



WUR Goes Abroad

1. Student information

Study programme WU	BSc Food Technology
Exchange semester (dd/mm/yyyy)	06/01/2024 until 30/05/2024
Exchange destination: University	NMBU
Faculty	Food Science
Country	Norway
City	Ås

2. Motivation for exchange

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

After two years in Wageningen, I felt like it was time for a change. I wanted to experience something different.

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

I initially chose other universities. However, I did not have the language requirements to apply for exchange in these destinations. Therefore, I either had the option to stay in Wageningen or go to one of the countries in which there were still spots available. There were still quite a few choices. I decided to go to Norway not for the country itself but because among the universities left available, NMBU was the one that seemed to offer more interesting courses.

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

NMBU has some interesting and quite specific courses related to food studies. Initially, it was not among my top choices as I was not interested in doing my exchange in the northern countries. Moreover, I was looking for a different university experience and NMBU is very similar to WUR. So, in the end going to NMBU was quite a random choice.

3. Accessibility to reach destination

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

I travelled by plane. Once you arrive at the Oslo airport you can get a train to the Oslo central station (10/20 min) and then from there another train to Ås (20 min). From Ås train station you can walk for 25 min to the student housing. Another option is to take a 1h bus directly from the airport to Ås. This option costs more and still you would have to walk for at least 30 min.

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	Cereal Technology	5	Very technical course on the physical/chemical properties of different crops and their functionality in baking	4	It is hard at the beginning of the course to see the bigger picture and understand why it is important to study the genetics of wheat. Towards the end of the course, it all comes together and you learn a lot of stuff
2	Alcoholic Beverages	5	General introduction to the production of the main alcoholic beverages: beer, wine, spirits	2	Much potential as the content is interesting but the professor does not put any effort in explain the content on the slides
3	Milk-based Ingredients	5	Overview of the different ingredients produced from milk, the process, their composition, their functionality	4	Great professor. Content a bit boring and too specific. No written exam, just a presentation on your essay
4	Sensory Analysis	5	Basic introduction course on different type of sensory analysis and panel training	3	Very basic. Ate quite a lot throughout the lectures as they teach theory through practicals in which the students are the panel. Fun approach but the content is introductory level
5	Natural Product Chemistry	10	Main classes of natural products and their reactions	2	Heavy course. Better to be quite prepared on organic chemistry. Not highly related to food products

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

Yes, if a student who does not speak Norwegian enrolls in a course, this course will be taught in English. This applies to all the food courses I have checked. In other studies, there might be some exceptions.

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

Yes, there are enough courses to make a choice.

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

Yes, as mentioned the courses were quite specific. At times too specific in the sense that it was hard to see what type of use I could have done with such a niche knowledge.

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

Kinda. The courses overall were okay, nothing stood out.

f. What is it like to study there?

You need to be organized. The schedule is very much up to you I had courses 4 days a week for 2/4 hours a day. Lots of free time on your hands. Workload less than at WUR. Examinations open questions. Most of the time requiring "essay" answers.

g. What is the culture of the university?

Similar to WUR. I found it hard to connect with Norwegian students as they seemed quite shy and reserved. I had to rely very much on other exchange students.

h. What does the university offer students additionally?

There is a very nice gym, basketball courts, beach volley courts, running track.

5. Housing-traveling-living

a. What are the possibilities for housing?

All the students I met lived on campus. Getting a house through university is very easy. There seem to be enough houses for all the students.

b. What is the culture like?

Student life is based on associations that are fully Norwegian. Very different way of interacting and partying from The Netherlands and other places I visited. The sports associations are a bit easier to join.

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

To get to uni you can walk for 5-10 minutes. To get to Oslo one-way costs 6 euros. A bus ticket to move in the area, valid for 90 minutes costs between 2-5 euros.

6. Expenses

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

Category	Expenses
Travelling there	300 euros
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	50 euros
Housing costs per month & type of housing/accommodation	470 euros, flat shared with other 5
Grocery costs per month	350
Public transport costs per month	depends
Restaurant/going out for dinner costs per month	Hard to say- one dinner out is easily 40 euros

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

Higher

c. Additional remarks regarding expenses?

No

7. Free time

a. What are must-sees in the area?

Oslo

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

Drøbak. Nice little town on the fjord.

8. Challenges & best moment abroad

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

The -25°C in January and February. The lack of sun. Feeling a bit lonely in my classes of 15 students in which I was the only one who was not Norwegian.

b. Best memory?

Sauna and swim in the icy fjord of Oslo.

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)		