



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	BSc Nutrition & Health
<b>Study period exchange (dd/mm/yyyy)</b>	1 <sup>st</sup> September until 14 <sup>th</sup> December 2022
<b>Country (exchange)</b>	Finland
<b>City (exchange)</b>	Kuopio
<b>University (exchange)</b>	University of Eastern Finland
<b>Faculty (exchange)</b>	School of Medicine: Public Health

## 2. Motivation for exchange

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

- Improving my English language skills
- The adventure of living abroad for a few months

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

- I was interested in Public Health courses and on the University of Eastern Finland there was the option to follow a lot of courses, which had my interest.
- I heard stories of previous exchange students who went to Finland. They told me it was a nice university to spend your time abroad.

## 3. Accessibility to reach destination

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

- I took a flight from Amsterdam (Schiphol) to Helsinki Airport, from there I went by Omni bus to Kuopio, but there is also an option to went by train.
- Since my exchange period was quite short, my last course deadlines were in the beginning of December. I decided to travel back home by train/busses/ferry, so I visited Tallinn, Riga, Warsaw and Berlin before I went back to the Netherlands.

## 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	Foundations of Public Health	5	An introductory course about Public Health concepts. The course exists of several compulsory lectures and grade was based on a group presentation.	2	As an fourth year bachelor student this course was not really difficult, I did not hear a lot of new information and it was definitely not a challenging course.
2	Public Health Nutrition	5	This course consist of group discussions about different diseases in combination with nutritional aspects. The grade was based on a learning diary of the topics and a presentation about a paper.	4	This course was quite interesting, even though I already knew a lot about the diseases from earlier courses. It was still nice to discuss with students about the topics, however sometimes it was a bit too superficially.
3	Global and Local Public Health Issues	5	This was an online course, where you had to write 3 posts on a discussion form each week about different health issues. For example infectious diseases or social health context.	3	This course had interesting topics, and you have a group discussion online about a certain topic each week. Each post had to end with a question, which your fellow students were going to answer, which makes this course quite interesting.
4	Ethics and Health	2	This online course was writing a learning diary about several aspects of ethics in combination with health.	1	In my opinion ethics is far more interesting to discuss in class, however this course was online and you only had to write a learning diary for your grade, which makes it not an interesting course.
5	Introduction to Health Promotion	5	This course consists of several (online) lectures and assignments about intervention development and several health projects. The grade is based on four assignments about a chosen health promotion project.	3	It was an interesting course, because it differs from the other courses I chose to do in Finland. However the information was very basically and I already heard the most things in another course at WUR. The assignment was vague, since you has to work on the same health promotion assignment the whole course, while this was not clear in the beginning.

<b>6</b>	Public Health in Humanitarian crises	5	Lectures about different topics of Public Health concepts during certain humanitarian crises and writing an essay about the war in Yemen.	5	This was my favourite course during my exchange period. I found it interesting to learn about the war in Yemen in connection with a specific organization. Further, I learned about policy making during such a crisis and the historical aspects.
<b>7</b>	Health Economics and Public Health	3	This course consisted of compulsory lectures and had an exam in the end with a mix of multiple choice questions and open questions.	5	I think this was one of my most interesting course, since I had no course about (health) economics before. I learned a lot of new information about this and the content was quite interesting.

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

- I did not experienced much workload, despite taking 30 ECTS compared to 24 ECTS in the same time period as Wageningen.
- I had only one exam, all other courses had presentations or learning diaries.
- The learning system was very different compared to Wageningen, since all the lectures where compulsory and you had to do more assignments in between instead of an exam and deadlines in the end of the course.
- There were still some course 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?)**

- The courses had almost no Finnish students, only exchange and master degree students.
- The teacher-student relationship is more informal than in the Netherlands and the classes are small.
- The university has an academic quarter, which means all classes started 15 minutes later than stated in the schedule.

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

- The university provides a warm lunch including salad, which costs €1.60 euro for the vegetarian option.
- Sykettä provides a sport card for 35 euro / semester, with that you can go to the university gym and sign up for group classes. I really liked the pump-classes, which were given three times a week.
- The laundry facilities are at Kuopas (housing service) itself, on forehand you get a link in your email where you can reserve a washing machine.

## 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?)**

- I signed up for a room on Kuopas and within 24 hours I had an offer for a room.
- There are two locations where the most exchange students are living: Katiskaniementie 6 and Kuntokuja.
- The costs of my room were 340 euros / month, which is quite similar to Wageningen.
- I shared the apartment with one other international exchange student, but there is also an option to live with two other students.

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

- Sauna & karaoke!
- The local cuisine is mainly based on fish/meat and mashed potatoes. They like to eat their lunch at 11:00AM and their dinner before 17:00 o'clock.
- Finnish people are a bit shy, but very kind as well. They speak quite good English and you can always ask them for help.
- Hiking in the nature and barbecuing in the forest.
- All study associations have their own colour overall with badges, you can get badges at special events.

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

- The groceries are a bit more expensive compared to Wageningen, but if you look for the cheapest options in Prisma (big supermarket) or Lidl then it is quite affordable.
- In general, I think the prices are a bit higher, but nowadays with the inflation in the Netherlands I think that it is not that expensive anymore.

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

- A public transport card costs €35 euros for 30 days, with that you can unlimited travel in Kuopio by bus. The bus card itself costs €5,-.
- The bus stop of bus 7 was directly besides my apartment at Katiskaniementie, this bus stopped also at the university and was during approximately 25 minutes.
- I bought a bike, which I used as long as there was no snow and travelling to university was approximately 20 minutes.

## 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/bus, for example Tampere / Helsinki / Takho.

- It is also an option to rent a car and go to National Parks or Savonlinna (castle). This was easy and affordable by PlanBill.
- Going to Tallinn/Riga by ferry for a weekend is also worth the visit.
- There are several hiking places in Kuopio, for example Neulamäki and Puijonmäki.
- Going out and doing karaoke at Callacucco, Apteekeri or Nousu.

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

- I think most of the things near to Kuopio are already mentioned in a travel guide or on Google. Tahko is as far as I know not mentioned anywhere, but that was a small village one hour away from Kuopio with a nice hiking area and skiing area.

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

- Visiting other cities in the weekend is a nice way to see a lot of the country, since Kuopio is not a really big city.
- There are restaurants in the Sokos, which is in the city centre, that are nice to go to.
- The alcohol prices in Finland are higher than in the Netherlands, but on weekly days there are some clubs, where you can buy your drinks with student discount. For example Ale Pubi, Bar Nousu or Apteeki.

## **7. Challenges & best moment abroad**

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

- When I arrived in my apartment there was no cookware and tableware.
- Not knowing when and if you are going to have a roommate.

#### **What was your best memory abroad?**

- Lapland!
- Seeing the northern lights for the first time with my new friends.

## **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>		