



Psychology at University of Bergen

INTENSIVE COURSES IN PSYCHOLOGY, JANUARY - FEBRUARY 2010

Programme dates

Recommended date of arrival: TBC

Lecture dates: TBC (will be similar to 2009 program dates 7 January – 13 February 2009, you can use these dates as a guide)

Monash Abroad travel grants

All students accepted on the Psychology at Bergen program were receiving a \$1,000 Monash Abroad travel grant from Monash Abroad from pass years but we are unsure at this stage whether the amount will change in 2010 until our travel grant budget is confirmed later in the year. Your eligibility for a travel grant is depended on whether you meet the following requirements:

- have an active enrolment in a Monash undergraduate or postgraduate coursework degree program
- will receive credit for the Bergen program toward your Monash degree
- have been approved by your managing faculty and the School of Psychology, Psychiatry and Psychological Medicine
- are not a citizen of Norway

Application procedures - Monash

The first step is to complete the Monash Abroad International Study Program application for the Psychology at Bergen program (available from contacts below) and take it for approval to:

Dr Max Jory

Director Undergraduate Studies

School of Psychology, Psychiatry and Psychological Medicine

Once he has approved your participation you should lodge it with:

Patricia Stephens

Manager Undergraduate Studies

School of Psychology, Psychiatry and Psychological Medicine

She will send the application to Monash Abroad. You must then complete the on-line application to the University of Bergen (detailed instructions below).

When you receive your acceptance letter from Bergen you must send copies to both Monash Abroad and Patricia Stephens and ensure that you are enrolled in the relevant Monash unit. Monash Abroad will then pay your travel grant into your nominated Australian bank account in early December.

Application procedures – Bergen (Must complete Bergen’s online application by 15 October deadline)

After your Monash Abroad application has been approved by the School of Psychology you will need to fill out the online application form for the University of Bergen - just make sure that you know the correct Bergen course codes (see last page). Please note that the program you should select is “bilateral agreement” and the semester dates will not be correct in the online form, and you should apply for admission for the “spring 2010” semester.

The online Bergen application form can be found at <http://prospective.uib.no/application> or at direct link http://prospective.uib.no/?mode=show_page&link_id=71&toplink_id=21

Once you have submitted the online application form, you will receive an “Application Receipt” to the e-mail address that you have registered. You need to lodge this with Patricia Stephens at the School of Psychology, Psychiatry and Psychological Medicine with a copy of your official academic transcript so that she can endorse your application receipt and send all the signed application receipts together with the academic transcripts in one batch to Monash Abroad who will then check and keep track of all applications and send in one single shipment to the University of Bergen.

After the applications have been processed by the University of Bergen (which should not take too long) they will send all the acceptance letters in one shipment back to Monash Abroad who will distribute them to students.

Enrolment at Monash University

Once your application is approved the School of Psychology and you have completed the Bergen online application you must request your managing faculty to enrol you in MEH3001.

Monash Credit

On completing of Bergen program you will receive credit for PSY3130 Health psychology and a SFR (Satisfied Faculty Requirement) grade will be awarded if you passed.

Language

All lectures and assessment for the courses included in this program are in English.

Lectures and Assessment

Assessment of the courses at Bergen is based on a combination of class attendance, participation, written work and exam for some courses. There will be a combination of Norwegian students, other international students and Australian students in the classes.

Transcript

All students will receive an official transcript from the University of Bergen showing the units you have completed with a Pass/Failed grade. Your Monash transcript will show that you have completed an exchange unit MEH3001 (which is equivalent to PSY3130) at the University of Bergen but will only show a SFR (Satisfied Faculty Requirement) grade for this unit.

Visa

Australian passport holders do not need a visa in order to enter Norway, as long as your stay does not exceed three months. This is also true when the purpose of the visit is studies.

Other passport holders may need a Schengen visa. Please consult the list at <http://www.udi.no/templates/Tema.aspx?id=7403>

Orientation

There is a Bergen university-wide orientation for all new international students during the first week where most of the practical information is given. There is also a specific orientation at the Faculty. Throughout the first week there are normally several social gatherings. The orientation dates for 2010 has yet to be decided.

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. Please note that international travellers arriving via Oslo Airport Gardermoen, must declare all their luggage there and re-check-in for the onwards travel to Bergen.

Housing

Bergen in the past years had offered students to stay at the Fantoft Student Hostel but has not been able to confirm yet whether this will continue in 2010 and also the expected rental costs for accommodation until later.

Last three years our students stayed at the Fantoft Student Hostel which you can read about from the following web site. Rent for short term accommodation will be different from what they quoted on the website which will apply to you when you do this program.

http://prospective.uib.no/?mode=show_page&link_id=135973&toplink_id=23

To give you an idea, below are rental costs our students paid in 2008 for short term accommodation at the Fantoft Student Hostel and there may be an increase since:

NOK 1500 for 1 week or part thereof
 NOK 2700 for 2 weeks - " -
 NOK 4200 for 4 weeks - " -
 NOK 5400 for 6 weeks - " -
 NOK 6800 for 8 weeks - " -

It is therefore vital that you consider the number of weeks you will stay using this table as a guide and also when booking for flight. For example if you exceed one or two days after 6 weeks they may charge you 8 weeks rent instead. The class dates are normally within a 6-week period. We believe you will have to arrive at least two days before for Orientation.

In case the university housing is full, private-owned guesthouses will be an option too.

Climate

The winters in Bergen tend to be rather mild and wet – that is, compared to the rest of Norway. The temperature is normally in between +5 and -5C, although there might be days with temperatures down to -10C. There is normally not too much snow and the snow will most often only stay for a couple of days before it melts (and then there might be another snowfall later on). In short, the only thing that can be said for sure about the weather on the west coast is that it can change very fast and be very unpredictable! But as the Norwegian proverb goes: "There is no such thing as bad weather... only bad clothing"!

Activities

Bergen, being a city where approximately 25,000 of the 250,000 inhabitants are students, should have something on offer that should meet the needs of most students. Bergen does not have the best conditions for skiing. However, Voss, a renowned winter sports destination, is just an hour's train ride away from Bergen. There are normally "package deals" on offer.

All students will of course have access to the university's fitness facilities.

<http://www.sib.uib.no/english/sports>

Bergen is known for having one of the best music scenes in Norway, especially for rock music, and within the genre of black metal, Bergen is perhaps the leading scene in Europe.

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 students do not need to worry about the language barrier.

Excursions

A very popular excursion is the "Norway in a Nutshell", a 12-hour trip by boat, bus and train (including one of the world's steepest train rides), that allows you to experience the mountains and fjords of Norway. For more information see <http://www.norwaynutshell.com/default.asp>

Public transport

Bergen has a good system of local buses, with buses every 5 minutes (on average) from the city to the student hostels (which are situated on the city limits). Everything within the city centre, including the university, is easily accessible on foot.

For other travels in Norway, Bergen is the transport hub of western Norway with express boats, trains and express buses all being an alternative to air travel.

Cost of living (exchange rate as at 24 August 2009 approx \$A1 = NOK4.97)

Yes, there are some things that are expensive in Norway, and most notably they are "eating out" and "drinking out". Other things are actually not that expensive. A monthly bus pass costs NOK400. Clothes and shoes are actually quite cheap.

Students normally learn quite quickly from their fellow students at University of Bergen how to manage. Most Norwegian students bring a packed lunch to university. They will make dinner with friends instead of going out to eat. And they will have quite hefty "before-parties" and "after-parties" instead of buying too much to drink in a bar.

Useful websites

www.visitbergen.com

www.visitvoss.com

<http://www.sib.uib.no/english> (student welfare organization)

<http://prospective.uib.no/>

http://prospective.uib.no/?mode=show_page&link_id=24&toplink_id=24 (on "student life")

<http://www.turistforeningen.no/english/>

More Information

School of Psychology, Psychiatry and Psychological Medicine:

Dr Max Jory	9903-2373	Max.Jory@med.monash.edu.au
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Monash Abroad:

Wendy Tran	9902-0210	wendy.tran@adm.monash.edu.au
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Lodge application with:

Patricia Stephens	9905-3941	patricia.stephens@med.monash.edu.au
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Available Courses**PSYK322 / Medical Health Psychology**

Credits: 3.0 ECTS

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

Prerequisites

This course has restricted access due to a limited number of places, and due to special entry requirements. It is only available to international students who have been admitted to the program of professional Studies in Psychology.

Teaching Methods

Lectures, guest lectures and group work.

Assessment/Examination Format

Course approval is based on compulsory attendance (80%) and approved group work. A Pass/fail grade is awarded.

Recommended Reading/Syllabus

Relevant articles and power-point presentations will be made available by the lecturer during the lectures.

PSYK352 / Health Psychology**Credits:** 3.0 ECTS**Objectives**

Health psychology focuses on the role of psychological factors in the causes, development and consequences of health and disease. The aim of health psychology is to understand, explain, develop and test theory, and to put theory into practice. Disease prevention and health promotion are important areas, particularly behavioural interventions directed at health compromising behaviours. The course focuses on a public health perspective, emphasising behavioural risk factors and interventions directed at the major public health problems. One of the purposes of the course is to strengthen an important and developing field of work for the future psychologists.

Contents

Students are expected to gain knowledge about:

- public health: quality of life, morbidity and mortality in the population;
- important behavioural risk factors (in particular tobacco smoking, use of alcohol, food habits and physical inactivity) affecting major public health problems (cardio-vascular diseases, cancers, musculo-skeletal disease);
- theories about prediction of health behaviour;
- principles and models for influencing health behaviours; and
- critical assessment of ethical aspects of health promotion initiatives and actions.

Prerequisites

This course has restricted access due to a limited number of places, and due to special entry requirements. It is only available to international students who have been admitted to the program of professional Studies in Psychology.

Teaching Methods

The course requires two weeks of full-time work. The course starts with a two-hour introductory lecture. The students then work for two weeks, individually or in groups, on project papers which cover the course objectives. The project papers of 5-10 pages are submitted for assessment before the end of the course. The lecturer is available to provide individual guidance at predetermined times. The course ends with a lecture which summarises the course content and gives an overall reaction to the submitted project papers.

Assessment/Examination Format

Course approval requires the award of a "pass" on submission of an approved paper and attendance at two lectures. A Pass/Failed grade is awarded.

PSYK354 / Society and Culture**Credits:** 3.0 ECTS**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.

Prerequisites

This course has restricted access due to a limited number of places, and due to special entry requirements. It is only available to international students who have been admitted to the program of professional Studies in Psychology.

Teaching Methods

The course is based on lectures and seminars. The seminars are often in the form of groups of 4 students working together on a topic. The topic is presented either orally to the class as a whole, or in the form of an essay which is evaluated by the head of the course.

Assessment/examination Format

Students are permitted to take the course exam when they have completed the course activities and approval has been given. A Pass/Failed grade is awarded.