

Norwegian School of Sport Science (NIH) Info Sheet

Webpage for Exchange Students	Exchange to NIH Norwegian School of Sport Sciences	
Term Dates	Arrival	Within the week before the semester commences
	Fall Semester (Semester 1)	August to December
	Winter/Spring (Semester 2)	January to June
Quick-Facts	<ul style="list-style-type: none"> Established in 1870, the Norwegian School of Sport Sciences (NSSS) is a scientific university with a national responsibility for research and education within the field of sport sciences, located in Oslo, Norway. There are currently approximately 1600 full- and part-time students at NSSS. The education is of high international quality and gives students competence that is relevant for modern society's challenges and stimulates personal development. In 2017, Norway won the coveted title of <i>Happiest Country on Earth</i>. A high GDP, low crime rate, social and gender equality, excellent healthcare, and a long-life expectancy all contribute to making Norway a fantastic place to travel to and live in. Oslo has a great cultural reputation and is an excellent choice of studying the arts and humanities. The proximity of the city to the great outdoors and strong support of scientific pursuit in its educational institutions also make it an ideal place to study science and technology. 	
Language of Instruction	English	
Courses	<p>Exchange students are expected to learn the equivalent of 60 BU credits for their exchange semester which translates to 30 ECTS.</p> <p>Guidelines for the selection of courses: Course offering Norwegian School of Sport Sciences (nih.no)</p> <p>Academic schedule: Important dates Norwegian School of Sport Sciences (nih.no)</p> <p>Course selection forms must be approved and signed by the home university, partner university, Study Abroad Academic Coordinator (or equivalent) and the student.</p>	
Housing	<p>Housing in Oslo can be challenging at times, as there are thousands of new students every year beginning their studies at one of the universities in town. It is important to begin looking for housing as soon as you have received admission from NIH.</p> <p>Information on both on and off campus housing: Student housing Norwegian School of Sport Sciences (nih.no)</p> <ul style="list-style-type: none"> Please remember to do your own research and read the small prints and reviews before booking any accommodation. 	

	<ul style="list-style-type: none"> • Also ensure that you are only booking accommodation in Bournemouth for the semester that you will be studying at BU.
Health Insurance	<p>Exchange students are obliged to arrange for sufficient health insurance coverage during their study period.</p> <p>You will be responsible for your own medical and dental costs during your stay in Norway. You are therefore required to take out an appropriate travel and health insurance scheme.</p> <p>You should arrange, at your own cost, accident, and sickness insurance for the duration of your studies in Norway. The coverage should include provisions for emergency evacuation/rescuer's expenses and repatriation. If you plan to travel outside Norway, you should make sure that your insurance policy covers those destinations as well.</p> <p>Non-EU/EEA citizens will have to document health insurance to receive the student residence permit. Students in this category must also hold a valid health insurance to be accepted to NIH.</p> <p>Further information: Health insurance Norwegian School of Sport Sciences (nih.no)</p>
Travel Insurance	<p>BU offers a comprehensive BU travel cover to all outgoing students. After reviewing BU's travel cover, and depending on personal considerations or specific health issues, some students might decide to purchase an additional insurance policy to top-up what is available.</p> <p>Please note that BU Travel Cover is updated every August.</p>
Visas & Permits	<p>When travelling to Norway you must consider what document(s) you will need to enter the country and commence your studies or research at NIH. This will depend on the country you are travelling from, your home citizenship, the length of your stay in Norway, and the purpose of your stay in Norway amongst other criteria.</p> <p>Please make sure to understand what is needed and secure this in time before you travel and that you have an up-to-date passport that expires no earlier than 6 months after you intend to return.</p> <p>Incoming exchange students with a non-EEA nationality will receive a letter of acceptance after the application deadlines to start their application through the Norwegian Embassy.</p> <p>Useful webpages: Study permit and registration with the police Norwegian School of Sport Sciences (nih.no) Norway in the United Kingdom Residence permit - Norway in the United Kingdom</p> <p>You should also refer to UK Foreign Travel Advice on Norway and can find further information on the GoingGlobal webpage.</p> <p>It is your responsibility to obtain the correct visa. Immigration laws are complex and subject to frequent changes and the Study Abroad Team is not qualified to offer consultations or</p>

	detailed advice regarding visa applications. So, if you do have any visa-related questions you will need to contact the appropriate Embassy directly.	
Approximate Costs	<p>Tuition fees: Exchange students continue to pay their tuition and academic fees to Bournemouth University with no additional cost at the partner university.</p> <p>Costs to keep in mind:</p> <ul style="list-style-type: none"> • Return ticket • Accommodation • VISA application fees if applicable • Insurance if applicable • Daily expenses (food, laundry, etc.) • Textbooks and stationery <p>Estimated living expenses: Most students spend between €800 and €1000 per month: Budget Norwegian School of Sport Sciences (nih.no) Cost of Living in Norway - Prices in Norway</p>	
Funding	<p>Turing Scheme Funding Student can apply for funding to help with study abroad costs. This is a grant and not a loan, so student do not have to repay it back. Please visit Turing Scheme Bournemouth University for more details.</p> <p>Student Maintenance Loan If you are in receipt of a maintenance loan, you will continue to receive this as usual when you are abroad but may also be eligible for a higher amount of, depending on your circumstances.</p> <p>Student Finance England Travel Grant You may be able to claim back some travel expenses from your period abroad. The amount of grant depends on your household income, and covers reasonable costs incurred on travel expenses during an academic year. Please visit the Student Finance England Travel Grant website, or contact Student Finance.</p>	
Campus Facilities	<ul style="list-style-type: none"> • Counselling services • Library • IT services 	<ul style="list-style-type: none"> • Student associations • Sport facilities • Catering services