



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor Science of Tourism
Exchange semester (dd/mm/yyyy)	14/08/2023 until 21/12/2023
Exchange destination: University	University of Lapland
Faculty	Social Sciences
Country	Finland
City	Rovaniemi

2. Motivation for exchange

Why did you choose to go on study exchange?

My motivation to go on exchange was firstly because I wanted to live in another country and because it meant I could really step out of my comfort zone to meet all new people.

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

This university was actually my second choice but I really wanted to go to Lapland because it was already on my bucket list. The climate therefore attracted me most to go.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I myself went by plane but many exchange students also went by train so that is definitely an option too.

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	Indigenous (Sámi) Spirituality and Religious Beliefs	5	In this course, the focus was on the rituals practised by the Sami.	1	The professor had placed an entire text on each slide, which he then proceeded to read out every class for 2 hours at a stretch.
2	People and Cultures of the Arctic	5	The aim of this course is to give students comprehensive knowledge and understanding of the lives and cultures of the people living in the Arctic regions from a multidisciplinary perspective.	3	
3	Human Rights and Security in the Arctic	5	This course had different themes, for example, once it was about food and its human rights or displacement of certain indigenous peoples for more rights.	3	
4	Introduction to the Arctic	5	This course covered various topics from all the courses I took, so from Arctic law to biodiversity.	2	This course was too superficial and not in detail. And since I have taken other courses on the Arctic where they did go into detail, this course was unnecessary for me personally.
5	Arctic Governance and Law	5	In this course, they discussed the rights that countries in the Arctic have and to what extent they can exercise them.	4	
6	Arctic Ecosystems and Adaptation of Species to Arctic Environment	5	The course was more of a biological perspective discussing different types of animals and biodiversity's in Arctic and how they adapt to the climate.	4	

What is it like to study there?

E.g. study forms, academic level, examination, workload, lesson material.

In general, the subjects are not mega difficult, the workload also depends on each subject, sometimes it can be a bit more than another subject. But I would say the workload is less than in the Netherlands. The academic level is quite high, so the professors have a lot of information about the subjects they teach. The examination is taken differently according to each subject for example, I had to take a written exam for two subjects. And some work with writing an essay and presenting a presentation.

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 professors are actually very easy to approach and are always open to it. The local students are also very helpful.

What does the university offer students additionally?

E.g. catering, sports facilities, laundry facilities?

The university is open 24 hours a day, 7 days a week, so you can enter anytime as a student. You just have to ask for a key fob at the front desk and with it you can enter at any time. What we often did was watch a film in one of the lecture halls. The university also offered a delicious lunch every day with both vegetarian options, also for only 3 euros.

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?

It is actually very easy to find a room in Rovaniemi. This is because there is a housing association that arranges all student rooms, namely DAS. You then have to register on the website and fill in that you are an exchange student and they will give you a furnished room. I had a pretty big room and I shared the flat with two other girls.

What is the culture of the country like?

E.g. Differences with home, local cuisine, habits, manners?

In terms of culture, there are a few differences, for example, Finns love their personal space. So if you wait for a bus, for example, they will always stand 1 metre from you. Finns generally don't like small talk, but they are always very helpful if you have a problem.

Could you give some information about public transport infrastructure?

E.g. Cost public transport card, taxi prices, how to travel to the university?)

In Rovaniemi, public transport is not the best. You can take many buses, but for that you need to download the app Walti to see bus schedules. A single ticket costs about 3 euros for 15 minutes on the bus. What I would recommend is buying a bike from a former

exchange student or from a second-hand shop. I actually always used my bike to get around the city. So it is definitely possible to cycle on snow.

6. Expenses

Can you give an indication of your expenses for/during your exchange?

E.g. you can also indicate price differences (higher/lower/equal) in comparison to the Netherlands.

Ticket there: higher

Visa if applicable:

Vaccinations if applicable:

Insurances (extra, if applicable):

Housing costs per month & type of housing/accommodation: lower

Groceries: a little bit higher

Public transport: equal

Restaurant/going out for dinner: Higher

Daytrips/sight-seeing: A little bit higher

Additional remarks regarding expenses?

7. Free time

What are must-sees in the area?

E.g. nearby destinations, how do you prefer to travel, when to plan?

Definitely go to the top of Ounasvaara and watch the sunset. Continue to the town of Inari where you can also find a lot of history of the Sami people. Is go skiing in either Ruka or Levi. Also making a trip to the Lofoten (Norway) it maybe can be a bit more expense but totally worth it!

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

I would recommend everyone to go to a kind of Laavu wooden house where you can make a campfire in the middle of nature it also costs nothing and you can find them everywhere in Finland. You just need to bring sausages and marshmallows for the campfire.

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

To go out, I would recommend Kansan Pub and half moon. Kansan pub in particular has cheap beer!

8. Challenges & best moment abroad

What challenges did you encounter and how did you overcome them?

Is living in another country where I didn't know anyone before and where I made friends for life!

What is your best memory of your time abroad?

I think seeing the northern lights for the first time was truly magical! And the nights going out with all my friends.

9. Contact details (optional)

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