



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Soil, Water, Atmosphere
<b>Study period exchange (dd/mm/yyyy)</b>	1/8/2021 until 13/12/2021
<b>Country (exchange)</b>	Norway
<b>City (exchange)</b>	Sogndal
<b>University (exchange)</b>	Western Norway University of Applied Science / Høgskulen på Vestlandet
<b>Faculty (exchange)</b>	Faculty of Engineering and Science

## 2. Motivation for exchange

### Why did you choose to go on study exchange?

I wanted to experience how it is to study in another country and on another university, to see my study in Wageningen at WUR in perspective. Besides, I wanted to follow courses that were not available in Wageningen.

### What is the reason you chose for this country/university?

At HVL the courses available are about glaciers and fjords and sounded really interesting! Besides, there is a lot of nature in Norway.

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination? (E.g. bus, train, etc.)

There is an expressboat from Bergen to Sogndal which is really cool!  
The connection from Oslo is also great, with a VY buss. To Oslo you can travel by flibus.

## 4. University and studying

Could you provide some general information about the followed courses?

	Course	ECTS	Short description of the contents	Appreciation of course: 1(low) – 5(high)	Remarks
1	Geology of Western Norway	10		5	
2	Glaciers & Ecology	10		5	
3	Fjord Processes	10		4	
4			(from WUR I only got 6 credits per course)		
5					
6					

**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

The workload compared to WUR is a lot lower, there is lecture days with half a day of lecture. There is some reading material but not a lot. There is a lot of fieldwork days, where you go with the bus around in the area and see a lot of the surroundings.

**What is the culture of the university? (E.g. How approachable are the lecturers, engagement with local students? What are the differences with the WUR?)**

The lectures are as approachable as at the WUR, the atmosphere is very chill. The only difference is that the university is not as international as WUR, so most events are organised in Norwegian.

**What does the university offer the student additionally? (E.g. Catering, sports facilities, laundry facilities?)**

There is laundry facilities at the student houses, and there is a café and also extensive gym with lessons of all sorts. The student welfare organisation is called Samman, and organises a lot for student and is also easy approachable. The gym has a offer for 1 semester for exchange students of 225 euros (which is expensive compared to WUR but there are many more lessons and you can also go bouldering & climbing!)

## 5.Housing-travelling-living

**What are the possibilities for housing? (E.g. Availability to sign up for a room on campus, private rooms, rent rates?)**

All exchange students have a guarantee for a room from Samman. This is around 300 euros per month. You share the room with another exchange student. There is also some private rooms but I don't know the prices and possibilities.

**What is the culture of the country like? (E.g. Differences with home, local cuisine, habits, manners?)**

Norwegian people are less communicative than Dutch people, and eat a lot more meat and dairy. They value being outside more than Dutch people, which is expressed in 'Friluftsliv', Nordic outdoor philosophy.

**Could you give a general price indication of the place of residence compared to living in Wageningen?**

Housing is similar to Wageningen. Alcohol is 3x as expensive and food is also more expensive, but it depends a lot per product how much more expensive.

**Could you give some information about public transport infrastructure? (E.g. Cost public transport card, taxi prices, how to travel to the university?)**

Sogndal is a small town of 8000 people so within Sogndal you walk everywhere. For some hikes I went with the bus from the Skysstation which is well connected to other places.

## 6. Free time

**What are must-sees in the area? (E.g. nearby destinations, how do you prefer to travel, when to plan?)**

I went on a lot of hikes on mountains in the area, Stedjeåsen and Storehaugen are my favourite.

**What does not appear in the travel guide, but is worth a visit?**

Not relevant.

**Do you have general tips and tricks about leisure time (E.g. recommendations for restaurants, going out?)**

I went only once to a restaurant, Vågal. There is a student place to go out, Meieriet (which was partly closed during my exchange due to corona). Sogndal is a place focussed on outdoor activities and sports, there's not so much city cultural activities.

## 7.Challenges & best moment abroad

**What was a challenge you have experienced?**

Sharing a room was sometimes a bit challenging for me, it learnt me a lot about taking time for myself and communicating about my own space.

**What was your best memory abroad?**

Walking in the mountains and staying in DNT huts in the snow was fascinating!!

## 8. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
<b>Name/e-mail</b>	Marthe Wassink marthewassink@gmail.com	