autumn)
- American Culture (10 ECTS, spring)

German/French and International Market Communication. German or French can be chosen as an alternative to English in combination with the International Business Programme. Basic knowledge of German/French is required in addition to intermediate English.

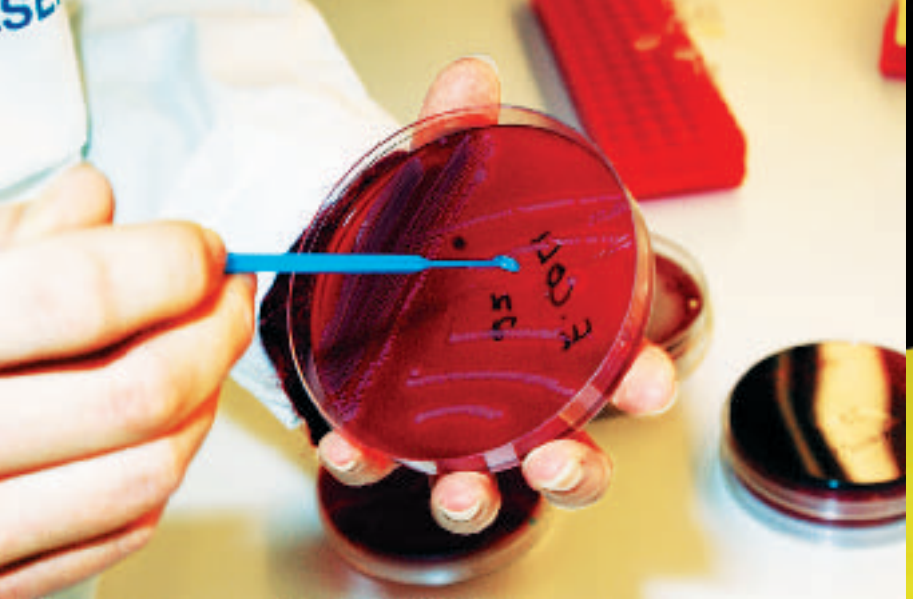
Deutsch als Fremdsprache (German as a Foreign Language). One-year programme (60 ECTS) starting in the autumn semester (August). Previous basic knowledge of German is required.

During International Week, Chao-Ching gives a crash course in Chinese



Concert at the Student Union







■ **Studies of English culture, literature and language** (English studies within the degree programme Society, Language and Culture). One or two semesters (30/60 ECTS).

■ **Foreign Language Didactics.** You choose between English or German. The course is given in cooperation with the Faculty of Education and has a credit allocation of 15 ECTS (half a semester). The programme may be combined with studies of German or English literature and language up to a duration of one or two semesters (30/60 ECTS).

Education

The Faculty of Education in Halden offers Foreign Language Didactics in cooperation with the Faculty of Business, Social Sciences and Foreign Languages (see above).

Health and Social Studies

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
- Medical laboratory technology

Computer Sciences – Master's Degree

The Faculty of Computer Sciences in Halden offers a number of modules taught in English in its two-year master's degree programme. There are four specialisations in the programme:
1) Intelligent systems, 2) Safety-critical programmable systems, 3) Environmental information technology and 4) Design of digital environments.

Engineering

The Faculty of Engineering in Sarpsborg offers English-taught modules in the third year of the programme Entrepreneurship, Technology and Innovation. Duration: two semesters, beginning in August and comprising a supervised degree project in cooperation with local industry and business.

Norwegian Theatre Academy

The smallest of the six schools, the Norwegian Theatre Academy in the Old Town of Fredrikstad, offers a full-fledged international education: a three-year degree programme in visual stage art with a focus on experimental performative art. The degree programme, with just a handful of students enrolled each year, is highly competitive with students and lecturers from a number of European countries.

For further information please see our website www.hiof.no. (For information in English, click on the British flag in the right hand corner.)
For detailed information on application, admission, residence permits etc. please contact our International Coordinator:
Email: post-fa@hiof.no • Mail address: Høgskolen i Østfold, Os allé 9, N-1757 Halden, Norway. Phone: +47 69 21 50 00

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 Wroclaw 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.

Myths that may not be true

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 high-standard student flat from NOK 2000 a month (EUR 245), and it is within walking distance of study locations.

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

Travel is reasonably priced with good student discounts. To give you an example, you can get from Halden to Oslo by train (a ride of 1 hour and 45 minutes) for about NOK 100 (EUR 12; GBP 8; USD 15).

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 ice bears in the streets either. Not much snow either in these parts, to be honest. In case you are looking for heaps of snow: the Student Union organises weekend trips to skiing resorts at very reasonable prices.

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.

Five of the international students in academic year 2003–2004. From left to right: Chao-Ching Wu, China; Aurélie Laniray, France; Florian Scheel, Germany; Carolin Niewöhner, The Netherlands; Carsten Estl, The Netherlands

IDÉ & REKLAME, HALDEN