



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Nutrition & Health
Study period exchange (dd/mm/yyyy)	7/1/2023 until 31/5/2023
Country (exchange)	Norway
City (exchange)	slo
University (exchange)	OsloMet
Faculty (exchange)	Health Sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

I always wanted to experience living abroad for a while and this was the perfect opportunity.

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

The courses seemed interesting, and I had never been in Scandinavia before

3. Accessibility to reach destination

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

I went by plane, but make sure you fly on Oslo Gardemoen.

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	<i>Parent-child relationship and adolescent health</i>	5	A couple of lectures on how parent-child relationships can affect children and adolescents, followed by a group paper	3	
2	<i>Prevention and treatment of malnutrition</i>	5	Lectures on different aspects of malnutrition, followed by an exam	3	Lectures were interesting but it was an introduction nutrition course
3	<i>Evidence-Based Practice (EBP) in health care</i>	5	Interactive lectures in a small group about how to do good research, followed by a group presentation	3	Quite easy since it is a first-year course for OsloMet students
4	<i>Health promoting and preventive work</i>	5	Lectures about the topic and field work at the student health office, followed by a group presentation about the field work	4	
5	<i>Technology and Society II</i>	10	Interactive lectures about different topics like fake news, privacy and AI	4	
6					

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

The workload is low compared to the WUR. I had mostly group papers or presentations and one multiple-choice exam.

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?)

Norwegian students seem a bit introvert at first, but they're kind and nice when you have group work together. The other international students were more open.

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

There are enough catering options, but they can be expensive. There is also a sports facility for the international students.

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?)

It is possible to sign up for a room via SiO. You can select up to 6 rooms you're interested in, and then you get assigned one.

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

Norwegian people are hard to make friends with, they are not very open to new people. They are however very kind.

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

It depends on where you live, but my room was around 370 euros, which is about the same as in Wageningen.

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 45 euros for 30 days for students. This includes all busses, metro, trains, trams and ferries in Oslo.

6. Free time

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

Bergen and Preikestolen were very nice, and I really liked the ESN trip to Lapland.

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

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

I liked Oslo Street Food for both going out and as a restaurant

7.Challenges & best moment abroad

What was a challenge you have experienced?

Meeting people when it was still dark and cold out.

What was your best memory abroad?

Travelling to Lapland and meeting a lot of new friends

8. Contact details (optional)

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

Name/e-mail	Britte.vanstrien@wur.nl
--------------------	-------------------------