NORWEGIAN SCHOOL OF SPORT SCIENCES (NIH)

FACT SHEET 2026-27

About NIH

- Norwegian School of Sport Sciences (NIH) is a specialized public university established in 1968 and located in Norway's capital of Oslo.
- NIH is neighboring with Olympiatoppen, which is part of Norwegian Olympic and Paralympic Committee and Confederation of Sports.
- With the lake Sognsvann and dozens of hiking trails within 5 minutes from the campus and the city center within 15 minutes by metro, NIH boasts both closeness to the beauty of Norwegian nature and the convenience of a capital city. Explore Oslo while you're with us: https://www.visitoslo.com/en/
- NIH offers state-of-the-art training and research facilities, top-notch teaching standards within the field of sport science, a variety of English-taught courses, and a multitude of activities for all students led by student activity groups.
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Institution

- Name: **Norwegian School of Sport Sciences – Norges idrettshøgskole (NIH)**
- Erasmus code: **N OSLO04**
- Website: **https://www.nih.no/exchange**
- International office email: **exchange@nih.no**
- Postal address: **P.O. box 4014, Ullevål stadion, 0806 Oslo, Norway**
- Visiting address: **Sognsveien 220, Oslo, Norway**

Important Dates

1. Nomination deadline

Fall semester: **April 15**

Spring semester: **October 1**

2. Application deadline

Fall semester: **April 30**

Spring semester: **October 1**

3. Academic calendar

Fall semester: **August-December**

Spring semester: **January-June**

Nomination procedures

NIH sends out information to our partners once the nomination portal is open. Please find the detailed nomination guide for our exchange partner institutions in PDF format here.

General information about nomination of students for exchange to NIH is also found on our website.

Application procedures

Once nominated for exchange at NIH by their home institution, the students must complete their application in the online application portal used by NIH. All nominated students receive an email from NIH with detailed instructions on how to apply. We have a detailed application guide for our inbound exchange students available in PDF format.

We also offer general information about the application procedures on the respective webpage on our website.

Exchange Course Packages

Please note that the course packages for the fall semester are updated by March 1. Courses for the spring semester could see changes up until October 1.

For detailed information about choosing the courses within each package, as well as course plans for each course, please visit our website:
https://www.nih.no/exchange-courses

NIH currently offers course packages within the following subject areas:

Bachelor level

- Exercise, health and performance
- Outdoor studies
- Sport Management and coaching

Master level

- Exercise, health and performance
- Sport and social sciences
- Sport medicine
- Sport psychology

All the courses included in the course packages for our inbound exchange students are taught in English.

It is possible for students with a sufficient command of the Norwegian/Swedish/Danish language (minimum CEFR B2 level) to take courses taught in Norwegian.

Student Housing

NIH offers a limited number of guaranteed housing units per semester to our inbound exchange students for a fee. This offer is provided through an agreement with Student Welfare Organization SIO, the largest provider of student services in the area.

All the students who have received and accepted their offer of admission to NIH will receive an email with detailed information on how to pay the non-refundable fee and apply for housing.

More information on housing in Oslo for exchange students can be found on our website.

Student Life

NIH offers a multitude of extracurricular activities for all students. The best way to get to know Norwegian students and other internationals students, as well as get better acquainted with Norwegian culture and to travel, is to participate in the activities organized by our student groups.

- **Student Council**: represent NIH's students in dialogue with the institution's management
- **GiGass**: participate in outdoor activities and trips with other students and get closer to the beauty of Norwegian nature
- **NIHI**: find your favorite sports group to participate in alongside other students in the Student Sports Team
- **Social NIH**: spend time playing games, taking part in quizzes and parties, and making new friends at the events organized by this group

Online courses

NIH also offers a selection of online courses (with ECTS) within Sport Sciences to students and staff from our partner institutions. These courses are free of charge for our partner institutions.

For detailed information about the online courses we offer, please visit the respective page on our website:
https://www.nih.no/exchange-onlinecourses

Nomination deadline (online courses)
Fall semester: July 1
Spring semester: November 1

Application deadline (online courses)
Fall semester: July 5
Spring semester: November 1

How to apply?
The students and staff members that are interested in enrolling into one or more online courses at NIH must be nominated by their home institution in the same way as the students nominated for physical exchange.

Please contact the international office at the home university if you would like to participate in our online courses. When students have been nominated, they will receive further information on how to complete their applications in the same application portal that is used by NIH for inbound physical exchange students.

How many courses can you take?

The online exchange courses at NIH offer a high degree of flexibility both in their teaching form, as well as the number our students can take. The students enrolled in our online courses can choose anything from a singular course up to all the courses in the package, based entirely on their own capacity and interest for the course offerings.

We offer both courses in English and Norwegian. Our Nordic students speaking a Scandinavian language can also enroll into the Norwegian-taught online courses.