



# WUR Goes Abroad

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## 1. Student Information

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<b>Field of study in Wageningen</b>	Nutrition and Health
<b>Study period exchange (dd/mm/yyyy)</b>	25/09/2019 until 31/01/2020
<b>Country (exchange)</b>	Poland
<b>City (exchange)</b>	Warsaw
<b>University (exchange)</b>	SGGW
<b>Faculty (exchange)</b>	Food Technology

## 2. Motivation for exchange

### **Why did you choose to go on study exchange?**

Because I wanted to experience living abroad and meeting people from all over the world.

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

This was actually quite low on my preference list, but I was curious to go somewhere I normally wouldn't choose to go to. The fact that Poland is a cheap country was also part of my reasons!

## 3. Accessibility to reach destination

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

I went by plane which is fastest and usually cheapest, but after booking my last flight I actually discovered that the train is also quite a good option and can be cheap too. So considering the environment, I would suggest the 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	Chemistry of Natural Compounds	6	Organic chemistry	3	The lecturer read all the slides which were full of text, this was really strange.
2	Drugs, Medicines and Smart Food Components	2	About intelligent food, medicines, etc.	3	The lecturer is always late and really chaotic, but this was funny too
3	Ecological Aspects of Food and Nutrition	6	Mostly about organic food (production).		Nice course and good setup!
4	Food in Culture and Society	4	Food habits, food advertising, food trends, etc.	4	Interesting, however, I didn't gain a lot of new knowledge.
5	Nutrition through the Lifespan	5	Nutritional needs and habits throughout the lifespan.	4	Okay course.
6	Sustainable Food Production Systems	1	Sustainable diets, lifestyle, slow food, organic food, etc.	4	Quite interesting!

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

I only had lectures. Sometimes we got the powerpoint slides, but often we didn't.

**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?)**

I was really surprised by the way lecturers communicate with students; they discuss everything with their students and are really flexible.

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

Almost every university building has a canteen with cheap Polish food (not that great), the library has a really nice coffee place. There are sports facilities but we didn't get a lot of information about it. The dormitories offer laundry facilities.

## 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?)**

Most international students live in the dorms. You share your room with one or two other students. This doesn't sound great, but you really get used to it and since everyone lives there it's best for social activities. It's really cheap as well! However, communication in the dorms is horrible as almost all of it is in Polish. You can ask people for help (or use Google Translate!) though.

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

Polish people don't seem that friendly to foreigners and they often don't speak English that well. However, when you put a little effort into your Polish skills they already warm up to you!

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

I paid around 80-90 euros for a triple shared room.

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

Public transport is amazing and very cheap! You can get a travel pass for the whole of Warsaw with a student discount.

## 6. Free time

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

Travel is cheap in Poland, so go everywhere you'd like! I visited Krakow, Gdansk, Sopot, Wroclaw, Poznan, Lublin and Łódź. Train or flibus is easiest.

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

I loved Łódź, a city three hours by train. Furthermore, in Warsaw they have a really nice boulevard next to the river! I think it will be a great place for summer.

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

For Polish food, the best place is Zapiecek (try the baked pierogi!), or Stary Dom (little more fancy). Furthermore, Trattoria da Antonio is great for pizza, Bobby Burger is great for burgers and Soto Sushi is great for sushi. My favourite coffee places were the library cafe and green caffè nero or costa coffee. Pawilony is a great place with bars and for going out I loved Klub Hydrozagadka (Erasmus students are a fan of Teatro Cubano, but you'll only like that when you like Latin music).

## 7.Challenges & best moment abroad

**What was a challenge you have experienced?**

I experienced homesickness, especially after friends or family had visited me. However, I made sure I stayed into contact with my friends and family through texting or calling, which made it easier!

**What was your best memory abroad?**

The orientation week with the weekend in Krakow, organised by ESN.

## 8. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
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