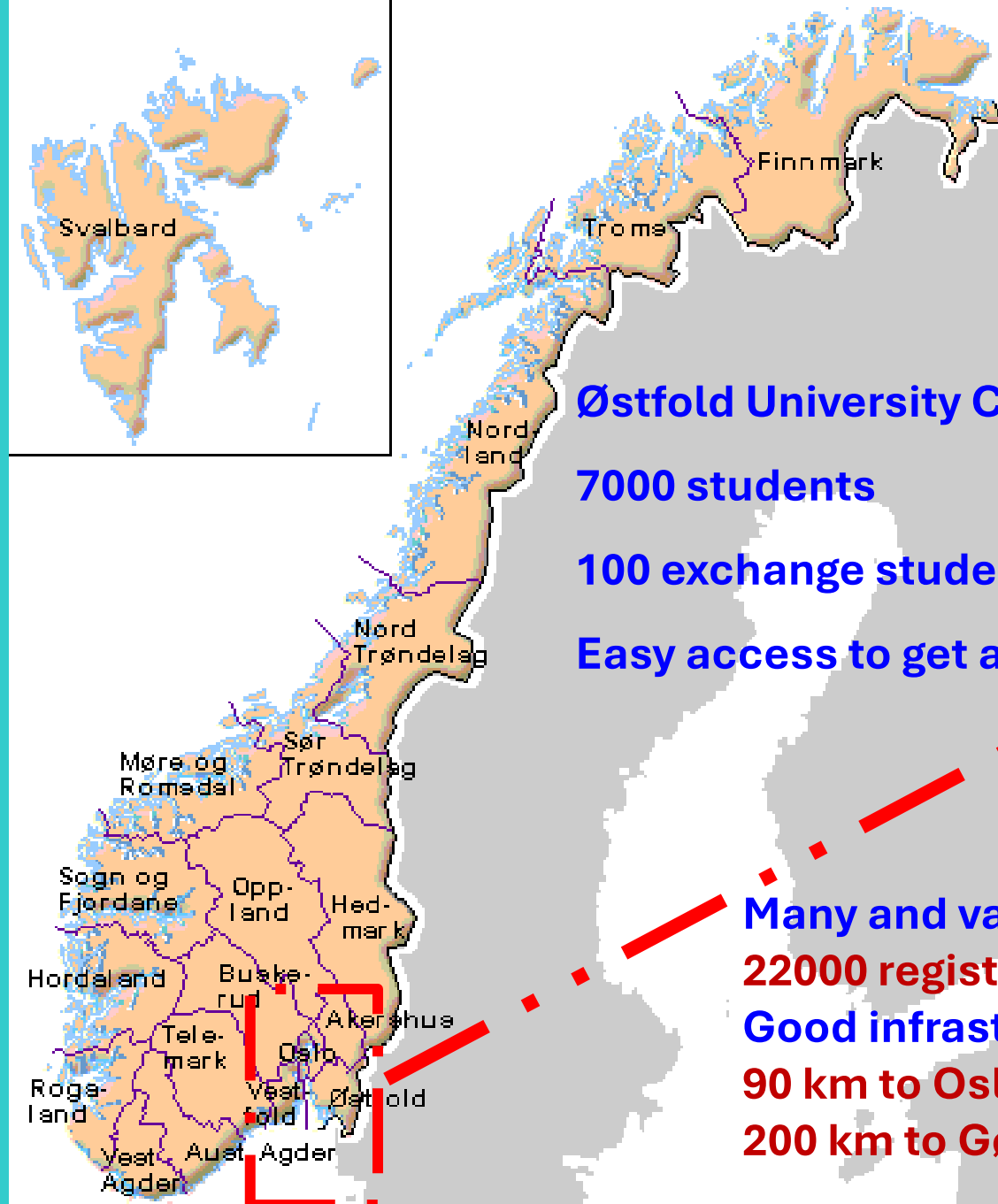


Internationalization at Home – experiences and best practices

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Østfold University College

7000 students

100 exchange students annually

Easy access to get around

Many and variant business units

22000 registered companies

Good infrastructure and easy accesses

90 km to Oslo (1 hour by train)

200 km to Gøteborg (2 hours by train)



- Invited business guest lectures or organizing class tour to a company
- Illustrated business internationalization and importance
- Encouraging and supporting students to study abroad



Developing English
taught curriculum or
program, PhD, MSc, BSc

Open job announcement
attracting international
professors or other
applicants

Engaging students into
ongoing international
research projects



Design and apply a buddy system

Organizing language cafe

Joint and open curriculum with exchange students

Field Research for International Students



« Exchange builds friendships that otherwise could not exist because of national borders and distances. We got close when we lived together, and then we moved apart. But we still keep in touch.»

Joachim, buddy spring 2023.

As a buddy you are invited to participate in all activities organized by the International Office without charge. Autumn 2024 there is a trip to [Climbing at the border](#), to help the exchange students kick-off their time at Østfold University College! Spring 2024 the International Office organised a hiking trip to a cabin and an excursion to the amusement park Tusenfyrd. Curious to know more? Read an interview with one of our buddies [here!](#)

Signing up as a buddy for exchange students!



Høgskolen i Østfold

EN NO

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Language Cafe/Språkkafe

Come practice your language skills at our Language Cafe (språkkafe) and meet new people from all over the world!

Time and place:

Mar. 13, 2024 4:00 PM – 5:30 PM, Cafeteria, Halden Campus (Remmen)

We invite both students and staff to practice your English, Spanish, French, German, Norwegian, etc over a cup of coffee or tea. This is your chance to use and practice your language skills and hopefully meet new people in an informal setting.

International and Norwegian students and staff are encouraged to participate.

The cafe is free of charge and open for everyone!

Welcome!



INTERNATIONAL STAFF WEEK

EMPOWERMENT THROUGH COLLABORATION