

## Molde University Norway

Quotes of Faculty of Sports and Nutrition students who followed their minor here in 2019.

### Impression after the first few weeks

The nature in Norway is beautiful, and the atmosphere is so relaxing. It is something completely different compared to Europe. It gives you the opportunity to meet people from all over Asia and it is the ideal place to explore Asia. Furthermore, Singapore is extremely safe and a modern city with a high living standard which makes it an easy city to live in. In the city and at the university everybody speaks English.

### Level of education and the courses

The exams aren't that difficult as long as you follow the courses.

### Housing (in private sector or organized via the university)

The average cost for housing is EUR 450,00 per month. Furthermore the average cost for food is EUR 300,00. This seems a lot of money per month, but there are tips and tricks to reduce this amount. Later on some of these tips and tricks are shared.

Last but not least EUR 200,00 for traveling, transportation and activities (like ESN sea battle):

<https://www.esnsweden.org/esn-sea-battle>

The average living cost are +-1000 euro's per month. It is expensive, but you can get the Erasmus+ grant.

### Tips for future students

If you apply for Molde University, they guarantee you a nice house near the uni.

There is a public transportation (busses in *More en Romsdale*). EUR 30,00 per month; Unlimited transportation to other places like Alesund, Andalsnes or the Atlantic Road.

Molde has 10 different student associations like ESN (European Student Network). They organize really cool activities. If you want to see the beautiful views of Norway; Join them!

Tips: The supermarket Bunnpris is really close to the uni and the campus, It's like an Albert Heijn in the Netherlands, only 2 time more expensive 😊

If you travel to the city centre (15 min by bus), you can go to the Kiwi (compared to the Aldi in the Netherlands). "cheapest" of the town.

If you like outdoor, traveling, hiking, climbing mountains, exploring countries and choosing your own (logistics and sports oriented) courses: you definitely have to go to Molde. If you like crowded, big cities like Amsterdam, I don't recommend you to stay in Norway for one semester.

### Short statement about the university

The university is not that big. But it has a library, a canteen, a bookstore and enough working space and computers. You can choose your own courses, and you can switch courses easily if they don't suit you. The teachers are nice and helpful.

### **Do you want more information?**

Please contact Lars van Golstein: [Lars.van.golstein.brouwers@hva.nl](mailto:Lars.van.golstein.brouwers@hva.nl)

And watch his Norway/ Molde video: <https://www.youtube.com/watch?v=SkhAgObQcag>