



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Biotechnology
Study period exchange (dd/mm/yyyy)	15/08/2022 until 13/01/2023
Country (exchange)	Sweden
City (exchange)	Lund
University (exchange)	Lund University
Faculty (exchange)	Faculty of Engineering

2. Motivation for exchange

Why did you choose to go on study exchange?

After studying in Wageningen for three years, I was curious to discover what it is like to study in a different country and pull myself out of my comfort zone. Also, I had friends who went on a study exchange before me and they all loved it, so that motivated me too.

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

I had never been to Scandinavia before my exchange, but the nature of the countries and also the level of education were somethings I found very interesting. As a university, Lund really got my attention because of their active student life and it's laying in Sweden (close to Copenhagen and Malmö).

3. Accessibility to reach destination

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

As Copenhagen Central Station is only 50 minutes away from Lund Station, taking the train from the Netherlands to Copenhagen and then to Lund is possible (I did that!). It is a little bit of a longer journey, but you do get to take as much luggage as you can handle. Besides, flying to Copenhagen Airport is possible or taking a flibus.

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	Food Chemistry and Nutrition	7.5	Understand the nutrnutritional chemical and physical-chemical properties of foods. Understand the digestion of food and its nutritional consequences. Describe basic concepts of nutrition, chemical and sensory analysis of foods.	3.5	There were a lot of teachers so it was a bit chaotic of what was important to know.
2	Medicinal Chemistry	7.5	Discusses the relationship between chemical properties of a drug and how that affects biological activity/disease. Discusses drug development. Discusses basic pharmacological concepts.	5	Very nice teacher, which focusses on more problem based learning after a lecture.
3	Probiotics	7.5	The aim of the course is to describe the gut bacterial flora and how bacteria, associated to man, interact with the host, how administration of specific probiotic bacteria could prevent and counteract disease and how probiotic food could be designed.	4	No remarks.

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

The study is formalized similarly to Wageningen, so lectures followed by tutorial sessions or practicals. The practicals are however way less intensive as in Wageningen. I think the academic level is roughly the same. Examination usually consists of exams of 5 hours (you usually do not need all this time). Lund University works with a site called canvas, which is equivalent to Brightspace.

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 very approachable and if there is an issue with your schedule (e.g. clashes) they are more than willing to help find a solution. I mostly spoke to international students during my classes, but the Swedish students were very nice as well if we had to work together during practicals or group work. I think differences with the WUR are slim.

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

Each building has their own cafeteria (a bit expensive, though) and there is a gym connected with the University. There are a lot of committees with the Guilds (they're like study associations in Wageningen), but they are a bit less accessible to exchange students as we are not there for such a long time (you can always join their activities).

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?)

Housing has similar prices to the Netherlands, but it was very hard to get a room. There were not enough rooms for international students through the University and as Lund is not super big, private rooms are hard too. So start looking early for a room!

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

I think Swedes are generally a bit more introverted than Dutch people, but that doesn't mean they are not social. Overall, the cultures are quite similar.

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

I think Sweden is a bit more expensive (especially alcohol), but for example public transport is much cheaper.

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

It cost me 40 euros to buy a monthly bus ticket for the whole of Lund, which I used to get to university because I lived a bit out of the city. Most students go by bike.

6. Free time

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

Copenhagen and Stockholm are must-sees, which are easily accessible by train from Lund Station. The train ride to Stockholm also takes you past the lakes and forests so it's nicer and equally as fast as flying! I also went to Finnish Lapland with ESN, which I highly recommend as well! If you go out of Skane (the province of Lund) to e.g. Stockholm, make sure to book your train tickets as early as possible because they do go up in price.

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

I went with my friends to Kullaberg and stayed there camping for a night as well, which I would highly recommend. It's a nice area next to the sea with nice hiking routes. Also, Rinnebacksvagen in Lund is a very small ravine, but not many people know its existence.

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

Definitely go to Five Flour Noodle bar, where you can get very good noodles for a good price. For going out, just try a lot of different Nations (like our student associations) and see which music and people you like best.

7. Challenges & best moment abroad

What was a challenge you have experienced?

In the beginning of your exchange you meet a lot of people, which can be quite intense but after a while you will find your people! Of course, you miss home sometimes.

What was your best memory abroad?

I find it hard to narrow it down to one memory, but generally the time I spent together with my closest friends was the best. Whether we went on a trip or were just having dinner together, I really enjoyed my time in Lund!

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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