



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Nutrition & Health
<b>Study period exchange (dd/mm/yyyy)</b>	13-08-2022 until 04-12-2022
<b>Country (exchange)</b>	Norway
<b>City (exchange)</b>	Oslo
<b>University (exchange)</b>	Oslomet, Metropolitan University Oslo
<b>Faculty (exchange)</b>	

## 2. Motivation for exchange

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

I heard a lot of good stories from other students about their exchange period and became more enthusiastic for the idea. This was a good opportunity to live abroad for a longer period, which I really wanted to do once in my life! Enjoying the adventure and learning more exchanging students was a perfect combination.

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

In the beginning I was really openminded. I just looked at the list the WUR was providing with universities and countries other students went before me. I also looked at the courses they took and if this was also in mine interest. Then I saw that a lot of students went to Scandinavian and I start looking on the websites of universities there. In Oslo were the most courses I liked the most, so that was my choice. On the other hand I really wanted to go to Scandinavia, so it was really nice that these interesting courses were giving in Norway!

## 3. Accessibility to reach destination

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

I took the airplane, but I heard a lot of people who took the flibus, boat or train.

## 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	National and Global Nutritional Challenges	10	You learn to assess food and nutrition-related challenges both nationally and globally by means of critical use of research and learn to analyse current and future food and nutrition challenges. It provides information about public health nutrition	4	
2	Food, Health and Sustainability	10	You will learn how different food systems and different forms of production affect the environment, food security and health. You also learn how to use and interpret the sustainable development goals.	4	
3	Health Communication	10	You will learn to apply theories and tools to develop health communication competence, to reflect, observe and communicate about communication.	3	
4					
5					
6					

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

The study form was fine. We had lectures, but also a lot of group work. For me it felt a little bit as secondary school, because the classes were really small (20-30 persons). I am used to a huge lecture hall with more than 100 people, but that was not the case here. But it was also a benefit, because all your questions would be answered and there is a lot of personal contact. The academic level was also fine. Some lectures were easier than others, but that is normal. The examination was in different forms, one was oral and the other two were a written exam. The written exams could be made at home and we had one to two weeks for that. The workload was less than in Wageningen, but maybe that was because of my schedule. I had a lot of free time and one course even lasted only two weeks. All school material we needed was online.

**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 was not a really big difference with the university here in The Netherlands. The only thing was the small groups what was different.

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

I'm not sure if it is from the university or that the university is just part of that organization, but there was an organization called Sio. This organisation offered a lot of facilities for students, housing, sports, laundry facilities etc. Almost every student was a member of this organization. The university itself had in every building a small shop/café to buy some food. And sometimes the teachers also provided lunch for us.

## **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 most students sign up for housing from Sio. It is like the website ROOM in Wageningen. But this year not everyone who signed up got a spot, so keeping an eye on Facebook or other website (for example Finn.no) is also good.

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

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

It is more expensive than living in Wageningen, but that is Norway. I paid a little bit more than 500 euros for my accommodation. I lived with 7 and shared a kitchen and bathroom.

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

In Oslo itself it is really easy. You can download the app Ruter and in the app you can buy a monthly ticket. This is the only ticket with student discount. For 50 euros you can travel

for 30 days through Oslo. Going to the university with public transport was the best way to go. The university was really close to the centre of Oslo.

## 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 some places in Norway you can (and need) to visit. I did 3 different trips.

- I went to Stockholm with the flibus. This was a 7 hours drive with the bus, but that was okay for us. Stockholm is a really pretty city!
- I also went to Preikestolen/Stavanger. This was a more adventurous trip. We hiked up for an incredible view. I recommend doing the hike before sunrise and watch the sunrise at the top!
- The last trip I did was to Lapland, with ESN Oslo.

But there are more beautiful places in Norway, you have Tromsø, the Lofoten, Bergen etc.

Some places are really easy to reach by train/bus, but for other places you need to take the plane because otherwise the journey would be too long I guess.

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

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

For (cheaper) snacks/bread go to backstube. It is all around the city!

Youngs is a nice club to go out and Mamma's Pizza is a good Italian restaurant!

## 7. Challenges & best moment abroad

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

I had sometimes a little bit too much of freetime, so some moments I felt lonely because everyone else had class or lectures, but that is also a good learning moment for myself to enjoy time alone.

**What was your best memory abroad?**

I had a lot of nice moments, but I think the best moment was the trip to Preikestolen where we watched the sunrise on the top of the mountain.

## 8. Contact details (optional)

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