



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Health & Society
Study period exchange (dd/mm/yyyy)	20-09-2020 until 05-06-2020
Country (exchange)	UK
City (exchange)	Chester
University (exchange)	University of Chester
Faculty (exchange)	Psychology

2. Motivation for exchange

Why did you choose to go on study exchange? I wanted to have the experience of living and studying in a different country.

What is the reason you chose for this country/university? I like the UK and there were a lot of interesting courses. While it was important to me to go abroad in the first place, I did want to make sure there were classes with subjects I found interesting.

3. Accessibility to reach destination

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

You can fly to Liverpool or Manchester to get to Chester and while I believe Liverpool is usually cheaper, Manchester Airport has a direct train to Chester station which makes it a lot easier (especially with a lot of luggage) so I would recommend that!

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	Forensic Psychology	10	Psychology behind criminality	4	Very interesting course
2	Biological Psychology	10	Biological explanations behind psychology/behaviour	3	A bit difficult, you need to memorize a lot of anatomy, but interesting and different from courses I've had before
3	Understanding Developmental Disorders	10	Characteristics of developmental disorders	3	New insights into developmental disorders, I think this is something you normally don't know a lot about
4	Psychology of Identity, Community and Diversity	10	Lots of discussion about topics such as gender, race, inequality	4	Interesting if small groups and participating in discussions are your thing
5	The Secrets of the Brain	10	Learning about the brain and what it does	3	I liked this course but I feel like there was some overlap with biological psychology so I wouldn't recommend taking both
6	Psychological Well-Being	10	First part goes into psychopathology, second part goes into health psychology	5	I believe this is the perfect course to pick with health and society. The assessment for this module is case studies, which were very interesting.

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

The workload is similar to the workload in Wageningen. Each module has 1 lecture a week, so it is manageable. The most difficult part for me was getting used to having 6 different modules at the same time. The assessments are on a similar level to Wageningen University, I had a few year 1 classes that were definitely easier than year 2 and 3 but in general I didn't feel like it was too hard or too easy for me.

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?)

There are a lot more lecturers per module compared to WUR but all of the lecturers are very approachable. They are very good with answering questions and helping with assessments.

The local students are easy to approach, everyone I've met was very nice. The easiest way to make friends is either in year 1 classes (because everyone is new), in the Erasmus activities at the beginning or in the societies.

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

There is a gym on campus with a swimming pool and there is the option of catered accommodation. I believe the buildings on campus have laundry facilities as well, however I didn't stay on campus so didn't get to use that.

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?)

You can get something through the university, but you have to pay for the whole year so that's not ideal if you're only coming for the first semester. The best thing to do is find your own room privately. There are a lot of student housing companies in Chester, so contacting one of them is your best bet.

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

There are quite a few differences, but I think most of them are small. One thing that you will probably be introduced to right away is Wetherspoons, a very cheap pub chain where everyone goes all the time. Societies are also something that we don't really have in the Netherlands. There are societies for everything, I was very surprised at the fair as there were things such as Marvel and Disney society.

One food I tried here for the first time is cheesy chips, it's just fries with cheese melted on top but it's really good.

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

Around 400 pounds per month is normal for a room in Chester and most houses have about 6 rooms.

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

It's quite easy to find a place close to the university so you can walk to your classes. This is also walking distance from the city centre and pubs so you won't really need any public transport or taxi's. I didn't have a public transport card, you can just get a bus or train ticket when you need one.

Taxi's to and from the station are around 5 pounds. A return ticket for Cheshire Oaks (designer outlet) is 4 pounds. A return train ticket for Liverpool is about 7 pounds. The app trainline is good for train tickets.

6. Free time

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

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

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

Cheshire Oaks and Liverpool are both quite close and easy to do by bus/train. I've also visited the Lake District and Edinburgh with a bus tour. We had bad weather for both, but they are both beautiful destinations.

The races are definitely a must-see when you are in Chester. Race season does end in October so make sure you don't miss it. It's really cool to see how many people show up for those events and they all dress smart and then go to the pubs afterwards. The races are quite expensive to attend, so if you want to save money you can just watch from the city walls.

Besides Wetherspoons I would recommend the Alchemist for cool drinks and Prohibition which is a bar where you have to knock to get in.

7.Challenges & best moment abroad

What was a challenge you have experienced? The biggest challenge for me was managing my time between all 6 modules and social activities.

What was your best memory abroad? A house party where me and my friends all talked till 5 am.

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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