



1. Student information

Study programme WU	Metropolitan Analysis, Design and Engineering
Exchange semester	01/02/24 until 10/05/2024
Exchange destination:	University of Bergen
Faculty	Social Sciences & Geography
Country	Norway
City	Bergen

2. Motivation for exchange

a. Why did you choose to go on study exchange?

- Be closer to nature
- Study in Norway as I wanted to experience its culture and nature
- Have space and time to reflect and learn new things in a different environment

b. What is the reason you chose for this country?

- Closeness to nature
- Cold climate
- Hiking possibilities
- Well-organized culture
- Peace and less people

c. What is the reason you chose for this university?

- Located not in a capital city, but a smaller city than I am used to
- Surrounded by mountains and the sea
- Several climate-related courses

3. Accessibility to reach destination

a. Do you have any advice about reaching your exchange destination?

- No I don't have any advice

4. University and studying

a. 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	Environmental Psychology	15	Environmental psychology focuses on the relation between individuals and their physical environment. This includes (but is not limited to) the study of human behavior that interacts with the natural environment. For example, humans play an essential role in both producing and potentially mitigating climate change.	3	<ul style="list-style-type: none"> - Introduction course - Interesting literature - Dedicated teachers with a serious research background - Basic course set-up
2	Geographies of a Green Transformation for Climate Resilience	10	This course in human geography addresses the concepts, theories and discourses of the green transformation. It situates green transformation-related challenges and solutions, including circular economy, green consumerism, and low-carbon energy production, within the context of a highly unequal and rapidly changing world. The course demonstrates how dynamic political, economic, and technological contexts can amplify environmental injustices yet also present opportunities for transformative responses.	4	<ul style="list-style-type: none"> - Interesting literature - Really passionate and knowledgeable professor - Close contact with course coordinators and peers → space for individual attention and help - Small course group - Master level - Challenging exam

b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain): Yes, there were several courses available for exchange students.

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): Yes, there were several courses available related to geography, psychology, and sustainability.

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain): Yes, I learned a lot from both courses and I felt constantly challenged.

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): Yes, both provided additional insights to my study program.

f. What is it like to study there?

E.g. Study forms, academic level, examination, workload, lesson material?

- Academic level is lower than what I am used to at Erasmus University and Wageningen University as there is less space for 'critical reflection'. However, the lecturers all had an interesting background and provided a lot of knowledge and personal knowledge.

- The study load was for both courses not really spread out over the semester, but piled up at the end of the course when there was a lot of pressure due to exams. However, when you keep up with the readings during the course it is do-able.

- MittUIb platform – similar to Brightspace – was used for all course material, schedules and updates. This was very clear and recognizable for me.

- Readings were all of great relevance and of a serious level.

g. What is the culture of the university?

E.g. How approachable are the lecturers, engagement with local students? What are the differences with WU?

- Comparable to Dutch Universities; open and safe atmosphere, enough study spaces and possibilities to talk and do group work.

h. What does the university offer students additionally?

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

- Catering possibilities
- 4 Sport locations throughout the cities to which (exchange) students can get a very good discount

5. Housing-traveling-living

a. What are the possibilities for housing?

E.g. Availability to sign up for a room on campus, private rooms, rent rates?

- Arranged through Sammen, they provide a lot of housing apartments throughout the city. Next to this there is Hybel.no on which you can find private housing possibilities.

b. What is the culture like?

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

- Very much focused on sports and going outside
- People are way more private and quiet and prefer to do things alone
- People won't approach you so easily, only when they have a question

c. Could you give some information about public transport infrastructure?

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

- All very well arranged through the city. You can get almost anywhere by tram. Students can buy a transport card for 40euros for a month, or you can buy a ticket every time which also offers a student discount.

6. Expenses

a. Can you give an indication of your expenses for/during your exchange?

Category	Expenses
Travelling there	300
Visa - if applicable	n.a.
Vaccinations - if applicable	n.a.
Insurances (extra) - if applicable	n.a.
Daytrips/sight-seeing	400 (in total)
Housing costs per month & type of housing/accommodation	500
Grocery costs per month	300
Public transport costs per month	40
Restaurant/going out for dinner costs per month	n.a.

b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands: higher.

c. Additional remarks regarding expenses?

7. Free time

a. What are must-sees in the area?

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

- All the mountains
- The fjords
- Train to Oslo
- Just explore! Everything is beautiful

b. What does not appear in a travel guide, but is definitely worth seeing/doing?

- I don't know, I have not checked a travel guide. I think just walking and hiking around will give you the best experience.

8. Challenges & best moment abroad

a. Any challenges? How did you deal with them?

No, no challenges.

b. Best memory?

Trailrunning through the mountains every Monday Evening.

9. Contact details

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name & email address (if yes)		