



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor Food Technology
Exchange semester (dd/mm/yyyy)	06/08/2023 until 19/12/2023
Exchange destination: University	Norwegian University of Life Sciences, NMBU
Faculty	
Country	Norway
City	Ås

2. Motivation for exchange

Why did you choose to go on study exchange?

For me having the experience to go abroad will make you stronger and independent. During the study exchange you will meet new people and create a network worldwide. With a new education system and a new culture surrounding you, it will be a great and eye-opening opportunity.

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

First of all, I did not know where to go for my exchange. I found the list with cooperating universities and selected countries that I did not like at all. So, I was left with 20 potential universities, and looked for the courses they gave. For me it was important to find nice courses that I really enjoyed. Then I also considered which country has a lot to offer, that I will not be able to visit within the next 5 years. So, I concluded Norway was the best suiting country for me.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I think booking in time is the most important aspect. It will save you a lot of money. Traveling to Norway is quite inconvenient because you can only reach it by plane, or you can travel via Denmark. I went by plane because it saves a lot of time but, next time I will book my ticket earlier to save some money. Going on a road trip via Germany, Denmark and Sweden with the bus or train, gives you the opportunity to see more cities and stop wherever you like.

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	Basic Aquaculture Engineer	5	The production of fish in farms is explained. The engineering part has the overhand in this course. But, fish welfare is considered as well.	4	Nice course with a broad perspective towards all important aspects in aquaculture.
2	International Aquaculture Laboratory course	5	The laboratory course corresponding to the Aquaculture Engineering course. You go to workplaces to build and understand fishtanks and water transport equipment.	4	Very nice that it corresponds with the theoretical course. I like to do things in practice.
3	Thermal Physics	5	Energy and material behaviour is explained. Electrons and Einstein solids are main topics.	1	Not what I expected of the course. For me it was very boring and did not help me with my program. But I am not into this kind of physics so I had lack of pre-knowledge as well.
4	Food Product Development	10	Developing a product with focus on how the management and teams are working in practice. Systems and choices in the developing process are considered.	4	A course with a nice and new perspective of how teams in factories work. Also a few guest lectures from companies in Norway.
5	Chemical Food Safety	5	The chemical aspects of natural food toxins are explained. How they end up in food products and how much the body can handle in practice.	5	Broad focus on all chemical hazards, in nature and manmade. I like how it is combined with guest lectures, from companies preventing accidents in Norway
6					

What is it like to study there?

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

I think the university is quite the same to WUR. Contact hours and workload are the same, it is expected to show up and some meetings are mandatory. Lectures are not recorded so, it is advised to go to the lectures. It is more expected to read stuff by yourself, without people telling you to, articles and scientific reports. Mostly lectures and not that many practical lessons.

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 very nice and friendly, they prepare most often their lectures well. The classes are small (6-40 students) which makes it very personal. The local students are friendly as well but very quiet in the class.

What does the university offer students additionally?

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

The university offers sports and music facilities. In a few buildings restaurants are present, with lunch and dinner. Everything just works out because Norway is very organized.

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?

All rooms are from an organisation called SiAs. They offer international students a room first and afterwards Norwegians can choose a room as well. The rooms are mixed (woman and man) and there is no choice in who you live with. But the facilities are nice, warm, and clean. Rent is between 400-500 euros.

What is the culture of the country like?

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

Norway is quite similar to the Netherlands. How people act and behave is all just the same. Only for dinner, everyone cooks and eat by themselves. There is no sharing in food or having dinners together.

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 is great in this area. Only around Oslo the public transport system is good. When going up north there is almost no public transport. A trip to oslo will be around 8 euros one way (40 min). from Ås to Oslo is fast and close. Bikes are popular among students as well.

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: 200

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): - (my insurance covers all of Europe)
Housing costs per month & type of housing/accommodation: 440
Groceries: 70 per week
Public transport: 25 per week
Restaurant/going out for dinner: 40 per person, without drinks
Daytrips/sight-seeing: 50-200 depending on your destination

Additional remarks regarding expenses?

Norway is a very expensive country. Groceries and sightseeings are quite similar to the Netherlands when you know how to adapt. Buying the same things as at home will make it very expensive. Just see what the Norwegians do and eat. Bus tickets and train tickets for long distance are very expensive. Also alcohol and sweets are very expensive (almost unaffordable). A normal beer at a bar will cost about 8 euros...

7. Free time

What are must-sees in the area?

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

Oslo! Fantastic city. Bergen, drøbak and Kristiansand are very nice cities to go to. All cities are small and cute. In Norway walking and skiing are popular and worth a try, and try it the way the Norwegians do it.

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

Hemsedal is a very nice destination for walking of skiing and meeting the locals.

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

In Oslo there are lots of restaurants and places to go to. Ås is very quiet, not so many places to go to. There are about 3 restaurants in the city centre. And one place to go out for students near the campus.

8. Challenges & best moment abroad

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

Meeting new people can hard but when you go to every event in the beginning you will meet new people and make friends.

What is your best memory of your time abroad?

Going on several trips in the weekends makes the time abroad definitely worth it! I did a special activity almost every weekend and it will always be a memory of mine.

9. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Name/e-mail	Sophie.kuiphuis@wur.nl	