



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	BVG
Study period exchange (dd/mm/yyyy)	17/01/2022 until 17/06/2022
Country (exchange)	Norway
City (exchange)	Oslo
University (exchange)	OsloMet
Faculty (exchange)	Faculty of Health Sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

I chose to go on an Exchange to improve my English and my confidence of speaking and writing English. Also, I wanted to experience living in another country and be involved with another culture. Especially how it is to start on your own and have to build up your own environment and lifestyle.

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

The culture attracted me and also the nature. It is a very well organised and calm country, that gave me a safe feeling of going there on my own. Also, the nature has a lot to offer, from skiing to swimming in the fjords.

3. Accessibility to reach destination

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

There are only two ways to get to Oslo and that is by car or by plain. I went by car, but I would recommend going there by plain. The train goes straight to the central train station in 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	Evidence-based practice in Health Care	5	The course was about choosing a health claim and critically look at it. We were only with 8	4	

			international students and we had to give a presentation about our findings. It was not really hard, but an interesting course.		
2	Technology and Society	5		3	
3	Parent-child relationship	5		3	
	Public Health and Health management	5		3	
5	Cognitive Psychology and Neuroscience	10		4	
6					

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

The most of the exams were written exams in groups instead of one individual exam. This made the workload way less, the group projects that we had to do were also smaller. The lesson material was mostly group work and lectures. However, the lectures were often not directly attached to the group project or the exam, but more for knowledge on the broader topic.

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?)

There is a low engagement in the lectures, because almost nothing is mandatory. The local students were pretty shy to work with international students, so we mostly worked with international students. Also, the classes were often separated in English and Norwegian version.

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

I did not participate in any of the additional offers. There were two or three events planned in the second semester. Those were dinners or parties.

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?)

The housing is good organised. You can apply for housing, you can choose but will be placed in one of your top 10. Some of the housing is far away from the centre, however you live with a lot of other students. I rented from a private company, because i knew someone who did that. This was also easy to approach. There are enough rooms in Oslo. However they can be expensive. On the other hand, everything is expensive in Norway so it was doable. You pay around 5000-7000 NOK (500-700 euros).

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

The biggest difference with home is the contact with Norwegians. They are pretty shy in the first meeting. However, when you meet them they are very much like Dutch people. The local cuisine is also the same as in the Netherlands. The habits differ the most in the amount of sports that they do there. Everyone is doing a lot of sports and is aware of being and staying healthy (during the day).

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

Everything is more expensive; normal groceries, gym membership, clothes, drinks. Especially the alcohol is much more expensive. You will also spend around 10/15 euros more on normal groceries per week.

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

The public transport is for students 48 euros per 30 days. You will get a online ticket. However, I lived in the centre so I was able to walk everywhere. Still I bought the ticket (including, boat, bus tram, metro, train), because you can use it for all the transport. And there are a lot of nice places to go to where you need to metro or train for.

6. Free time

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

There are a lot of hikes that are really popular around Oslo. Also, skiing (cross country skiing and alpine skiing) is nearby. You could travel by train or plane to some destinations in Norway; Bergen, Stavanger, Kristiansand, Flam and Lofoten. These are really popular.

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

Most of the cool destinations are well known, if you want to visit something out of the travel guide you should take the car and drive along the coast and see what cool places you could camp or visit.

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

My biggest tip for restaurants would be do not go there that often, because for a regular pizza you pay above 20 euros. So, I would recommend cooking with your friends, getting a kebab or get a nice sandwich at one of the bakeries. For going out you should go to the centre, storgata 26, Kulturhuset, Kjenken, Youngs. Or to grunerlokka (the hipster neighbourhood), there is live music at bla and other cool places. There is not a lot of bars, but there are a lot of clubs.

7.Challenges & best moment abroad

What was a challenge you have experienced?

My biggest challenge in the beginning was finding my routine. I did not have a lot of school and did not have a gym membership yet. Also, I had corona during the Buddy

week (introduction week) so did not meet a lot of people then. In the beginning there was also winter, so there were not a lot of outside activities. I would recommend to just enter all the whatsapp groups, Facebookgroups and just meet up with random people and be out there.

What was your best memory abroad?

That is actually a hard question, because you go through so many cool moments. I think my best memory is going to Copenhagen, that was the start of really good friendships and a super cool trip.

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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