



# WUR Goes Abroad

## 1. Student Information

<b>Study programme WUR</b>	Economie en Beleid
<b>Exchange semester (dd/mm/yyyy)</b>	14/08/2023 until 21/12/2023
<b>Exchange destination: University</b>	OsloMet
<b>Faculty</b>	Social Sciences / Business School
<b>Country</b>	Norway
<b>City</b>	Oslo

## 2. Motivation for exchange

### Why did you choose to go on study exchange?

I wanted to broaden my studies with some international experiences. Furthermore, I wanted to do some travelling!

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

Norway is a beautiful country in terms of nature, so there is plenty to explore. Furthermore, Oslo is a great city that has a lot to offer in terms of culture and fun. OsloMet specifically is a nice uni, but so is Universitetet i Oslo. But I'll be honest, any exchange destination is great, it's more about the people you meet, than the location.

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination?

Flying is the most practical and affordable option. If you travel by car, you can take the ferry too. This is especially a good option if you book the ferry far in advance and find other people to travel with you. The train unfortunately is not really an option, unless you combine it with visiting other cities like Copenhagen on the way.

## 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>Organizational Behavior and Leadership</i>	10	Course about the workings of organisations, you learn about employee motivation/teamwork .	3	It's a decent course if you're interested in the topic.
2	<i>EU Law and Politics</i>	10	Course about the European Union, partially from a Norwegian perspective. You learn <i>a lot</i> about the EU.	5	I found this a very interesting course, especially because Norway has a unique position in the EU system, can definitely recommend.
3	<i>International Economics</i>	7.5	Course about international trade and macroeconomics	4	Pretty interesting! If macroeconomics is your thing, you'll like this course.
4	Norwegian language course	7.5	Basic introduction to Norwegian	5	I loved it! I didn't put it on my learning agreement so I didn't get credits for it, but it's fun to learn the language a little bit.
5					
6					

### What is it like to study there?

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

Studying at OsloMet was quite similar to studying at Wageningen. I'd say the academic level is a little lower than WUR.. Examination and workload are doable. For me, most lectures were not mandatory, so this gives you a lot of freedom to plan your own week in. It can be a little difficult to know what the courses entail, as the descriptions on the website aren't always very helpful. If you have questions, I would definitely reach out to the exchange coordinator of your faculty at Oslomet, or the teacher of the course.

### 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 culture at OsloMet is really similar to Wageningen. Teachers are approachable, lecture groups are generally not too big, and active participation is usually encouraged and appreciated. One difference my back noticed was the lack of good office chairs in the lecture rooms and library :)

### What does the university offer students additionally?

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

Unis in Oslo have good facilities. SiO (student welfare organisation) manages all student sports, housing and catering at the universities. This means that there are a lot of gyms to choose from in the city. Uni catering is a good option for an affordable lunch/dinner. Laundry at my student village was at a common facility, and costs 25 nok per wash.

## 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?*

Sign up **early** for rooms via SiO. This way you will likely get a student room. Be sure to select 'any' as your sixth option to get the highest chance for a room. Most people I knew in Oslo get a room via SiO, I knew one person who had to rent on the private market, which is doable but a lot more expensive.

I lived in Sogn Studentby, which I really enjoyed as its full of international students.

### **What is the culture of the country like?**

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

You'll get used to the culture fairly fast, so don't worry if Norwegians seem a little weird at first. It's a little different from the Netherlands but it's good!

### **Could you give some information about public transport infrastructure?**

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

Get the Ruter app and buy the monthly student ticket, this is the most affordable and convenient way to travel around Oslo. A monthly ticket costs 511 nok and is for unlimited travel in all of Oslo. If you don't feel like waiting for the metro, get the Bolt app for affordable taxis.

## 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: 180 eur including luggage, but I booked slightly late.

Visa if applicable: no

Vaccinations if applicable: no

Insurances (extra, if applicable): no extra compared to NL

Housing costs per month & type of housing/accommodation: I paid 4500 nok (about 400 eur)

Groceries: highly depends on what you buy, prices are about 40% higher than dutch grocery stores.

Public transport: 511 nok per month

Restaurant/going out for dinner: expensive, especially when you order alcohol

Daytrips/sight-seeing: affordable if you plan wisely. Oslo offers a lot of free timeslots/days/weeks for students. Also: take advantage of trips offered by ESN, these were quite a good deal when I went.

#### **Additional remarks regarding expenses?**

It's an expensive country for sure, but if you plan wisely and take advantage of deals and student discounts you can save a lot of money.

Also, do not get any cash. Cards are accepted everywhere.

## **7. Free time**

#### **What are must-sees in the area?**

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

Take advantage of the summer months, plan them full of outdoor activities like hiking/camping if you're into those things. Cities trips in Scandinavia are also best in summer. But don't get discouraged in the winter, there is still plenty to do and see. Trains in Norway can be affordable if you book early, flights are fairly cheap. I loved visiting Bergen and Stavanger.

Don't get put off by bad weather, make sure you have good gear and just go!

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

There is a lot to see in Oslo that you will run into. Locals have the best tips, if they recommend something, just go try it!

#### **Do you have general tips and tricks about leisure time?**

*E.g. recommendations for restaurants, going out?*

The bar Couch has a deal where you can get two drinks for 100 nok, this is about the cheapest it'll get in Oslo. During the intro week, I visited many student run bars, where the crowd is usually good and the drinks affordable. Furthermore, just listen to the locals and see where it takes you. I found that those nights were the best!

## **8. Challenges & best moment abroad**

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

I didn't really encounter any challenges to be honest. I did get a little sick and paracetamol is very expensive, so take some from home when you travel.

#### **What is your best memory of your time abroad?**

So so so many, not sure which one takes the crown. One of the highlights was definitely hiking up the Nigardsbreen glacier, highly recommended!

## **9. Contact details (optional)**

<b>Is the reader allowed to contact the writer?</b>	yes	
<b>Name/e-mail</b>	job.kroon02@gmail.com	