

Congratulations on getting admitted to Physical Education, Sport and Outdoor Learning

Welcome to USN!

In this letter you will find important information related to your study programme.

We look forward to meet you!



Hi!

A warm welcome to the University of South-Eastern Norway (USN) and Campus Notodden!

Important dates

- Open day at Campus Notodden the 9 August from 12.00 to 15.00 where students and staff can answer questions and show directions.
- **The first day of the academic semester is 10 August.** Please make sure to arrive in Norway in time so that you are physically present for the first lecture. If you are not able to be here for semester start, please let us know.
- The department will hold a start-up meeting for international students on campus on 10 August, from 9.00 to 10.30
- The exam dates are published on the 01. October.
- **The official end of the autumn semester is the 18. December.**

[You can find the academic calender here](#)

How to prepare

You will find the lists of advisable clothing and equipment for the programme at the bottom of this document. Please note that there are separate lists for the students attending the autumn semester (932H, 2026) only, and for students attending the full academic year (932, 2026-2027). We will send you the link to the timetable at a later date, when it has been published.

Check out the courses you will attend:

Autumn semester (semester 1):

[PHY101](#)

[PHY103](#)

[PHYPRA1](#)

Winter/spring semester (semester 2, only full-year students). The course plans are from spring 2026, the updated course plans for spring 2026 will be published in the beginning of December:

[PHY102](#)

[PHY104](#)

[PHYPRA2](#)

Please read and pay attention to: <https://www.usn.no/english/newstudents/>

[See frequently asked questions here](#)

PS: If you have a car it will be easier to get around, since some of the activities in this area is a bit further away from the campus. We therefore recommend you bring a car if you can, based on feedback from former students on this programme.

Special needs?

If you have any practical, administrative, or health-related issues and needs, please inform us.

<https://www.usn.no/english/academics/special-needs/>

Do you have any questions?

For questions related to your study programme, contact your Program Coordinator Håkon Engstu at Hakon.Engstu@usn.no or +47 35 02 63 79 / +47 970 38 621. For practical matters, contact your Student adviser Ida Engedalen at Ida.Engedalen@usn.no or +47 31 00 97 99.

Please check our [semester start pages](#) for continuous updates.

If you have questions regarding student housing, please contact SSN directly at the website [SSN Housing](#) or by email post@ssn.no.

Lists of advisable clothing and equipment for the programme:

List of advisable clothing and equipment for Physical Education, Sport and Outdoor Learning, [Autumn semester \(Semester 1, Aug.-Dec. 2026\)](#)

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Underwear:

Thin woollen stockings, 2-4 pairs

Thick woollen stockings, 2 pairs

Long underpants in polypropylene or other moisture transporting material

Long underpants in wool

Long sleeved undershirts in polypropylene or other moisture transporting material

Long sleeved shirts in wool

Isolating clothing:

One long trouser

One thick woollen sweater or fleece jacket/sweater

External clothing:

Rainwear

Windproof/waterproof trousers (Gore-Tex/dermizax/triple point or similar)

Windproof/waterproof jacket or anorak with a hood (Gore-Tex or similar)

One pair of gloves/woollen gloves and/or mittens

One warm hat

Footwear:

Rubber boots/wellington boots

Mountain boots, possible to impregnate

Equipment:

Big backpack (minimum 60-70 litres)

Ground pad with good isolating ability

Sleeping bag for autumn conditions

Headlight

Cutlery for touring

Plate for touring

Thermos of steel with a good cup

Drinking bottle

Sunglasses

Compass

Repair equipment/sewing things

Simple first aid package, including sterile compresses and compeed (or similar)

General sports clothing**Expences:**

During the semester there will be several outdoor trips, which require no extra expenses beyond the needs being at the university except some possible costs for transportation.

I will also put the list for the spring semester here because some of you will be attending the course through the spring semester as well. This list contains some items that is not included for the students who are only attending the autumn semester:

List of advisable clothing and equipment for Physical Education, Sport and Outdoor Learning, [Winter/Spring semester \(Semester 2, Jan.-Jun. 2027\)](#)

Underwear:

Thin woollen stockings, 2-4 pairs

Thick woollen stockings, 2 pairs

Long underpants in polypropylene or other moisture transporting material

Long underpants in wool

Long sleeved undershirts in polypropylene or other moisture transporting material

Long sleeved shirts in wool

Isolating clothing:

One long trouser

One thick woollen sweater or fleece jacket/sweater

External clothing:

Rainwear

Windproof/waterproof trousers (Gore-Tex/dermizax/triple point or similar)

Windproof/waterproof jacket or anorak with a hood (Gore-Tex or similar)

Two pairs of gloves/woollen gloves

One pair of woollen mittens

One warm hat

Gaiters

Equipment:

Big backpack (minimum 60-70 litres)

Ground pad with good isolating ability

Sleeping bag for autumn conditions

Headlight

Cutlery for touring

Plate for touring

Thermos of steel with a good cup

Drinking bottle

Sunglasses

Compass

Repair equipment/sewing things

Simple first aid package, including sterile compresses and compeed (or similar)

General sports clothing

Expences:

During the semester, there will be some courses away from the campus and some of them will require some extra expenses.

- A 3-days skiing course; NOK 2500,-.
 - Possible costs for transportation.
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