



# WUR Goes Abroad

## 1. Student Information

Field of study in Wageningen	Nutrition and Health
Study period exchange (dd/mm/yyyy)	24-1-2022 until 20-5-2022
Country (exchange)	Scotland
City (exchange)	Stirling
University (exchange)	University of Stirling
Faculty (exchange)	Health Sciences and sport

## 2. Motivation for exchange

### Why did you choose to go on study exchange?

I have always been interested in traveling and thought about going away for a few months to travel for years. When I was told it was an option to study in another country this seemed like the perfect opportunity. I also wanted to experience student life in another country to see what that it is like.

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

I always liked the United Kingdom from vacations and stories, so I started looking for universities there. I also wanted something either to do with sport or nutrition, and Stirling University offered some exciting courses on sport science. I looked at their website and it all sounded very good. A lot of courses, sport facilities and a city surrounded by a lot of nature.

## 3. Accessibility to reach destination

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

Because I try to limit my flights, I went to Newcastle by an overnight boat. It's a little more expensive but very comfortable and a little adventure in itself. Then I took the train from Newcastle to Stirling. Stirling University is outside the city, so you can take a bus or a taxi to the university.

## 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	Biomechanics and motor control	10	This course is about the mechanisms in the body while moving. You learn about bones, nerves, muscles and joints. There is also physics and math involved related to moving.	4	I really enjoyed this course, but you have to be prepared to do a lot of physics related to the body and moving.
2	Introduction to sports studies 2	10	This is a more introductory course into sports, covering parts of psychology, biomechanics and nutrition. Parts of this also came back in the other two courses.	3	I found this course interesting, but it was a lot of topics covered, so it was a little bit of everything. I liked that with the other courses there was more depth in the theory.
3	Psychology of sport	10	This course covers both the influence of sport on the mind and how the mind can influence performance, but the focus (in my opinion) is on the second. It gives you theory, but also practical tools that can be used in sport or as a coach.	4	This liked the combination of psychology and sport as I am interested in both. They do somewhat expect you to have some experience in either being a coach or an elite athlete (I am neither).
4					
5					
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**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

Because of Covid, my classes were still online, mostly pre-recorded, with a few live seminars a week. I didn't mind that, because it gave me flexibility to explore the rest of the country and Stirling itself. They do ask you to spend around 16 hours per week per course. But the academic level was a little below WUR in my opinion.

**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 professors were very approachable and helpful. Because the lessons were still online, it was easiest to make contact with my flatmates, less with other students of my course. I joined a sportclub, which was very helpful in meeting new people and everyone was very kind.

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

The University of Stirling has a lot of good sport facilities, even a swimming pool. There are multiple cafés on campus. There are laundry facilities in each flat, but you do have to pay for both your washing and drying.

## 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?)**

There are several flats on campus and one in the city centre. You can sign up for a room and choose if you want to live in a mixed flat or with only boys / girls. You can also sign up for a quiet flat. Although it is not guaranteed that you will be placed in the flat you put as your number one.

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

I found that people in Scotland are very friendly! They are also very helpful. The local cuisine has some interesting stuff, like potato scones, Haggis (which sounds weird but I quite liked it), crumpets. But other than that it doesn't really differ much from Dutch food. Although I did miss our Dutch bread.

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

Housing is a bit more expensive than in Wageningen. Groceries are kind of similar if you shop smart. Some restaurants offer cheap drinks and cocktails, but others are more expensive.

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

If you live on campus, you can walk to the university, but to get into town you will have to take the bus (or walk 45 minutes each way). A return for the bus is 2 pound 85. Taxis between city center and campus are around 10 pound. From Stirling you can take trains to Glasgow and Edinburgh, both around 10 pound. You can buy a card for 30 pound that gives you 30% off on train tickets.

## 6. Free time

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

Edinburgh, Glasgow, the kelpies in Falkirk, Stirling castle, but there is many more to see, don't forget about nature because the landscape is incredible. We travelled by train, you can plan a couple days in advance, but also on the spot. The university advertises a company which offers a 3 day trip into the highlands, which I found really worth it!

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

There are a lot of nice walks in the surroundings that are not too long but lead to nice places.

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

There is only one club in Stirling itself. The pubs Molly Malones and Nicky Tams are nice and busy and have live music on some days. For restaurants, the kilted kangaroo is good, Wetherspoons is nice and cheap.

## 7.Challenges & best moment abroad

### What was a challenge you have experienced?

The university of Stirling is big, so I had some trouble finding my way around at first. Also, there are no buses after 00.15, so then you can take a taxi back to campus. I stayed in Alexander Court, which turned out to be a 15 minute walk to the university, which took some getting used to. I missed my bike haha.

### What was your best memory abroad?

I think the highlands trip, it takes you to some amazing places and the tour guide knows a lot and tells interesting stories along the way.

## 8. Contact details (optional)

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