



WUR Goes Abroad

1. Student Information

Study programme WUR	BSc Food Technology
Exchange semester (dd/mm/yyyy)	04 / 09 / 2023 until 28 / 01 / 2024
Exchange destination: University	University of Copenhagen
Faculty	Science
Country	Denmark
City	Copenhagen

2. Motivation for exchange

Why did you choose to go on study exchange?

To experience life in a big, European city, and the Nordic culture specifically. Also I wanted to see how I would deal with "starting from zero" in terms of meeting new people, making new friends, etc.

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

The university was in rankings in my field of study. As mentioned before, I was interested in Scandinavia and how it would be to live in Copenhagen.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I went by plane, but if you live closer than me (my home country is quite far away), I heard going by train or car are also feasible options.

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	Thematic Course in Food Innovation and Health	15	Good course providing an overall view on product development but also sensory, statistics, business aspects. Heavily based on group work, you work in a team to come up with a product in collaboration with a company.	4	Group work division was a bit of a game of luck since I came in as an exchange student and not knowing anybody else in the course. My main complaint is that I wish we would have received proper feedback on the final group report (we were just given the grade, without further comments). Otherwise, it was a pleasant experience. Long scheduled hours but not too difficult content-wise, in my opinion.
2	Bioactive Food Components and Health	7.5	Covered a broad range of subjects: health claims on food (EFSA claims), mechanisms of action, regulations, health aspects, development and business innovation, sensory, etc.	5	Amazing course, with wonderful professors. Medium to high course load, depending on your background – it is heavily focused on nutrition and human health, also diving into mechanisms of some bioactives. I thoroughly enjoyed it.
3	Food Science and Culinary Techniques	7.5	Overview of how different culinary techniques affect different food categories' sensory properties, with applying some concrete examples in the lab (group work).	4	Nice professors, eager to help out when needed. Interesting topics and guest lecturers as well. Loved the labs we had as groups, nice to be able to visualize the techniques previously discussed in the lectures.

What is it like to study there?

I think the workload was less difficult than at WUR, since it wasn't nearly as technical and more food science-focused than food technology. But I still enjoyed this temporary change. Two of my exams were oral and only one was written (take-home 8-hour online assignment) – both types of examinations were very new to me, but went quite well. I do feel though that the oral examinations are more subjective than the written ones, so I wouldn't want those as a full-time option. The workload highly depends on the course, and usually in one block one would take a more demanding course together with a bit of a less demanding one, in order to manage.

What is the culture of the university?

Smaller scale classes than at WUR, so the professors know every student, are ready to help when needed.

What does the university offer students additionally?

I heard there are sports facilities, but I haven't used them personally. There are canteens on the campus I was on (Frederiksberg), one with fully vegetarian options, and another with some meat options too. The library is nice and offers some extra courses on helping with data handling, studying, etc.

5. Housing-travelling-living

What are the possibilities for housing?

Rent is usually very high if you want to live in a nice area, I was paying around 7500 dkk for a single room in a dorm, in the centre of the city, through the Housing Foundation. I know others who were living far away from their campus, in dorms, but were paying less. There are also other websites (usually not targeted for internationals so it's harder to know about them) where you can get on waiting lists and receive cheaper room offers, but I haven't received anything from there. There is housing subsidy if you want to apply for it.

What is the culture of the country like?

Biking culture still very much present, felt like a second the Netherlands honestly. Very rich in culture, and with beautiful architecture almost anywhere you go, which I thoroughly enjoyed. The Danish are a bit reserved but still very nice.

Could you give some information about public transport infrastructure?

I would highly recommend to get a personal rejsekort, making it cheaper to travel by public transport instead of buying single tickets every time. Check if paying for some subscriptions would be even more suitable for you (for me personally it wasn't because I was still mostly biking or walking). To get to Frederiksberg campus I would go by metro, but there are also busses running around. There is a DOT Billetter mobile app or Rejseplanen app you can use to check routes (or buy single tickets).

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.

Ticket there: I flew by plane, it was around 150 euros

Visa if applicable: No

Vaccinations if applicable: No

Insurances (extra, if applicable): you get a Danish insurance card after you register as a resident and get your CPR number. You are assigned a GP. I fortunately never had to use these services.

Housing costs per month & type of housing/accommodation: >5000 dkk per month for single rooms as far as I know.

Groceries: higher than in the NL

Public transport: I wasn't travelling by public transport that much but prices are slightly higher than in NL

Restaurant/going out for dinner: going out to eat is very expensive! One dish is usually around 20 euros, drinks are not cheaper than 10 euros.

Daytrips/sight-seeing: some museums have free entrance on special days (e.g. Wednesdays) and there's events like the K7 week and culture night – definitely work checking out K7, but I'd say the culture night felt quite crowded and rushed.

Additional remarks regarding expenses?

Very expensive for going out, so get ready for that and try to save wherever you can if that's important for you.

7. Free time

What are must-sees in the area?

The museums, the castles and palaces, the pretty, colourful streets, the lakes. I think Frederiksberg is a nice area to visit, especially in the evening, when they have pretty lights. Nyhavn is nice but quite crowded. Christmas markets are beautiful if you visit in winter!

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

Studenterhuset maybe? It's a nice place for students 😊 the old library of the university is also breathtaking (strong dark academia vibes), definitely work visiting!

Do you have general tips and tricks about leisure time?

Studenterhuset is nice and cheaper for students, if you want a café spot (they have parties sometimes too). There's plenty of cute spots around town so you have lots to explore!

8. Challenges & best moment abroad

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

Settling in and buying everything for my room – I arrived the second day of classes and it was really hectic, so I'd recommend not doing that unless you want to deal with some stressful academic and life stuff haha

What is your best memory of your time abroad?

Hanging out with the friends I made and promising to visit each other and stay in contact even after our exchange would end!

9. Contact details (optional)

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