



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Communication and Life Sciences
Study period exchange (dd/mm/yyyy)	22-08-2022 until 16-12-2022
Country (exchange)	Finland
City (exchange)	Jyväskylä
University (exchange)	University of Jyväskylä
Faculty (exchange)	Faculty of Humanities and Social Sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

First of all, I thought of an exchange as a nice challenge out of my comfort zone. Figuring everything out by yourself in a different country. And another reason what made me do an exchange are all the positive experiences of other students I have heard and read about. I wanted to experience the same.

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

I chose this university because the (social science) courses were really appealing to me. When my exchange began I did not know what to expect of Finland nor the city I was going to. And it is a city I would not go to on a holiday so I thought that this would make this extra special as an exchange destination

3. Accessibility to reach destination

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

The most convenient way to get to Jyväskylä is taking the plane to Helsinki. From Helsinki airport there is a train (takes approximately 3.5 hours) to get to Jyväskylä. A slightly cheaper option is go to the centre of Helsinki by train (10 minutes) and from there you can take a Onni bus (around 3.5 hours too, but no transfers).

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	Gender Studies Seminar	5	All aspects of gender come across	3	Everyone has to write an essay about gender related to any subject, after that discussions of the essays take place
2	Migration Policy	5	Migration in relation to politics	3	The study material did not go that much in depth.
3	Digital Marketing	6	Online course which covers marketing in an online environment	4	Very interesting material, and efficient that you can work on it whenever you want.
4	Current Trends in Development Policy	5	Policies in order to create more equality	3	Lectures were slightly chaotic.
5	Introduction to Intercultural and Multilingual Communication	5	Communication in light of different cultures and languages	4	Interesting and actual lectures.
6	Conflict and Intergroup Communication	5	How communication plays a role in conflicts	4	Interesting and interactive course.

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

For almost all courses I had to write an essay. You are granted a lot of freedom when writing this essay. Most courses also had groupwork. Furthermore, the workload was really doable and the academic level was also just fine.

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 really nice and safe. Everyone is really kind and willing to help. Also the lecturers are always open to help with answering questions. Engagement with other students was especially possible because of the groupwork sessions I had.

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

The university offers many things, sports, catering in every building for cheap prices (I would recommend!), medical assistance, great study facilities (library with couches and comfortable seats).

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?)

Exchange students can sign up for housing via the university. Every exchange student I met there got their room via this way. Really convenient and you do not have to stress about getting a room. The accommodations via the university are especially aimed at exchange students, so it is directly a good way to meet others.

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

A thing that struck me the moment I arrived is that Finnish people are really introvert and are not as direct as Dutch people. Besides this, the sauna is a big thing in Finnish people their lives.

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

The housing prices are really comparable to the prices 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?)

First weeks I transported myself electric steps, but after this got too expensive I rented a bike. The Public transport prices are not too bad. For trains across Finland you should look up VR Finland and Onni bus.

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 beautiful national parks in the surrounding, however they are hard to reach by public transport. Renting a car is the most convenient option, Omago is a cheap car rental. Also, visiting an ice hockey match of Jyväskylä ice hockey team is something I would recommend. Lapland is also a must see in the winter months, it is nice to do an organized trip by ESN.

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

A visit to the capitals of Estonia and Latvia is something I really enjoyed.

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

The revolution is a nice bar on the Wednesdays with cheap drinks. Join the student union in order to get discounts on the meals served at the University.

7.Challenges & best moment abroad

What was a challenge you have experienced?

The cold and especially the short days in the winter months were sometimes a bit depressing. Taking Vitamin could help.

What was your best memory abroad?

meeting new friends and traveling around with them to Sweden, Norway, Lapland, Estonia, and Latvia.

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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