



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Bsc Nutrition and Health
Study period exchange (dd/mm/yyyy)	05/01/2022 until 31/05/2022
Country (exchange)	Finland
City (exchange)	Kuopio
University (exchange)	University of Eastern Finland
Faculty (exchange)	Biomedicine

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to discover what it is like to live in a different country: different climate and culture. Besides, I wanted to get to know myself better by challenging myself and to see how I am in a completely different environment with new people, who all live in different countries.

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

I wanted to explore a country which I did not know and had not visited before. I wanted a different climate and I really liked the courses the University of Eastern Finland offered.

3. Accessibility to reach destination

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

The best method to reach Kuopio, is to fly to Helsinki and take the train to Kuopio, (you can buy a ticket for the train at the website "vr.fi"). The train station is located at the Helsinki Airport. The train takes about 4 hours. Another option is to fly from Helsinki Airport to Kuopio Airport.

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	Nutrigenomics	6	A course about the relation between nutrition and genomics.	4	Very good course, a lot of information from the lectures, unfortunately these lectures were online due to covid. However, I enjoyed the course and learned a lot.
2	Health and Bioethics	2	A course about the ethics within the topic of health and biomedicine.	4	This was a self study course, in which you had to complete 3 modules online. It was very informative with good explanation clips, case studies and quizzes.
3	Cancer Research and Modelling	4	A course about different types of research within the topic of cancer.	3	This was a really interesting course, however the workload was high compared to my other courses at UEF. Group work, lectures, writing an own report, two presentations and an exam were included. However, I learned a lot and the topic was very interesting.
4	Cancer Biology	4	A course about the biology of cancer.	5	This course was very interesting, comprehensible lectures with a lot of details about the whole process of cancer.
5	Public Health and Vulnerable groups	3	A course about public health for vulnerable groups, also country specific.	2	This course included a discussion forum, in which you had to reply a few times per week. There were a lot of different topics within public health and vulnerable groups, although it was interesting, I can't really describe what I learned exactly from this course.
6	Nutrition in the Life Cycle	5	A course about nutrition throughout different phases in life, as a baby, child, adult etc.	4	I liked this course a lot, because we had case studies each week, which provided a more practical view on this topic. This course did not include an exam, but one written report and active participation during the group work sessions.

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

A lot of courses did not include a final exam, which I am used to in Wageningen. I liked that there was more group work, written reports, presentations etc. The workload is definitely lower than in Wageningen, I had a lot more free time, you don't have a class every day.

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 culture of the university is very accessible, also because the very good lunches and the comfortable library, a lot of students come to the university, which I really liked. Although, the contact was mainly with other exchange students, with local students it was hard to make contact.

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

The sport facilities were offered by the student union, which you could buy for approximately 30 euros for a whole semester. This included a wide variety of classes, which I really liked, especially the indoor biking classes. The catering at university was very good, lunches included a warm meal, salad, bread, drinks, and all for approximately 2 euros. Laundry facilities were included within Kuopas, the housing organisation. Lastly, the university had free sauna, which I really enjoyed.

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?)

You can sign up via Kuopas, a housing organisation. I signed up in the weekend, and the next Monday I already received an offer.

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

Finnish people are more to themselves, more independent and are not used to say hi to strangers. This is something I really needed to get used to and something I liked less about Finland.

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

The rent was approximately 300 euros per month for the apartment, which is about the same 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?)

You can travel by bus to the university. You can buy a student bus card at a kiosk in the city centre, each month is approximately 36 euros and then you can travel unlimited in the area of Kuopio. Difference compared to the Netherlands, is that you don't have to check out with your bus card, only

check in! If you want to travel through Finland, you can buy a train ticket at vr.fi, important is to select "student", then the ticket is cheaper.

6. Free time

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

Finland has a lot of saunas and there are a lot of sauna facilities. I would definitely recommend trying the sauna, I fell in love with it! Also the "saana" in Kuopio is worth a visit and the smoke sauna in Kuopio. Furthermore, I would recommend a visit the capital city of Finland, Helsinki. Then I would also recommend to take to the boat to "suomenlinna", a beautiful island.

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

There are a lot of BBQ places in the forest area in Kuopio, really cool to walk in the forest and have a nice BBQ after!

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

The bar which a lot of the exchange student went to is bar Nousu, here you have the opportunity to enjoy some drinks and to dance. Furthermore, there is a bar, called "alepuppi", where you can talk and play pool.

7.Challenges & best moment abroad

What was a challenge you have experienced?

A challenge was at the beginning, due to technical issues, my username and password for UEF did not work, so I could not apply for my courses. This happened to a lot of people, luckily it was solved! Another challenge is the light outside, when I arrived in January the sun rose at 10 am and set at 3 pm, not a lot of light! Although I enjoyed all the snow and ice during this time.

What was your best memory abroad?

My best memory is all the people and the community we formed. I discovered that even though you are from different countries, you always have similarities and are actually not that different!

8. Contact details (optional)

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