



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Bcs nutrition and health
Study period exchange (dd/mm/yyyy)	01/09/2022 until 31/01/2023
Country (exchange)	Denmark
City (exchange)	Odense
University (exchange)	SDU
Faculty (exchange)	Psychology

2. Motivation for exchange

Why did you choose to go on study exchange?

I have been internationally oriented since a long time. Right after high school I took a gap year to go to Spain, where I learned to find my way around in other countries. I was hoping for an other immersive experience with many other students.

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

Denmark was not my first choice, my first choice was Spain. The only reason I chose Denmark was because they offered very good courses in psychology.

3. Accessibility to reach destination

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

Many students came by train, which was about 8 hours from the Netherlands. I came by car, so I could take my bike and more stuff for my apartment.

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	B06: HEALTH PSYCHOLOGY AND MEDICAL PSYCHOLOGY 1 INCLUDING METHODS 5	15	A course about the psychological impact of medical diagnosis like diabetes, cancer or obesity	5	The exam is a paper with a self-chosen topic.

2	B05:Biological psychology including methods 4	15	A course about the physiology behind our psychology. How our brain works and body influences it.	4	
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How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)

The academic level was good, it was a 2nd years bachelor course so it is easy to follow if you have never taken courses in psychology. The exam for B05 was a multiple choice test, B06 was a paper with an interview you did. The material was good, we used itslearning and books were bought with a discount from the student store.

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?)

Lecturers are even less formal than at WUR. You had many different lecturers for each topic, so that was very interesting. They do use the “academic quarter” so class always starts 15 minutes later.

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

Cafeteria is super delicious, almost all vegetarian. There’s a good and cheap gym for 15 euros on campus. There is also a “Friday bar” to have drinks on Friday and they host an annual gala which I can highly recommend. There’s also a semester start festival.

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?)

You can sign up to a room from university, all throughout town. You will not know the location or anything, it was quite mysterious. Also keep in mind that the deposit will be 3x monthly rent, so that is a lot (around 1200 euros, but then in DKK)

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

Danish people are very nice but you have to be the one to approach them. They are very well mannered and quiet. Food is not that good, only risengrod and the pastries. They pay with DKK.

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

I lived in a place outside of the city, in a normal house with 6 other students. But most students lived in a student-building, inside of the city. Price is comparable to Idealis.

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

Everyone bikes in Denmark. Swapfiets is a good option. Buses drive regularly and there is a tram to uni, ikea and the city center. Flixbus stop is also there to go to other cities and trains are very affordable too.

6. Free time

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

I went with ESN to a Lapland trip. That was amazing! I would definitely recommend you to save some money for this trip. I loved Aarhus and Copenhagen and also visited Stockholm. Trains are regular and flibus is cheap.

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

Café unika, storms pakhus (streetfood market), creative space (you can paint pottery)

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

Sign up for ESN!

7.Challenges & best moment abroad

What was a challenge you have experienced?

I had expected to get a cultural experience, but Denmark was so much like the Netherlands that I did not really like that part. I also thought the language was strange.

What was your best memory abroad?

So many! The bars with ESN students, karaoke night, potlucks, Lapland trip, parties, musea. Make friends and you will have a great time!

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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