



WUR Goes Abroad

1. Student information

Study programme WU	BBI
Exchange semester (dd/mm/yyyy)	06/01/2024 until 07/06/2024
Exchange destination: University	Nord University
Faculty	Faculty of Biosciences and Aquaculture
Country	Norway
City	Bodø

2. Motivation for exchange

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

I wanted to experience living in another country.

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

I chose this country for the beautiful nature.

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

They offered courses I found interesting.

3. Accessibility to reach destination

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

Taking a plane is by far the easiest way to reach the destination but if you have the chance, you should try to take the train for at least a part of the journey.

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	Marine Biology	10	Study of the oceans and how to research them	4	
2	Evolutionary Behavioural Ecology	10	Study of behaviour of (groups of) organisms and how these behaviours came to be	3	

3	Ecology 2	10	Study of ecology and the mathematical principals of modelling ecosystems	4	
4					
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?

Studying in Bodø was an amazing experience. I got to work with a lot of study forms that I haven't worked with before. The academic level was a little bit lower than I am used to, but it was not too low. The way of examination was also different. While one of the exams was a regular exam at the university, the other two were an oral exam and a take home exam. The workload was good. I had enough work so that I didn't feel like I wasn't studying, but I also had enough free time to explore the beautiful country of Norway. The lesson material was great, it was very interesting and the way of teaching was very interactive, which was a nice change of pace from the huge lecture halls at WUR.

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?

For me personally, I had no problem engaging with the local students. They were very open and welcoming. The international student organization helped with this as well. The lecturers were very approachable as well, I was never scared to ask a question or ask for help. One of them even helped me with some trouble I had while learning the Norwegian language, and after that he asked me a few times how that was going, which I really appreciated. At WUR I've also never been afraid to ask a question, but the divide between lecturer and student feels a bit bigger sometimes. This depends on the subject of course, if there are more hands-on practicals this divide will feel smaller since you are more directly in contact with the lecturers.

h. What does the university offer students additionally?

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

The university offered catering and a lot of study places. Sports were not directly offered by the university, but there was a gym close by which was reasonably affordable.

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?

The housing possibilities were amazing. The support was great and I never felt at a loss for what to do. When we were not feeling at home at our first residence, they even offered us an opportunity to move to a better place, and on the day of moving they even helped us by moving our stuff with a van. The rent was a bit more expensive than I was used to in Wageningen, but it was not ridiculous, especially considering all the benefits.

b. What is the culture like?

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

The Norwegian people were a bit more closed off when you first meet them than Dutch people, especially in the beginning when the days were darkest. However, when you actually got to know them they were really friendly and helpful. I definitely made some lifetime friends and I even ended up with a girlfriend, who showed me even more of the Norwegian culture. Norwegian cuisine is kind of similar to Dutch cuisine, if not a bit more simplistic. Habits and manners are quite similar to Dutch people, although due to being more closed off, the Norwegian people were a bit more quiet in public places, which made me feel a bit loud and obnoxious at times, especially when travelling with other Dutch friends.

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

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

The university was accessible by foot, but getting to and from the city centre had to be done with taxi, bus or car. The taxi's were very easy to order with an app or by calling. The buses went very regularly and in the weekends they went until 3:30 in the night.

6. Expenses

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

Category	Expenses
Travelling there	€600,-
Visa - if applicable	/
Vaccinations - if applicable	Free (with health insurance)
Insurances (extra) - if applicable	/
Daytrips/sight-seeing	Public transport was €35,- per month, mountains and rivers were free.
Housing costs per month & type of housing/accommodation	€550,- private bathroom, shared kitchen and living room
Grocery costs per month	Don't know
Public transport costs per month	€35,-
Restaurant/going out for dinner costs per month	Barely did this, usually €50,- or €60,- p.p.

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

c. Additional remarks regarding expenses?

Make sure you bring enough money or get a job.

7. Free time

a. What are must-sees in the area?

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

The mountains were amazing, I loved going on hikes. Lofoten are also a must see and the ferries are free, so there's no excuses to not go. The beaches and shores are also great, especially when you want to take a quick swim.

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

Bodø has some great and cheap sauna's. Also, going for a swim in the ice cold water always woke me up real good.

8. Challenges & best moment abroad

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

In my first few months I had a bit of trouble remembering to text the people I left back home. I dealt with this by being more conscious about this and planning times for phone calls or video calls.

b. Best memory?

Getting a girlfriend, by a long shot.

9. Contact details

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Name & email address (if yes)	Sebastiaan Kester, sebassie33@gmail.com	