



WUR Goes Abroad

1. Student Information

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| Field of study in Wageningen | Master Nutrition and Health |
| Study period exchange (dd/mm/yyyy) | 13-01 until 17-05 |
| Country (exchange) | France |
| City (exchange) | Beauvais |
| University (exchange) | UniLaSalle |
| Faculty (exchange) | Food and Health |

2. Motivation for exchange

Why did you choose to go on study exchange?

For the experience, to meet new people and to learn more about nutrition in a practical way.

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

I chose this university specifically for the Nutritional Sciences program. Moreover, also for the amazing internationally community and the French language.

3. Accessibility to reach destination

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

Ask if someone can bring you by car 😊

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 | Cross cultural communication | 2 | An interactive course about culture, communications and different point of views | 3 | |
| 2 | Introduction to French Culture | 2 | A course about the French culture, including a cheese and wine tasting | 5 | |
| 3 | French bread and pastries | 2 | A lecture and a cooking class where you will make French pastries | 5 | As an exam you need to give a presentation a few weeks later about a topic which was not really related to the cooking class. |
| 4 | Introduction to human nutrition | 2 | Mostly lectures about nutrition and nutritional assessment tools | 4 | |
| 5 | Gut flora nutrition immunity and health | 2 | Lectures about the gutmicrobiota and the effect of nutrition on your gut | 3 | |
| 6 | Diet, nutrition and chronic diseases | 2 | Different noncommunicable diseases related to nutrition were discusses | 3 | |
| 7 | French family cooking | 2 | A whole week of cooking typical French dishes | 5 | |
| 8 | Epidemiology and nutrition | 2 | Setting up an epidemiological nutrition study | 4 | |
| 9 | Clinical studies for the food industry | 2 | Course about setting up a clinical study in the food industry, including the different types and health claims. | 3 | |
| 10 | French paradox, Mediterranean diet and health benefits | 2 | Lectures about different Mediterranean countries and their diet, and the French paradox | 3 | This was an online course |
| 11 | Health catering and food services | 2 | Visiting the hospital, cooking classes and | 5 | |

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| | | | lectures about food in a hospital setting | | |
| 1 2 | Applied molecular biology techniques | 2 | Lectures and tutorials about different molecular biology techniques | 4 | |
| 1 3 | Culinary field trip | 2 | A week full of exploring different foods, visiting farms, museums and lots of fun | 5 | |
| 1 4 | Nutritional loss during food processing | 2 | Food technology related course with labwork, data analysis and lectures | 3 | This was an intense course with an higher workload compared to the others |
| 1 5 | Introduction to Nutrigenomics | 2 | A lecture about the basics of DNA, nutrigenomics, nutrigenetics and its application | 4 | |
| 1 6 | French as a Foreign Language | 2 | A French class every week where we discussed different topics | 3 | |

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

Each week you will have a new course. The study forms consist of lectures, tutorials, lab practicals and cooking classes. For $\frac{3}{4}$ of the course, you need to give a presentation as final exam for three courses there was a written exam, for one course a report and for one course a quiz.

The academic level and workload is on average much lower compared to Wageningen. However, all the classes are mandatory and a typical day is from 9/10 till 17/18. For some classes the workload was comparable with courses in Wageningen.

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 university looks more like a high school than an university. We had lectures with only 14 students in a classroom. I really liked that the lectures were better approachable compared to Wageningen, because of the small group and the small room. The local students were really friendly and were open to talk and spend time with the international students.

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

There are a lot of facilities for students on campus. There is an university restaurant on campus ("Crous") where you can have breakfast (free), lunch and dinner (3.30 per meal), there is a gym, laundry room, different sports facilities, music room, different student activities on every weekday, a student bar, a party on every Thursday party ("Chouille"), etc.

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 will be arranged by the receiving university on campus if you want it. There is a building for only international students with shared and private rooms with rents between 280 and 430 euro. They will divide the rooms but you can give your preference. I had a shared room for 320 euro and it was around 30 m2.

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

I thought that the French culture was more or less comparable to the Dutch culture. However, I experienced more differences than expected when studying there. For example, a lot of French people do not try to speak English with you, there are not many vegetarian options, and they will not greet to strangers. On the other hand, the French people are far more relaxed and enjoy eating and drinking wine more.

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

The prices were compared to the Dutch prices. The food was maybe a little bit 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?)

For 1 euro you can buy a bus ticket and you can use it the whole day. I brought my bike which is really recommended if you do not want to use the bus every time or if you want to go to places or supermarkets which you can not reach with the bus.

6. Free time

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

Plan d'eau Canadale (nearby lake), Gerberoy, Amiens, (city, 1 euro by bus).
There is an airport in Beauvais with cheap Ryanair flight to a lot of cities in Europe.

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?)

Au Bureau (restaurant), ice skating in Beauvais.

7.Challenges & best moment abroad

What was a challenge you have experienced?

Leaving the country after the exchange period.

What was your best memory abroad?

Living with all your new international friends in one building and going on vacations and trips with them whenever possible.

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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