



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	BSc Tourism
Study period exchange (dd/mm/yyyy)	08 / 08 / 2022 until 13 / 12 / 2022
Country (exchange)	Norway
City (exchange)	Ås
University (exchange)	Norwegian University of Life Sciences
Faculty (exchange)	Handelshøyskolen

2. Motivation for exchange

Why did you choose to go on study exchange?

I think going on exchange during your bachelor is a very unique, once-in-a-lifetime-experience that you have to do when you get the chance. It is a very good way to get a look into how courses are given in other countries, like Norway. It is nice to see their point of view on different relevant topics for your study. It gives you the chance to visit beautiful places in your country of destination while studying. Furthermore, it stands out on your resume and improves your English language skills. Also, the WUR compensates a part of your travel and living costs.

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

I've always been interested in the Scandinavian countries and when I got handed the possibility to go on minor to Norway, I immediately knew I had to do it. I'm very interested in sustainability courses and it happens to be that Norway is well developed in sustainable energy. Several courses in sustainable development are also offered in Norway. The level of education is somewhat similar to the one in the Netherlands. This is nice because otherwise you'll get bored quickly in my opinion. Of course, a big part of the reason to travel to Norway is the country itself. Norway has beautiful landscapes and nature which I've always wanted to visit. It is also relatively close to the Netherlands, at least when your university is close to Oslo. This makes it easier for family and friends to visit you when you're there.

3. Accessibility to reach destination

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

I just travelled to Gardemoen (Oslo airport) by plane and took the bus to Ås. You can also take a direct train from Gardemoen to Ås. Not very sustainable I know but it was very direct and easy. If you want to use a more sustainable type of travelling you can choose for a bus trip to Norway from the Netherlands or from Germany. This will take way longer but is more sustainable and you'll see more of the countries you travel through.

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	Climate Economics	10	This course focusses on the economic side of climate change and climate policies. Think about the trade of emissions and the expenses of the production of solar panels etc.	5	This is a very interesting course when you are interested in the economic side of sustainable development.
2	Global Environmental Changes	5	This course handles several topics related to climate change. There is no real depth and no assignments or anything it is just a written exam.	2	There is little depth in this course so I would only follow this if you haven't had that much courses in sustainable development yet.
3	Global Food Systems and Food Security	10	This course is about the global food problems in the world and their relation with other problems in the world, like climate change, wars etc.	3	When you are interested in the global food problems in relation with global change but you have to be into group work for this course.
4	Economics of Sustainability	5	The connection with economics might be a bit vague sometimes in this course. The main focus is on sustainability problems and policies, and their origin. Sometimes it will be assessed what their relation with economics entails.	3	A big part of the course consists of a case study about a sustainability problem in relation to economics.
5					
6					

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

When you are used to Dutch courses on a university level than Norwegian courses should be very doable. The workload is less than in the Netherlands but the lectures and lesson materials are of decent quality. Examinations are fairly doable in my experience so I would say that the academic level is a little lower than in the Netherlands.

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?)

Most lecturers are very good in English and won't have any problems with answering one of your questions. A lot of lectures contain group work and group discussions to engage more your fellow students. Overall, everything is very well arranged so questions that arise aside for the lectures, for example about where to find school material, are answered very quickly when you ask the right person. I haven't followed that many lectures in Wageningen yet, so I can't really compare them.

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

The university is (very) close to several facilities, like the fitness centre, sport fields and several supermarkets. The student housing area is on a 10 minute walking distance from campus and includes laundry facilities in every building. Once again, everything is very well arranged and catering is situated in various locations on campus.

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?)

When you sign up early for housing as an international, you are almost guaranteed to get a room. Some building are a bit outdated but include everything you need to live there for your exchange period. Your room is a decent size when you live alone and the rent is relatively the same compared to the rent in the Netherlands. Arranging everything before you leave can be quite a hassle but it is definitely worth it.

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

To be fair the culture is not that different from the Dutch culture. The food is the same apart from some typical Norwegian dishes. Meat and alcohol are very expensive that is a very big difference. The nightlife culture is not that big so you'll mostly find house parties in this part of Norway or you'll have to travel to Oslo to go out.

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

As I already said, the rent is relatively similar to the Netherlands but groceries and other costs to live in Norway are more expensive. Norwegians earn relatively more which means that prices are higher than in the Netherlands.

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

The university and supermarket are walking distance so you don't need to worry about that. The public transport is a little cheaper as the Netherlands because you buy a ticket for a certain zone you can travel in with a time limit and not just for one trajectory like in the Netherlands. However, taxis are way more expensive. I took a taxi once for 5 minutes and it started at 12 euros and I had to pay 21 euros in the end.

6. Free time

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

For the really popular places, like Preikestolen, you'll have to rent a car or travel by train. But more nearby places which are worth visiting are Frederikstad and Drobak. The first one can be reached by train and the second can even be visited by a 30 minute drive with the bus. During the summer, early autumn or a snowy winter are the best times to visit these places but otherwise the weather could be very drizzly.

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

Oscarsborg and the bunkers in Drobak. For the rest mostly everything is covered in the travel guide.

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

Try to buy a bike with some people so you can cycle through the nature when your bored and to the supermarket. Bring your hiking shoes because you are going to need them when visiting places like Preikestolen. If you are into sports, there are enough activities you can do at the sport fields. Going out is mostly done in Oslo otherwise you'll probably end up at a house party. If you have too much money you can go to a restaurant but otherwise it is very expensive.

7.Challenges & best moment abroad

What was a challenge you have experienced?

The day I arrived at the airport, because you are all alone and don't know anything about the country yet so you have to figure everything out by yourself while carrying your baggage. Luckily, I lived together with two friends from my study so we were able to help each other out.

What was your best memory abroad?

It had to be the moment where we were able to see the Northern lights which was really rare at this part of the country.

8. Contact details (optional)

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