



WUR Goes Abroad

1. Student information

Study programme WU	Bachelor Biology
Exchange semester (dd/mm/yyyy)	01/01/2024 until 03/06/2024
Exchange destination: University	University of Stavanger
Faculty	-
Country	Norway
City	Stavanger

2. Motivation for exchange

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

It was something I came across through the University of Wageningen. It is an amazing opportunity to experience live in another country. Because of the fact that you study there, you experience the country on a much more day-to-day level. You get emerged in another culture, much more than you would when you are on vacation. And on top you can do anything you could do when you are a tourist. Moreover, the Erasmus grant makes it possible for students with less financial freedom. Even Norway, which in itself is very expensive.

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

The nature in Norway is amazing. I really like the contradiction of nature with Norway and the Netherlands, with Norway having a lot more mountains. The prospects of experiencing the different ecosystems and learning about them was very exciting to me.

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

It was one of the options to go to Norway. No more no less.

3. Accessibility to reach destination

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

I would not recommend a (flixBus)/train unfortunately, even with the green travel bonus. It is more expensive and takes much longer. With pain in my heart I say that the plane is the way to go.

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	Biochemistry	10	It is has somewhat the same as General Chemistry for the Life Sciences at WUR. Only then much more in depth.	3	
2	Geophysics	10	It is about seismic data and how to analyse different seismic models. The focus of this course is largely on the acquisition of Hydrocarbons.	2	
3	Energy Resources	10	This course explores different ways of obtaining energy, with a large focus on the transition to green resources.	2	
4					
5					
6					

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

Yes, there are a lot of English courses available. However, not many courses were suitable for my bachelor Biology. In this university, the focus is more about oil acquisition and engineering based courses.

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

No, as explained above, there was a very limited selection of biological based courses.

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

Yes, I am satisfied with the level of the courses. The level was a little less than the level at which courses are taught at the WUR. This gave me more time to experience the riches of the Norwegian nature. That is originally why I went on an exchange.

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

Yes, I am satisfied. I don't believe that this exchange period gave me more knowledge in the biological field. However, it gave me much more insight into different cultures, because the level of education was a little less and I met a lot of new people.

f. What is it like to study there?

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

Not too much different than at the Wageningen University, although the workload was significantly less. The Norwegian professors had a lot more patience of their students and gave us a lot more space and free time which I used create more memories.

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?

The lecturers are during the lectures really approachable, and are actively seeking feedback from the students. However, because of jobs my lecturers had on the side, there were some instances where there was no contact with the lecturers. Outside of lecture hours, the lecturers were less approachable than at the WU.

h. What does the university offer students additionally?

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

The University of Stavanger has excellent sport facilities at the campus. With a little effort, you can go to the gym or find a basketball, football, squash team and much more.

There are enough laundry facilities at the student houses.

There are catering possibilities at the campus. However, it is expensive (of course) and it closes at 5.

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?

There are enough student houses on and around campus. There is also enough variety between private rooms, rooms with shared kitchens and even rooms for couples. The rent rates are not too much more than in Wageningen.

b. What is the culture like?

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

The Norwegian people are much more laid back than people on The Netherlands. They value quality time with friends and family much more than in The Netherlands, which results in more free time. I think the best way to describe the Norwegian people is that they are much more 'private'. They usually don't start conversations, but are very friendly and helpful if you are the one to start a conversation. However, this result is that you won't be seeing much of the Norwegian in the common room eating together.

As for food, Norway is the county where the most frozen pizza are consumed per capita. Furthermore, salmon is relatively cheap and easily accessible everywhere. However, I did not really experience the Norwegian cuisine, aside from the salmon.

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 public transport in Norway is very good! You should get a monthly bus ticket for your region, which is affordable.

6. Expenses

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

Category	Expenses
Travelling there	200 euros for a plane ticket
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	You can make it as expensive as you want. I would recommend museums or hikes, which are mostly free.
Housing costs per month & type of housing/accommodation	400 euros
Grocery costs per month	? More expensive than in the Netherlands.
Public transport costs per month	30 euros

Restaurant/going out for dinner costs per month	I did not do this because it is way too expensive.
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b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands:

Higher, much higher because of groceries and expensive beer prices.

c. Additional remarks regarding expenses?

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7. Free time

a. What are must-sees in the area?

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

There are a lot of hikes nearby; for example Preikestolen, Dalsnuten, Trolltunga, Flørli 4444 and Kjerag. Most of these hikes are best reached with a car, especially off season. Also the museums are good and mostly free.

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

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8. Challenges & best moment abroad

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

My biggest challenge was to bring myself to come to the university on time and regularly. Because of the non-mandatory part of the lecture, it was really easy to just stay in bed. But in the end, I created more intrinsic motivation to get myself to the campus.

b. Best memory?

We went to the Lofoten islands for two weeks after the semester was over. That was insane, so many beautiful sceneries and lots of nature. We were camping in the wild and just living the live.

9. Contact details

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
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