



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Biology
Study period exchange (dd/mm/yyyy)	24-1-2022 until 12-7-2022
Country (exchange)	Spain
City (exchange)	Valencia
University (exchange)	Universidad Católica de Valencia San Vicente Mártir
Faculty (exchange)	Biotechnology

2. Motivation for exchange

Why did you choose to go on study exchange?

Mostly for personal development

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

Because I heard a lot of good stories about the Erasmus community in Valencia.

3. Accessibility to reach destination

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

By plane is the fastest way, but I went back by bus and this was also doable.

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	Marine botany	6	It was mostly about micro- and macroalgae	5	Very well organized and very interesting course.
2	Nutrition and Dietetics	6	Introduction to the importance of nutrition, it was a course of the nursery department.	3	It was pretty easy, but interesting.
3	Nutrition requirements for sports activity	6	Started very basic, only at the end it was more focused on athletes	2	It is a course in English but the English of the teacher is so bad that it is hard to stay focused.
4	Stem cells: applications and practices	6	The course started with a biological background about stem cells and continued about present and future applications	5	It was more focused on training skills like presenting and writing than on knowledge.
5	Biochemistry II: metabolism and nutrition	6	About metabolic pathways like gluconeogenesis and TCA cycle	3	We went through the material very slowly which made the course quite boring.
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How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)

Every course had 2X2 hours of class each week. The stem cell course was mostly group work, the other courses were mostly lectures and some practicals. Next to class there was not a lot of homework. The exam grade was never 100% of the final grade, there were also grades for reports and presentations. The exam questions were more on reproduction than on insight. I didn't need any study books.

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?)

It is a very small university with small classes and more contact between teacher and students, it felt like going back to high school. If you only follow courses in English you won't find any Spanish students in your classes, so contact with local students is limited.

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

There are some sports facilities, but it was hard to figure out how this worked and I didn't make use of it.

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?)

University doesn't help you with housing, but there are some useful websites they refer you to. The rents are mostly around €400,-.

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

It is way less planned and organised.

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

A 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?)

There are public transport bikes (Valenbisi) which are amazing. Everything is a bit cheaper than in the Netherlands. In the city centre you have to walk or bike because there are no roads for buses or cars. But the bicycle roads are pretty good for non-Dutch standards.

6. Free time

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

Montanejos is a very good place for hiking and after the hiking you can chill at the hotspots (water is around 25°C). Do this in spring when it is not too hot yet.

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

The beaches in Albufeira park are really pretty and much more quiet.

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

Saona and Haus are very good and cheap restaurants.

7. Challenges & best moment abroad

What was a challenge you have experienced?

It could be quite an effort to not be bored.

What was your best memory abroad?

I went on a surf camp with some other international students, this was absolutely amazing.

8. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name/e-mail		