



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Bsc Biology
Study period exchange (dd/mm/yyyy)	February until June 2023
Country (exchange)	Norway
City (exchange)	As
University (exchange)	NMBU
Faculty (exchange)	Biology

2. Motivation for exchange

Why did you choose to go on study exchange?

I really wanted to be able to see a part of the world and travel. Doing an exchange gives you the possibility to do that and not pay too much at the same time.!

Getting to know other international students and living abroad for a while is a really nice experience and you learn a lot from it.

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

This university is really similar to Wageningen since it is a little university with a lot of nature around it. You have close contact with your teachers and other students.

3. Accessibility to reach destination

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

You can go by plane to Oslo and take the bus to Universitet i As.

You can also take the flix bus to Universitet i As. Or, as I did, take the boat from Eemshaven in Groningen to Kristiansand. Take the bus and train to As.

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	Human and Wildlife interactions	5	About the interaction between wildlife and humans. You learn about these interactions in different ways and topics.	4	Interesting topic! I really liked the lectures.
2	Environmental Pollutants and Ecotoxicology	10	This course focuses on the toxins in the environment. You learn about different pollutants and how they affect nature.		Interesting topic but all the lectures were eventually a little boring since you only get two practices.
3	Experimental Animal nutrition and Physiology	10	The focus of this course is on experimenting on animals. You learn how to treat animals during experiments and the course goes more in detail about processes of the body (nutrition, etc)	5	Really nice course, but has a big workload.
4					
5					
6					

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

The academic level and workload were equal to that of Wageningen, but the examination was a bit easier than I expected. The big difference with WUR is the schedule, you have way fewer contact hours and less hours scheduled on campus.

There was also a lot of group work! Especially with one of my courses, I had a big group project. It is a nice way of getting to know a lot of different people and their opinions and thoughts.

(I did not need the books for my courses 😊)

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 really approachable, very similar to the WUR!
- Keep in mind that Norwegian/ Scandinavian people are sometimes a bit more awkward and won't do small talk very easily. However, I got to know a lot of really fun Norwegian people! You just need to give them some time 😊

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

In a lot of the university buildings you can buy food and healthy meals (& also ice cream!). There is a gym really close to where all the students live (5 minutes walking distance), which makes it really easy to do a lot of sports sessions during your week. Most of the internationals have their room in the buildings in Pentagon. Pentagon consists of a lot of buildings and is kind of a neighborhood for all the students. So everyone lives close by! (even closer than in Wageningen). Every building has its own laundry 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?)

You can send sias (utleie@sias.no) an email about the housing at the NMBU. There are a lot of student rooms available, but be on time.

I haven't met anyone with a studio, but I think that there are possibilities.

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

I think that it is similar to the Netherlands, but Norwegians are in general a bit more reserved. Don't be surprised if not everyone says 'hi' to you while passing you on the street. But most people are really friendly and eager to help you.

There are not really big differences in habits and manners compared to the Netherlands.

The 17th of May is a national and big day here. So if you are in Norway around May, don't miss out on all the fun and go to a big city to celebrate it!

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

For me, living in Pentagon (a normal student housing), it was quite similar to my place in Wageningen. I paid around 350 euros for a 10m² room.

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

The university is within walking distance! (Around 10-15 minutes away from the general student housing). Some people bought a bike, but it is really doable to just walk.

There is a bus stop close by and there is a train station on a 20 minutes walking distance.

For traveling by train and bus it is useful to have a credit card or MasterCard (I used Revolut, which I found very convenient). Traveling by train or bus is not really expensive, I would say that it is similar to the Netherlands.

6. Free time

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

There are multiple forests in As to walk around in, but that is also about it. As itself is a small town with a few stores.

The closest thing to As to must-see is Oslo! It is a 20-minute train ride away. There are a lot of stores and nice musea in Oslo and a lot to see.

Preikestolen and Trolltunga are two famous hikes you can do in the South of Norway.

ESN As also organizes a trip to Lapland, if you are in As the time that they organize it it is really a must to go on the trip!

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

7.Challenges & best moment abroad

What was a challenge you have experienced?

I was lucky with my roommates, but I noticed that some friends around me struggled with bonding with their roommates.

Of course, being a little homesick now and then is normal, I was also feeling sad sometimes about leaving everyone behind. But calling my parents and friends really helped a lot.

I think the most challenging of exchange is that you really need to settle and adjust to the new environment. This takes some time, and give yourself that. I really noticed that I needed at least two months to really adjust and feel at home. By the time you made good friends and feel good at the new place, it is almost time to leave again.

(but it is all worth it!)

What was your best memory abroad?

I made 3 really nice trips and got to see a lot of the country! With ESN I went to Lapland and saw the Northern Lights, sleighed with dogs through the snow, went snowshoeing, and a looooot more. It was really an experience of a lifetime!

I took another trip to the Lofoten in the spring/summer, this was also really amazing! The nature of Norway is really stunning

Studying abroad really awakens the traveler within you!

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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