



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Health and Society
<b>Study period exchange (dd/mm/yyyy)</b>	15-08-2022 until 21-12-2022
<b>Country (exchange)</b>	Norway
<b>City (exchange)</b>	Oslo
<b>University (exchange)</b>	Oslo Metropolitan University
<b>Faculty (exchange)</b>	Social Sciences

## 2. Motivation for exchange

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

Because of Covid I wasn't able to study abroad earlier in my bachelor. This year, it felt like a perfect change to do a semester abroad.

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

I was always intrigued by Norway as a country and from close friends I heard positive stories about Norway as a country and the culture there.

## 3. Accessibility to reach destination

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

You can easily reach Oslo by boat and then train. You can also go by Flixbus. Shortest and fastest is the plane (approximately 2 hours) and then from the airport to Oslo 20 min. by 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	SYKP1050	5	Public Health and health management	2	
2	STKD6610	10	Technology and Society	4	
3	SYKP1060	5	Evidence-based practice in Health care	4	
4	ØAAD-M3100	7.5	Strategic analysis	4	
5	NOBE6000	7.5	Norwegian Language for Foreign Students, Beginner Level	5	
6					

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

In Norway they use the method 'flipped classroom'. You discuss a lot of topics and issues in groups of peers. Exams are graded on the scale A to F or pass/fail. Lectures itself are often, like in the Netherlands, done based on powerpoints.

**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?)**

The culture within the university is very informal. Lecturers are called by their first name and in their turn, they try to learn everyone's name by heart. At WUR you would rather approach a lecturer more formal.

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

The university offers a quite cheap sport abonnement. Also, the coffee prices for students are 1 euro



## 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?)**

As an exchange student I recommend to sign up for SiO (Studentbolig I Oslo). This housing organisation will provide housing for most of the students. Otherwise you can also find room on hybel.no. Here you can sent messages to available student houses.

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

The typical Norwegian dish is actually Mexican taco's hahah! Norwegians are clean and tidy people. Also a bit more introverted than Dutch people. But if you need help, they're happy to give you some advice!

Student houses are very very clean. Dinner time is around 17.00/17.30. Going out is max till 03.00 instead of 05.00

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

I would say that the average for a room is between 500 euros and 700 euros.

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

Public transport in Oslo is provided by Ruter. A monthly zone 1 (Oslo) ticket for students is approximately 50 euros. You can easily travel from A to B with public transport. Metro's drive until 1 am. There are night busses and public transport even includes boats to the islands!

## 6. Free time

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

Nature: Nordmarka, Vettakollen, Sognsvann

City: Opera House, Folkermuseum, Aker Brygge, Deichman library, Radhuset

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

The streets of Majorstuen! I enjoyed the great architecture of these streets!

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

Every Wednesday at Mabou, the wine is 3 euros before 23h. Therefore, this place is quite popular among students.

Buy a zone 1 Ruter ticket and you are even able to visit the island from Aker Brygge by boat.

If you choose to travel by bike, buy a second hand on Facebook or finn.no. You can choose to sell the bike again when you are leaving.

## 7.Challenges & best moment abroad

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

To deal with the short days at the end of the semester. In December it already gets dark around 15h in the afternoon.

### **What was your best memory abroad?**

Too much to chose one! But I really loved the hikes to Preikestolen and Lofoten! I also loved the introduction week and going out with friends!

### **8. Contact details (optional)**

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