



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Biology
<b>Study period exchange (dd/mm/yyyy)</b>	January      until June
<b>Country (exchange)</b>	Norway
<b>City (exchange)</b>	Tromsø
<b>University (exchange)</b>	UiT, Arctic University of Norway
<b>Faculty (exchange)</b>	BFE (Biosciences, Fisheries and Economics)

## 2. Motivation for exchange

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

I have always dreamt about studying abroad but the step of doing an entire study abroad was too big for me. Therefore, exchange seemed like to perfect opportunity to experience this.

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

Norway, and in particular Tromsø, is one of the few places in which you can take courses in (arctic) marine ecology. Also, I was already interested in doing my exchange in Scandinavia.

## 3. Accessibility to reach destination

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

I went by plane which was quite useful with all of my stuff. However, I would have preferred travelling by train. I have heard of other students travelling by train (e.g. Interrail). However, on the last part of the trip to Tromsø there are no trains, only buses.

## 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	Marine Ecology	10	Lectures, seminars, labs and cruise about phytoplankton, zooplankton, fish and benthos.	4	This course was not well structured but part of it was a research cruise to Noordkaap
2	Ocean Climate	10	Lectures, seminars, labs and cruise about physical oceanography.	5	Well structured, no end exam (home assignments during the year which was really nice) and also a research cruise.
3	Ecosystem-Based Management	10	Seminars, workshops and lectures about social-ecological systems and EBM.	4	Well structured, a lot of discussion which you should be into. Bit more social so nice addition.
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**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

**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?)**

Teachers and Phd's are very nice and informal. Easy to approach.

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

A lot of catering options, sports facility (Kraft), plenty study places and lots of libraries. Samskipnaden offers very nice activities like creative evenings (painting, jewellery etc.) and waffle Fridays every other Friday (all free). Also, email from university every week with all of the activities offered during that week. Kraft also offers free pop-up workouts and yoga sessions.

## 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?)**

Very easy to sign up for a room at Samskipnaden. Just go to their website and apply for student housing (you can make a list of preference). I highly recommend Orndalen, a lot of exchange students there!

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

Norwegians can be a bit cold and hard to talk to at the beginning. However, once they drink alcohol, they are the opposite.

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

My room cost 420 euro per month. Groceries are lot more expensive than in the Netherlands. However, university offers lots of free activities and sometimes free waffles.

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

You can get a monthly ticket for the bus for 30 euro per month. Just download Tromsbillet and it is easily bought (with credit card). The bus system is very good in Tromsø.

## 6. Free time

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

Nearby: Fjellheisen (mountain), Telegrafbukta (beach), Prestvannet (lake), skiing tracks in Tromsø (langlaufing), city centre, polar museum, university museum, Kroken (alpine skiing), Sydspissen, Bastard bar (live music every Tuesday).

Do not go to Polaria, its not worth the money!

Further away: If you can rent a car (e.g. Getaround is very good), good places to visit are Lyngen Alps, Senja, Lofoten. Also, there are a lot of hytta (cabins) around Tromsø that you can hike to. Costs are 10 euro pp per night and you just need at least one DNT member (very cheap).

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

Skarvassbu cabin, but check weather forecast and also danger of avalanches. It is also very nice to take the bus to Ersfjordbotn, one of the most beautiful fjords and if you are lucky you can see porpoises.

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

Prelaten can be nice for going out, Bastard bar is very cosy and parties at Driv can be nice. For sports, definitely rent skies at Kraft (only 50 euros for the semester) and learn cross-country skiing!

## 7.Challenges & best moment abroad

### What was a challenge you have experienced?

In the beginning, the amount of people you meet can be overwhelming. However, after a while groups begin to form and relationships become more personal.

### What was your best memory abroad?

In my first week I went to Skjervoy, and did a Orka tour and did snorkelling around them. This was one of my best experiences ever! Also, I really enjoyed my trip to Lofoten and surfing in Unstad.

## 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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