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Organisation

Some weeks before I moved to Muscat I got in touch with the girl who went to SQU as an exchange student one year earlier. I learned from her many experiences and got a lot of help with all the organisational issues. The International Cooperation Office of the SQU organised a short time visa for three months and sent it to me a few weeks before my flight to Oman. Right before the visa expired the SQU arranged an extension for the following months. Both visas were completely free. Even though the university offers free health care for its students at the campus I would recommend to get an international health insurance as the medical care outside the campus can be quite expensive.

Arrival

I flew with Oman Air on a direct flight from Munich to Muscat. Unfortunately the plane could not land in Muscat due to a sandstorm, so we had an unplanned stopover in Al Ain and arrived about three hours later. At the airport I was picked up by a university employee who helped me with the arrival and the luggage and took me to a car that then took me directly to my accommodation. Even though there are buses organised by the SQU I rented a car for three months due to the location of the university outside the city center.

Accommodation

The building for international students is located about 3 km off campus and surrounded by a petrol station, a small supermarket and several smaller restaurants. The apartments have 3 rooms each and a shared kitchen and washing machine. One room has a single bathroom and the other two rooms share a common bathroom. The apartments are fully furnished and include everything you need for your stay. Also every room has its own air conditioning. As there are two big living rooms for all female and male residents of the house I quickly made friends with my neighbours and roommates.

SQU

The SQU is a campus university located outside of the city center. It offers all kinds of academic programs and student activities like horse riding or swimming. On campus there are also some shops, restaurants and a bowling hall. When choosing my classes I had a wide range of possibilities and took the opportunity to select courses based on my interest and knowledge. I was able to easily transfer all credits I earned at SQU to my home university in Germany. The amount of work for university was quite high, as we had to do multiple exams, presentations and papers throughout the semester in each course but the professors were always very friendly. The small classes allowed us to discuss the topics that we were most curious about and gave us the chance to always ask the professor when something wasn't clear.

Off campus activities

In and around Muscat there are many beautiful places to visit. Especially the mountains and wadis invite you to hike, swim and camp. Outside activities of all kinds like canoeing, quad riding or spending the day on a boat are very popular among Omanis. In Seeb and Central Muscat are various malls with restaurants and cafes. Next to traditional Omani food the many restaurants in Muscat represent almost every part of the planet. I loved trying the different dishes and visiting markets and food festivals in and around Muscat. The main food is usually chicken with rice and is also offered daily at the canteen at SQU.

Intercultural

experience The curiosity and openness of the Omani people makes it easy for foreigners to make friends and experience the local culture. The incredible hospitality makes you feel welcomed from the first day of your stay. My Omani friends took me on weekend trips across the country, showed me their traditions and taught me how to cook my favourite dishes and the best karak tea I've ever tasted, so that I'll always have the taste of Oman in Germany. During my stay I grew a lot as a person and made friends from around the globe. All in all, my semester at SQU was a truly enriching experience I will never forget.

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