



# WUR Goes Abroad

## 1. Student Information

<b>Study programme WUR</b>	BSc Gezondheid en Maatschappij
<b>Exchange semester (dd/mm/yyyy)</b>	21-09-2023 until 04-02-2024
<b>Exchange destination: University</b>	Universität für Bodenkultur Wien (BOKU)
<b>Faculty</b>	Food Science and Biotechnology
<b>Country</b>	Austria
<b>City</b>	Vienna

## 2. Motivation for exchange

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

I chose to go on an exchange to expand my academic knowledge in the field of Nutrition and Health, as I started this master when I returned to the WUR. As well as expanding my experiences and for personal development and independence.

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

The reason I chose BOKU is, because one of their visions is on integrating sustainability in nutrition and health related processes and link this to social challenges in which I am really interested. And of course I would lie if I would say that I came to Vienna just for studying, as the city is also very beautiful.

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination?

You can go by plane, but of course going by train (nightjet) is the greenest, but somehow not always cheapest, option.

## 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	Business and sustainability	6	This course links sustainability with business practice and highlights the importance of incorporating ESG considerations and outcomes.	5	Really interesting course including a field trip
2	Economics of global commons and climate change	3	Widely used theories, concepts, tools and methods in economics and social sciences that are relevant to climate change	3	A little boring sometimes (but that's personal)
3	Fat chemistry and technology	2	General importance of fats, structure, reactions as well as all the production processes	5	Interesting and clear
4	Food chemistry (for SIFC)	4	Covers the basic aspects of food chemistry, including the chemistry and function of the major compounds of food, such as carbohydrates, lipids and proteins as well as vitamins, minerals and water	4	Sometimes hard if you do not have enough background information. However, really interesting.
5	Human nutrition	3	Food and nutrient patterns, requirements, macro and micronutrients, body composition, energy, hunger and satiety and dietary requirements for specific groups	3	Not a really nice way of teaching the course as it has no clear order and most of the material is repetition.
6	Intercultural competence - Changing perspectives in a diverse (working) environment	3	Theory on communication styles, behaviours and cultural practices is put into practice. Focus on shifting perspectives and preventing intercultural conflicts.	5	Very fun and interactive course as well as informative.
7	Social ecology and sustainable development	3	Interactions between societies and their natural environment	5	Clear

**What is it like to study there?**

*E.g. study forms, academic level, examination, workload, lesson material.*

The academic level, workload and lesson material can be compared to the WUR. The examination is easier. All the exams take place in January and as you can see the courses have not a lot of ECTS, so it is better to choose courses that have projects only as well to reduce the workload in the last weeks of the semester. Courses with projects only mostly end earlier in the semester.

**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?*

Courses often overlap so you need to have a good look on when attendance is mandatory. They make use of buddies in the beginning of the semester and they can help you whenever of with whatever regarding the university or the city. I would say that BOKU is quite comparable to the WUR but it is a bit smaller.

**What does the university offer students additionally?**

*E.g. catering, sports facilities, laundry facilities?*

I did not take part in this, but I know it exists. Each Tuesday they have a so called 'Stammtisch' where students come together and have a beer and sometimes they have an organized activity on that evening.

## 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?*

I got a room via housinganywhere.com and the rent was 450. The university also offers accommodations.

**What is the culture of the country like?**

*E.g. Differences with home, local cuisine, habits, manners?*

Vienna is a romantic city and this includes pretty buildings, classical music, ballet etc. When in Austria you have to try the typical Wiener Schnitzel.

**Could you give some information about public transport infrastructure?**

*E.g. Cost public transport card, taxi prices, how to travel to the university?)*

You can get a semester ticket and travel within the core zone, including to the university.

## 6. Expenses

**Can you give an indication of your expenses for/during your exchange?**

*E.g. you can also indicate price differences (higher/lower/equal) in comparison to the Netherlands.*

Prices in Austria are equal to a little higher compared to the Netherlands

Ticket there:  
Visa if applicable:  
Vaccinations if applicable:  
Insurances (extra, if applicable):  
Housing costs per month & type of housing/accommodation: 450, shared flat  
Groceries:  
Public transport: 75 for semester ticket  
Restaurant/going out for dinner:  
Daytrips/sight-seeing:

**Additional remarks regarding expenses?**

## 7. Free time

**What are must-sees in the area?**

*E.g. nearby destinations, how do you prefer to travel, when to plan?*

I would recommend to come one week before the welcome days to explore the city and get a little used to it. Must-sees are Schloss Schonbrunn, Belvedere, Hofburg, Maria-Theresien Platz, Stephansdom, Prater

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

Palais Kinsky, Justizpalast, Otto Wagner villa

**Do you have general tips and tricks about leisure time?**

*E.g. recommendations for restaurants, going out?*

Restaurants: Palmenhaus, Ulrich, Naschmarkt, Das Kauzchen, Gleisgarten, Salonplafond  
Going out: Travelshack, Loco bar, the Loft, O-klub and Volksgarten

## 8. Challenges & best moment abroad

**What challenges did you encounter and how did you overcome them?**

None

**What is your best memory of your time abroad?**

Going on trips within Austria. This is very easy and cheap when you go by Flixbus.

## 9. 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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