



# WUR Goes Abroad

## 1. Student Information

|   |                               |
|---|-------------------------------|
| <b>Field of study in Wageningen</b>       | Health and Society            |
| <b>Study period exchange (dd/mm/yyyy)</b> | 01-09-2021 until 15-12-2021   |
| <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?

I was excited to live somewhere else for a period of time and discover a new country and school system.

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

I decided to go to Finland because I never visited Finland before, and it is a completely different country with a different climate. I thought it was nice to try something different. The courses that are given on this university also made my decision a bit easier because I really liked them.

## 3. Accessibility to reach destination

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

I think the best way is to get the plane to Helsinki and go to Kuopio by train. The trains are very good and not that expensive. You can reserve it in advance.

## 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 | Principles of Nutrition          | 5    | This course shows the basics of nutrients and diets and I really liked it. | 4  | It was a very new insight in comparison with the bachelor Health and Society |
| 2 | Community-based Health promotion | 5    | This course is about the community-based health approach. It               | 3  | A lot independent studying and some group work                               |

|   |  |   |   |   |  |
|---|--|---|---|---|--|
|   |  |   | contained some groupwork which was nice and showed new perspectives.  |   |  |
| 3 | Comparison of international health and welfare systems | 5 | This course is about different welfare systems and people from different countries came to tell about their own system which made it interesting. | 4 |  |
| 4 | Health, culture and society                            | 2 | I personally didn't really like this course because I expected something different. It was about the arts of health and was quite vague.          | 2 |  |
| 5 |  |   |   |   |  |
| 6 |  |   |   |   |  |

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

I experienced not much workload. The most of my courses didn't have an exam expect from one. The others only had essays and presentations. I don't think the level is Wageningen, but the system is just very different which makes it more difficult to compare it. There were still some courses online as well.

**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?)**

Most of the teachers are really willing to help and answer questions. Most of my courses had many other exchange students and not many Finnish students.

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

The cantina of the university is very good! They have different restaurants with many choices also vegetarian and vegan. For students it is only 1.25-1.60 euros.

## 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?)**

When is signed up for Kuopas housing before a certain date they assured me of having a room. You can sign up for furnished rooms and there are I think 2 different flats. It was quite easy to get a room and the rent doesn't differ that much with Wageningen. I paid 370 euros per month for a room of 12 m<sup>2</sup>. I shared the apartment with two other international girls.

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

Finnish people eat quite early. They have lunch at 11 and diner around 5 pm. One of the habits they have is going to the sauna which is really nice in the cold weather.

During November and December there was many snow and sometimes the temperatures were around -10. There are as well not many hours of light in these months, I think only 5 hours. I never got used to this :)

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

In general, living in Finland is a bit more expensive. Groceries are a bit more expensive, especially alcohol.

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

In Kuopio I used a bus card which you can buy in the centre with a student discount. For one month you pay 39 euros and can use every bus. The connections are quite ok but differs on what time you travel. From my house to university there was not a straight connection, so I always walked to university (20 minutes).

For travelling in Finland, the trains are very good and you as well get discount. It is much cheaper than in the Netherlands.

## 6. Free time

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

There are many cities you can visit by train (Turku, Tampere, Helsinki, Oulu). It is as well possible to rent a car and go to national parks for example for hikes.

ESN is organising once a Lapland trip which is as well a must-see when in Finland.

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

I also went to Tallinn which I can recommend. There is a ferry from Helsinki.

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

I think my general tip is to a lot of weekend trips outside of Kuopio because it is nice to see a lot of the country!

## 7.Challenges & best moment abroad

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

In the beginning the apartments were almost empty. So, when I came here, I had to buy everything for the kitchen and bathroom etc. That was not very practical.

**What was your best memory abroad?**

My best memory is the Lapland trip, it was such a good experience, and we did so much in a short period. Next to that, I think it is really great to get in contact with many international students and make new friends abroad.

**8. 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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