

Outgoing Programs
Macquarie International, Macquarie University
Building E3A Level 1
NORTH RYDE, NSW 2109
P: +61 2 9850 6325
F: +61 2 9850 7733
E: goexchange@io.mq.edu.au
W : www.international.mq.edu.au/abroad



University of Bergen, Norway January Psychology Short Courses

***Details may change in this program. Information will be updated as available.
Please see Macquarie Abroad for the most up to date information.***

Overview

The University of Bergen has an expertise in psychology and also offer a number of psychology units taught in English.

As the study pattern for psychology is quite strict at Macquarie, the University of Bergen has taken the opportunity to offer a course of study in psychology to Macquarie students in January. This is part of their regular semester, but the course is intensively offered over 3-4 weeks so that Macquarie students can participate during the Macquarie summer holidays.

This is an excellent opportunity for Macquarie psychology students to be able to complete a 300 level elective overseas, which counts back to their Macquarie psychology degree but doesn't interfere with their progression through the degree. It is also a great chance to study with local Norwegian students in English.

Student Profile

The course is specifically for students in their third year (or above) of classes in a psychology degree. Students completing their 2nd year studies i.e. about to commence third year studies, may also be eligible.

Topics

The courses offered will most likely be the same as those offered in previous years:

- PSYK322 / Medical Health Psychology
- PSYK354 / Society and Culture
- PSYK352 / Preventive Health Psychology

Descriptions for these units can be found at the end of this document.

Outcomes –

- Completion of 6CP of 300 level psychology whilst on exchange
- Cross-cultural perspective on psychology whilst studying at a prestigious institution with an excellent program
- Spending class time with Norwegian students and gaining a cultural appreciation of Norway

Student Numbers

A maximum of 20 Macquarie students can participate in the course.

Outgoing Programs
 Macquarie International, Macquarie University
 Building E3A Level 1
 NORTH RYDE, NSW 2109
 P: +61 2 9850 6325
 F: +61 2 9850 7733
 E: goexchange@io.mq.edu.au
 W : www.international.mq.edu.au/abroad



Timing and Duration of the Program

Recommended date of arrival: First week of January

Lecture dates (TBC): 9th January to 17th February

Bergen will run an orientation session for all students, and the faculty will also run an orientation for Macquarie students. The exact dates for this orientation are to be confirmed but will most likely be during the week before classes commence.

Living Arrangements and Costs

The University of Bergen will be assisting with sourcing accommodation. It is most likely that students will be housed at the Fantoft Student Hostel, prices for accommodation can be found at: <http://www.sib.no/en/housing/in-residence/practical-information/faq-1>

In terms of costs, eating out and drinking can be relatively expensive in Norway. However, other things are more reasonable.

The following is an indication of costs extracted from Macquarie's survey of students from the January 2007 program.

Can you please give an indication as to your expenses in Australian dollars?

	\$0- 500	\$501- 1000	\$1001- 1500	\$1501- 2000	\$2000- 3000	\$3000+
Count						
Accommodation (total)	25.00%	37.50%	25.00%	12.50%	0.00%	0.00%
Living expenses (total)	12.50%	12.50%	25.00%	37.50%	12.50%	0.00%
Traveling expenses (inc. original airfare)	0.00%	0.00%	12.50%	0.00%	50.00%	37.50%
Other expenses (total)	50.00%	12.50%	12.50%	12.50%	0.00%	12.50%
	Spent less than expected		Spent what I expected		Spent more than I expected	
Accommodation (total)	25.00%		75.00%		0.00%	
Living expenses (total)	0.00%		62.50%		37.50%	
Traveling expenses (inc. original airfare)	12.50%		62.50%		25.00%	
Other expenses (total)	37.50%		25.00%		37.50%	

Cultural Components

A number of cultural activities will also be included in the program.

All students will have access to the university's fitness facilities: <http://www.sib.uib.no/english/sports>

There is also a varied range of activities arranged by the student associations; concerts and other performances, club nights, debates and so on. Basically all the local students will be able to speak English (even though not all meetings might be in English), so you do not need to worry about the language barrier.

Outgoing Programs
Macquarie International, Macquarie University
Building E3A Level 1
NORTH RYDE, NSW 2109
P: +61 2 9850 6325
F: +61 2 9850 7733
E: goexchange@io.mq.edu.au
W : www.international.mq.edu.au/abroad



In your spare time, you may arrange your own activities. As a student town, Bergen has something on offer that should meet the needs of most students. For skiing, there are normally not the best conditions in Bergen. However, Voss, a renowned winter sports destination, is just an hour's train ride away from Bergen. There are normally package deals on offer. Another popular excursion is the "Norway in a Nutshell", a 12-hour trip by boat, bus and train (including on of the worlds steepest train rides), that allows you to experience the mountains and fjords of Norway:
<http://www.norwaynutshell.com/default.asp>

Assignment and Assessment

Assessment will be handled by the professors at the University of Bergen. Each course will have a final exam and may also have additional assessment, such as a written paper or presentation. Information about the assessment will be presented at the beginning of the course and may be available in advance in November.

Credit

Students will receive 6CP worth of 300 level Unspecified Psychology units. Students **must** study two subjects at the University of Bergen to receive 6CP. Students are **not** permitted to only study one unit at the University of Bergen.

Costs

There is no logistics fee for this program. Students are responsible for paying accommodation costs directly to SiB and all other expenses including airfare, meals, etc.

Students should expect, as a guide, at least the following expenses:

Airfare - \$2500-3000 depending on the time of booking

Accommodation and living expenses – around \$2,500 for the month including transport, accommodation and food

Cost of any enrolment at Macquarie (no tuition is paid to Bergen, regular enrolment fees are charged at Macquarie and can be put on HECS or paid upfront as usual)

Application Process and Deadline and Selection Criteria

Students must apply, online, to Macquarie Abroad no later than 11th September, 2012. The application form, and instructions, are available online at:

<http://www.international.mq.edu.au/goingabroad/shortterm>

Successful students will then be guided through the rest of the application process for the University of Bergen.

Evaluation

Students will be required to complete an online evaluation for Macquarie International before grades from Bergen can be transferred back to Macquarie. Students may also be required to undertake evaluations from the University of Bergen as well. More information about evaluation of the program will be distributed to students prior to the conclusion of the course.

Travel Grant

The travel grant for this program has been confirmed at \$2,000. This grant is automatically processed for all eligible students accepted to participate on the program – no other institution in Australia offers this level of support and Macquarie students are extremely fortunate to have access to this funding.

Travel

Bergen's international airport, Flesland, has regular flights to several European destinations. Most visitors arrive from either Copenhagen or Amsterdam, which are big European hubs. International travellers arriving via Oslo Airport Gardermoen, must declare their luggage there and re-check-in for the onwards travel to Bergen.

Climate

Although Bergen is very cool by Australian standards, the winters in Bergen tend to be rather mild and wet compared to the rest of Norway. The temperature is normally in between +5 and -5, although there might be days with temperatures down to -10.

Testimonials

These results were taken from Macquarie's survey of students who returned from the January 2007 program.

Rate your experience:

	Very Good	Great	Excellent	Awesome - the best possible	Rating Average
Total Experience	25.00%	12.50%	37.50%	25.00%	8.63
Academic Experience	12.50%	12.50%	50.00%	25.00%	8.88
Cultural Experience	25.00%	37.50%	12.50%	25.00%	8.38

* Note that no student selected less than 'Very good' in any category, thus the lower end of the scale is not shown here.

Student Comments:

1. It was a great experience and I would recommend to others. It was an opportunity to travel as well as study and broadened my view on the world.

2. I really enjoyed my experience at Bergen. It was very different to Psychology at Macquarie in that it was far more practical. All the courses were really interesting and I feel I have learnt so much from my experiences. I met a great group of people and would definitely love to do either another short term exchange program or semester exchange program. Thank you Macquarie International Office!!

Outgoing Programs
Macquarie International, Macquarie University
Building E3A Level 1
NORTH RYDE, NSW 2109
P: +61 2 9850 6325
F: +61 2 9850 7733
E: goexchange@io.mq.edu.au
W : www.international.mq.edu.au/abroad



3. *This has been a very memorable experience and showed me how another institution teaches psychology to their students. Each unit undertaken gave me further insight into its respective subject area and my future goals in psychology may well depend on what I learnt and experienced at the University of Bergen. I would highly recommend this course to any student. It was short enough to give students a taste of an international academic experience without disrupting ongoing studies at Macquarie University. It also allowed the opportunity to pursue independent travel also without disrupting studies at Macquarie.*

4. *Overall I had a great time on exchange. The people I went with were lots of fun and I feel like I made some great new friends. The content of the courses was great and has given me new ideas on where I want to take my psychology degree. The short term exchange was a nice amount of time to be away studying and meant that I didn't have to miss a whole semester at home. I would definitely recommend going on an exchange program to anyone thinking about doing one. Thanks very much.*

5. *It has opened up my eyes on my psychology career from the interesting lectures given at Bergen Uni. The course was great, the accommodation was perfect and Norway was beautiful! Definitely recommend this exchange program to anyone. Thank you for allowing this to happen!*

6. *Absolutely loved the whole thing. A short term program is a great idea - it's the perfect length as I don't like the idea of leaving work and uni behind for 6 months but still want to get out there. Bergen is a great place to do an exchange and should be kept around for future students!*

7. *It was wonderful experience. I am very grateful that MQ basically paid for my flight, and that I was able to see other countries while I was over there. The academic experience was amazing, they take a different approach to the study of psychology there and it was a refreshing change. There were small problems, but nothing that can't be fixed for the next group of students.*

Main Contacts

Macquarie University Navya Chalasani Outbound Programs Officer P: 61 2 9850 4339 F: 61 2 9850 7733 E: navya.chalasani@mq.edu.au	University of Bergen Toril Salen Senior Executive Officer Faculty of Psychology P: + 47 55 58 27 31 F: + 47 55 58 98 71 toril.salen@psyfa.uib.no
--	---

Course descriptions

PSYK322 / Medical health psychology

Credits: ECTS 3.0

Language of Instruction: English

Objectives:

Teaching in medical health psychology is intended to provide students with an understanding of selected aspects of biological, psychological and social factors in sickness and health, and an understanding of the relationships between psychosomatic illnesses, psychosomatic problems, somatisation and hypochondria.

Contents:

Students will learn more about:

- How psychological processes influence health-related behaviour, traditional psychosomatic conditions, psychosomatic problems and subjective health problems
- Effects of traumatic stress
- Epidemiology and the treatment of subjective health problems
- Connections between psychosomatic illness, psychosomatic problems, somatisation and hypochondria

PSYK352 / Preventive health psychology

Credits: ECTS 3.0

Language of Instruction: English

Objectives:

The scope of health psychology includes the role played by psychological factors in the cause, development and consequences of health and illnesses. The objectives of health psychology are to understand and explain, to develop and test theories and to give practical demonstrations of these theories. The course is based on a national health perspective, with the main emphasis on behavioural risk factors, such as smoking, the use of alcohol, diet and physical inactivity, and initiatives to prevent the main health problems in Norway (cardiovascular disease, cancer and physical stress complaints).

Contents:

The students will be given an understanding of:

- the quality of life and the incidence of illness and mortality within the population
- major behavioural and environmental factors affecting national health
- theories on the effect of behaviour and the environment on health
- principles and models of illness prevention and health-promoting initiatives
- ethical problems related to preventive health psychology

Outgoing Programs
Macquarie International, Macquarie University
Building E3A Level 1
NORTH RYDE, NSW 2109
P: +61 2 9850 6325
F: +61 2 9850 7733
E: goexchange@io.mq.edu.au
W : www.international.mq.edu.au/abroad



PSYK354 / Society and culture

Credits: ECTS 3.0

Language of Instruction: English

Objectives:

The course aims to give a brief introduction to the importance of culture for psychology in terms of its philosophical, theoretical and methodical basis, and in relation to practice and its application to understand social problems.

Contents:

The students will be able to give an account of the following main areas:

- why and how culture should be included in psychology
- the concept of culture
- absolutism, relativism and universalism, from an internal and external perspective
- psychological anthropology, ethnopsychology, cultural psychology and cross-cultural psychology
- common methods within this field of study
- the application of methods to analyse central topics of traditional psychology (such as cultural links, the ego, aggression, emotions, identity, acculturation and conformity).

The students will become aware of the relevance of a cultural perspective to solve multicultural problems such as those related to health and education, immigrants, ethnic minorities and problems related to developing countries, such as poverty, overpopulation, street children and ethnic relationships and conflicts.