



WUR Goes Abroad

1. Student Information

Study programme WUR	Bsc Environmental Sciences
Exchange semester (dd/mm/yyyy)	14/08/2023 until 21/08/2023
Exchange destination: University	Nord University
Faculty	Biology
Country	Norway
City	Bodo

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to go on exchange to explore new cultures, and experience living abroad. I also wanted to improve personal skills like adaption to new situations, and being open to other cultures and habits.

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

I chose Norway and especially Bodo since its' surroundings really appealed to me. Nature and being outside plays a big part in Norwegian culture and I figured that I could experience that really good in Bodo. Also, the available courses really appealed to me, since they focussed more on the ocean part of environmental sciences, which complimented to more land/agriculture focused part of environmental sciences here in Wageningen.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Public transport is really doable! First, take a flibus to Oslo which is not very expensive, then either a bus/train to Trondheim. The train ride from Trondheim to Bodo is also very beautiful, since you see the landscape change a lot!

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	Aquatic Microbiology	10	The course will cover aquatic microbes, their unique metabolic functions and their roles in large-scale biogeochemical processes. The course will describe contemporary methods for studying aquatic microbes and their potential uses in bioremediation. Current and future perspectives on microbes under climate and environmental change will be introduced.	4	-
2	Aquaculture	10	The course will mainly focus on the farming of typical fish species from Northern Atlantic, especially salmon, halibut, cod and cleaner fishes. Environmental and ethical issues, modern technology, together with the state and challenges of farming will also be explored.	4	-
3	Oceanography	10	Organisms living in the ocean are largely depending upon and must adjust to physical processes in the ocean. However, there are many sources of information about the ocean as a physical environment, which have severe shortcomings. This	5	Fieldtrip on the university's boat is very nice!

			<p>course aims at revealing these and give the student an understanding of the physical processes that affect sea life. The course covers ocean morphology. Freshwater and seawater physical and chemical properties. Basic principles for explaining atmospheric conditions, climate, wind-driven and thermohaline ocean currents, waves and tides.</p>		
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What is it like to study there?

I really liked it to study here; the workload was well distributed! We had to study, but also had time to do e.g. hikes. Also, the size of classes was not too big; we did have a lot of personal engagement with the professors.

What is the culture of the university?

As said before, we had a lot of engagement with professors. The university itself was also well-organised; questions were answered quickly and if you had problems (e.g. mentally) there were a lot of organisations you could go to. The university felt very welcoming and cozy.

What does the university offer students additionally?

The university offered housing, sport facilities, mental health support, a student priest, and events like "hygge Thursday".

5.Housing-travelling-living

What are the possibilities for housing?

You can sign up for housing via the university. The costs are just a bit higher compared to living in Wageningen, but really doable. Also, if something broke down, the housing company fixed it really quickly.

What is the culture of the country like?

The Norwegians are real "outside-people". They say that there is no bad weather, only bad clothes. This inspired me to be more outside, despite "bad" weather conditions. I also got to know new sports, like the popular cross-country skiing, and we went wild camping on Lofoten. Last, sauna is a big part of the Scandinavian countries; and I already miss it!

Could you give some information about public transport infrastructure?

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Personally, I could walk to university and grocery stores. I also bought a monthly student bus ticket to get around the city, which was about 30 euros. Public transport in the city itself was really good, but if you wanted to do a hike to more remote areas, you really had to puzzle.

6. Expenses

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

Ticket there: the ticket (public transport) was about 220 euros

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): Dutch health insurance (which I already had) and

Globetrotter insurance of about 40 euros

Housing costs per month & type of housing/accommodation: I had a shared corridor with 4 other roomies, we shared a kitchen, two bathrooms, and a laundry room. Rooms were furnished. Costs were about 450 euros per month.

Groceries: About 150 euros per month (we saved money since we went dumpster diving)

Public transport: about 30 euros per month

Restaurant/going out for dinner: for my total exchange about 100 euros

Daytrips/sight-seeing: about 100 euros

Additional remarks regarding expenses?

Daytrips/sightseeing was not too expensive since we did a lot of hiking. Also, we could rent tents, sleeping bags, skis, ice skates and other leisure items for free at Skattkameret, which saved a lot of costs.

7. Free time

What are must-sees in the area?

Definitely Lofoten; the ferry to Lofoten is free and you can go wildcamping to it is very cheap 😊 Other very nice hikes in the area are Bortind, Sjunkhatten nasjonal park, hiking near Saltstraumen. A small and very closeby walk for everyday walking was going to the fjords and Hunstادتoppen. I would also really recommend buying a monthly sauna pass for Pust!

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

A lot of the beautiful hikes are not directly in a travel guide; I would advise to talk to locals (during your night out when they are a bit more social) for recommendations in the area; they know the best spots!

Do you have general tips and tricks about leisure time?

The restaurant Burgasm is very nice! Also, again, Pust (the sauna). A nice shop where you can find Norwegian sweaters but also local products and shampoo bars is Egna. Last,

go to Fretex or Red Cross for (cheap!) secondhand Norwegian sweaters, winter clothes, and other stuff!

8. Challenges & best moment abroad

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

A challenge was to find a new routine (e.g. buying groceries, getting used to the currency (NOK instead of euros), how university worked, and the normal everyday life). I overcame them rather quickly though, by talking with my fellow exchange students, and what worked for them.

What is your best memory of your time abroad?

Either the feeling you get when you are on top of a beautiful mountain peak with your exchange friends, or sprinting outside in your pyjamas, on slippers on a regular Tuesday night to watch beautiful northern lights in knee-deep snow, like it's normal 😊!

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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