



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Health and Society
Study period exchange (dd/mm/yyyy)	03/01/2022 until 01/06/2022
Country (exchange)	France
City (exchange)	Lille
University (exchange)	ISA junia
Faculty (exchange)	Food Science

2. Motivation for exchange

Why did you choose to go on study exchange?

I had signed up for an exchange in 2020, but this was cancelled by covid. After Covid, I felt like I needed a new challenge in my life and studying abroad was still on my bucket list.

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

Me personally, I like France. I've always loved (learning) the language and wondered how it would be to live there. This was the ultimate opportunity to get to know France and French better. I chose for ISA, because it offers a lot of interesting courses in Food Science and they offer more practical education since it's a 'grande ecole pour ingenieurs'.

3. Accessibility to reach destination

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

I went by car, which was only 3 hours. But its also reachable with the flibus, or train (but more expensive).

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	French as a second language	3	You're placed in a French class based on your level and previous experience of learning French (A1-C2), and this class is once per week the whole semester. You speak French with your classmates and teacher and do some exercises in reading, writing and grammar.	4	This course helped me to get more feeling with the French languages and improve my skills a bit.
2	UEC 5 Production management Second semester	3	This course is about the production chain of food products and about the organisation of food production. Some extra information was given about marketing in excel graphs.	2	Production management was not really my cup of tea and a bit out of context with my other courses.
3	UEC6 Ingredients	3	Ingredients focusses on multiple different ingredients of food products, differing from the way food products are coloured or aromatised to how gelling agents are present in food.	4	The course was really interesting and I learned a lot about making food products. Although the content was very technological so difficult to me, the exam was open book and doable.
4	UEC7 Nutrition	3	The basics of nutrition and the relation with human body are discussed in this course. Some nutritional related diseases were discussed in depth and there were guest lectures about pre- and probiotics in nutrition.	4	I liked this course because I'm really interested in nutrition. However, I already took some courses in nutrition at the WUR, so the information of this course was more repetition than learning something new.
5	UEC8 Sensory evaluation	3	In this course you learn about the scientific techniques to measure the liking of food products by people. It also gives information about how to do different tests for consumers and the statistics to analyse these.	5	We did a lot of tastings during class which was really nice and it was not too difficult.
6	UEL2 Physical, chemical and microbiological	6	This last course is specified in the technical, chemistry side of food products. It	3	This course was unfortunately too hard for me. It consisted of a lot of microbiology and chemistry lab

	characterization of food product		gives a lot of information about chemistry and a lot of calculations that need to be done after practicals.		practicals which was very hard for me as a originally social science student. But I bet if you're interested in food technology and have background knowledge in this, it can be a really nice course.
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How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)

The examination is quite the same compared to Wageningen, sometimes a bit easier in my opinion. All the lectures make use of PowerPoints as well.

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?)

It's obliged to be present in every lecture or practical. They do check absences really well and if you're sick and cannot attend, you have to go the doctor to get a justification for your absence. The lectures are longer than in NL, a normal lecture can be from 8 until 12.30. On a regular day you can have a schedule starting from 8, ending at 6. Although classes are very long, there are a lot of (random) weeks you're free.

The English courses contain a lot of internationals, but also a couple of French students who are really willing to improve their English (since they have the choice to follow the course in French or English). It was really nice to have group work with a mix of locals and internationals.

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

There is a student canteen with multiple restaurants to eat during lunch break or for dinner. Besides that there is a gym for students, a sports card for a semester costs 50 euro only.

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 I went to has a housing organisation (called ALL) and by signing up I had the possibility to live in a residence with a shared kitchen and bathrooms. ALL also offers studios in residences. Furthermore, there are Facebook groups to look for a shared apartment or 'colocation', which is often with French people.

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

The cliché about French people not wanting to speak English is true, however, not everywhere. I've lived in an international residence with French people and some of them really liked to practice their English. However, in other areas such as supermarkets or restaurants, it's best if you speak a little French. Just start with a 'bonjour' or ordering in French and people are much nicer to you 😊

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

Its quite the same as in Wageningen, maybe a bit more. I would say 300-500 euros, for a residence.

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

To be honest, I didn't use a transport card. The university was 25 min walk for me, and I bought a bike in the very beginning so it only took me 10 minutes to the uni. The French people all have a mindset of walking everywhere, and its really doable in Lille. If you don't live in the center of Lille, there is always a possibility to take a metro to the suburbs (ticket 1.35 euros only).

6. Free time

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

The flibus is departing from Lille to multiple destinations that are close by. For example: Brugge, Gent and Brussel (in Belgium), but also Paris, Amiens and Dunkerque in France. There are also a lot of fast trains that go anywhere in France, but they are more expensive than the flibus.

In the city itself, Vieux-Lille is by far the prettiest part of the center.

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

I have been to Lyon for a couple of days, which is quite far from Lille so it doesn't show immediately in the recommendations in the area. However, it was really worth the visit. The train was only 3.5 hours and you're in a completely different world and part of France.

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

Restaurants: Méert (Salon de thé: speciality of Lille), Little Italy (best pizza ever), Kitchen Market (multiple little restaurants in a mall).

Going out: Rue solférino is the student neighbourhood to go out!

There are also a lot of museums in Lille that are free/cheap as a European student <25.

7.Challenges & best moment abroad

What was a challenge you have experienced?

Being sick in a foreign country was one of the hardest challenges I experienced. I had to go the doctor multiple times and handle everything in English, sometimes French. Fortunately everything went well in the end.

What was your best memory abroad?

My best memories abroad consist of all the moments I spent with the friends I made during my exchange. Especially the last months we became really close friends.

8. Contact details (optional)

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