



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Social sciences
Study period exchange (dd/mm/yyyy)	15-08-2022 until 20-12-2022
Country (exchange)	Norway
City (exchange)	Trondheim
University (exchange)	NTNU (Norwegian University of Science & Technology)
Faculty (exchange)	Social and Educational Sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to experience what it would be like to live and study in another country. I also thought going on exchange would be an amazing experience in itself and contribute to my personal development.

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

I originally only looked at the courses that were offered at the universities first, and then the university itself second. Choosing enough courses to fill the 30 ECTS that were not only interesting but also accessible for exchange students was a challenge in itself. For me, this limited my exchange possibilities to mostly Scandinavian Universities, as they offered the most courses in my particular interests. Then I thought, I always wanted to go to Norway so I just choose the university with the most interesting and accessible courses.

3. Accessibility to reach destination

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

Trondheim is very easy to reach, as it has an airport. Public transport is very well arranged: there is a Fly Buss which goes directly from the airport to the city, and on its way stops at almost every bus stop and student villages. In the city itself there are loads of busses. There are special bus lines which connect almost all the student villages with most of the campuses of the university.

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	Children's Rights in Global Perspective	7,5	This course is about the rights of children globally, and different perspectives on children's rights. Starting point is the UNCRC, and later also the African Charter.	4	
2	Introduction to Childhood Studies	7,5	This course is about what childhood is, and how it differs between children, as childhood is socially constructed and also depends on other things such as the economic, political and cultural circumstances of a child.	3	
3	The Politics of Climate Change	7,5	Why is solving the climate issue so hard politically? Why is the major systemic change still not happening on a global scale?	5	
4	Geopolitical Risk	7,5	This course is about how geopolitics affects global markets. For example, how does terrorism affect the oil industry? Why don't economic sanctions against Russia work?	5	

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

The study forms are pretty similar to Wageningen, only minus the group work. The academic level for the political courses was at the same level as the academic level in Wageningen. The Children's courses were at a lower academic level (to my opinion). For almost every course, there is an additional exercise besides the exam at the end of the course. For my courses these were all papers, some academic writing, others more informal. NTNU does not work with periods of few weeks: you have all the courses at the same time, during the whole semester. Then at the end of the semester you have all the exams.

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 of the university is very similar to WUR. The lecturers are very approachable, the sphere is somewhat informal. In general you won't really get into contact with the local students, as they mostly choose courses that are thought in Norwegian. Most courses that are thought in English are full of internationals. I did not really notice a difference in culture between NTNU and WUR. The only difference I noticed is that at NTNU during the day, different student organisations have stands around campus and offer free coffee all day.

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

The university works together with the SIT, the student organization of NTNU. This student organization organizes housing, lots of sports (gym memberships for example), additional courses for your personal wellbeing (such as mindfulness, meditation, motivation, dealing with stress, etc.), even day care. At the campuses, SIT has multiple cafes and provides the catering in the cafeteria's. They also offer counselling and therapists. Almost everything they offer is free, except for the food and housing of course.

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?)

Usually, SIT provides all international students with housing. SIT has multiple student villages, and rooms offered through SIT are around 400 euros. However, in autumn, and especially my year (2022) when the pandemic finally allowed exchange again, there are so many students coming that SIT cannot provide everyone with rooms. Luckily there are other options: there are multiple private housing options, pretty much the same as SIT (student villages, only students can apply), but because they are private, they are also more expensive (around 550-600 euros). Even outside the student villages there are a lot of options, so housing really isn't something you have to worry about in Trondheim.

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

Norwegians are very outdoorsy and very fond of sports. Every weekend you can find them outside, in the mountains hiking. Both young and really old, everyone is outside whenever its possible. I discovered that frisbeeing is a very popular sport here in Trondheim! Outside de campuses there are specially designed areas for it, there is even a shop entirely dedicated to frisbees. No one complains about the weather here. Their motto is "There is no such thing as bad weather, only bad clothing". Norwegians are very friendly and almost everyone speaks English at a very decent level. They are not the ones to come up to you, but if you need help or ask them something, they are very happy to help!

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

Unfortunately, I did not get a room through SIT. I lived at Voll Studentby, which costs around 600 euros. So it is more expensive than Wageningen, which is around 400 euros or less.

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

As mentioned earlier, public transport is very well arranged, all universities and student villages are very well connected. Public transport does work a bit differently here. Bus tickets are bought via the app AtB, and are quite expensive. If you buy 1 ticket, you pay around 4,2 euros. With this ticket you

can use every bus for 1,5 hour. After 1,5 hour, your tickets expires. However, there is the option to buy a ticket which is valid throughout the entire month for 50 euros. You can just step into every bus, the bus driver does not check if you have a ticket or not. Occasionally people from the bus company come in bright yellow jackets and they step on random busses to check if people have tickets.

6. Free time

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

In Trondheim itself, nearly all the must-sees are outside. I recommend the hike to Estenstadytta, which starts just outside Voll Studentby. It is a hike to the top of the mountains, where a cozy café is situated. You can eat breakfast, lunch or dinner there, or just grab a cup of coffee before you start your way down the mountain again! In the city centre there are also some historical things to see, such as the Bridge of Happiness. In winter, if you're lucky, you'll even have a chance to see the Northern Lights.

If you want to travel Norway, go by train! The scenery and landscape you'll see along your way is very beautiful. Tip: try to do your trips or sight-seeing trips outside the winter season. Not just because it can get really cold (up to -15 degrees during the day!!), but also because in the winter Trondheim has very little hours of actual daylight. At some point, the sun comes up at 11 am and goes down at 2 pm. So you only have 3 hours of daylight.

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

I think almost everything appears in the travelguide.

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

Trondheim has lots of fun clubs and places to go out. I definitely recommend going to Disco, it is relatively cheap and is always full of students or other youngsters travelling through Norway. Restaurants are quite expensive, but Egon Restaurant (The Tower) is quite cheap, good food, and has an amazing view over the city! It is a restaurant in an old radio tower which slowly spins around.

7.Challenges & best moment abroad

What was a challenge you have experienced?

At one point you might get a bit homesick, and you'll start missing your family and friends. However, as long as you keep doing fun stuff and go out, this will pass :)

Also another challenge in Trondheim was the cold in December! Once I had to do an exam and travel to the other side of town (NTNU has separate exam buildings). There wasn't really a great bus connection so I had to walk for 20 minutes. That day it was -14 degrees Celsius! When we came to the building, we had to wait another 30 minutes in line before we could enter. I've never felt so cold.

What was your best memory abroad?

One of my best memories was right at the beginning, when you meet new people and explore town. The first weekend I was there I went on a hike with 2 of my flatmates. It didn't go as planned as we got lost and had to find high spots in the mountains to find reception on our phones. The temperature was changing by the minute and it took us 2 hours to reach the top. Nevertheless, it was a very fun experience, especially because it went so wrong! It was a great way to get to know each other and definitely influenced our friendship afterwards.

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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