



WUR Goes Abroad

1. Student Information

Study programme WUR	BML
Exchange semester (dd/mm/yyyy)	06/08/2023 until 27/12/2023
Exchange destination: University	NMBU
Faculty	-
Country	Norway
City	Ås

2. Motivation for exchange

Why did you choose to go on study exchange?

I have wanted to go on study exchange every since I heard about it on an Open Day. To meet new people, experience a different (university) culture, and of course to experience a different country for almost five months, was amazing

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

Norway has always been my favourite country and I chose to go on exchange at the NMBU because I expected the level to be high or at least comparable to the WUR (which was mostly true), and because it has the most beautiful campus in Norway :)

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Ås is very easy to reach with the Flixbus, because the bus stops in Ås. The connection with Oslo (by train) is also very good, so train and plane are also good travel options.

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	Photobiology	10	Course about photosynthesis, from molecular to ecological level	5	Interesting course about photosynthesis and other effects of light on plants (e.g. UV light). I did practicals on lichens, using various equipment. Usually few students, lots of personal contact.
2	Protein Chemistry	10	Advanced course in protein chemistry	4	In this course you will learn a lot about different analysis methods in protein chemistry, but there are no practicals.
3	Virology	5	Basics in virology	4	You learn about viruses mostly from a human perspective. Only lectures, no practicals
4	Population Genetics and Molecular Evolution	10	Advanced course in population genetics	3	For this course you need to check if you have the required pre-knowledge, but overall a very average course
5					
6					

What is it like to study there?

E.g. study forms, academic level, examination, workload, lesson material.

The level of the courses is generally comparable with the WUR, but the workload is lower. The tempo of the courses is much slower than what you're used to at the WUR so you'll be able to easily keep track of all your courses. One thing that is different are the teaching methods. At the WUR you usually have lots of tutorials and practicals, at the NMBU you mostly have lectures and a lot of self-study is expected.

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 lecturers are, in my experience, a little more 'distant' than those at the WUR. They are still approachable for questions but they are less likely to tell a joke or share a personal story. The (Norwegian) students can also be a bit more distant. They are usually quiet during lectures and don't ask questions often.

What does the university offer students additionally?

E.g. catering, sports facilities, laundry facilities?

The university has excellent sports facilities as well as lots of mental health facilities.

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?

The university offers housing for international students with priority. Often you'll be able to get the first room you applied for. The exchange coordinator will explain how you have to sign up for housing, usually about three months before your arrival. There are not many different types of rooms to choose from, but the rooms that usually get assigned to internationals are all of good or even excellent quality. Overall, I was very satisfied with my room. I rented a room with private bathroom and shared kitchen for about €440. All student housing buildings are located at about a 10 minute walk from campus.

What is the culture of the country like?

E.g. Differences with home, local cuisine, habits, manners?

Norwegians tend to be quite introverted. Don't expect your Norwegian roommates to be very outgoing, although the chance is high there will be other internationals in your corridor who keep the fun going. I definitely recommend joining an association, the people are already more open once you have something in common. Local cuisine is... bad. Norwegians eat a lot of meat and fish and potatoes. They do have delicious potato pancakes.

Could you give some information about public transport infrastructure?

E.g. Cost public transport card, taxi prices, how to travel to the university?)

Public transport in Norway is generally of very good quality. Ås has a train station with trains going to Oslo about five times an hour. The train ride takes about 25 minutes. There are many buses all with frequent departures, and until late. The university and the city centre are all reachable by foot (Ås is not a big town). There is no student discount on public transport.

6. Expenses

Can you give an indication of your expenses for/during your exchange?

E.g. you can also indicate price differences (higher/lower/equal) in comparison to the Netherlands.

Ticket there: Flixbus ticket to Ås is about €80

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): -

Housing costs per month & type of housing/accommodation: €440/month (comparable to NL)

Groceries: €200/month (very expensive!)

Public transport: €6 for a train ticket to Oslo (25min)

Restaurant/going out for dinner: e.g. €22 for a pizza at a pizza restaurant. More expensive than NL.

Daytrips/sight-seeing: Prices comparable to NL, very often student discount

Additional remarks regarding expenses?

Alcohol is very expensive, expect to pay up to €10 for a beer!

7. Free time

What are must-sees in the area?

E.g. nearby destinations, how do you prefer to travel, when to plan?

Oslo is of course great to visit, since it is so close by. Other cities in Norway (Trondheim, Bergen) are also lovely but expect long train rides, train ride from Oslo to Trondheim is 8 hours.

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

The nature close to Ås is very beautiful, you don't need to go far. The forest and lake behind the campus are lovely.

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Oslo has many lovely restaurants and cafes

8. Challenges & best moment abroad

What challenges did you encounter and how did you overcome them?

About halfway through my exchange semester there was not a lot going on and I spent most evenings just in my room, luckily my Erasmus friends were there who were always up to try out new activities

What is your best memory of your time abroad?

The first snowfall in October, walking through a snowy and quiet forest in the early morning. Also cross-country skiing in Tromsø.

9. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
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