



# WUR Goes Abroad

## 1. Student information

<b>Study programme WU</b>	Bsc Nutrition and Health
<b>Exchange semester (dd/mm/yyyy)</b>	08/01/2024 until 31/05/2024
<b>Exchange destination: University</b>	OsloMet University
<b>Faculty</b>	Health Sciences
<b>Country</b>	Norway
<b>City</b>	Oslo

## 2. Motivation for exchange

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

I wanted to experience how it is to live abroad. I wanted to step out of my comfort zone and I wanted to get more comfortable with speaking English.

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

I wanted to go to Scandinavia and mainly Norway, because the nature is beautiful there. I thought that I would like the lifestyle here. Additionally, they speak English very well, which is convenient for practising my English.

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

This was the only university in Oslo that had courses in my field of interest.

## 3. Accessibility to reach destination

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

The easiest way is to take the plane to Oslo (Gardemoen and not Torp!). There is a train from the airport to the city centre.

## 4. University and studying

### a. Could you provide some general information about the followed courses?

	<b>Course</b>	<b>ECTS</b>	<b>Short description of the contents</b>	<b>Appreciation of course: 1(low) – 5(high)</b>	<b>Remarks</b>
<b>1</b>	Public Health	10	The first two weeks lectures and the other four weeks group work. We had a	4	It was quite a nice course with a lot of group work. It was cool

			clinical placement in a HIV centre. The exam was writing a paper about HIV.		that we had a clinical placement to see how everything worked in practice.
2	Prevention and treatment of malnutrition	5	This course was last minute online and was mainly lectures. Nothing was mandatory, even the seminars. It discussed undernutrition and overnutrition in society, but mainly in clinical practices.	3	For me as a nutrition student it was really easy. It was nice though to learn a bit more about the clinical setting.
3	Evidence Based Practice	5	What are good articles and how to find them. We had to write a small essay about a provided health claim.	2	The course was honestly too easy and therefore a bit boring.
4	Parent-child relationships and adolescent health	5	First some background lectures. The exam was a group assignment. We had to write a paper about a self chosen topic.	2	Since we didn't have that many lectures, I didn't learn that much about the topic. It mainly depends on what your assignment is about.
5	Technology & Society	5	Individual assignment with two seminars each week (they were not mandatory though)	4	It was interesting and you could do it at your own pace.

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

Yes, it was okay. They have a list on their website with courses suited for exchange students. For some courses there are also some pre-requirements, so you are not able to pick any course you want.

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

No, not really. However, there was one semester program in my field of interest, the Health Sciences program.

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

No, not really. The courses were too easy for me. Especially since it was either pass or fail exams and mainly group work.

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

Yes, it was fine. Although most of the content was repetition, I learned a lot from collaborating with my fellow (international) students.

**f. What is it like to study there?**

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

Only one out of my five courses had an exam. The other courses were just (group) assignments. Usually you got some lectures at the beginning of the course to give some background information. After that you just worked on the (group) exam assignment. All my exams were pass or fail and I think it is quite easy to pass. The workload was in my experience way lower than at the 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?*

All the lecturers and the teachers were really approachable and enthusiastic about our backgrounds. All the students speak English here, but as soon as they can speak Norwegian again, they do. Therefore, it was sometimes difficult to engage with Norwegian students. However, my group members were really approachable and I learned a lot from them. Compared to my own studies I had more group assignments instead of normal exams.

**h. What does the university offer students additionally?**

International students get free access to the gym at the university. There are also a lot of associations you can join. A membership is not that expensive (depending on the type of association) and you get to know a lot of new/Norwegian people.

## 5. Housing-traveling-living

**a. What are the possibilities for housing?**

You can apply for student housing at Sio. This is like a student organization that has a lot of different housing options in Oslo. You apply a couple of months before you arrive, the sooner the better!! It's smart to put Sogn and Kringsja in your list, these two are the biggest complexes in Oslo. Also, as your sixth option you should put 'no preference' to be sure to get a room. You can apply for furnished rooms, which is pretty convenient. I lived in Sogn, the room was furnished with a bed + matrass (no duvet), closet, a desk with chair and a furnished kitchen. A lot of international students lived there since the rooms were furnished. It was really nice to live here and the 'vibe' was good. You can also rent privately, but that's usually more expensive. There are Facebook groups for this.

**b. What is the culture like?**

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

The culture is not that much different compared to the Netherlands. People are a bit more closed compared to Dutch people. However, once you get to know them they are really friendly and nice to talk to. Note that most (big) supermarkets are closed on Sunday and holidays.

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

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

You need to download the Ruter app. In the app you can buy a ticket. The cheapest option is to buy a 30-day ticket, which you can buy with student discount for around 45 euro. I never took a taxi, but I guess its quite expensive. The university has two tram stops and the closest metro station is around 10 minutes walking. Everything is pretty good accessible by public transport.

## 6. Expenses

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

Category	Expenses
Travelling there	170 euro; including luggage. I didn't book that early though.
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	20 euro (nature is free ;)
Housing costs per month & type of housing/accommodation	I paid 5558 NOK per month, which is around 470-500 euro
Grocery costs per month	250 euro
Public transport costs per month	537 NOK, which is around 45 euro
Restaurant/going out for dinner costs per month	Too expensive for me

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

Higher, almost everything is more expensive here.

### c. Additional remarks regarding expenses?

If you do your groceries wisely its not that expensive. Kiwi and REMA are the cheap supermarkets. At Storgata and Gronland you have a lot of stores with cheap fruit and vegetables. They also have TooGoodToGo with some good deals.

## 7. Free time

### a. What are must-sees in the area?

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

Oslo itself has lots of beautiful places to offer. The small islands are easy accessible by ferry (free with your ruter ticket) and definitely worth a visit during spring/summer. You can camp on one of the islands!

Outside of Oslo I would recommend Bergen and Stockholm for city trips. Both places are easy accessible by train. I would also recommend to rent a car and just drive through Norway. Tromso is a good place to see the northern lights and the place in general is just a magical postcard.

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

In the beginning of March the Holmenkollen skifestival takes place in Oslo. Cross-country skiing, biathlon and the combined take place in two weekends. You can sign up to be a volunteer! Its really fun and you get free food, a jacket and tickets for the festival. If you are here during the second semester, you will celebrate the 17<sup>th</sup> of May which is their National Day! You can become a member of DNT (outdoor association). If you are a member you can sleep in cabins all over Norway for just 5 euros a night, I really recommend it!

## 8. Challenges & best moment abroad

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

I had to go to the physiotherapist. However, I just made some calls and it was quite easy to make an appointment.

### b. Best memory?

There are too many good memories :).

## 9. Contact details

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
<b>Name &amp; email address (if yes)</b>	Eline Timmers; eline.timmers@wur.nl	