



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Health & Society
Study period exchange (dd/mm/yyyy)	23/08/2021 until 23/01/2022
Country (exchange)	Denmark
City (exchange)	Odense
University (exchange)	Southern University of Denmark
Faculty (exchange)	Faculty of health sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

Because I wanted to experience a period abroad, get to know new people, a new country, cultures and to travel.

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

Because I've never been to Scandinavia before and I wanted to explore this region. I thought I wouldn't like the very short days you have more in the North during the winter, that's how I came to Denmark: still Scandinavia but more hours of daylight.

3. Accessibility to reach destination

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

I flew from Amsterdam to Copenhagen and then went with train to Odense (1,5 hours). I also heard people who took the train from the Netherlands or who got dropped off by their parents with car.

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	B06: Health Psychology and Medical psychology 1 Including Methods 5	15	In medical care, psychologists can play an important role in the prevention and adequate management of different diseases. They can support patients and their family members in clinical care settings and help them to cope after the diagnosis of a severe disease, they can also treat co-morbid emotional problems and help to adequately manage the disease.	4	Every week of the course there will be a new theme for the module. No exam, only a home assignment where you have to write about a chronic disease and interview someone about this.
2	Physical activity and health: the evidence for recommendations	15	evidence of recommendations for physical activity in children and adults methods for measuring physical activity and fitness and the importance of the evidence's reliability when different methods are selected the historical evolution of the physical activity recommendations biological mechanisms behind the preventive action of physical activity implementation of physical activity programmes the importance of physical activity for cognitive functioning	2	Every week there will be a group presentation with every time a new focus, for example on a theory, article, or setting up a study. There is no exam, you have to write a systematic review. There are not much lectures, only 2 a week. I thought these were a bit boring.

			existing evidence in relation to the prevention of the most common diseases of population, such as heart disease, type 2 diabetes, metabolic syndrome, osteoporosis, obesity and sports injuries, and possibly certain cancers		
3					
4					
5					
6					

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

I didn't have to make exams, only home assignments. I really liked this because I didn't have much stress and I could decide for myself how to divide my time. The academic level was quite the same as in Wageningen. The workload was lower compared to Wageningen because you only got graded for your final product. In Wageningen I'm used to group work, exams, presentations, all at the same time. The lesson material were most of the time academic articles.

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 lecturers are easy to approach, they are very nice and kind. They respond quickly on e-mails and are there to help you. Also engagement with local students was fine, everybody speaks English. There are no big differences compared to WUR.

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

You can buy foods and drinks in the canteen. There is a Fridaybar (would really recommend). There are sports facilities and a library.

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?)

The university guarantees you housing. I paid approximately 280 euro rent a month for a nice room with private bathroom and shared kitchen. 5 minutes on bike to university and 10 to the city centre. Rent rates differ between +/- 280-500 euro.

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

There is not a big difference. Danish people are a bit more introverted but they all are very kind.

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

The rent I paid in Odense was much lower than in Wageningen. But the foods and drinks were more expensive than in the Netherlands, especially when you like to go out for foods/drinks.

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

Odense is a biking city, everything is reachable on bike. You can buy a bike or rent a Swapfiets. There is a train station, there are busses and they are working on a tram system.

6. Free time

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

On the island Fyn, where Odense is located, I would recommend Fynns Hoved; this is a really nice area with cliffs (reachable by car). For cities I would recommend Copenhagen and Aarhus, it is easy to get there by train. On the island Møn you can find the beautiful white cliffs 'Møns klint'. Besides that I went to two trips organized by ESN and Timetravels, first to Norway and second to Swedish Lapland. I also did a road trip through Sweden; we visited Stockholm, Malmö and Göteborg.

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?)

- On Tuesdays you can drink unlimited beers for only 6,50 euro between 20.00 and 00.00 at Bodegan.
- Storms Pakhus: a really nice food market
- Friday bars; every student goes here on Fridays to celebrate the weekend
- Café A: download the app and get discounts on your food/cocktails
- Old Irish pub: live music downstairs, sitting areas on the first floors and dancing area on the 2nd floor.
- Munke mose park
- Odense Zoo
- Rosengårdcentret: shopping mall
- Kerteminde to go to the beach

7.Challenges & best moment abroad

What was a challenge you have experienced?

Missing my friends when I didn't have good new friends yet. But very soon I got to meet a lot of new, very nice people.

What was your best memory abroad?

Seeing the Northern lights in Swedish Lapland

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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