



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Nutrition and Health
Study period exchange (dd/mm/yyyy)	09/01/2023 until 31/05/2023
Country (exchange)	Finland
City (exchange)	Kuopio
University (exchange)	University of Eastern Finland
Faculty (exchange)	Public Health

2. Motivation for exchange

Why did you choose to go on study exchange?

When I started studying in Wageningen and learned about the possibility to go on exchange I immediately knew that I wanted to do that. I wanted to experience how it is to study and live somewhere abroad. To get to know a new country and meet people from all over the world.

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

First I looked at which were the options for my study field, then I looked at what kind of courses they were offering. Then I saw that Kuopio had some courses which I found interesting and I had never been in any of the Nordic countries. So this together made me choose for Kuopio because I knew this would all be a totally different experience for me.

3. Accessibility to reach destination

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

If you have a lot of time beforehand it is possible to go all the way with train, bus & boat to Kuopio but this will take you some days. I myself flew to Helsinki and took from there the train to Kuopio. The flight is around 2 hours and then the train is around 5 hours, but this travel is possible in one day. Also if you book this train really early it can be really cheap, during my exchange sometimes I paid around 9 euro for this train.

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	<i>Food and Nutrition Programs and Policies</i>	5	The name literally says where it is about. You learn which programs and policies there are and how they are formed.	3	
2	<i>Occupational Health</i>	5	Here you learn about all the hazards of working from physical to mental.	3	Online course
3	<i>Health Care Systems</i>	2	Here they teach you about all different health care systems and you will more detailed compare two yourself.	2	Course was only 2 weeks
4	<i>Nutrition in the Life Cycle</i>	5	You will learn about nutritional needs in all the stages of life.	4	
5	<i>Public Health and Vulnerable Groups</i>	4	This was a really broad course you could fill in mostly yourself. But it is about all different vulnerable groups and their issues in normal society.	3	This was online via an discussion form, so no lectures, prerecorded videos or groupwork.
6	<i>Public Health Challenges in Asia</i>	5	This course was formed by all different guest lectures where people told about all challenges in different parts of Asia.	3	Online course

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

I only had public health courses and they were also partly from the open university and that is why half of them was only given online. I did not have any exams, all my courses were graded with an end essay or presentation. All the courses were master courses but I must say the level was lower than in Wageningen I did not have much workload and also did not think it was really difficult.

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 is really different than in Wageningen. All the courses I followed were mostly only followed by internationals it seemed like they had separate courses for the exchange students. Also

in Wageningen people meet at university to study together and have coffee breaks, but here the university was always way emptier. The library here was also smaller and less full compared to Wageningen, here people study more at home I think. The teachers were nice, it was easy to approach them and if you had any difficulties you could always email them.

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

They had sport facilities and it was also possible to follow sport classes just as by the Bongerd. Also it was possible to book a sport room to play football/volleyball/badminton yourself and they even had a sauna. Which was also really nice that if you became member of ISY you could lend a lot of things for free. They had a lot of (board)games, ice skates, sleds and more in good shape what you just could lend for a week. But the best was the lunch at university, at this moment it was the busiest at campus. For 1.83 for vegetarian/vegan and 2.95 meat you had a full warm lunch with salad bar, bread and something to drink. This was this cheap because it is funded by the government but this made everyone come to university almost every day.

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?)

The possibility of getting a room is really easy. They have one company which arranges all the rooms for students in Kuopio. They have 2 complexes with furnished rooms, so that is where the exchange students are placed. When I signed up for a room they answered and offered me a room in less than 24 hours, so that went very smoothly. I had a shared apartment with 2 other girls. They have 2 or 3 person apartments. I lived in Katiska and paid 287,02 per month. Here the 2 person apartments cost around 20/30 euros more. This was around 15 minutes by bus to the campus. The other complex, Kuntokuja, had bigger rooms, also shared with 1 or 2 others persons but also costs around 100 euros more. This was a 15 minutes' walk to campus.

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

People are way more close and to themselves. Finnish people are really friendly and willing to help but they will not approach you often by themselves. Only in the sauna, which is a big part of their culture, they are more talkative. Also they really like to be outside and do outdoor activities like ice skating or cross country skiing.

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

As said earlier the rooms have a really good price, cheaper than my room in Wageningen and the lunch at school is also really cheap. Doing groceries is around the same or a bit more expensive than in Wageningen but going to a bar or a restaurant is expensive. You do not have cheap bars or restaurants here so I also did not eat or drink out often here.

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

Where I lived was quite far from the city centre and university so I always had to take the bus but there was the possibility to buy a monthly bus ticket with student ticket and then you paid 37 euro per month and could take the bus as much as you wanted. In the night there was one taxi company who had 15% student discount and then if you were with 4 people it was around 5 euro per person to go from city centre to where I lived.

6. Free time

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

The city is quite small, so you really come here for the outdoor life. I was there from January till May so this was really the winter season. There is a tower on a hill with really nice views where you also can hike and go sledding. Also the big lake was frozen and had a 7,5 km ice skating track and there was also another nice ice rank, furthermore more nice hikes, cross country skiing and there are places to bbq outside everywhere.

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

Go on a hike and bring (vegetarian)sausages to have lunch at one of the bbq places. There is already wood there, it only needs to be chopped and you have to bring your own fire starter.

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

Ale Pupi and Nousu are places to go out or have a drink and there is a pool/bowling place which is really nice. But to be honest, if you want a party half year I do not think Kuopio is the place to be but there are so many nice other things to do that you will not miss it.

7.Challenges & best moment abroad

What was a challenge you have experienced?

I think for everyone the beginning can be a bit challenging by figuring out everything and being without people you know but it gets normal really fast.

What was your best memory abroad?

The whole experience, I did do so many nice things, made new friends and saw amazing things. There was a lot of time to travel; Lapland and Lofoten with ESN and also countries which surround Finland are easy to travel to.

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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