



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Nutrition and Health
Study period exchange (dd/mm/yyyy)	08/2022 until 05/2023
Country (exchange)	The United States of America
City (exchange)	West Lafayette
University (exchange)	Purdue University
Faculty (exchange)	College of Agriculture

2. Motivation for exchange

Why did you choose to go on study exchange?

I have always wanted to experience a different style of education and learn more about my field of interest. By studying in a foreign country, you get to know a new culture and experience a different lifestyle.

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

Since I am interested in nutrition and health, the United States offered a new perspective on health and they have different knowledge. Their knowledge and style of education is also very different from Europe and that is why I wanted to study there.

3. Accessibility to reach destination

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

Obviously I flew to the United States. To get to campus from the airport I took a special shuttle that offers rides specifically to and from the airport to and from campus.

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	NUTR 30300 essentials of nutrition	6	This class was about the essentials of nutrition. It is a great class to learn about a wide variety of nutrients.	3, for me it was not that challenging, and the teaching style could be improved	The class offered a weekly recitation which, in my opinion, was not necessary.
2	NUTR 33000 diet selection and planning	6	The class taught us how to set up a diet and reach all the personal nutrition goals a person might have. It also offered a wide range of lectures on nutrients deficiencies and the effect this has on the body.	4, the professor (Deanna Campbell) was one of my favorites. She teaches in an interactive way.	There are a lot of projects during the semester besides the quizzes and the exams which is a good way of actively working with what you learn during the lectures.
3	NUTR 43800 micronutrient and phytochemical metabolism in human diseases	6	The class was about the chemical structures and effects nutrients and phytochemicals have on the body, especially in diseases.	3, this class was extremely difficult since I am not very interested in the science part of nutrition and biology. However, the class itself was structured very well.	
4	HK 36800 exercise physiology I	6	The class was about the different systems in the body and what happens during rest and exercise	5, one of my favorite classes. The professor was great and we had two lectures and one lab in a week.	This class required a lab report every single week after the lab which required a lot of work every week. However, it was a good way of working with what the professor taught in class.
5	PUBH 40000 human diseases and disorders	6	Interactive class on how human diseases and disorders can be prevented, treated, or minimized.	5, the professor was good at motivating the class and she set up the schedule very well. It was a mix of exams, quizzes, and groupwork.	

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

The academic level is lower than at the WUR. However, the workload each week is definitely higher. This is because you will have to submit assignments or take quizzes/exams every single week for all of your classes. The lesson material is overall similar.

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 distance between professor and student is way smaller. You are allowed to address most professors by their first name and they are very approachable. This makes it more comfortable for students to ask questions. Most professors will do introductions as the first lecture, which is a good way to get to know the other students in your class.

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

If you live in a dorm you will have to apply for a meal plan, which gives you a certain amount of meals per week. There are multiple dining courts across campus where you can eat. Your student ID will give you access to the gym and other sports that you can play. There is a pool and an Olympic size pool that you can access. If you live in a dorm, there are washing machines in the buildings.

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?)

Most students choose to live in a dorm, for which you can apply during your official applications. Apartments are hard to find across campus, especially if you are not from the US. The rent is higher than in Wageningen. If you live in a dorm, you will pay around \$5000 per semester, which comes down to a little over a \$1000 each month. This price is for a shared dorm with one, two, or three other students and a bathroom which you share with the entire hall.

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

The biggest difference is their cuisine and eating manners. They definitely do not prioritise vegetables in their dinners. When you go out for dinner they eat very fast and will take their leftovers home.

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

Like I mentioned before, rent for a dorm will be about \$1000 per month. The meal plan will be around \$2500 for a semester, this will give you 14 meals a week.

Groceries are more expensive and when you get a coffee for instance be ready to pay over \$5.

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

With your student ID you can take the busses that go around campus. There is a train station and a bus station close, but the infrastructure in general is not great.

6. Free time

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

Some must-sees in the area are:

- Turkey run state park.
- Indianapolis
- Chicago (2-hour bus ride)

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

Since you are not allowed to drive, find friends with a car on campus ;)

Try all the different coffee shops around campus if you like coffee.

In general, try as many new things you can while you are there. There is a reason you went to a different country with a different culture, so try as many things as you can.

7.Challenges & best moment abroad

What was a challenge you have experienced?

Missing loved ones. Especially since there is a six-hour time difference that makes communication harder.

A tip: just realize that this study abroad experience will not last forever and that you will be back soon. Make the most of the time you have there. Do not isolate yourself when you miss home or feel sad, try to go out with friends and do fun things to distract yourself.

What was your best memory abroad?

The amazing group of friends I made while I was there that literally helped me with anything.

8. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Name/e-mail	Luna Sessink, luna.sessink@wur.nl	

Please do not hesitate to reach out and ask questions. Your study abroad period can be very stressful to organize and a little help from someone who has done it before can never hurt :)