



# 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 (dd/mm/yyyy)</b>	1-9-2021 until 14-12-2021
<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 wanted the experience of living in another country and to study there. I also wanted to experience a different way of teaching than the way they teach in Wageningen.

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

I like Scandinavian countries. So I checked which city in a Scandinavian country had courses that I would like to follow.

## 3. Accessibility to reach destination

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

Yes for Kuopio it is the easiest to fly to Helsinki and from there take the train to Kuopio, it takes 4 to 5 hours.

## 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	How public health functions during humanitarian crises.	3	
2	Public Health nutrition	5	Relationships between nutrition and diseases like cancer, cognitive decline etc.	4	
3	Community based health promotion	5	Learn the basics of community based health promotion and the implementation.	4	
4	Global and local public health issues	5	About global and local public health issues around the world.	3	
5	Health and bioethics	2	About ethics in scientific research.	5	
6					

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

The workload is low. When I was there most of the lessons were online and a lot of selfstudy. This is different from the WUR.

**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 are very approachable, the engagement with local students is low. In the WUR it is common to have a high workload and a lot of contact hours combined with a lot of responsibility. In Finland the responsibility is the same but very little contact hour and low workload.

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

The catering is very good, cheap lunches and good food. Sports facilities are also very good, lots of sports option, free rental of sports equipment and lots of group lessons. No laundry facilities.

## 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?)**

Via Kuopas.

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

I think it is quite comparable with The Netherlands. The people are a little bit more closed but very friendly and helpful.

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

In Kuopio it is cheaper than in Wageningen.

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

Public transport in Kuopio is okay. There are busses but they don't go really frequently. I bought a bike and for me this worked the best.

## 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 lots of things that you can do, mostly sauna and walking in the woods or nature parks.

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

I really liked going studying in cafes and going to the cinema.

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

Pancho villa had good food and was not really expensive, the same for Ozaki sushi.

## 7.Challenges & best moment abroad

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

For me the grocery store, which is something that I also really enjoyed. But at the beginning I found it difficult to find the food that I wanted, especially because I don't eat meat. I downloaded the app google translate, with that app you can scan the words and it will be translated.

**What was your best memory abroad?**

I think the ESN trip to Lapland, it was pricy but very worth it.

## 8. Contact details (optional)

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