



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Nutrition and Health
Study period exchange (dd/mm/yyyy)	08-08-2022 until 20-12-2022
Country (exchange)	Norway
City (exchange)	Bergen
University (exchange)	University of Bergen (UiB)
Faculty (exchange)	Mathematics and Natural Sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

I have always wanted to see more of the world. A study exchange seemed really nice, since you discover a new country, but you also meet new people through university.

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

I was very interested to learn more about Scandinavia. I wanted to study in a city that was not too big and had a nice combination of city life and natural areas. So for me, Bergen was the perfect city.

3. Accessibility to reach destination

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

There is a direct flight from Schiphol to Bergen Airport. From there you can take a city train (Bybanen) to the city or the housing complex you are staying. You can also fly to Oslo and then take the train to Bergen. It takes a long time, but the train ride is very pretty and it is usually cheaper to go via Oslo.

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	Fundamentals of Dynamic Social Systems	10	You learn to think in system dynamics with multiple examples. You use a computer program to create your own systems.	4	It is a course from the social faculty, but it is open to all students in Bergen.
2	Aquatic Food Production	10	You learn about aquaculture in Norway and how high quality is preserved.	2	In the course description it was mentioned that there will be some lectures about nutritional value and how to optimize this, but this was only one lecture and a very small part of the total content.
3	Lipid Biochemistry: From lipids to diseases	10	You learn about lipid pathways in healthy situations, and a small part about how this is different in people with lipid diseases	4	It was very interesting, but the part about diseases was not that big.
4					
5					
6					

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

Most classes were in the form of lectures, but in small classrooms. The academic level was relatively similar to the WUR, but the pace was much lower. The low workload made it feel like the academic level was lower too. Examinations were similar. I didn't have to buy any lesson material.

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?)

You can easily go to lecturers to ask them questions. Some lecturers even ask you to name them by their first name. I would say it is relatively similar to the WUR, since at both universities the lecturers are very approachable.

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

The university works together with 'Sammen', which is a student welfare organisation. They facilitate catering at the university buildings, together with other facilities like sports, laundry and spots to relax.

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?)

You can sign up for a room via Sammen and they have guaranteed housing for exchange students. For the autumn semester it does mean that you have to share a room with someone. For the spring semester you have a room for yourself. You can also search for private rooms, but this is very difficult and expensive. Sammen has multiple complexes on different locations. None of them are in the center, but they have good public transport connections.

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

People are more reserved, but always very kind if you ask them questions. They eat four meals per day, around 7AM, 11AM, 4PM and 8PM. The cuisine is relatively similar to the Netherlands. Norwegian people also speak very good English.

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

Since I shared a room, the price is relatively similar to what you pay on average in Wageningen. If you have a room for yourself, you pay relatively more.

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

You can buy a public transport card for 180 days, which costs about 250 euros. This then includes all city trains, busses, some trains and some boats. With the public transport means it is very easy to travel to university, it is usually not possible to walk the distance.

6. Free time

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

Nice cities to go to in Norway are Oslo, Tromsø, Stavanger and Trondheim. Tromsø is pretty far away and it's easiest to go by airplane. The other cities are easy to reach by train or bus. I also preferred this option, since in Norway the journey can sometimes be prettier than the city. It's therefore really nice to go on hikes in the area, since the nature in Norway is very pretty all year round.

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

Bergen is surrounded by seven mountains. Two of them, Fløyen and Ulriken are most popular. They have pretty views, but the other five mountains are also very nice and are less touristic. I would really recommend to hike those.

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

Going out to restaurants or just partying is very expensive in Bergen. At a Sammen complex, there is a club that has no entrance fee and you can bring your own drinks. Also, I would recommend to go out during the introduction period, since the clubs usually have free entrance then.

7.Challenges & best moment abroad

What was a challenge you have experienced?

Having a roommate. I'm used to housemates, but it takes some time to get used to living in the same room with a person you've never met.

What was your best memory abroad?

Doing a roadtrip. It is a really nice way to see the beautiful nature and you can go wherever you want.

8. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name/e-mail		