



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	BSc BBC
Study period exchange (dd/mm/yyyy)	09/01/2023 until 09/06/2023
Country (exchange)	Norway
City (exchange)	Trondheim
University (exchange)	NTNU
Faculty (exchange)	Faculty of Economics and Management

2. Motivation for exchange

Why did you choose to go on study exchange?

I thought it was a really nice opportunity to go abroad for some time and gain valuable life experience by living in a new environment with people from all over the world.

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

I wanted to go to Norway because I had never been there and I really love Scandinavia. I love how the landscape looks and the outdoor opportunities (skiing, hiking, biking) really attracted me. The pictures I saw of Trondheim were really promising. This did in fact not disappoint me and I have loved the activities that are so easily accessible here.

3. Accessibility to reach destination

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

I went by plane since this is by far the fastest option. However, Trondheim has a nice train station and the train from Oslo takes about 7 hours. This trip is super beautiful through the Norwegian landscape and probably worth taking, if you don't mind spending more time on your travels. Also getting to Oslo is done fastest by plane, but again, if you don't mind the time it takes to travel by train this is probably worth doing.

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	Banking	7,5	International banking system	4	Course itself was quite interesting, however inadequate professor made it difficult to keep up and stay motivated.
2	International History after 1870	7,5	Cold War history	4	Very interesting and detailed course about cold war history.
3	Environmental Politics and Resource Management	7,5	Environmental problems, politics and policies	3	Really relevant nowadays, interesting look on certain environmental topics and different ways of dealing with this.
4	Varieties of English	7,5	The emergence and spread of different kinds of "Englishes"	2	Not as interesting as I had hoped, still nice to learn about the emergence and different forms of this big language.

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

The study is formalized using both lectures and practicals where students are challenged with questions regarding the topics discussed in the lectures. Moreover, mandatory semester assignments where students are to write a paper aim to add to the student's knowledge about course content. The academic level is neither very low, nor very high. I would say comparable to the Dutch level, just a bit easier. Workload is comparable, every course has a few contact hours per week and expect students to do readings and other work in their own time. I found the examination to be quite difficult, and sometimes not really matching my expectations. However, I still think this is doable. The hard part for me was the fact that the semester is 5 months in which you get a lot of lectures and information, and then get asked a very detailed question in the exam, a topic which has been discussed once, or maybe twice, in the whole semester.

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?)

Lecturers are very approachable both in-person and via e-mail. Quick responses and they are willing to help. Local students are a bit different, Norwegians are really introverted and tend not to really communicate with others. However, sometimes when you put in a bit of effort they are actually really kind! They are just not really used to go outside of their comfortable group of friends, which is apparently something typical Norwegian.

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

The university offers a lot of catering facilities. From vending machines, to cafés, to big canteens where you can buy a large variety of foods. Moreover, the university also has sports teams for a huge amount of different sports which you can join. This is an excellent way to connect with the locals!

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?)

Housing possibilities are quite broad in Trondheim. I lived in a student flat in Voll Studentby (by = village in Norwegian). This is rented out by the landlord company Hybel. Most international students live in Moholt Studentby, which is from Sit, the biggest student-related company in Trondheim. Most Norwegian students live in the city center, where it's also relatively easy to rent an apartment. I would say that most rent rates are between 400 and 600 euro's. Depending on your goal in Erasmus I would advise to stay either in Voll or Moholt, where you get the real international experience but don't get the chance to meet many Norwegians, or the other way around: rent a shared flat in the city centre and get surrounded by Norwegians. Keep in mind: the Norwegians can be quite 'strange' when it comes to people they don't know... They're not the talkative type of people, so you have to be willing to put in quite some effort to build up a bond with them.

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

The Norwegians are actually quite strange. When sober, they are barely talking and certainly not putting in effort to connect with foreigners or people they don't know. The only places they're comfortable is with their friend, in certain 'circles', doing things that are useful (gardening, playing sports, etc.). The other thing they only do for the use of it: drinking. Norwegians drink like crazy. They can't casually drink 1 or 2 beers, once they start drinking they get totally 'shitfaced'. Then, when drunk, they are all of a sudden really open and willing to communicate and connect with others. Actually, the Norwegians are really polite people but they just have some strange habits.

Local cuisine is reindeer and whale meat which could occasionally be quite nice. For the rest, food in Norway is not that nice. It's super expensive and doesn't have as much taste as the food back home.

Norwegians are super sportive people; they are constantly on the move. In winter season, they're all ski-touring everywhere. In summer, they're running. They all practice some sports and are all quite competitive. And they consider drinking a sport too...

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

In short, everything in Norway is stupidly expensive. Groceries, going out, especially alcohol. Rent is not that much more than in the Netherlands (like mentioned before, anywhere between 400 and 600 euro). Since there is a 40% tax rate on alcohol, expect to pay all your money on this if you like to party regularly. A sixpack of 0.5 beers in the supermarket is around €18, a bottle of vodka around €50, and a 0.4L beer in the club costs around €14. Vegetables in the supermarket are also really expensive, especially given the fact that they don't taste that nice.

The only relatively cheap thing is eating out, a nice diner would cost anywhere between 20 and 30 euro's, which is the same as back home.

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 in Trondheim is fantastic, with buses driving everywhere every 10 minutes. The costs are around €220 for a 6-month ticket, this includes night buses and trains within the area.

6. Free time

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

Must-sees in the area are, I would say, Bymarka where you can do beautiful hikes/cross-country skiing. A bit further away is the Vassfjellet Ski Center, this is also easily accessible and really fun for a day of (off-piste) skiing. In Sweden, Åre is a really nice place to go skiing. It is the 'apres-ski capitol' of Scandinavia, and has lots of slopes to explore. I recommend making friends with people who brought a car or going there by car yourself, this makes trips like these a lot easier! ;)

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

Tram to Lian: Europe's most Northern and Trondheim's only tram line takes you up the mountain for a beautiful view over the city and nice hiking opportunities.

Cabin trips: NTNU offers a lot of cabins, from relatively easy hikes to really hard ones, where you can go with some friends for 'the real Norwegian experience'. I recommend BUA for the (free!) rental of equipment like snowshoes, backpacks, sleeping bags, etc.

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

For going out in Trondheim, go to Solsiden! This cozy street offers a range of clubs, bars and restaurants where there's always something to do from Thursday to Sunday evening. Most locals go out here.

If you want to meet international students, or have some 'cheap' drinks, go to Samfundet! This could also be lots of fun but is most of the times less crowded than Solsiden. Still, a must-see in your semester in Trondheim!

Also at Solsiden is Barmuda, where the famous 'cava Sunday' is held. Cheap bottles of cava for once a week results in Norwegians queueing up around 10:00 in the morning, already tipsy, to continue drinking cava for the rest of the day and going out in the evening. The perfect Sunday and a real 'Trondheim' experience if you love to party.

7.Challenges & best moment abroad

What was a challenge you have experienced?

The dark, cold days could be quite tough. Especially in the beginning of the semester, missing home and not really having that much friends already in Trondheim this was sometimes challenging. However, this changed quickly since Erasmus friends are made within days!

What was your best memory abroad?

The international experience, meeting people from all over the world and doing everything together! From studying, to partying, to travelling, to playing sports, to hungover Sundays, the people you meet are your best buddies for your abroad semester. Moreover, we went to see the Lofoten and I think this is definitely one of the (if not the) most beautiful places in the world. Totally worth visiting, although it can get quite expensive!

8. Contact details (optional)

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