



WUR Goes Abroad

1. Student information

Study programme WU	Bsc Environmental Sciences
Exchange semester (dd/mm/yyyy)	30-01-2024 until 22-05-2024
Exchange destination: University	Norwegian University of Life Sciences (NMBU)
Faculty	Faculty of Environmental Sciences and Natural Resource Management + School of Economics and Business
Country	Norway
City	As

2. Motivation for exchange

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

I choose to go on study exchange because it was a nice opportunity to experience studying abroad. I was also interested in experiencing what it is like to live abroad, learn a new culture and meet new people.

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

I was interested in going to Scandinavia because of its beautiful nature and friendly people. It also has a different culture than the Netherlands which made it an interesting country. I ended up choosing Norway because of the university.

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

I chose NMBU because it had courses that corresponded with my interests and fit my study program. In my Environmental Sciences program I would have liked to follow more ecology courses, which I could do very well at NMBU.

3. Accessibility to reach destination

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

You can fly from Amsterdam to Oslo by plane. From Oslo you have two options to reach As: train or bus. I personally took the train. In that case you take a train from Oslo airport to Oslo central. The second train goes from Oslo central to As.

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	Forest Ecology	10	Course about how (boreal) forest ecosystems work	5	
2	General Ecology	10	As the name says, it is a course in which all the main principles of ecology are discussed and applied to practical examples	5	
3	Sustainability Leadership	10	A course focussed on how we can deal with wicked problems and how leadership can help in solving them	4	
4	Human Wildlife Interactions	5	A course looking at how humans interact and influence wildlife from a lot of different points of view.	5	
5					
6					

b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):

Yes

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain):

Yes

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain):

Yes

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain):

Yes

f. What is it like to study there?

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

For me the work load at NMBU felt a little lower then at WUR. This is quite nice as it gives you the opportunity to travel and explore the country. The academic level was quite good as well. Examinations really depend on the course you are taking. For some you have

written assignments during the semester, whereas others have exams or papers. One form of examination sometimes used at NMBU but not so much at WUR are oral exams.

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?

I think NMBU has a similar culture to WUR. Teachers and lecturers are quite open and happy to answer your questions. The Norwegians are very nice people, but also a little bit shy (in general).

h. What does the university offer students additionally?

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

The university has a quite good sports centre (Eika) very close to the campus (a bit like the WUR has with the Bongerd).

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?

If you are going to NMBU then SiAs is a good option for housing. It is the main housing institute in As and they are quite good. Rent depends on the type of housing you choose, but generally it is in the range of 400-500 per month.

b. What is the culture like?

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

Norwegian cuisine is generally focussed on seafood, as Norway has a long shore. People in general are very friendly, bit also a bit introvert. That is why they do not approach strangers that quickly

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

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

Since As is a small place you can walk to the university. Public transport tickets can be purchased either on the Vy or Ruter app.

6. Expenses

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

Category	Expenses
Travelling there	140
Visa - if applicable	x
Vaccinations - if applicable	x
Insurances (extra) - if applicable	x
Daytrips/sight-seeing	Really depends on activity
Housing costs per month & type of housing/accommodation	450
Grocery costs per month	220
Public transport costs per month	60
Restaurant/going out for dinner costs per month	Depends on where and how often you go

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

Generally, Norway is more expensive than the Netherlands

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?

Since As is half an hour with the train away from Oslo it is a good place to visit. Because As is small Oslo is also a good place to go party (half an hour distance with train). For longer travels, you can visit places like Copenhagen or Stockholm that are pretty close. Furthermore, places like Bergen, Lofoten, and Tromsø are great places for a trip.

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

I don't really know what's in the travel guides, but if possible definitely go visit the North/Lapland. I went on an ESN trip to Finnish Lapland and it was the best trip of the exchange.

8. Challenges & best moment abroad

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

The biggest challenge for me was going there to this country I never visited before and where I practically know no one. How to deal with it is simple: just travel there, and once you arrive everything will work out. You meet very nice people and get used pretty quickly to Norway.

b. Best memory?

ESN trip to Finnish Lapland. If you have the chance to join that one I definitely recommend!

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)		