



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Bachelor Food Technology
<b>Study period exchange (dd/mm/yyyy)</b>	31-08-2021 until 23-12-2021
<b>Country (exchange)</b>	Finland
<b>City (exchange)</b>	Helsinki
<b>University (exchange)</b>	University of Helsinki
<b>Faculty (exchange)</b>	Faculty of Agriculture and Forestry

## 2. Motivation for exchange

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

First of all, I wanted to experience new culture and travel while studying. This was a great opportunity given, and a chance which should not be missed. Second, I wanted to go to a capital city or any bigger city than Wageningen to experience city life besides student life as well.

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

I have always been interested in the Nordic Countries, and Finland in particular is known for high quality of education as well. Which in this case was a perfect combination of a capital, good education and also a Nordic Country which is much different from what I am used to.

## 3. Accessibility to reach destination

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

To reach Helsinki one needs to fly, since it is not reachable by train or bus. Once in Helsinki airport which is located in Vantaa, you can take the bus or the train which send you to the desired destination. For the travel routes you can check HSL app which is the national app for public transport.

## 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
<b>1</b>	FOOD-701 Food Crop Quality	3	Learn about different crops, their usage, suitability, and characteristics	5	Highly recommend the course, the teacher is great and the content too
<b>2</b>	ECGS-201 Perspectives on Sustainable consumption	5	Learn about the social interventions in changing consumer behaviour	2	It's a great course if you like discussions, and want to focus on social sciences in the field of sustainability
<b>3</b>	FOOD-113 Meat science	5	Learn about meat mainly focusing on biology of muscles	3	It's quite focused on biology of muscles, so if you like that the course is great. There are a lot of lectures in the week though.
<b>4</b>	ATM-302 Climate change now	5	Learn about climate change from different perspectives and listen some great panel discussions on climate change	5	A great course to learn more on climate change and the actions you can take
<b>5</b>	FOOD-103 Food Additives	5	Learn about food additives, their usage, limitations, and consumer fears towards E-numbers	5	A great course, the teacher is amazing and very understanding
<b>6</b>	FOOD-111 Dairy Science and Technology 1	2	Learn about dairy, mainly focusing on starters, their morphology, machinery in dairy production and probiotics	4	A nice course, but too few credits
<b>7</b>	EDUM-504 Sustainable Culinary Culture	5	Research, read and write an essay about sustainability in food consumption	5	A great course, but completely individual work, no classes or contact hours

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

The academic level is high but studying is much more focused on individual effort and learning, thus less contact hours. Some courses have exams which can be open book or they have assignments like projects, essays, learning diaries to assess your knowledge.

**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?)**

The lecturers are very approachable and friendly, they are very informal and closer to students than the teacher in WUR. They are also much more considerate and do not like causing stress to students.

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

There is UniCafe which has multiple locations and offers meals for 2.6 euros with student discount, the meals are very good, a big amount and very cheap (cheaper than cooking at home). There is also UniSports which has multiple locations around Helsinki in different campuses and offers a lot of sports and group activities.

## **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?)**

University helps you find a room which according to your preferences can be a shared one or a studio. There are other possibilities through Facebook pages or such. The rates of studios are higher (around 600+ euros) but the shared appartements are around 400 euros. The apartments are generally furnished with all you need, have saunas and laundry for free.

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

Finnish people are very helpful when you ask for help or directions, but quite closed to themselves in general. The local cuisine is mainly based on fish and its very delicious, also a lot of oats and rye breads and other baked goods. People seem colder but once you talk to them they are friendly, so don't hesitate to make the first step.

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

Living in Helsinki is more expensive than Wageningen, the rent is a bit more expensive (around 450 euros for shared apartment), supermarket prices are slightly higher for some stuff but comparable to Wageningen, drinks in bars are very expensive, and restaurants have similar prices depending on where you go.

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

When you are a student you can get a discount on public transport and a card which allows to use buses, trams, metros, ferry costs around 34 euros per month. Additionally, you can use Yango which is similar to Uber and as a reasonable price compared to taxis.

## 6. Free time

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

In Helsinki visit: The city centre (Helsinki Cathedral, Market Hall, Museums, National Library, Shopping Centres etc.), Oodi Library is the best place to study which is located in the city centre. Visit also Sompasauna (a local sauna after which you jump in the cold sea), Central Park, Lamassari, Botanical Garden, Suommelina. A cute café called Café Regatta is a great place to see the sunset. Nuuksio national park is close by which is great for hiking, and Lapland is a must in wintertime.

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

Poorvo is a cute city 30 minutes by bus which is a great place to spend half of the day.

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

Some great places to eat with decent prices are Haru sushi (sushi buffet with a great price), Vibami, Green Hippo Café, Lie Mi, Levant.

## 7. Challenges & best moment abroad

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

A challenge was to keep up with the studies and have fun at the same time. But, with good planning everything went rather smoothly.

**What was your best memory abroad?**

The trip to the northern of Finland, Lapland was the best thing in my exchange. It was a great trip to end my exchange with all the friends I made and seeing the northern lights was an unforgettable experience.

## 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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