



WUR Goes Abroad

1. Student information

Study programme WU	MSc Rural development & innovation
Exchange semester (dd/mm/yyyy)	15 januari until 16 june
Exchange destination: University	UiT
Faculty	(Marine) biology
Country	Norway
City	Tromso

2. Motivation for exchange

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

As a great learning experience, for my personal growth and academic growth. It was great to experience another university and learn from the focus on arctic marine life and also some social courses I took very location focussed. Mostly just because a great way to integrate and spend half a year abroad, get to know great people, have adventures.

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

Norway famous for its beauty, and tromso because so far north with all the extremes of snow and darkness and cold and light which really attracted me. I wanted to stay within Europe and outdoor culture and wild nature and good education system were also reasons.

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

Great marine biology courses with excursions including a short cruise (didn't get to do in the end), Sami indigenous people live here, find that interesting, gorgeous nature, wildest most extreme place of Norway?

3. Accessibility to reach destination

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

Go by trains and busses! Is quite a hussle, and long drive but through gorgeous landscapes! Make sure you have some time for it, can take some days off in between to stop already in southern Norway, explore, continue.

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	BIO-3506 Top predators in polar marine ecosystems: Biology, Role and Management implications	10	Relatively easy, loads of lectures, all different aspects of marine management big predators from anatomy to ecology to management. Holistic picture is interesting.	4	2024 spring Lectures very excited often, good English
2	HIS-2002 The Sami Nation. Indigenous people, ethnic minorities and the multi-cultural society	10	History of the Sami very much from Norwegian perspective from when they had contact, from middle ages to modern times and fight for rights.	3	Spring 2024 Lectures only, not much discussion, interaction, English lectures not the best, sometimes boring.. Not much anthropological information.
3					
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b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain): Yes only last minute all master marine biology courses turned out to be given in Norwegian this year so we last minute had to change to less exciting courses.

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): Yes there were still some courses available, more in autumn semester though.

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain): Yes, was easy, would have liked more challenging (I already followed 2 extra courses I didn't take exam in). Tromsø apparently not best education from Norway, was fun, not always super interactive. Could spend time energy outside of uni.

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): Yes, but would have liked to do Sea Ice biology course.

f. What is it like to study there?

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

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?

h. What does the university offer students additionally?

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

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?

In spring semester was super easy, housing in orndalen, first registration had immediately a house and some empty rooms as were not enough people to fill it. Rent was like Wageningen 380,-

b. What is the culture like?

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

Orndalen had great community vibe with many Erasmus students as close neighbours, having dinner together, parties, breakfast. Meeting people from different mostly European countries.

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

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

Cheap, busses go everywhere very reliable also in winter. When going out in the town at night not as many busses to orndalen during the week, you can not stay late. In summer better than there are scooters.

6. Expenses

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

Category	Expenses
Travelling there	200
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	Renting car sometimes
Housing costs per month & type of housing/accommodation	380
Grocery costs per month	++
Public transport costs per month	90
Restaurant/going out for dinner costs per month	

b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands: Higher, groceries quite expensive, you get used to it..

c. Additional remarks regarding expenses?

Alcohol is expensive, but traveling is super cheap! You can rent all your outdoor gear, tent, gass, skies, snowboard from turbo for free, amazing service in Norway, Scandinavian countries!

7. Free time

a. What are must-sees in the area?

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

You can often go by bus from tromso to hiking spots close by for weekend trips to DNT cabins in the mountains or day hikes. Esfjordbotn, sommeroy, vardentoppen, Lyngen alps.

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

Many things around tromso, everywhere you can hike and is beautiful, make your own track.

8. Challenges & best moment abroad

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

How to deal with fomo and large groups. Just accept you can not be everywhere, experience everything, let go of social media. Enjoy the moment, whatever you do is great, make the best out of the moment. Large groups are great, small groups are also great and make time for yourself sometimes.

b. Best memory?

Everything, cannot choose from memories.

9. Contact details

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