



# WUR Goes Abroad

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## 1. Student Information

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<b>Field of study in Wageningen</b>	Nutrition and Health
<b>Study period exchange</b>	02/09/2019 – 17/12/2019
<b>Country (exchange)</b>	Finland
<b>City (exchange)</b>	Kuopio
<b>University (exchange)</b>	University of Eastern Finland
<b>Faculty (exchange)</b>	Public Health

## 2. Motivation for exchange

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

- To experience different learning contents
- To improve a foreign language (English)
- To develop soft skills, such as adaptability, problem solving, curiosity
- To experience different learning and teaching practices
- To live abroad and to meet new people
- To gain knowledge of another country
- To build up a personal and professional network

### What is the reason you chose for this country/university?

- Quality of courses
- Facilities and services for international students
- Feedback from Erasmus+ alumni

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination? (E.g. bus, train, etc.)

- Flight to Helsinki and take the Onnibus or VR train to Kuopio

## 4. University and studying

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	Public Health in Humanitarian Crises	5	Writing an essay about either the war in Yemen or hurricane Dorian, focusing on how it affected public health and the role of an international organisation dealing with the problem	4	
2	Global and Local Public Health Issues	5	Online course. It consisted of commenting and asking questions about a certain health issue (eg NCDs) on a discussion forum with other students	3	
3	Advanced Health policy	3	Lectures about the health policy process, policy formulation, health policy implementation, policy evaluation and healthcare management, motivation and leadership	5	The lectures were very well structured and for me as a nutrition and health student, I found the content of the course very interesting.

**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

- Writing essays, learning diaries and exams

**What is the culture of the university? (E.g. How approachable are the lecturers, engagement with local students? What are the differences with the WUR?)**

- Lectures are often mandatory
- Little engagement with local students. I did not meet any Finnish students in class.
- One difference with the WUR is that some lectures do not have a break in the middle

**What does the university offer the student additionally? (E.g. Catering, sports facilities, laundry facilities?)**

- Very good catering (€1,97 for a meal)
- Multiple sports facilities
- Laundry facilities are offered at student housing

## 5.Housing-travelling-living

**What are the possibilities for housing? (E.g. Availability to sign up for a room on campus, private rooms, rent rates?)**

- Housing is arranged via Kuopas housing. It was easy to sign up and I was assigned a room very quickly. The rooms for exchange students are furnished and you will live with other exchange students.

**What is the culture of the country like? (E.g. Differences with home, local cuisine, habits, manners?)**

- Finnish people are more independent/don't like to talk a lot.

**Could you give a general price indication of the place of residence compared to living in Wageningen?**

- My rent was approximately €289,- / month for a 3-shared apartment. Compared to Wageningen it was cheaper.

**Could you give some information about public transport infrastructure? (E.g. Cost public transport card, taxi prices, how to travel to the university?)**

- I travelled to the university by bike, when it was not too cold yet. I also had a bus card. It costs approximately €36,- for a 30-day ticket with which you can travel unlimited in the area.

## 6. Free time

**What are must-sees in the area? (E.g. nearby destinations, how do you prefer to travel, when to plan?)**

- Lapland, Finland
- Koli National Park, Finland
- Lofoten, Norway
- St.Petersbrug, Russia
- Tallinn, Estonia
- Stockholm, Sweden

We travelled by bus and boat

**Do you have general tips and tricks about leisure time (E.g. recommendations for restaurants, going out?)**

- Café: Kahvila Kaneli, Kuopio
- Restaurants: Ozaki sushi and Restaurant Taikuri, both in Kuopio

**7. Contact details (optional)**

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