



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	BVG
<b>Study period exchange (dd/mm/yyyy)</b>	3 September 2019 until 17 December 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 improve my verbal English use and to go out of my comfort zone. Furthermore I wanted to see a new country and travel.

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

I often hear that Scandinavian countries has a good education system and in Kuopio they have courses in Public Health which I wanted to try.

## 3. Accessibility to reach destination

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

Fly to Helsinki and go by onni flex bus or 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	<i>Public Health in Humanitarian Crises</i>	5	How to organize public health in crisis	3	
2	<i>Public Health Nutrition</i>	5	Deals with the biggest diseases	5	
3	<i>Foundation of Public Health</i>	5	Basics of public health	3	
4	<i>Global and Local Public Health issues</i>	5	Internet course, discussion with other students about different topics every week	4	
5	<i>Infectious disease epidemiology</i>	3		2	
6	<i>Health promotion, Introduction to Theory and Practice</i>	2	Learning diary about lectures	3	
7	<i>Advanced Health policy</i>	3	Deals with aspects and challenges of health policy	5	
8	<i>Health, Culture and Society II</i>	2	Excursion with a lot of workshops and write an essay about it	4	

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

The methods of teaching are really different. A lot of interaction with discussions and group work. Furthermore less exams and more presentations, essays and assignments.

**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?)**

Lecturers were really easy approachable and really helpful. Classes with only exchange students and almost no Finnish students.

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

cheap lunches, cheap sport facilities, public transport discount

## 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?)**

if you sign up for a certain date they guarantee you a room. often a lot of exchange students live there

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

Finnish people are more introvert but really helpful. Finland is very safe.

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

yes about 320 euros

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

Public transportation is good from student housings to university and to the big cities, but not easy to nature places. You can get a monthly bus pass for 40,00 in Kuopio as a student.

## 6. Free time

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

National park koli, puijo tower, Tampere, Smoke sauna rauhalathi

**What does not appear in the travel guide, but is worth a visit?**

A lot of forest in Kuopio where you can do hiking trials

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

Kanelli (coffee place in center), Bar Nousu

## 7.Challenges & best moment abroad

**What was a challenge you have experienced?**

In the beginning it is hard to get used to the place and have the take care of a lot of things at the same time.

**What was your best memory abroad?**

The travels with friends

## 8. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input type="checkbox"/>	no <input type="checkbox"/>
<b>Name/e-mail</b>		