



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Bachelor Animal Sciences
Study period exchange (dd/mm/yyyy)	30-08-2021 until 16-01-2022
Country (exchange)	Sweden
City (exchange)	Uppsala
University (exchange)	SLU
Faculty (exchange)	Faculty of veterinary medicine and animal sciences

2. Motivation for exchange

Why did you choose to go on study exchange?

I have always wanted to study in another country, to learn from people and students with different backgrounds and do this in a completely different and refreshing environment. Moreover, I have always wanted to go abroad on my own for a longer period of time. I thought this was the perfect opportunity, given that this ERASMUS program guides you with your adventure and at this age you are more flexible.

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

Before my application I knew I wanted to go to a Scandinavian country. I have always been interested in the culture, the nature, the cities, and I wanted to figure out if everything was as great as people promised. I chose this university because it is a university focused on agriculture, it is basically a smaller WUR, and I love agriculture and the WUR.

3. Accessibility to reach destination

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

To my destination I went with the airplane to Stockholm. Once in Stockholm I took the train to Uppsala central station and from there I had to take the bus to my accommodation. One good thing to know is that in Sweden they use apps to pay for public transport tickets. Moreover, each city or area has a different app. I used the SL app in Stockholm, the SJ app for trains and the UL app around Uppsala. On the way back to the Netherlands, I went with the train with a couple of friends, and we made a stop in Copenhagen.

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	Animal welfare and behaviour	15	This course was about the welfare of animals and how we measure it, how we safeguard it (legislation), how we can improve it. Moreover, we learned to reason different statements from an ethical (philosophical) point of view.	3	I thought it was exciting to learn about animal ethics, as I have not a lot of knowledge about philosophy in general. I also liked the project in the course where we had to execute a physical experiment to answer a research question. But besides from this, the course was messy, and I did not learn a lot of new material.
2	Animal nutrition-health, behaviour and welfare	15	This course was about the influence of nutrition on health, behaviour and welfare. And how bad nutrition can comprise the health and welfare of animals.	5	A great combination of theoretical and practical education. Very nice teachers. It was a small course, which resulted in a lot of interaction with students and teachers. I obtained a lot of new knowledge, especially about the importance of the interaction between nutrition-health, behaviour and welfare.
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How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)

These were two master courses, so I had to read more literature than that I was used to. There was more work to be done, but it was not necessarily more difficult. There was a combination of theoretical and practical teaching and individual work and group work. In one course I had to give two big presentations and in the other course I had to give smaller presentations throughout the course. In both cases the final examination consisted of an essay which held several questions. There was plenty of time to finish these examinations, but also for all the other compulsory activities in the courses.

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 lectures are very approachable. I feel like the teachers and the staff of SLU in general are more approachable than the staff of the WUR and this is partly because the university is way smaller and because of the caring mentality of Swedish people.

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

There are several catering facilities and kitchens on campus, Swedish people take lunch very seriously. There are also several student unions who arrange activities and excursions for students. There is even an international committee that arranges a lot of fun activities for international students, especially in the first few weeks of your exchange.

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?)

When I was signing my application form for the university there was an option to tick a box that said the following: 'I would like SLU to arrange accommodation for me.' Then I only had to answer some questions about my preferences and they took care of it for me.

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

For me it was not a big culture shock at all. Of course, there were differences, but these were only fun differences. Like, the language, the different food, the politeness, the beautiful nature and all the traditions! You will be introduced with the term Fika. And during the winter it will be colder and darker.

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

The residence might be a bit more expensive, but the quality of the houses is also very good. I lived in a house with eight people, with a big kitchen and a big living room. My room was around 20 m², with my own bathroom and I paid around 450 euros. However, the lifestyle is more expensive. Especially luxuries, like the hairdresser, fitness, and alcohol.

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

The public transport in and around Uppsala is very good. However, I would recommend buying a bike. A bus ride easily costs 2,70 independent on how far you are going. And places like forests are not so accessible with the bus, but this is also the case in the Netherlands.

6. Free time

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

I would travel to a lot of different national parks. If you are going to Sweden around spring or summer, I would recommend going to Gotland, this is an island close to the south-east coast of Sweden. You should go to Stockholm as many times as you can, it is a 40-minute train ride from Uppsala central station to Stockholm. I went to Lapland in the winter, if you are there around that time and you have the opportunity, do not miss it!

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

I went to an ice hockey game, that was a lot of fun even though I did not understand the rules. Moreover, if you have the time and you have a vehicle, try to travel up north, the nature is very different than the nature in the south and the middle of Sweden.

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

Restaurants and clubs are quite expensive. I would join the nations if you are studying in Uppsala. These are kind of student associations, but you do not have to do an inauguration and when you are member of one you can also join the others. It is a great way to interact with international, but also Swedish students and the alcohol and other facilities are less expensive. Furthermore, there are a lot of cosy cafés in Uppsala, but also in other big cities, like Stockholm and Göteborg. Besides that, they provide you with big portions of sweets and big mugs of coffee and tea, you can also study there.

7.Challenges & best moment abroad

What was a challenge you have experienced?

In November it starts to become dark around 2 or 3 o'clock, I became a bit demotivated. However, if you are surrounded with nice people and you make a list of all the things you want to achieve while you are abroad, you will be fine.

What was your best memory abroad?

I have so many. But, maybe the most memorable moment was when I was looking at the stars and the northern lights with my friends in Swedish Lapland.

8. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name/e-mail		