



## **University of Inland Norway**

**Rena, Norway**

<https://www.inn.no/english/study-options/incoming-exchange-students/>

[kine.skjaervik@inn.no](mailto:kine.skjaervik@inn.no)

[Apply here](#)

The Turing Scheme can help fund your international experience, offering grants towards living costs and travel for placements lasting from 2 weeks up to 12 months. Depending on where you go and how long for, you could receive between £12–£23 per day, with additional funding available towards flights, depending on your household income. It's a chance to gain global skills, boost your CV, and explore the world - all with financial support.

<b>Dates</b>	<b>Students can attend for either semester</b>
Semester 1	August 2026 – December 2027
Semester 2	January 2027 – June 2027

**This opportunity is open to University of Staffordshire students on the following programmes:**

BA Music Production

BA Sound Design



## About University of Inland Norway

Research at INN is closely linked to the educational offering. In this way, the study programmes become research based as the institution contributes new knowledge in important areas of society. A practice-oriented research profile lays the foundation for a knowledge-based working life and innovations. INN has a long-standing commitment to language and culture subjects, and to interdisciplinary cooperation between Norwegian, Music, English and Pedagogy.

## About Rena & Innlandet



vibrant small towns.

Rena and the surrounding areas offer excellent conditions for a diverse outdoor life during both summer and winter. Rena campus offers creative academic communities and engaged students. A cultural centre can be found in the heart of the municipality that offers varied activities, cafés and shops. Åmot municipality offers great arenas for leisure-time activities such as skiing and golfing. Innlandet offers everything from deep forests and rolling farmlands to dramatic mountains and

## Things to do in Rena (& Innlandet County)

**National Parks** – Innlandet is home to some of Norway's most stunning national parks, each offering unique landscapes and outdoor experiences. Part of Jotunheimen National Park falls within Innlandet. The park is a paradise for hikers and mountaineers, boasting Norway's highest peaks.

**Hafjell** - in winter, the region transforms into a skiing paradise, with Hafjell among the top destinations for alpine and cross-country skiing.

**Lake Mjøsa** - those drawn to the water can enjoy fishing and canoeing

## Places to Visit near Rena

**Oslo** - famous for its culture and museums, including the Munch Museum and Viking Ship Museum, its modern architecture, such as the Opera House, and its proximity to nature, with forested areas and the scenic Oslo Fjord.

**Sälen, Sweden** - home to four major ski resorts (Lindvallen, Högfjället, Tandådalen and Hundfjället), Sälen in western Sweden is a veritable skier's paradise, with over 100

individual pistes in total. Sälen also hosts the start of the annual Vasaloppet, the world's largest, longest and oldest cross-country ski race.

**Lillehammer** - a ski resort town in southern Norway. Its Maihaugen open-air museum displays buildings from the 1200s to the present. The nearby Norwegian Olympic Museum has exhibits chronicling Lillehammer's 1994 Winter Olympics and features a biathlon simulator. Lysgårdsbakkene Ski Jumping Arena includes a chairlift with views over the park. North is the Lillehammer Olympic Bobsleigh and Luge Track.

## Programmes

Students will join the Music Business & Digitalisation programme:

<https://www.inn.no/english/research/our-research/music-business-and-digitalization/>

## Deadlines

If you are selected for this opportunity by the Go Abroad team at University of Staffordshire, your exchange application to Inland University will need to be submitted as follows:

Application deadline Semester 1 – 15<sup>th</sup> June

Application deadline Semester 2 – 15<sup>th</sup> November

This could be you !



## Accommodation

Students are accommodated in fully furnished single rooms, which include utilities, an internet connection, a desk chair, a closet, a small table, and a single bed. All rooms have a shared kitchen and social area. Some rooms are equipped with a private bathroom. The monthly rent is approximately 354 EUR. All student homes have access to a laundry machine, dryer, storage space, and parking. International students may rent kitchen equipment and bed linen (known as a "Basic Start Kit") from the Student Welfare Organization (SINN) at reasonable prices.

<https://www.sinn.no/sinn/international-students-andsinn-housing/>

## Cost of living

	<a href="#">Edit</a>		<a href="#">Edit</a>
<b>Restaurants</b>		<b>Transportation</b>	
Meal, Inexpensive Restaurant	11.97 £	One-way Ticket (Local Transport)	1.87 £
McMeal at McDonalds (or Equivalent Combo Meal)	11.22 £	Monthly Pass (Regular Price)	39.27 £
Domestic Beer (0.5 liter draught)	6.73 £		
Imported Beer (0.33 liter bottle)	4.86 £	<b>Utilities (Monthly)</b>	<a href="#">Edit</a>
Cappuccino (regular)	3.48 £	Basic (Electricity, Heating, Cooling, Water, Garbage) for 85m <sup>2</sup> Apartment	236.80 £
Coke/Pepsi (0.33 liter bottle)	1.99 £	Mobile Phone Monthly Plan with Calls and 10GB+ Data	24.92 £
Water (0.33 liter bottle)	1.65 £	Internet (60 Mbps or More, Unlimited Data, Cable/ADSL)	26.18 £
<b>Markets</b>	<a href="#">Edit</a>		
Milk (regular), (1 liter)	1.50 £		
Loaf of Fresh White Bread (500g)	1.50 £		
Rice (white), (1kg)	1.50 £		
Eggs (regular) (12)	2.24 £		