



WUR Goes Abroad

1. Student Information

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| Field of study in Wageningen | Nutrition and Health |
| Study period exchange (dd/mm/yyyy) | 13/01/2022 until 14/05/2022 |
| Country (exchange) | France |
| City (exchange) | Beauvais |
| University (exchange) | UniLaSalle Beauvais |
| Faculty (exchange) | |

2. Motivation for exchange

Why did you choose to go on study exchange?

I really wanted to study abroad and experience university life there. I also wanted to meet new people from all over the world and improve my English.

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

I really love France and the French language. This university is also close to Paris.

3. Accessibility to reach destination

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

I went by car, it takes about five hours.

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 | Introduction to Human Nutrition | 2 | It's about the macronutrients | 3 | |
| 2 | Gut flora, nutrition immunity & health | 2 | About digestion and pathogens in the digestive system | 4 | This is the hardest course |
| 3 | French Paradox, Mediterranean diet | 2 | About the Mediterranean diet and why drinking wine can be good for your health | 4 | |
| 4 | Clinical studies for the food industry | 2 | About different types of studies and statistics | 3 | You have to come up with your own research and present it to your classmates |
| 5 | Introduction to Nutrigenomics | 2 | About DNA | 4 | |
| 6 | Nutritional Loss during Food Processing | 2 | How to protect a products nutritional value | 4 | |

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

Every course only lasts one week. You start the course on Monday and you have your exam on Friday. The level is not as high as in Wageningen. Most of the exams were presentations. The workload was not really high.

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 teachers are very approachable. The classes are really small, so the teachers really get to know you. In my class, there were only international students, so there wasn't really engagement with local students.

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

There is a restaurant on campus. The breakfast is free and lunch and dinner are both €3,30. You get a lot of food. There is a gym and a laundry room on campus.

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 get a room in a house with other internationals, which is really nice. There are a few private rooms, but most people share a room with one other person. You also share the bathroom with this one person.

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

The lunchbreak is about two hours and the French eat a full meal then. The food is nice in France, they have a lot of cheese.

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

Depends really on the kind of room you get and whether or not you have a roommate, but is between €290 and €490.

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

The bus in Beauvais is very cheap, €1 for a day ticket. However, they don't go very often. You live on campus, so you can walk to the university in a few minutes.

6. Free time

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

You can easily go to Paris, so of course you have to visit Paris. Beauvais is also nice to visit, especially the cathedral, as well as Amiens. You can go to Amiens for €1.

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

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

There is a nice sushi place close to the bus station in Beauvais. You can go out on campus, there is a bar and on Thursday night there is a big party with all the students from the university.

7. Challenges & best moment abroad

What was a challenge you have experienced?

I speak a little French, but sometimes it's hard to understand people when they don't speak English. The university was not in the city centre, so to go there you always have to get the bus (or bike).

What was your best memory abroad?

I met so many nice people here, every day was so much fun. We went to Paris, but also to Milan during our holidays.

8. Contact details (optional)

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