

Hedmark University College

Norway



Hedmark International Students 2003

Student Handbook



Student Handbook

Hedmark University College

*“Norway gave me pieces of my heritage, new friends,
lots of snow, and a bigger world. I am still processing
parts of my experience, and that continual learning is
what makes my study abroad experience an essential
part of my education.”*

Pacific Lutheran Exchange Student

Introduction

Congratulations on choosing to study abroad a semester in Norway! Your study at Hedmark University College is sure to broaden your world intellectually and culturally. The society of Norway and the location of Hedmark provide a distinct focus for critical inquiry into ways to approach some of the most pressing challenges in our world today. In

addition to offering a multidisciplinary academic experience, Hedmark offers great access to small-town friendliness and beautiful nature. You will also find that the culture is, despite the common view, a good deal different from your own. The contents of this handbook are intended as an introductory guide as you embark on your semester(s) in Norway.

This handbook is a compilation of materials from many sources. Thank you to student participants from 2003 and 2004 for sharing their insights and knowledge about their semester at Hedmark. All study away programs undergo small and sometimes more significant changes from year to year. With that in mind, while the best effort has been made to convey up-to-date information in this handbook, there may be updates when you get to Hedmark. At any rate, in order to have the most current information before you go, it is important that you as a student check the web site for Hedmark University www.hihm.no/english Please read through the entire manual, and do not hesitate to contact international@hihm.no for further questions before you leave for Hedmark. For information about student accommodation, check the web site for the Student Welfare Organisation in Hedmark www.sih.no When you arrive at Hedmark, administrators from the international office and the international campus coordinators will provide you with many more essential details.

Hedmark University College wishes to thank Dr. Claudia Berguson, who is Program Director for the Norway Program at Pacific Lutheran University, Tacoma, Washington. Dr. Berguson has contributed with most of the information in this booklet, originally written for students at Pacific Lutheran University.



Part One: Overview

Why Norway for study? First, the country's small size and population belies its large role in international affairs. Norway's involvement in peace mediation in Sudan, and its efforts to create dialogue between traditionally tension-laden groups such as Israelis and Palestinians, and groups in the Balkans are well known. Second, as a rapidly changing culture and society, Norway is actively engaged in defining and redefining its roles internationally and within its borders. Third, the experience in Norwegian culture challenges our perceptions of the "sameness" of Western societies in their cultural and political approaches. Finally, Norway's small size and the college's location offer an interactive and hands-on access to the study of contemporary challenges in the global community.

Study abroad inevitably encourages us to see ourselves and our disciplines from new perspectives. The programs of study in Norway allows, one can even say expects, your engagement in such an evolving process, and has as a goal your continued participation in the world upon return home through your study and work in your chosen field.



Part Two:

The Programs at

Hedmark University College

Hedmark University College Campuses

The university college system is part of an effort to decentralize education in Norway, providing quality higher education in smaller settings than those of the six universities located in the cities of Oslo, Ås, Stavanger, Bergen, Trondheim and Tromsø. Hedmark University College is one of the largest of the university colleges, with a total of 4000 students. The college consists of five campuses within the county of Hedmark.

The individual campuses of the college vary in size and facilities, according to the disciplines taught at each location. The Faculty of Education and Natural Sciences has programs at Hamar (ca. 1700 students). The Faculty of Health Studies and Sport Sciences, including the school of nursing, is at campus Elverum. (ca. 1400 students) The Faculty of Business Administration, Social Sciences and Computer Science are housed at the Rena campus (ca. 900 students). The Faculty of Forestry and Wildlife Management is located in the beautiful natural surroundings of Evenstad (ca. 150 students). (See Appendix B for a map of Hedmark campus sites.)

There are separate libraries at each of the college campuses. There are some resources in English, though most, of course, is in Norwegian. Students have found the library staff to be very helpful. Computers are available at each campus. You should note, however, that neither the library nor computer rooms stay open late into the evening.

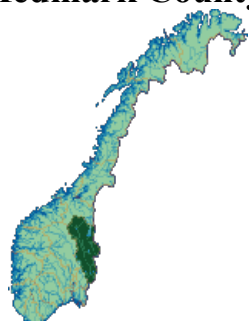
Public transportation between the campuses is either by train or bus. Approximate times of train travel from Hamar to main campus sites is as follows:

Hamar – Elverum 22 minutes

Hamar – Rena 44 minutes

Hamar – Evenstad 1 hour 8 minutes

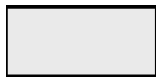
Hedmark County Geography and Climate



Hedmark (indicated as the darker area on the map to the right) is a county in Norway. It is located north of the capital city of Oslo, and is bordered to the east by Sweden. The city of Lillehammer is in the next county neighboring Hedmark to the west. The landscape around the university campus sites is typically rolling hills, broad valleys, farmlands, and forested areas. Within easy driving distance are areas of higher elevation for hiking and skiing. Norway's largest lake, Mjøsa, is located partially within the county of Hedmark. The city of Hamar is located on the shore of Lake Mjøsa. The longest river in Norway, Glomma, runs through the town of Elverum, and by the areas of Rena and Evenstad.

Hamar, with a population of 25,000, is the largest of the towns housing a campus at Hedmark University College. It is known as a student-friendly college town with a rich cultural history. The Hamar area was an important ecclesiastical site during the Middle Ages. Ruins of the medieval cathedral and other buildings are preserved at a museum in the city. This is well worth visiting to learn of the prominence of the city and region in Norwegian history. Today Hamar is the hub of the county's business and cultural life. Hamar is also known as the site of the 1994 Olympic speed skating competitions. The ice arena, formed in the shape of an overturned Viking ship, remains in use. Elverum, the regional centre in the heartland of Hedmark with a population of 18,000, has more of a small town feel than Hamar. The area enjoys long traditions as a centre of learning. Teacher education has a century-long history in Elverum together with physical education and sport. Nurses have been educated in Elverum for the past 75 years. Today, the town is a modern town with charming residential areas on the edge of the countryside, offering bustling shops, vibrant cultural and sports activities and plenty of opportunities for leisure activities and outdoor recreation. Elverums Forestry Museum provides useful insight into the environs. Rena is the municipal centre of Åmot, where the rivers Glomma and Rena meet. The town ship, with around 3,200 inhabitants. Rena has rich sports traditions and enjoys good facilities for golf, swimming, football, parachuting, tennis, cross-country skiing and slalom, to mention but a few. Evenstad has been in existence for almost 100 years. The faculty is situated in modern buildings next to the river Glomma and is surrounded by forests and mountains. You are basically in the woods with your fellow classmates and faculty, and the wildlife of the area! Koppang, with a population of 1,500, is the nearest residential area to Evenstad. As a whole, the location of Hedmark provides you a hands-on learning experience not found in the larger urban areas. Protection of wildlife, responsible use of natural resources, integration of refugee populations, and non-government organizations' engagement in development and peace issues are among the topics you are likely to hear about.

For those interested in hiking and outdoor life, there are many opportunities in Hedmark. You will most likely see some snow in the Hedmark area while you are there, though you will need to travel to find enough snow for skiing. Norway's largest downhill ski center, Trysil, can be reached by bus from Elverum. There is plenty of outdoor space for running and jogging, and indoor facilities for exercise. During the time you are there you will experience the typical change of seasons in a northern country (see more below under Part Four: Practical Information). Being an inland county, Hedmark is colder in winter and warmer in summer than coastal areas of Norway.



Part Three:

The Academic Life

Important Notes on Contrasts in Academic Life

Academic life in Norway is different to some other countries in the world. Two factors that have direct impact on you as international students are: 1) Evaluation of your courses will occur underway, with shorter papers and presentations. However, the final paper is considered the synthesis of what you have learned the entire semester. 2) Students often work more independently in Norway. You are to take the initiative to formulate questions and a research approach that will assist you in writing a quality final paper. At the same time, individual or group tutorials assist you with guidance

and feedback during this critical process. Take advantage of the tutorial sessions! They are not “remedial” as we might think of such sessions, but rather an integral part of the writing process.

The Semester Sequence from Arrival to Departure

Arrival: Students arrive at Oslo’s Gardermoen Airport, and travel by train to Hamar, Rena and Evenstad or by bus to Elverum. You will be met at the train station or bus stations at your destination by staff and/or students working at the international office of Hedmark University College. A special element at Hedmark University College is that groups of students are assigned a Norwegian student “buddy” or “godmother/godfather” as the Norwegians term it. This student will be a contact and resource for you during your stay. You will most likely meet your “godparent” upon arrival. After arrival, you will have a few days to get over jet lag, get familiar with your new environment, and to try your hand at grocery shopping Norwegian style!

Orientation:

The autumn semester begins with a week of orientation in which you will be introduced to the city, the campus, Norwegian students and fellow international students at Hedmark. You will have a number of specific contacts during this week, both faculty, administrators and students. The International Office will coordinate many aspects of the orientation.



Part Four:

Practical Information

Finding out the practical details of living in Norway will take energy at first, but after a few weeks or a month, your knowledge of such information will make you feel you are indeed living rather than visiting in Norway. The tips and information below provide you with a start. Much more will be provided during your orientation in the first full week at Hedmark.

Arriving at Gardermoen Airport (Oslo)

From the airport, Hamar is an hour train ride to the north. Elverum is one and a half hour bus ride also to the north. Gardermoen is a small airport, with only one terminal, so it is quite easy to navigate. When you arrive and collect your bags, go through customs. This is normally very low key – go through the green “nothing to declare” (if this is the case) and through the doors into the main terminal section. There are signs telling you where to go both for buses and trains.

For those arriving a few days early and going to Oslo beforehand, there are several ways to get to the city. Easiest is either the airport train (*flytoget*) that departs very frequently from the tracks one level below the terminal. You buy a ticket in the terminal, near the escalator and elevator that take you to the lower level. Cost is about 160 kroner (80 kroner with student rebate). This train stops at several stations in downtown Oslo. You will then need to take a taxi, streetcar, or bus to your hostel or hotel. Outside the terminal you can catch an airport bus. You buy the ticket on board. The bus stops at several locations downtown, including the train station, and a number of hotels in the central downtown area. Cost is cheaper than the airport train. Further away, and also cheaper, is the local train. Follow the signs for the train platform around to the right outside the terminal. The main train station (*Oslo S*) is probably the easiest place to go off and find other transportation to where you plan to stay overnight. For suggestions for overnight stays, see the list of websites in Appendix D, or look on the “external links” page of the program e-course site.

Getting Around Hedmark

You will notice quite quickly that Norwegians are used to walking a good deal! With the right shoes and clothing, walking can be one way to enjoy Norwegian lifestyle and your surroundings. Your walk from campus to the residence halls at Hamar and Elverum is approximately 1.5 kilometers, or 10-15 minutes. Downtown shops, restaurants, banks, the post office and the train station are located a short few blocks from campus. Hamar, Elverum and Rena Campus have a bookstore on campus.

Buses and trains serve the area of Hedmark, and are convenient for students. Timetables for travel between campuses are easily found on buses and in stations in Hedmark. Look for student rebates and other low “green” fares on the trains. You will be introduced to public transportation during your orientation.

Trains and buses also serve the connection between Hedmark campuses and Oslo, or Hedmark campuses and points north including Trondheim. Oslo is the hub for all train service to other points in Norway, Scandinavia and Europe. Oslo Gardermoen airport is on the train line to Oslo, with departures many times during the day. If you are traveling longer distances, it may be wise to investigate airline prices for inexpensive tickets. Norwegian and Ryan Air are airlines to check for lower prices.

Housing

In most cases, you will be housed by The Student Welfare Organisation in Hedmark. You will have your own bedroom, and share bathroom and kitchen areas with other students. Most residence halls are equipped with Internet connections. Students in this shared living space may be both Norwegian and international. There are no residence halls that are male or female only, so your shared living space will be coed. In general, Norwegian students live quite independently in the residence hall setting.

The configuration of living spaces – size of rooms, availability of common rooms, etc. – varies from campus to campus, but all in all, living in the residence hall in Norway is more the feel of apartment living rather than just a room in a hall. International students may hire kitchen equipment and bed linen from the Student Welfare Organisation in Hedmark. Check the web site for more details, www.sih.no under *housing* and *hire equipment*.

Getting to Know Norwegian Students

It is often the case that foreign students find students in Norway harder to get to know. Though, you will find exceptions, as a rule students may seem shy and little interested in small talk. On the other hand, they will respect your privacy, and be helpful if asked for information. So how do you meet Norwegian students? The suggestion of former students is to take the initiative! Norwegians are just not as outgoing as many other nationalities, so – at the same time as you respect their privacy and initial reserve - dive in and say hello and introduce yourself. Other suggestions - go to the parties and concerts, and join a campus club. Arranging a potluck meal is sometimes a good way to get to know your own neighbors in the residence hall and other students. Sharing of traditional meals has worked well for students in the past as a way to get together.

Student Activities and Social Life

There are a number of clubs and organized activities on campus. There are also local hangouts near campus. Student groups range from music to sports. Information about such activities and groups is not always translated to English, but there is a student activities coordinator you can ask for information. Your “godparent” or the international coordinator

on campus will also be good people to ask. You are welcome to join these organizations, and it is a great way to meet fellow students from Hedmark!

There are movie theaters in Hamar, Elverum and Rena, and a number of restaurants and cafes students have found to be a good place for coffee and conversation. All campuses have their own student pub that is popular with students. You will find others easily, as the campuses and cities are small. Your Norwegian “godparent” or others will likely know what to recommend. At Evenstad, the campus is your social milieu as well. With only 130 students on the campus, you will be incorporated into this life quite automatically.

Though the campus newspaper *Studentavisa*, is printed in Norwegian, you might want to pick it up and look at the ads for things happening in the area! There are also bulletin boards near the reception area on campus that list activities. Even without knowing Norwegian, you should be able in many cases to get the gist of event times and places. You also have a number of fellow students in your program, so enlist their help in figuring out what’s happening in the town and on campus.

Norwegian Weather and You

You will notice that the hours of daylight become fewer during the late fall and early winter. The good news is that this is a unique part of your experience in the northern country of Norway, and that it is not 24-hour darkness as in the north of Norway! At the same time, you should not underestimate the effect the shorter daylight may have on you. There are creative ways to cope with it! Norwegians are known to enjoy the late fall and winter with more candles and lights indoors, informal dinners with friends, and exercise and social activities. Winter in Norway is a great opportunity to learn to knit, experiment with making bread and other foods, go cross-country skiing, invite friends for dinner, and take an exercise class. Consult your Norwegian contacts to find out ways to cope with the darkness! If you should stay during spring semester you will discover the opposite, hours of daylight are slowly becoming more until May/June when we barely have any darkness at all. Both semesters are new, unique scenic experiences!

Keeping in Touch

It is highly recommended that you keep in touch with your classmates during your semester(s). If you have not seen a fellow classmate for a couple of days, give him/her a call. If you are going to the movies on a weekend, invite others along. Let someone know if you are going on a weekend trip, and invite others along if you want the company. If you want to take off on your own, just let someone know of your plans. This is meant merely as a way to share information if needed in emergencies or other situations.

Food

In general, students make their own meals at home, since eating out can be expensive. Some students bring a *matpakke* (lunch bag of a few sandwiches) to school. There are student cafeterias on campus that offer a wide selection of tasty and varied food, soft drinks and coffee served in a relaxing atmosphere. This is the place where students come together during a day at school. The menus are designed being aware that most students live on a tight budget. Thus, students are invited to come up with requests to make the menu wider and more attractive. You can also bring your own lunch, which you can eat in the cafeteria are. Like everywhere else, quality and prices of foods vary from store to store. A favorite place to shop, according to exchange students, is at the *Maxi* supermarket close to the residence hall in Hamar. This is also a shopping center, so you can find other things you might want here including CDs, plants, some clothing. There is also a great seafood store near the Hamar campus. Elverum also has good-sized grocery stores and a small shopping mall. Rena and Evenstad have shopping facilities comparable to their size. **Note:** Large grocery stores and almost all other stores are closed on Sundays. They close by early evening on weekdays (commonly 9 pm), even earlier (commonly 6 pm) on Saturdays! You will find convenience stores (7-Eleven for example) and places like kiosks and gas stations are open later and on Sundays, but prices here are higher and selection much reduced (mostly snacks). If

you are having a chocolate attack, however, the selection at such after-hours shops is usually superb.



Prices for food can be high. Here is a sampling of some approximate costs for items you might buy (conversion rate in July 2005 was 6.6 Kroner to a US Dollar):

1 liter of milk 9,90 Norwegian kroner \$1.50

Bread 10-16 kroner \$1.50-2.40

Cheese (500 gram) 44 kroner \$6.70

Broccoli 10 kroner \$1.50

Cheerios 31 kroner \$4.70

Iceberg lettuce 22, 90 kroner \$3.50

Grapefruit 7,90 kroner a piece \$1.20

Toothpaste (75 ml) 19,90 kroner \$3.00

Medications

At some local grocery stores you may find “over-the-counter” medications like aspirin, cough medications, etc. These you can also buy at an *apotek* or another store specializing in such common medications. Shampoos, toothpaste, etc. are found in grocery stores.

Thrift Shopping!

If you see a *Nille* store (black letters on yellow background), this is a good place for inexpensive kitchen items and miscellaneous items. Salvation Army (*Frelsesarmeen*) and the downstairs thrift shop at *Namas* (The Namibian Association of Norway) in Elverum can also be good places to look for used clothing including the occasional Norwegian sweater and winter gloves, etc. If you see an advertisement for a *loppemarked* (rummage sale/flea market!) you can find lots of miscellaneous kitchen items and more that might be useful.

Money

There are 100 *øre* in a *kroner*. Coins come in 50 *øre*, 1, 5, 10 and 20 *kroner*. Bills start at 50 *kroner*, and continue in 100, 500, and 1000 bills.

There are ATM (*minibank*) machines readily available. This is the most convenient way to get cash in Norway. Credit cards such as Visa and Mastercard are accepted throughout Norway and Scandinavia. It is best not to bring a lot of traveler's checks, if any at all, as the fees for exchange are high. It is usually wise to take only some cash (minimal, not more than 50 Euros/100 dollars) in case of emergency or loss of ATM card. When traveling in Norway or other places in Scandinavia or Europe, you should use a money belt or pouch. Pickpockets do exist at travel crossroads such as the train station in Oslo.

Mail

It costs approx. 10 kroner to send a postcard or letter from Norway to other parts of the world. Sending packages can be quite expensive, but check with the post office for special rates for shipping overseas.

Telephone

It is cheapest to call overseas using an overseas calling card. You will see posters in some stores (usually smaller grocery stores or kiosks) that advertise such cards. For calling within Norway, you can buy a *Telenor* calling card at a grocery store or *Narvesen* kiosk for use in public phones. Keep in mind that private phone calls are charged by the minute instead of a flat monthly rate, so it is best to keep phone calls from private phones – of friends, family, others – short! You may buy a cheap cell phone in Norway; the phone operates with a card (*kontantkort*) for a certain number of minutes. When the minutes run out, just buy a new *påfyllingskort* and you are back in business. This is a good investment since much communication in Norway is done by cell phone, and it is a good way for you to keep in touch for both course-related matters and for social events.

What to Bring

For everyday, you will need the same type of informal clothing you use at home – jeans, sweaters, sweatshirts, shirts/blouses, etc. Take along one or two nicer things to wear both for possible meetings with government officials and the like, and for more formal parties, dinners, evenings out, etc. This might be a nicer pair of pants and sweater or shirt for guys, a skirt and blouse/sweater or dress for women.

It will be colder in Hedmark area than in most other areas! Bring along things you can layer. Boots made for walking; rain and snow are a must.

A smaller backpack for everyday and overnight/weekend excursions will be handy.

You will need a converter and adaptor for electrical equipment since the current and the kind of plug for electrical outlets are different in Norway compared to UK, Africa, Asia and the US! A converter, and an adaptor (one with two round prongs) can be found in electrical stores or other such stores.

With the exception of the converter and adaptor, all other items listed below are easily found in Norway, though medications and some personal hygiene items can be more expensive.

Some suggestions: (Not an exhaustive list, so fill in with your own items!)

Necessities of the miscellaneous sort:

Passport

Ticket

Insurance Card/Information

International Student ID Card (if purchased)

A few traveler's checks or some dollar or euro bills (but not a lot!)

Money belt or pouch

Credit card

ATM card

Alarm clock

Camera and film (or recharger for digital camera)

Towels (some extra)

Curiosity, Flexibility, Sense of Humor, Sense of Adventure, Focus

Clothing

Jeans, cords, etc.

Sweaters

Shirts/blouses

Sweatshirt

One or two nicer things for more formal occasions

Good walking shoes

Boots – preferably rainproof

Warm socks

Hat, gloves/mittens, scarf

Warm jacket

Rainproof jacket

Workout clothes/jogging clothes/hiking or skiing clothes

Swimsuit

Pajamas

Robe

Toiletries and medicines

Soap, toothpaste, shampoo, etc.

Prescriptions and copy of prescriptions

Cold and allergy medications

Vitamins

Personal hygiene items

Electrical equipment

Hair dryer

Small radio (lots of music is in English) or CD player

Converter and adaptor

Laptop

Course Materials

Notebooks

Pens, tape, etc.

(As paper is a different size in Norway, (*compared to i.e. US, Sweden etc*), and the hole punches also are different, you should wait to buy folders and binders until you get to Norway.)

Other Miscellaneous

Batteries

Small flashlight

Pictures from home

A small item from home to decorate your room

CDs

Norwegian phrase book or dictionary

Journal

Small sewing kit

Addresses

Kitchen Miscellaneous (optional, suggested by former participants)

Dish towel

Ziplock bags

Water bottle

Swiss army knife

A few recipes if you have favorites

Set of silverware (cheap)

Note: As mentioned above, kitchen equipment and bed linen is provided the Student Welfare Organisation in Hedmark.

The Student Welfare Organisation in Hedmark

The Student Welfare Organisation in Hedmark, in Norwegian Studentsamskipnaden i Hedmark (SiH), is a non-profit organisation for students, governed by students, representatives from Hedmark University College and the Student Welfare Organisation in Hedmark.

The Student Welfare Organisation will contribute to your well-being by running different services for students such as housing service, student cafeterias, student book shops, student counselling service and student child care centres. The aim of the Student Welfare Organisation is to provide a good learning environment for students at Hedmark University College by improving the social, cultural and material environment of the student community.

Going abroad as a student is the chance to do something completely different and valuable. You are placed in an exciting environment where you will experience a new culture, make new friends and learn a new language. Being student in a foreign country allows you to become integrated in a new culture rather than visiting as a tourist, and it is up to you to make the most out of it. It can be one of the most exciting periods of your life.

Visit the web site for the Student Welfare Organisation in Hedmark for further information about how to apply for student housing and other services on www.sih.no. Click on *English – Housing* and the *Campus* of current interest.

Contact Information at the Student Welfare Organisation in Hedmark

Eva Bruun-Rasmussen - Housing Administration

eva.bruunrasmussen@sih.hihm.no

work: +47 62 51 77 22

Unni Vandevjen - Housing Administration

unni.vandevjen@sih.hihm.no

work: +47 62 51 77 63

Safety

In regard to Norway in particular, most students find a slower, saner, healthier and safer pace of life in Norway. Hamar, Elverum, Rena and Evenstad are generally very safe. Ask the faculty and administrators at Hedmark for their

recommendations of how safe it is to walk in the evening on campus and in the towns. This will most likely be a different set of circumstances than you are used to. Rising crime in Norway is more the case in the larger cities. Though you most likely will find Oslo also a very safe city relative to other cities, do watch your belongings, take precautions at ATMs, etc.

During your stay at Hedmark, the faculty and staff will also be your resource people.

These tips and recommendations heeded be assured that you are a very welcome guest student in Norway, and that life usually is more relaxed in Norway. Enjoy your time there!



Part Five:

Cultural Contrasts

Some Cultural Contrasts

Getting to know the foods, sites and sounds of Norway is only the tip of the iceberg in your cross-cultural experience.



Out of site, but definitely noticeable as you live in Norwegian culture, are the different behaviors, attitudes, perspectives and values of the culture that make study away an eye-opening, energy-demanding and often life-changing experience. With a dose of humor and adventure, and patience with yourself and others, these aspects of Norwegian life and culture will also become very familiar to you, sometimes to the extent that you miss them once you are home! You will learn more about these cultural “codes” during orientation, your courses at Hedmark, and your own interactions with Norwegians. A summary of some cultural differences – with allowance for all the exceptions you may find - relevant to your life at Hedmark are these:

- What appears as “shyness” or quietness? Some call it reserve. It is not entirely permanent. It just takes longer to get to know most Norwegians. One common view of the difference in getting to know people is that some nationalities are easy to get to know, but harder to *really* know, while Norwegians will be harder to get to know at first, but the friends they have are often long-lasting.
- Privacy and independence. A related topic to the one above. Unlike the shyness that disappears with time, Norwegians do enjoy a degree of privacy and independence that is different than in many other places. As mentioned earlier, you may find the trait of independence most noticeable in residence hall living and course work expectations.
- Tendency toward modesty. Norwegians seldom brag a lot about themselves, though this code, contained in “The Law of Jante”, is changing some now.
- Acceptance of social “leveling”. Also a topic related to the two above. As one exchange student put it, from her experience this is not the “law” in Norway, but an integral part of Norwegian mentality.
- Love of nature. It is of course a great exaggeration (not to mention an impossibility!) that Norwegians are born “with skis on their feet”, but you will most likely find Norwegians walk a lot, find walks in nature a pleasure, and seek time to exercise. Traditionally Sundays were a day to be outside walking, hiking or skiing with family or friends. Closed stores on Sunday are a continuing effort to put such a lifestyle ahead of consumerism.

- Priority on family life and children.

Concluding Remarks



With all these pre-departure tips and words of wisdom said, it is your own experience that will be your best teacher. Congratulations once again on setting out on this academic and personal adventure of study away in Norway. It will be much fuller, richer and more unique to you than this short introduction can describe. Best wishes for a great adventure and great semester!

“Where Will You Go?”

Student Participants (Fall 2004) During Orientation, Learning the Bus Timetable

Appendix A:
Contact Information at Hedmark

This is a preliminary list of contact information for the people you will have most contact with at Hedmark. They will most likely provide you with more information and possible updates, so go by their list once you get to Hedmark.

Rita Øygarden, Head of International Office

Rita.Oygarden@hihm.no

work: +47 62 43 00 79

mobil: +47 95 03 07 40

Håkon Solvang, Campus Evenstad, International Coordinator

Hakon.solvang@hihm.no

work: +47 62430879

Knut Haugen, Campus Hamar, International Coordinator

Knut.Haugen@hihm.no

work: +47 62 51 76 12

Svein Erik Sjølie, Campus Rena, International Coordinator

Svein.Sjolie@hihm.no

work: +47 62430488

Gry Handberg, Campus Elverum, Health Studies and Sport Sciences, International Coordinator

gry.handberg@hihm.no

work: +47 62430204



SVERIGE

Hedmark

0 50km

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10en
Airport

Evenstad (Faculty of Forestry and Wildlife Management)	Rena (Faculty of Business Administration, Computer Science and Social Sciences)	Elverum (International Office, Faculty of Health Studies and Sport Sciences)	Appendix B: Map of Hedmark with Campus Sites
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Appendix C: Useful Websites

The Student Welfare Organisation

www.sih.no

News:

www.aftenposten.no/english

News in English from one of Norway's leading newspapers.

Online Dictionary and Picture Gallery

<http://decentius.hit.uib.no/lexin.html?ui-lang=nbo&dict=nbo-eng-maxi&checked-languages=N&checked-languages=B>

General Information About Norway

www.norway.org

Worth a look for such information as facts about Norway, cultural information, news, etc.

[**odin.dep.no/odin/english/bn.html**](http://odin.dep.no/odin/english/bn.html)

An excellent resource for overviews of Norwegian culture, politics, literature, history and more.

[**www.folk.uio.no/geirthe**](http://www.folk.uio.no/geirthe)

Contains very useful articles written by a social anthropologist at the University of Oslo. Click on the “Index” to find article titles, for ex. “Being Norwegian in a Shrinking World”

Hedmark and Hedmark University College Information

www.hihm.no

The website for Hedmark University College. Some information in English.

www.hedmark.com

Useful information about transportation, local attractions, museums, etc.

Travel

www.nsb.no

The official site of the Norwegian State Railway. Prices and timetables.

www.nor-way.no

Bus information for all of Norway.

Staying in Oslo

<http://www.haraldsheim.oslo.no/?1120761689>

Haraldsheim Youth Hostel

<http://www.cochspensjonat.no/englishindex.html>

Coch's Pensjonat

<http://www.vandrerhjem.no/index.jsp/lno/?c=6712&vhjemid=120>

Rønningen Youth Hostel

www.trysil.no

Information from the ski center at Trysil!