



WUR Goes Abroad

1. Student Information

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| Field of study in Wageningen | BBC- Bedrijfs- en Consumentenwetenschappen |
| Study period exchange (dd/mm/yyyy) | 27-01-2022 until 30-06-2022 |
| Country (exchange) | Norway |
| City (exchange) | Ås |
| University (exchange) | NMBU (Norwegian University of Life Sciences) |
| Faculty (exchange) | School of Business and Economics |

2. Motivation for exchange

Why did you choose to go on study exchange?

I really like travelling in general and experiencing new places. For me it was a cool way to do that by going on exchange. I wanted to learn and experience something new compared to the WUR. So therefore, I decided to go on exchange.

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

I had never been to Norway before and I really like nature. So I wanted to go to a country where they had beautiful nature. For me, Norway was a good country for that. Also, I was interested in seeing how the Norwegians thought about certain issues, like sustainability/climate change and how they dealt with that. I think that they are a really good country to look at, because they have such a good society (free health care, good education, high happiness levels etc.). I feel like learning about their values and way of life would be really valuable to learn.

3. Accessibility to reach destination

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

It's really easy. Fly to Oslo Airport (Gardermolen). At the airport, buy a normal train ticket (not the "Flytoget" train, it's more expensive and unnecessary) towards "Ås stasjon" at one of the ticket machines. Then take any train to Oslo Central Station (called "Oslo S"), then from there take the train towards Moss. Ås is a direct stop from the train towards Moss. The total train ride from Oslo airport to Ås is about 1 hour and will cost you about 12 euros.

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 | ECN101 Economics for Environment and Development | 10 | Course about basic economic principles | 5 | No specific pre-requisites required. One final exam and 4 little group work assignments about the concepts of the lectures. |
| 2 | AOS236 Sustainability Leadership | 10 | Course about leadership theory and about challenges in the world that require leadership to be solved | 5 | No specific pre-requisites required. One final exam and 1 group work case assignment |
| 3 | ECN271 Cost Benefit Project Evaluation and Environmental Valuation | 10 | Project with group members in which you perform a full Cost-Benefit Analysis | 5 | No exam. One max. 40 pages report and presentation. |
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How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)

I think the level of education was of high quality and the examination matched the materials covered in the lectures. I think everything is very structured and clear. I had a good experience with the study format.

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?)

In my experience, if you are pro-active and take initiative, other students are very open and friendly. The professors are very kind and approachable, they will help you if you need it.

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

There is a sports-park (Eika) nearby, which includes a gym, volleyball park, calisthenics park, football field (closed in winter) and climbing wall. You can do all kinds of sports. There is also a university canteen in which you can get food if you want to.

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?)

Really easy. After applying you'll get an email from the university. They will send you to Sias, which is the student room rental company here. Then you can just apply for the housing on their website. Norwegians have everything very well arranged. If you already want to take a look: <https://sias.unialltid.no/>

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

I think the culture is pretty similar to The Netherlands. They care about sustainability and are very environmentally-conscious. Some people said that Norwegians are a bit more difficult to approach/open up, but in my experience that was no issue.

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

It is a bit more expensive, but still affordable (especially compared to living in Oslo, which is just 30min by train!). I paid €420 a month here for my rent, which is maybe a little bit more expensive than in Wageningen.

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

Train ticket (single) As-Oslo is €6,50. Busses are also affordable, but work with buying a ticket online through PayPal or Creditcard. Travelling to university is a 5-10 minute walk, or 3-5 minutes by bicycle from most of Sias's housing in As (I lived in Pentagon, from there it is 5-10 minutes by foot).

6. Free time

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

Nearby places worth seeing:

- Oslo
- Kolsås (hike near Oslo, you can easily get there by metro from Oslo S)
- Drøbak (nice place near the water, check out the old bunkers there!)
- Moss (easily accessible by train)

Other places worth seeing:

- Lofoten (Northern Norway, take a plane to Narvik)
- Ålesund
- Trondheim
- Bergen
- Stavanger
- LOTS of hikes (Trolltunga, Pulpit Rock and many more, just Google 'hikes in Norway')

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

The Kolsås hike, it has a great view over Oslo.

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

You can go out in Oslo if you want to, you can go there by bus. But usually there are also activities in As that you can join if you want to.

7.Challenges & best moment abroad

What was a challenge you have experienced?

I think the long summer days (lots of light). It got dark at 22:30 and got light at 05:00, so I sometimes woke up really early from the light.

Also, I think it is a challenge that you're quite far away from the beautiful nature of Norway. It's like a 8 hour train ride to really get to some cool places with beautiful nature.

What was your best memory abroad?

Meeting lots of cool people, learning more about how people in Norway look at certain issues (like climate change) and experiencing life at another university.

8. Contact details (optional)

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|---|---|-----------------------------|
| Is the reader allowed to contact the writer? | yes <input checked="" type="checkbox"/> | no <input type="checkbox"/> |
| Name/e-mail | Jules.meijer@wur.nl | |