



WUR Goes Abroad

1. Student Information

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| Field of study in Wageningen | BVG |
| Study period exchange (dd/mm/yyyy) | 28-02-2022 until 01-07-2022 |
| Country (exchange) | Poland |
| City (exchange) | Warsaw |
| University (exchange) | SGGW |
| Faculty (exchange) | Food & CIVIL AND ENVIRONMENTAL ENGINEERING |

2. Motivation for exchange

Why did you choose to go on study exchange?

To experience and live in a different culture, so I can better understand the world. Besides that I also wanted to meet a lot of people from over the world and hopefully make a lot of friendships. Also to learn a lot about the world from all the people over the world

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

I have chosen Poland, due to the reason I did not want to go very far away from home, but I really wanted to experience a different culture than the western culture. I already visited some a lot of western countries during holidays. I found it interesting to learn more about the eastern part and culture of Europa. Besides that the university was praised for being relatable to the WUR and having the same type of courses

3. Accessibility to reach destination

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

I went to Poland by train, because I could get the trip for free with green traveling and I could bring all the stuff I wanted. The train connection is quite good between Wageningen and Warsaw. I took the train from Arnhem to Duisburg to Berlin to Warsaw. It will take about 14 hours and is around 50/60 euros.

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 | Alternative diets | 4 | Lectures about different diets | 1 | Also contained a lot of diets which were nonsense. |
| 2 | Carcinogens in food | 2 | What carcinogens are present in our food | 3 | Summation of carcinogens |
| 3 | Drugs, medicines and smart food components and additives | 2 | Mostly about what medicines do and there chemical components | 3 | Not really a cohesive course |
| 4 | Innovation in food and nutrition | 3 | Which innovations are made in food | 3 | To big report for the content |
| 5 | New food product development | 6 | Developed a new food product from scratch and also in real life | 5 | Some classes the teacher only gave feedback on all groups |
| 6 | Plants and animals protection in urban areas | 4 | How can we live better together with plants and animals | 5 | Nice fieldtrips to parks in Warsaw |
| 7 | Preventive nutrition | 4 | How can we prevent chronic diseases. Analysed our own diet for chronic diseases | 4 | Sometimes real simple for BVG students |
| 8 | Sustainable foods | 2 | How can food become more sustainable, what are the problems and solutions | 4 | Had to design our own product from waste products |

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

The academic level and workload is lower than at the WUR, which is nice to give you more free time to explore Poland and make Erasmus friends. The study forms were more practical so we had to really make or design new things. I did not have many exams but there were good. You know what to learn and if you learned it was good to pass. The lesson material was low, because there was also a lot of other things during the lessons besides information

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 lectures were really nice and approachable. I heard that some students even went sporting and drunk a beer with a lecturer. Nevertheless the WUR is very structured and well organized and this University was a big chaos, but in the end it worked out for everyone. There was not really contact with local students from Poland. It are Erasmus courses so there are only Erasmus students, but the atmosphere was nice and friendly. Everyone came to meet new people, so everyone was also very open.

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

Almost every building had a canteen with really cheap and traditional Polish food. This was a great way to make friends. After a lesson you can ask them to eat something. There were also sports facilities but I did not use them. There were also facilities for everyday life, however if you lived in the dorms of the university.

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?)

The housing is really easy. You can just sign up for the dorms at the university. I highly recommend it, because then you will live with a lot of Erasmus students and can make a lot of friends. The Erasmus of SGGW mostly takes place at the university and the dorms

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

The Polish culture is at first a little bit of a shock, because everyone looks angry and does not greet anyone. Besides that most Polish people do not talk English, so in the beginning when you need a lot of help it can be a struggle. However the cuisine is really good and cheap, so you can go out and eat a lot. For 10 euros you have a meal and drinks.

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

The dorms were really cheap, but if you want a room in the centre the price was around 300 euros a month

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

The public transport is good and cheap in Warsaw. You have a lot of buses and trams. Students get 50% off so get your student card as quick as possible. I paid around 30 euros for 3 months of transport. Traveling to the university from the centre I would not recommend, because the connection is not good and takes some time. I bought a bike and it was faster.

6. Free time

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

Just ask the ESN people and follow your fellow Erasmus friends. It is more fun to make good friend and eventually you will see everything. There is enough time for it.

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

There is a university with a garden on the roof which is beautiful in the summer. Also the river has a lot of good bbq places

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

Bar mleczny are milk bars, where you can lunch for really cheap prices.

7.Challenges & best moment abroad

What was a challenge you have experienced?

The first week was the biggest challenge. You had to fix all the courses and your room and this and that. So I recommend to leave a few days before. This will give you more time to adjust

What was your best memory abroad?

My best moment was my travel with ESN to Gdansk. A lot of my friends went and it was a weekend of laughter and fun

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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