



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Bachelor Food Technology
Study period exchange (dd/mm/yyyy)	12/01/2022 until 31/05/2022
Country (exchange)	Finland
City (exchange)	Helsinki
University (exchange)	University of Helsinki
Faculty (exchange)	Food sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

Because I believe it is a great way to combine the desire to travel and study.

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

I chose Finland because I believe there are some countries that take more time to visit. In 5 months, I visited a lot of places, and it was definitely worth it. I decided to pick Helsinki University because I saw it is an excellent school and plus it is the capital of the country.

3. Accessibility to reach destination

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

Helsinki has an excellent public transport system. You have to download HSL app which allows you to buy tickets and find the right bus for wherever you need to go. Students have a discount, you have to go to get the HSL card and charge it according to your needs.

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	Diet related molecular mechanisms of chronic diseases	5	The course is about molecular and physiological mechanisms leading to the development of chronic, non-communicable diseases. The students learn how diets, nutrients and phytochemicals can affect the development of NCDs	5	
2	Food fermentation and enzyme technology	5	The course is about the different types of fermentation and the role of the different microorganisms involved. The other part of the course is about the use of enzymes in food processing. (group work+ final exam)	4	
3	Nutrition and Society	5	The course is about health promotion and how to make a descriptive plan for a health-promoting program (group work + final exam)	4	
4	Vitamins and other bioactive substances	5	It is about learning vitamins and other bioactive substances. The students had to learn how to identify the different vitamins from the chemical structure, their functions, the different analytical methods, the recommended intakes. In addition we talked about the	4	

			pros and cons of supplementation. (3 assignments + final exam)		
5	Potential novel methods and technologies	5	It is about several novel processing technologies and their influence on food material, e.g., microorganisms, enzymes, sensory properties and shelf-life (group work + presentation + final individual essay)	3	
6					

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

It depends on the courses you take, but generally you have lectures and some assignments. Many courses ask you to work in a group either to do a presentation or a report. There are several ways students can be examined; the on campus exam but also take home exams that last for 24h as in my case. I would say that on average you have less lessons per day in contrast to WUR but the assignments can be quite challenging.

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 teachers are very helpful. They helped me a lot during my exchange. It is very similar to WUR. However I know that some students could not take some resits because they were too late for the registration, so keep this in mind.

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

As far as I know students have the possibility to eat at the canteen (Unicafe) which is really cheap. If I am not wrong you get a whole meal for 2€. I believe there is also a discount for students who want to join the gym.

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?)

As far as I know there are different systems to rent a room. In my case I was in a nice studio with other 4 people but some of my friends were with even more people of different sex or they had a self-contained space. The rent depends on your type of accommodation. Mine was about 400€ per month.

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

Finnish people are quiet and it is hard to become close to them if there are other international students around you. The cuisine is based on fatty food products like butter, fish and meat. The supermarkets are huge with a lot of products. The prices are really high for fresh foods like vegetables and fruit.

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

Living in Helsinki is for sure more expensive than living in Wageningen. Firstly because during winter you have to take the public transportation while in Wageningen you can just ride everywhere. Secondly the rent is a bit more expensive than what you can find on average in Wageningen. And finally, the food is really expensive, but this really depends on the person. It can be cheaper for instance if you would go every day both for lunch and dinner at Unicafe.

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

If I am not wrong the public transportation card is about 40-50€ per month. The taxi is really expensive. I used to go to university on foot, because my Hoas building was really close to Vikki campus.

6. Free time

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

If you go to Finland you can't miss Lapland. Then around Helsinki there are a lot of places to see and go like café Regatta, sompasauna, Nuuksio National Park, Suomenlinna and other islands. Cities you could visit are Porvoo, Turku, and Tampere.

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

If you want to have fun at night you must go to the Irish Pub.

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

If you are brave enough you can go to the sauna and then get into the cold water during winter. If you like dancing you must go to the Irish Pub but also Maxine.

7.Challenges & best moment abroad

What was a challenge you have experienced?

For sure the cold and Covid.

What was your best memory abroad?

Visiting Lapland and other places with my new friends.

8. Contact details (optional)

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