



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor Voeding en Gezondheid
Exchange semester (dd/mm/yyyy)	14-08-2023 until 15-12-2023
Exchange destination: University	OsloMet
Faculty	Health Sciences
Country	Norway
City	Oslo

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to experience what it is like to live abroad by myself without my family nearby. I would like to travel for my future job and work in different countries. Going on exchange gave me a great opportunity to see and feel what it is like to travel by myself and study in a different country.

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

I love to be in nature and I also love outdoor sports. Besides that I had never lived in a bigger city before and I also wanted to experience what it is like to live in a city since I might move to a bigger city for my masters of future job. I was looking for a place where I could combine these two things and Oslo seemed like the perfect place for that. Next to that, OsloMet offered some very cool courses and also offered student housing in the city.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I came to Oslo by train, bus and ferry and I went back to The Netherlands by plane. The ferry I had taken to Kristiansand did not exist anymore on my way back unfortunately.

I enjoyed taking the ferry, it was a nice way to travel although it is not as sustainable as the train and the bus. There is an option to take trains and the Flixbus, my Dutch flatmate said it was very doable. I took a plane back because it was cheap, fast and easy. If you have more time I would recommend to take the train and maybe visit some new friends along the way back. Some Dutch people in Oslo also drove there by car and offered a carpooling option back home.

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	Innovation within Healthcare	10	A group project around an innovative idea in healthcare. You are not expected to make/build anything but write a business plan and pitch the idea to (fictional) investors.	5	Very nice course, the atmosphere is great and I learned a lot about innovation, starting a new innovation project and writing a business plan for the project.
2	Health Communication	10	Broad course on the theories and concepts of communication around health. Several communication topics are introduced and discussed by different professionals and teachers.	4	I can recommend the course if you enjoy writing essays.
3	Public Health and Health Management	5	Course without any lectures or teaching. Self-study of the two provided books and online material around public health and the Norwegian welfare system. There are 2 assignments that can be written with help of a supervisor.	1	Since this course did not involve any teaching, it was quite confusing and I did not learn much. I did the self-study but the exam was more general so it was more for my own learning.
4					
5					
6					

What is it like to study there?

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

The workload seemed to vary a lot depending on the course. I was very busy during the first part of the semester with the Innovation course. Later on, I had a lot of free time. I would have like the workload to be a bit more balanced. I did mostly groupwork assignments which included giving presentations, writing and discussing the course material. The academic level also depended heavily on the course but in general the courses were a bit easier to follow than the ones in Wageningen. My exam was different for each course, an oral exam, an essay and lastly a multiple choice home 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?

The lectures are open, kind and very approachable. The groups of students in a course are small, which makes it possible to build a personal connection with Norwegian students and lectures. The lectures were all in English and in general everyone is fluent in English. It felt very similar to the WUR.

What does the university offer students additionally?

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

There are several canteens on campus, but since the food is expensive there I recommend bringing your own meal (there are microwaves). The university offers sports facilities on campus, although I did not use them. The student organisation SiO offers housing, laundry and many sports 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?

Apply for housing at SiO as soon as possible. They offer different housing options. I was assigned to a 11cm2 room by SiO in a hallway with 6 other exchange students. SiO tries to assign a room to every student, the rent is between 400 and 500 euro/month.

What is the culture of the country like?

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

The culture is very similar to the Dutch culture, especially at the university. Norwegians are in general more relaxed and a bit less outspoken in my opinion. I felt at home quite quickly and did not experience any culture shock.

Could you give some information about public transport infrastructure?

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

You can buy a monthly student ticket at Ruter for about 40 euros which accounts for all public transportation within Oslo city. The public transport system in Oslo is very good, I felt it was a great price for what you get.

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: 250 euro (including a stay in an Airbnb and ferry overnight)

Visa if applicable: none needed

Vaccinations if applicable: none needed

Insurances (extra, if applicable): European Health insurance card

Housing costs per month & type of housing/accommodation: 480 euro for a room in a hallway with 7 students (1 bathroom/toilet, relatively small kitchen)

Groceries: 250-300 euro per month
Public transport: 40 euro per month
Restaurant/going out for dinner: too expensive
Daytrips/sight-seeing: ca. 50 euro per month

Additional remarks regarding expenses? Norway offers great bus connections to all bigger cities which are not too expensive

7. Free time

What are must-sees in the area?

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

Must-sees are all hiking areas around the city, the islands in the Oslo fjord and the beautiful city centre (all of them can be reached with a student transport ticket). I can also recommend to visit the fjords around Voss in summer and Trondheim or Roros in December (all can be visited by VY buss for a low price).

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

I loved picking mushrooms in the forests around Oslo with my flatmates. We would share a mushroom meal together afterward. The mushroom checking stations (Soppkontroll) on Sundays (in fall) are a great place to get your mushrooms checked.

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Oslo city offers many great museums, cool bars (like Bla) and free activities. I can also recommend to check out student associations connected to the university and of course enjoy the nature around the city.

8. Challenges & best moment abroad

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

My room was in a very old building which meant it was not insulated as well. In winter it was very cold and most of the time it was quite noisy as well (also at night). I luckily brought some very warm clothes, I studied in the university library and bought some good earplugs.

What is your best memory of your time abroad?

I loved swimming in the many lakes, hiking and making a bonfire at the end of the day. I also loved my flatmates, they made my exchange very special.

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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