

Stavanger cost of living – estimated budget

To give you an idea of the living expenses for a student in Norway, we have put together a budget for one academic year. All prices are approximate and in NOK.

Living expenses	Per month	Per year
Food	2500	30000
Accommodation	5000	60000
Phone expenses	200	2400
30 days bus ticket (student discount)	380	4560
Hygienic products	500	6000
Sports center membership (pre-paid one-year contract)	225	2700
Other (unexpected expenses)	250	3000
Semester fee (per semester)	735	1470
Textbooks (per semester)	1000	2000
Trip to buy room supplies (duvet, pillow, sheets, kitchen utensils etc.)	1000	1000

Examples of the approximate cost of certain common items and entertainment:

Bread	25-40	Bottle of beer (shop)	30
1 kg cheese	95	½ liter beer at pub (student price)	80 (45)
1 kg chicken	120	Bottle of wine (shop)	90-200
1 kg fish	50-200	Meal at a restaurant per person	100-300
½ kg ground beef	37	Meal at campus canteen	40-100
1 kg bananas	25	One-way bus ticket (student)	38 (19)
1 kg apples	30	Ticket to the cinema	160
1 kg potatoes	20	Gas 1 liter	15-16
2 kg rice	35	Taxi (10km)	300