



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Biology
<b>Study period exchange (dd/mm/yyyy)</b>	04-01-2022 until 01-05-2022
<b>Country (exchange)</b>	Norway
<b>City (exchange)</b>	Tromsø
<b>University (exchange)</b>	UIT Universitet I Tromsø
<b>Faculty (exchange)</b>	Department of Fisheries & Marine Biology

## 2. Motivation for exchange

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

I would like to work internationally later on in life, which I why I thought it might be smart to gain some international experience during exchange, working with different people, different cultures, different perspectives, etc.

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

I really love being in nature, hiking, diving, skiing, surfing and Tromsø seemed perfect for this. I believed Tromsø to be the most extreme (nature wise) place to go on exchange to and it has not disappointed me. I always felt like the accessibility to nature in Norway was one of the greatest things about this beautiful country.

## 3. Accessibility to reach destination

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

I went by airplane since this is just the easiest and cheapest way to reach Tromsø. But might go back this year to finish my Master in Tromsø and then I will definitely take the train, because it is just a beautiful journey through Norway and if you have the time I think it could really be worth it. Do however note that Tromsø does not have a train station so you have to take the bus from Narvik.

## 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	Ecosystem based management	10	Discussing policies about how to manage	3	I would say that the course could be a little harder and

			certain areas in Norway		you have to present a paper every other week, which gets a bit tiring over time.
2	Marine Ecology	10	Discussing marine life and the different trophic levels.	4	The course incorporates a very cool cruise to the Lofoten. But the exam is tricky. It is an oral exam, and they can come up with quite nasty questions about stuff that might have taken up 0,1% of the lectures. So be very thorough while studying for the exam.
3	Ocean Climate	10	Going into basic physics, biology and chemistry of the ocean and the atmosphere.	5	Overall very interesting course.
4					
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**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

The courses mostly consisted of lectures, many lectures and about 3 practicals for Ocean Climate. The exams were all oral, which can be tricky for some people. I would say that the academic level is as high or a little easier compared to Wageningen, but the study load is definitely lower in Tromsø.

**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?)**

It is very personal, the classes are generally very small and you really get to know the lecturers, since you will see them every week for half a year. So I would say that that is a really good thing.

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

Everything, the student housing is very good with laundry facilities and even saunas (very Norwegian). There are many sports you can join for just about 20 euros in tuition (per sport) and there are even waffle Fridays at the university.

## 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?)**

So I would recommend Samskipnaden, where you can easily get a room in many different types of houses, or a studio on your own. I got a room in Ørndalen with 4 other internationals, these houses are quite cozy but you do have to be lucky with your roommates, they can be very shy. Private housing is very expensive so I personally

wouldn't even consider it, general rent for a room through Samskipnaden is about 450 euros per month.

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

I noticed that people in the (specifically) North of Norway do hold back a little bit more in the beginning when you meet them compared to Dutch people. They do not generally greet each other on the streets unless you really know someone well. So don't be like me and greet the bus driver every time you get on the bus because people will think you want something from them. That being said, when you do say heia to someone they are generally very helpful. I think I do not know any other country where people are as helpful as in Norway, if you ask someone where something is they will just drive you there haha. Also once you get through the first little barrier of a Norwegian and get to know them better, they can be the best and most loyal friends. Furthermore the food in Norway is quite boring, they eat relatively fatty and sugar rich foods and quite weird stuff like caramel cheese and super salty herring or dried cod. It is super fun to try all these local cuisines out and I would definitely recommend it. But it did bother me sometimes that the food choice in supermarkets is very limited, they do not have all vegetables we know like courgette and it is also very expensive because they have to import everything. Oh and if you can try to take some Dutch cheese with you, because the cheese there could be described as a piece of wet rubber.

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

So the room is 450 euros per month, whereas I pay 320 in Wageningen (both very cheap rooms).

**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 walk or take the bus to the university, it is super cheap and the public transport is really good! The buses always wait for you and are only 30 euros per month.

## 6. Free time

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

So I would recommend Pust (the sauna in the city center) where you can take a cold dip in the ocean, Tiger Sushi where you can go out to eat relatively cheap. Ersfjord is a must see and taking the airlift up Fløya, if you're into hiking go to Tromsdalstinden or Store Blamann. You can also hike to one of the many DNT cabins in the area, Nonsby was my favourite but it blew up last year so then I would recommend Skarvassbu. There is much to explore around the island, many cross country tracks to take so just look around.

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

DNT cabins are very underrated, if you do not mind having no electricity or running water, etc. These are super cute and cheap cabins if you`re a member and are relatively unknown.

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

Go tour skiing or cross country skiing in the winter, try cold dips and saunas, well the DNT cabins ofcourse and join some cool sports like surfing or sailing.

## 7.Challenges & best moment abroad

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

I came from a very extraverted party house in Wageningen and moved into a very quit house in Ørndalen with people who liked to be more on themselves. Therefor it was hard for me to connect with my flatmates, but overtime you get other friends who you can eat with and stuff and you don`t really have to be home as much haha.

**What was your best memory abroad?**

I think the trip we took to the Lofoten with our friend group, it is so scenic there and there are many things to do, fishing, surfing etc, could definitely recommend.

## 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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