



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Biotechnology
Study period exchange (dd/mm/yyyy)	30-01-23 until 23-06-23
Country (exchange)	Norway
City (exchange)	Ås
University (exchange)	NMBU
Faculty (exchange)	Multiple

2. Motivation for exchange

Why did you choose to go on study exchange?

I've always wanted to go Norway. I also thought it would be great to live abroad for half a year for personal development. Meeting a lot of people from a lot of different countries, becoming more independent.

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

I was quite scared and doubtful if I wanted to go. I knew a lot of student from Wageningen university go to NMBU every year. This way I had a kind of support group and it felt less scary.

3. Accessibility to reach destination

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

The flibus goes to Ås so I would say that's a cheap and sustainable way to get there. I think you even get extra money from the Erasmus+ because it's sustainable. The people that went by boat didn't get that money I think. If you fly to Oslo Gardermoen, it takes about 20 min to go to Oslo S and from there 20 min to Ås.

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	Advanced cell biology	10	Different cellular processes and mechanisms explained.	4	Every week a lecture on a new topic.
2	General nutrition	10	A very broad overview of nutrition. In the end of the course you could choose human nutrition, aquaculture or animal nutrition.	4	I feel like we didn't go to much into depth in how things work exactly because we had to cover so much different subjects.
3	Cereal technology	5	It focusses a lot on gluten and the gluten network and how it influences the making of a lot of different cereal products like bread, pasta, etc.	3	Mainly lectures. Only some exercises and readings that you have to do yourself.
4	Plant Biotechnology	5	Different ways of genetic modification of plants are explained and also plant micropropagation.	2	All the lectures were pre-recorded and not given live. I didn't like that. You have a practical one a way for a few hours. They don't expect you to be that independent and I feel like we didn't get much done per session. We didn't do much of the actual genetic modification ourselves.
5	Diet and health	5	It was the exact same as the human nutrition part from the general nutrition course.	4	Won't be given anymore I think.

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

Mainly lectures. Only a bit of exercises were given that you could do in groups or alone at home. The level of question asking wasn't that good. It was mainly asking to recite the lectures in the courses general nutrition and diet and health. Only my plant biotechnology course had a practical once a week.

The level was okay. Not much lower than in Wageningen. The examination were bring your own laptop exams like in Wageningen. The workload was a lot lower than in Wageningen. I only had classes 14 hours a week. I guess they expected you to more at home, but I prefer to be in the classroom longer as it is in Wageningen, since I struggle when I have to study alone at home. I also

feel like the teachers often didn't know the answer to the asked question and we didn't go that much into depth in the lectures.

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 teachers are very approachable much like in Wageningen . They are also interested in where you come from and what your interests are. The class rooms are very small. General nutrition had around 100 students, but my other classes were 10-20 students only.

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

There is a sport centre called Eika and Samfunnet where all kinds of events happen like parties but also they meeting place for a lot of associations. I had choir rehearsal every week in samfunnet for example.

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?)

I applied for a room via SiAs and got one very quickly. I stayed in Pentagon 1 which is a bit of an old building and I guess their least wanted, but I liked it. I stayed with 5 other people, each from a different country. We shared a kitchen and bathroom and each had our own room of 12m². I was only a 5-10 min walk to campus, so very very close. It was a bit less than 400 euros per month.

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

People are very kind and will always want to help you. However, they will not start the conversation themselves most of the time. Norwegians also like to spend a lot of their time outdoors which I really liked. Almost every one knows how to do cross-country skiing haha. Also the activities tend to start a lot earlier like around 18:00 for example and parties at 20:00.

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

The grocery store prices are around 50% higher. Mainly alcohol is expensive. Just really depends on which products you buy.

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

It is around 6 euros (66 NOK) to go to Oslo one way. You can use the Ruter app to get discounts when you travel more often. In As itself, I always walked everywhere. Some people also had a bike.

6. Free time

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

I would most definitely become a member of ESN As and Friluftsliv. They organise a lot of fun activities. Also become a member of Eika and Samfunnet and look at what associations they have.

At friluftsliv you can lend anything you need for camping. The Oslo area has a lot of great nature places like the islands in the Oslofjord, Maridalsvannet, Grefsenkollen viewpoint, Kolsastoppen, Oyungen, Mellomkollen, Vettakollen.

In Oslo you can go to a sauna in the fjord, the opera house, Grunerlokka, Ekebergparken, Vigelandsparken, Norske Folksmuseum, Akerselva, Akershus festning, Holmenkollenskiisbakke.

Breivoll and Drobak are nice places for swimming. You can do cool hike at Morkgunga.

Lillehammer has a skicenter named Hafjell. If you want to go further you can go to Bergen, Stavanger, Trondheim, Lofoten. Famous hikes are Preikestolen, Kjerag, Besseggen, Trulltunga. The train ride between Dombås and Åndalsnes is really cool. Definitely go see the fjords like Geiranger, Sognefjord, Naeroyfjord, Aurlandsfjord, etc.

You can get a Interrail pass for the trains. Make seat reservations via VY.

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

See the previous question.

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

You can do karaoke for free every Tuesday as a student in SYNG in Oslo.

7. Challenges & best moment abroad

What was a challenge you have experienced?

I'm not that used to spending much time alone in Wageningen. I had a very busy schedule. In Norway, I had a lot less hours on campus.

What was your best memory abroad?

The Besseggen weekend trip that I organised with friluftsliv was amazing. But also camping on the Langøyene island in the Oslofjord during midsummer.

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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