

WUR Goes Abroad

1. Student Information

1.1 Basic information student

| | | |
|--|----------------------------|-------------------------------------|
| Name (optional) | Larissa | |
| Field of study in Wageningen | Bsc - Nutrition and Health | |
| Form of study exchange | Minor - Bsc | |
| Study period exchange (dd/mm/yyyy) | 9/24/2018 until 14/12/2018 | |
| Country (exchange) | UK | |
| City (exchange) | London | |
| University (exchange) | UCL | |
| Faculty (exchange) | Population Health | |
| How did you get information on studying abroad? | Websites | <input checked="" type="checkbox"/> |
| | Contact person | <input type="checkbox"/> |
| | Coordinator | <input checked="" type="checkbox"/> |
| | Exchange programme | |
| | Study advisor | <input type="checkbox"/> |
| | Other students | <input checked="" type="checkbox"/> |
| | Differently | [Insert answer] |

2. University and studying

2.1 Academic structure

How is the study formalized; study forms, academic level, examination, workload, lesson material etc.

All population health classes were very small and very contemporary data and examples were used. This created the opportunity for many discussion and hypothetical problem solving, which I thought was very interesting. The lesson material is all available online, via a system called Moodle. For all first term students, only essays and presentations will determine the final course grade, so I did not take any exams.

2.2 Courses

General information about the followed courses. If desired, more detailed information can be added beneath the column.

| | <i>Course</i> | <i>ECTS</i> | <i>Short description of the contents</i> | <i>Appreciation of course: 1(low) – 5(high)</i> | <i>Remarks</i> |
|----------|---|-------------|--|---|-------------------|
| 1 | Acute and Chronic Infectious Diseases | 7.5 | <i>Important and common infections, and the diseases that they cause, in the population.</i> | 5 | |
| 2 | Frontiers of Knowledge in Population Health | 7.5 | <i>A wide range of the current state-of-the-art and emerging themes in population health research.</i> | 5 | |
| 3 | Brain and Behaviour | 7.5 | <i>The study of the neurobiology of behaviour</i> | 3 | Psychology course |
| 4 | Infectious Agents | 7.5 | <i>learn the language and concepts in the field of Infection through specific research-led examples and active discussions</i> | 5 | Immunology course |

2.3 Culture of the university

What is the culture like, how approachable are the lecturers, is there engagement with local students? Introduction programme present; mentors, buddies? Differences with the WUR, etc.

All lecturers are very approachable and open for any questions or discussion. All students get a tutor.

2.4 How does the university function?

How does the university function in the broader sense? Enrolment university, course registration, faculties, presence international office etc.

Enrolment takes place on campus itself, whereas all other things have to be registered in an online way via Moodle. However, if you cannot figure it out by yourself you are always welcome to come by in the population health office.

2.5 Facilities of the university

What does the university offer the student additionally? Catering, sports facilities, laundry facilities, etc.

There are many student unions, which are also open for affiliate students. Students halls can be chosen with or without catering, and all of them have common rooms, study rooms and laundry facilities.

3. Free Time

3.1 Culture of destination

What is the culture of the country like? Differences with home, local cuisine, habits, manners, etc.

London culture is very similar to the Dutch culture I would say. Because the city is so big, food from all over the world is available, which I thought was really nice.

3.2 Travelling in the surroundings

What are must-sees in the area? Nearby destinations, how do you prefer to travel, when to plan, etc.

During my time in London I have been to Edinburgh for a week, which I can absolutely recommend. We went by plane, but I think train should have been even easier. From Edinburgh we went to the Highlands with a campervan, making a campfire, crossing rivers by horse and being constantly surrounded by stunning views were just some of the things which made the trip very special.

3.3 Insider info

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

Just take one of the city hoppers busses, seat yourself in the top front seat and enjoy your views of amazing London warm and dry. One ride is only £1.50.

3.4 General info

General tips and tricks about leisure time. For example: recommendations for restaurants, going out, etc.

If you like Italian, close to campus there is Icco (with very cheap pizza) and also Coco di mama, who have just very nice pasta. Furthermore, Franco Manco is always a nice place to eat. And all sushi to go places have 50% discount, 30 minutes before they close.

4. Travelling and living

4.1 Housing

What are the possibilities for housing? Availability to sign up for a room on campus, private rooms, rent rates, other costs, good neighbourhoods, etc.

Via the UCL accommodation application you can apply for student housing. You can pick all your preferences (catered, single room, shared, bathroom, etc.) and they will match these as well as they can. In the end, they will give you one offer, which you can decline or accept. The prices are reasonable I think, because cleaning, gas, water and electricity is all included. However, if you want something cheaper to live, it might be worth it to look for yourself and find a place to share with someone.

4.2 Living

General price indication of the place of residence compared to living in Wageningen. It does not have to be an exact calculation.

Expect to spend at least €700 per month if you find something very cheap, up to about €900 for student accommodation through UCL. But of course, you can make your housing as expensive as you like it.

4.3 Accessibility from the Netherlands

How do you reach the destination? When to book your flights, transportation means, etc.

I took the train to London, which I think was very convenient. It takes about 5 hours and the end station is in the middle of London. Going back to the Netherlands I took the airplane, but for me this was more trouble, because all airports are located out of the city and London is hard to get through by car. Although the flight itself is very short, all fuss around it makes the plane more trouble compared to taking the train. On top of that, taking the train is better for the environment ☺.

3.5 Transport

Public transport infrastructure. Cost public transport card, taxi prices, how to travel to the university, etc.

To not to spend a lot of costs on traveling, the most important thing is to find housing close to university, so you can walk every day. Taking the tube is quite expensive, the bus is more affordable, however, due to traffic this might take you a lot of time. For going out late night I would recommend services like ViaVan and Uber.

4.6 General Tips

General tips and tricks for travelling and living.

Your legs are your best friend to transport you in the London Centre.