



WUR Goes Abroad

1. Student information

Study programme WU	Bachelor Food Technology
Exchange semester (dd/mm/yyyy)	10/01/2024 until 31/05/2024
Exchange destination: University	University of Helsinki
Faculty	Faculty of Agriculture and Forestry
Country	Finland
City	Helsinki

2. Motivation for exchange

a. Why did you choose to go on study exchange?

I wanted to experience studying in another country to broaden my experiences

b. What is the reason you chose for this country?

I have chosen for Finland since I was curious to its learning system and it's well ordered way of living.

c. What is the reason you chose for this university?

The university had a interesting array of courses that I was interested in.

3. Accessibility to reach destination

a. Do you have any advice about reaching your exchange destination?

Since it takes a very long time with train and boat to reach the destination, I decided to go by plane.

4. University and studying

a. 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	Cereal Processing	5	Courses on the processing of cereal crops and pulses. Also a presentation on a cereal product	3	

			needed to be made		
2	Food Fermentation and Enzyme Technology	5	Courses on different fermentation and enzyme techniques used in food production and small assignments	4	
3	Advanced Sensory Science	5	Courses on sensory sciences and conducting a small sensory study for a company.	4	The course set up was really nice but I am not that interested in sensory
4	Vitamins and Other Bioactive Substances	5	Courses on vitamins and bioactive compounds and some small assignments	3	
5	Fungi in sustainable biotechnology on renewable natural resources	5	Courses on the use of fungi to produce biofuel, materials or food. Also presentation and weekly writings reviewing related articles were part of the course.	5	The class was around 20 people giving room for discussions on articles and there was a lot of room to deepen your knowledge in the areas of your interest
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b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain): Yes, but the bachelor program was taught in Finnish so I could only choose master courses.

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): Yes, there were plenty interesting food courses

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain): Yes, but it was also quite depending on the course.

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): Yes I am satisfied, but I would not have chosen the vitamin course again.

f. What is it like to study there?

The classes were very small giving room for a more personal learning experience which was nice. There was pretty much free time in the week so you have more than enough time to do all assignments. The exams were more essay based than based on multiple choice and calculations.

g. What is the culture of the university?

The teachers are very personal and approachable. Finnish students are generally more on themselves so small talk was not as common, but everyone is very helpful.

h. What does the university offer students additionally?

Cheap student lunches(3 euros) and cheaper public transport (40 euros per month).

5. Housing-traveling-living

a. What are the possibilities for housing?

You can sign up via the university housing for studios or I myself lived in a cheap shared apartment in the latokartano student village.

b. What is the culture like?

Everyone is more on their own, helpful, relaxed and there is a lot of trust and free facilities for everyone to use.

c. Could you give some information about public transport infrastructure?

There is a discounted public transport card of 40 per month. With this u can use the busses, metro, trams and trains in the city.

6. Expenses

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

Category	Expenses
Travelling there	200
Visa - if applicable	
Vaccinations - if applicable	
Insurances (extra) - if applicable	121
Daytrips/sight-seeing	180
Housing costs per month & type of housing/accommodation	210 (shared apartment)
Grocery costs per month	200
Public transport costs per month	40
Restaurant/going out for dinner costs per month	120

b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands: Most things were equal, going out was more expensive.

c. Additional remarks regarding expenses?

7. Free time

a. What are must-sees in the area?

Nuukso, Sipoonkorpi, Lapland, Tallin

b. What does not appear in a travel guide, but is definitely worth seeing/doing?

8. Challenges & best moment abroad

a. Any challenges? How did you deal with them?

At one point I lost my phone and debit card and bank details. I didn't update the bank that I had moved so to get new banking it took quite some time and effort. My parents transferred some money for me to my house mate and he paid all my expenses for more than a month.

b. Best memory?

Learning about a new culture, getting new friends and traveling.

9. Contact details

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name & email address (if yes)		