Relazione di fine scambio

Scuola del Design

Istruzioni

Indicare di seguito tutte le informazioni che possano essere utili ad altri studenti che parteciperanno a uno scambio. Preferibilmente in lingua inglese, lunghezza min. 2500 parole + possibili immagini, file di max. dimensione 2 MB in formato PDF. Questo documento sarà pubblicato nel sito web della Scuola.

Informazioni generiche

Anno Accademico di Scambio:	2020	Nome della Sede in scambio:	NTNU: Norwegian University of Science and Technology
Cognome e Nome:	Cimolai Federico	Stato:	Norway
Matricola:	915306	Codice Sede:	N Trondhe01
Corso di Studio:	Design & Engineering	Tipo di scambio: (Semplice o Doppia Laurea)	Erasmus
Anno di Corso:	5	Semestre di Scambio:	2
Email:	federico.cimolai@mail.polimi.it	Docente Promotore:	Silvia Deborah Ferraris

Racconta la tua esperienza di scambio:

Acknowledging the weirdness of the first part of the 2020 and specifying that I followed online courses during the second half of the semester, I can now share my experience with you.
In this report I'm gonna talk about university, housing, Trondheim and Norway in general.
Starting with the university part, let's talk about the campus. The layout it's not that different if compared to the Politecnico's one, a lot of different buildings each of them dedicated to a specific course of study plus a main building which, architecturally speaking, seems like the Hogwarts façade. Really suggestive.
The design department is way smaller compared to ours but you still have everything you need, even more actually. With small safety courses you can gain access to laser cut machines, 3D printers, CNCs and other machines the you can just dream about at Politecnico. From this point of view their workshops are not even comparable with the ones we're used to.
The number of people attending a specific course is around 20, there's a lot of interaction with the professors, not with the other students (I can't know how your experience will be, but in mine Norwegian people are so vanishing that I didn't even talk with everyone in class). Don't worry, you will connect a lot with other Erasmus students.
Going back to the classes, what I really appreciated is the relationship with the professors. It's something you must get used to, at NTNU they seem to care about the students, actually they really do.
Every single professor I had was super available, they answer almost immediately to your emails, they solve every doubts you have immediately and they give you all the time you need. Sometimes it can be a little weird this kind relationship, but I'm sure you're gonna appreciate it a lot.
Are you asking yourself if you have to die to get a good mark or if you can enjoy your time in Norway?
Well, I suggest you to plan a lot of trips, go visit Norway.
Let's do this, imagine your life at Politecnico, imagine how much you have to suffer, how much effort you have to put in each project, all the nights you didn't sleep. Okay, now that you have all this in mind, FORGET IT.

I experienced a one month crisis during the first period of my exchange, I had so much free time that I started feeling super bad thinking that was my fault, that I wasn't doing enough to pass the courses. Then you realize that it's not your fault at all, it's just that they give a lot of relevance to their private life, their free time and so on and for this reason everything it's organized to allow you to enjoy your time.
Talking about the courses I followed 3 subjects:

- Design strategy: it's the same of "Strategia ed Economia del Progetto" for those who studied product design during their bachelor.
- Information visualisation: it's an interaction design course. I found it really interesting, this course discusses topics about the perception of analogical and digital interfaces.
- Visual communication: it's a graphic design course that you can find within the architecture list of available courses. The professor asks you to prepare whatever graphic product you want: brochure, photographic book, whatever. For this course I design my new professional digital portfolio to share with companies, studios and so on.

I want to share some other info with you about the campus, at the ground floor of the building in front of the design one there's a small supermarket which sells fruit, sandwiches, yogurt, coffee and other stuff.
In front of the main building (the Hogwarts one to be clear), run by Sit, there's a really nice and cheap gym (115€/6 months if remember right) in which you can practice a lot of different sports, dancing courses and obviously there're also cyclittes, dumbells and all those stuff.
Sit is the main organization running all those university-related services: housing, canteen/cafe, health. Everything you need you just have to ask them.
There are two major housing options: Moholt and Steinan.
Moholt is the bigger one, closer to downtown and primary services. It's the place where most of the parties are carried out especially during the winter season.
Steinan instead is the perfect place if you like calmness, is close to the forest and many hiking tracks. During the spring season is amazing and you will enjoy having barbeque at Steinan.
I've been living in Steinan during my exchange and even if it's a bit more distant from the university and the city centre (I'm talking about 5/10 minutes), I personally prefer it.
Small suggestion, don't be scared if you enter your apartment and you don't find any kitchen tools, go look for the storage rooms there's plenty of stuff there. But be quick.
Let's now talk about Trondheim. There's not much to say about it, in one day you can visit almost everything: castle, cathedral, harbour, downtown and few other stuff.
Being in Norway, Trondheim is quite expensive. But I'm sure that during the quarantine period you mastered the kitchen's secrets and you're now able to make a perfect pizza and a special dinner.
Apart from jokes, if you really wanna eat a good Italian pizza go to Grano. It's any Italian pizzeria close to the railway station and it's really really good. Be prepared to pay at least 15€, but during the week for lunch every kind of pizza should be around 9€.
You can find shitty and cheap beer at Circus pub in downtown, in almost any other pub you're gonna pay around 8/9€ or even more.
If you wanna amaze your boyfriend/girlfriend coming to visit you or have a nice dinner with your new Erasmus love, the Tyholt tower is a panoramic restaurant. During the week, now I can't recall the days, you can go to the "pizza" all u can eat. Personally I've never been there and I've been told that the pizza is not good at all, it's just an excuse to be all together.
Last suggestion, buy the Samfundet membership. It's a sort of club with different rooms and everyone goes party there.
If you like playing instruments they also organize a lot of jam sessions.
You will figure out by yourself if you're planning to visit the major cities of Norway that they're all pretty much the same. Travel by car if possible, you will discover and enjoy places that you'll never forget. Hopefully without Covid, be sure to visit Tromsø, Lofoten, Bergen and the south of Norway.
The best fjords are in the south.
I travelled from Trondheim to Bergen by car with some friends and believe me, I would never do the journey by plane.
When you plan your trip, be sure to not travel along the same route two times otherwise you will lose the opportunity to completely enjoy your journey's possibility. Obviously this is not always possible.
There's a car rental (Sixt) which has a partnership with NTNUI (student sport organization of NTNU). If you rent the car all the weekend long they apply you a big discount.
If you like downhill ski go to Åre in Sweden. It's a 2:30 travel by car, be prepared because the speed limit in the Scandinavian countries is generally around 90km/h.
In Trondheim they only practise cross country ski and the downhill tracks are shit.

Since Norway is so expensive, there's a daily bus called "The bacon bus" which travels from Trondheim all the way to the Norway-Sweden border. Few kilometres after the border there's a supermarket in which you can buy cheaper meat, food in general and alcohol. Be aware that you have to pre-order the alcohol you want and be sure to not exceed the allowed limits.

That's pretty much everything you need to know.
Have fun.

Firma: Data: 21/07/2020