



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Bachelor Biology
Study period exchange (dd/mm/yyyy)	03-01-2023 until 14-06-2023
Country (exchange)	Norway
City (exchange)	Bergen
University (exchange)	University of Bergen
Faculty (exchange)	Faculty of Mathematics and Natural Sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

Exchange was a great opportunity to combine travelling with studying. It is adventurous and you gain many new experiences. Also, you it gives you the chance to experience education at different universities around the world and talk to people with different nationalities about their culture and studies.

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

I had lived in Norway before and fell in love with the country. Therefore I wanted to go back there for my exchange. Also I think that the universities in Norway are a bit similar to the ones in the Netherlands, which I like. Also the Norwegian language is not too difficult to learn which is nice if you go to the supermarket. Also Norway has amazing nature and is much less densely populated than the Netherlands, something that is also nice to experience!

3. Accessibility to reach destination

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

When I left, I went to Norway by Interrail. This took me 2 full days, however the train ride was beautiful and an amazing experience. It is also the green option and much better for the environment, which people from Wageningen like of course. So train is possible and the station in Bergen is very central. The plane is also possible and you can get from the Bergen airport to the city by taking the tram called Bybanen.

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	BIO216 toxicology	10	Toxic mechanisms, toxicodynamics, toxicokinetics, environmental toxicology, microplastics.	5	
2	BIO219 microbial physiology and taxonomy	10	Lab work, lectures about microbes and their environments, poster presentation, group work, writing reports about the lab work	4	It was some more work than the other courses because we had to write three reports about the lab work we did. I did learn a lot by doing this though!
3	PSY200 Love and Close relationships	5	Fun, you talk a lot with groupmates about love and relationships topics, fun lectures, end paper where you have to reflect on your own experiences, so you learn a lot about yourself too.	5	
4	PSYK140 Behaviour, Health and Nutrition	10	Lectures about sleep cycles, obesity, diseases, behavior, hormones. Very interesting and fun lectures	5	
5					
6					

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

The academic level was quite similar to that of Wageningen. However, the work load was much less and we had more time than in Wageningen. Less lectures each week as sometimes I only had 2 lectures each week. It depends on the courses you take how busy you are. Lesson material were lectures posted online and handouts, but also depends on the subject.

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?)

Very approachable lecturers, very kind and open. Small classes so lots of personal attention. You can ask many questions and get to know your classmates easily. At the WUR, the classes are often very big so you get less personal attention. Students at the WUR seem a bit more approachable than students at UiB because Norwegians can be a bit shy.

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

Very nice catering and lunch opportunities. Sports did the university not offer but more the Sammen housing (Idealis of Bergen). Nice libraries that were tidy and had enough room. Coffee places around the study places for not too expensive.

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?)

You can sign up for Sammen housing, the Norwegian Idealis. Nice housing, however, you cannot always choose your room as they have limited capacity. You can look on Finn.no for rooms or on hybel.no. Also facebook has some advertisements for housing. You can also ask people who studied in Bergen before if they know anything.

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

Very kind people that can always talk English to you. People want to help you. Local cuisine is a lot of meat and fish so as a vegetarian it is sometimes difficult. Habits are that people are a bit shy and quit, but when they get to know you they are super kind. Polite people. I always felt safe and could go for evening walks alone without feeling scared.

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

Groceries are more expensive, but the housing price was quite okay. Sports and gyms are about the same price.

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

Cost of public transport was quite okay. The bybanen was not that expensive if you buy a period ticket for half a year. Taxi prices are very expensive! To travel to the university you take the tram to the last stop and then you walk around 15 minutes to the faculty through the city. Very nice walk. Biking is also possible but there are not a lot of bike paths.

6. Free time

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

Rent a car and go to preikestolen for an amazing view. The city has many nice coffee places like Bergens Kaffebrenneri, Dromedar bar other nice places. Go to Voss by train. Do Hananipa hike. Hike the 7 mountains that surround Bergen. Go up Ulriken. Go to Kode museum to see Norwegian artists.

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

Hananipa hike

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

For cheap going out for dinner: thaijornet thai restaurant. Also some nice fish restaurants along the harbor. Going out is very expensive, but Heidi's was a popular place. Vinyl bar is a fun place to visit. Also apollo for a chill night to talk with friends.

7.Challenges & best moment abroad

What was a challenge you have experienced?

Being here alone away from your family becomes a bit hard after a while. I was lucky to be with my roommates, we did many fun things together.

What was your best memory abroad?

Preikestolen hike where we rented a car and slept in a cabin with an amazing view, surrounded by 1000 sheep.

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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