



WUR Goes Abroad

1. Student Information

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|---|----------------------------------|
| Field of study in Wageningen | Nutrition and Health |
| Study period exchange (dd/mm/yyyy) | 06-09-2021 until 19-01-2022 |
| Country (exchange) | Spanje |
| City (exchange) | Valencia |
| University (exchange) | Universidad Católica de Valencia |
| Faculty (exchange) | Psychology |

2. Motivation for exchange

Why did you choose to go on study exchange?

I chose to go on exchange to meet new students from all over the world, to improve my English and to experience the differences of studying in Holland or abroad.

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

I chose for Valencia, because I really wanted to study and live in a 'big' city. Also, I wanted to enjoy the lovely, warm climate and the university offered really interesting psychology courses.

3. Accessibility to reach destination

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

The easiest way to reach Valencia is by plane. It's just an 2,5 hour flight and there is a direct metro line from the airport to the city centre.

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 | Motivation and Emotion | 6 | This course is about how motivation and emotion drive behaviour. You will learn about the control of individual action on social factors and the role of emotions in daily life. | 4 | The lessons were a bit chaotic, but the course provided a good introduction to the topics emotion and motivation. |
| 2 | School Psychology | 6 | The course gives you an insight in the work field of a school psychologist | 3 | It was very general and not that well organized (due to the teacher). Also, the balance workload – points was not optimal. |
| 3 | Group Psychology | 6 | You learn about how groups are formed, what type of groups exist and all the positive and negative consequences of groups | 3 | I liked the content, but it was very easy and general and the different assignments we needed to do were too similar/ no challenge |
| 4 | Organizational Climate | 6 | The whole course focuses on six different variables that positively influence the (organizational) climate and how to stimulate these at the workplace | 3 | I liked the content, but it was very easy and general and the different assignments we needed to do were too similar/ no challenge |
| 5 | Sleeping Disorders | 6 | You learn about all the different aspects of sleep (how we sleep, why we sleep etc.) and about the most common sleeping disorders (diagnosis, treatment, prevention) | 5 | Really interesting and at the right level for a third-years Bachelors' student |

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

The university in Valencia works with two semesters. You will follow five courses simultaneously and have exams after the Christmas holidays in January. This exam counts for 50-60% of the total grade. The rest of the grade will be obtained through different assignments/activities in the months September till December. I think the workload is quite high due to the many assignments, but the academic level is lower compared to Wageningen; the exams were really easy!

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?)

To my surprise, was the building very similar to a high school building in The Netherlands. There were no big lecture halls, but only rooms for max 30 people. In this way, the lectures were quite interactive; everyone knows each other and also the teacher gets to know you better as time passes. Furthermore, I only had lectures and no tutorials and everything was on-campus. As a student, you're expected to come to every lesson, since it won't be recorded and sometimes you can earn points for attendance.

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

The only thing the university offers are free Spanish courses at different levels. There is no sport hall or restaurant.

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 Catholic University of Valencia doesn't offer any rooms, but there are multiple sites that do offer: HousingAnywhere, Spotahome, Facebook etc. There is plenty of rooms available.

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

A main difference is the language. Most people speak Spanish and won't/ can't speak English. It is doable to live in Spain without being able to speak Spanish, but it is recommendable to speak it a bit! Furthermore, lunch- and dinnertime is much later. A lot of restaurants are open from 20pm.

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

The prices for rooms are comparable to – or cheaper than Wageningen. I think it's very feasible to get a good, normal room for 300 euros.

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 is quite okay and cheap (especially taxi's)! You can travel by bus, tram, metro and bike. I would recommend to take a subscription for Valenbisi and to get a TuiN public transport card. My university was located just out of town, but good to reach by metro.

6. Free time

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

When you go to Valencia, you should definitely follow all the Erasmus organizations (ErasmusLife, HappyErasmus, ErasmusVips). The organizations offer a lot of trips and free tickets for parties/clubs. In this way, you get to know about the must-sees in the area. Moreover, public transport and renting cars is relatively cheap in Spain and a perfect way to discover the area or to go to Barcelona and Madrid. These cities are a bit further away, but easy to access by bus.

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?)

Going out in Valencia is very diverse; it has nice clubs, bars and restaurants. Some popular clubs are Mya, Umbracle, Akuarela and Rumbo. The neighbourhood Ruzafa is well-known for it's many bars and restaurants. My favourite places for dinner are Saona, Voltereta, Mercabanyal and Fabrica de Hielo.

7.Challenges & best moment abroad

What was a challenge you have experienced?

I only faced some challenges before the start of the semester and in the first week of the semester. The university was very late with communicating practical information such as the schedule, possible courses, documents that needed to be signed etc. Therefore, I didn't know what to expect and it felt as if I didn't have any control.

What was your best memory abroad?

My best memories have to do with the many trips I made in the weekends. I organized some trips on my own (Barcelona, Ibiza), but most trips were organized by Erasmus organizations. These were daytrips or multiple day trips.

8. Contact details (optional)

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|---|---|-----------------------------|
| Is the reader allowed to contact the writer? | yes <input checked="" type="checkbox"/> | no <input type="checkbox"/> |
| Name/e-mail | Marinthe Kroon/ marinthe.kroon@hotmail.com | |