



WUR Goes Abroad

1. Student Information

Study programme WUR	BSc Internationale Ontwikkeling
Exchange semester (dd/mm/yyyy)	08/08/2023 until 22/12/2023
Exchange destination: University	Norwegian University of Science and Technology
Faculty	Trondheim
Country	Norway
City	Trondheim

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to explore living in a foreign country. I had never been abroad for such a long period of time and wished to taste a bit of that independence.

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

I chose Norway because I had wanted to go to the country ever since I was a little kid. When looking at the partner universities I decided that the NTNU in Trondheim would be the only fit.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Trondheim is not easy to reach, except by plane. However, since I wanted to travel in a more sustainable manner I chose to travel to the city by train/bus. On the way there I took the interrail card, but I would avoid this option when going to Trondheim since the amount of days on the cards does not fit for the days needed to get there. On my way back I travelled only by bus.

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	European Identity	7,5	About the extend to which European citizens identify as being European. The course also focuses on populism and radical right parties in relation to Euroscepticism.	5	Very interesting, I learned a lot
2	Children's Rights in a Global Perspective	7,5	About the specialized rights that children have. Focus on the extent to which the rights can be applied in all contexts.	4	Very interesting, sometimes a bit messy by way of structure.
3	Anthropology of Organisations and Sustainability	15	About the Anthropocene and the impact humans have on the earth, explained in different times and from different perspectives. Contains a lot of examples from all over the world.	3	A bit hard to follow as the teacher made it very abstract at some points. Rather interesting.
4					
5					
6					

What is it like to study there?

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

I would say the academic level does not reach the same level as the WUR does, the workload and difficulty were quite low. The online tools they use are quite sufficient. Examination was very well structured, the organisation of the institution is of very high quality.

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?

There was not much engagement with local students, which I missed a bit during my stay. However, the structure of the university was quite easy-going. The teachers were easily approachable and they replied to their e-mails quite fast.

What does the university offer students additionally?

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

There is a lot that is offered to students in Trondheim. There is an organisation that takes care of student welfare on behalf of the university and they have almost all the facilities one can think of. There are many sport facilities throughout the city, sauna's, cabins, café's. On campus there are also many self-study rooms and cafeteria's on all campuses.

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?

Rooms can be found on the private market, but the student welfare organization also offers a large number of rooms. Additionally, there are a couple of student villages run by other organizations across the city.

What is the culture of the country like?

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

The culture is very western. There are not many noticeable differences besides the economic situation. In Norway, prices are a bit higher than in The Netherlands. The food is also a small difference, most food in Norway can be a bit tasteless and there are some different meals that are common to the country, such as rommegrot or farikal.

Could you give some information about public transport infrastructure?

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

The public transport in the city is very good. There is a student discount on the travel cards and there are many buses that will get you from A to B at all times.

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:

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): I had to get additional insurance for my housing, which was 67 euro's in total for the whole semester

Housing costs per month & type of housing/accommodation: I lived in one of the student villages where I paid approximately 580 euros each month

Groceries: about 250 each month

Public transport: 50 euros for a monthly ticket

Restaurant/going out for dinner: there are a lot of student discounts everywhere, so if you search well enough you could find an easy meal under 20 euros, and water was always free.

Daytrips/sight-seeing: Norway is known for its nature, so a lot of things were free. If you plan smart and choose cabins in the mountains you could get away for a weekend for 20 euros plus transport costs. Airbnbs were also quite cheap.

Additional remarks regarding expenses?

the whole city/country is focused on students, so discounts can be found anywhere, just always look out for them and only pay the full price when you know it's the only option.

7. Free time

What are must-sees in the area?

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

The cabins from the university around the city. You can usually partly get there by car or public transportation and then continue by foot.

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

The sauna's in the university gyms

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Become a member of the NTNUI/Sit for gyms and other useful things. Also, the pizza tower near to one of the student villages is place one must have visited in Trondheim.

8. Challenges & best moment abroad

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

The biggest challenge was when we wanted to visit one of the many cabins, but the car did not make it through the snow on the mountain. We had to push the car through the snow before deciding it was a bad idea and we turned around.

What is your best memory of your time abroad?

Going on trips with my friends, especially the first trip we made, when we were barely friends. We were next to a lake and there was a rowing boat that came with the rent of the cabin. I basically got in a boat with a couple of strangers for a couple of hours, which was crazy but so much fun.

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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