



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Consumer sciences
<b>Study period exchange (dd/mm/yyyy)</b>	06-01-2023 until 29-04-2023
<b>Country (exchange)</b>	Canada
<b>City (exchange)</b>	Guelph
<b>University (exchange)</b>	University of Guelph
<b>Faculty (exchange)</b>	Social sciences

## 2. Motivation for exchange

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

I went on exchange to gain more experience travelling and to study in a different culture and environment.

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

I chose Canada because I desperately wanted to go to a country I had never been to and to a country that is not accessible to me normally. I specifically chose Guelph because Guelph is known as a tight knit community in a beautiful part of Canada near a big city (Toronto). It was the best choice I could have made.

## 3. Accessibility to reach destination

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

It's Canada so you have to take a plane ☺. I flew from Amsterdam Schiphol to Toronto Pearson. It is about an hour by Uber to the University of Guelph.

## 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	SOC*1500 Crime and Criminal Justice	6	<p>This course will introduce students to the study of crime and criminal justice. It will examine the various criminological theories, types of criminal behaviour, and the criminal justice system.</p> <p>Link:  <a href="https://socioanthro.uoguelph.ca/course-outlines/crime-and-criminal-justice-soc1500-9">https://socioanthro.uoguelph.ca/course-outlines/crime-and-criminal-justice-soc1500-9</a> </p>	3,5	Was focused more on the Canadian Justice system than I originally thought. Not so much criminology as it is criminal justice.
2	PSYC*1000 Introduction to Psychology	6	<p>This is an introduction to the content and methods of psychology. It will cover the major areas such as neuroscience, sensation and perception, learning, cognition, motivation, human development, personality, psychopathology and its treatment, and social psychology.</p> <p>Link:  <a href="https://www.uoguelph.ca/psychology/sites/default/files/1000%2802%29%20W22%20CourseOutline_Clancy.pdf">https://www.uoguelph.ca/psychology/sites/default/files/1000%2802%29%20W22%20CourseOutline_Clancy.pdf</a> </p>	4	Very new professor who was chaotic but the course itself is really good and other semesters it is given by a different professor.
3	PSYC*2650 Cognitive Psychology	6	<p>This course is an introduction to cognitive processes, including topics in the areas of attention, memory, language and reasoning. Students will be exposed to and participate in on-line laboratory demonstrations and experiments.</p>	5	Loved this course, very in depth but understandable with my limited knowledge. The professor explained everything very well and gave real world examples for almost everything.

			Link: <a href="https://www.uoguelph.ca/psychology/sites/default/files/2650%20W22%20Course%20Outline%20NA.pdf">https://www.uoguelph.ca/psychology/sites/default/files/2650%20W22%20Course%20Outline%20NA.pdf</a>		
4	PSYC*2310 Social Psychology	6	<p>This course introduces students to the field of social psychology. Major topics introduced will include: social influence, social cognition, attitude, stereotype and prejudice, the self, attraction and interpersonal relationships, group processes and intergroup relations. The course also aims for students to use the knowledge acquired to think critically about how their actions and those of others are influenced by social forces. In addition, the course aims to introduce students to the role of culture in shaping thoughts and behaviour and to provide them an opportunity to appreciate diverse perspectives.</p> <p>Link:  <a href="https://www.uoguelph.ca/psychology/sites/default/files/2310_01%20W22%20Course%20Outline%20Sparks.pdf">https://www.uoguelph.ca/psychology/sites/default/files/2310_01%20W22%20Course%20Outline%20Sparks.pdf</a> </p>	4,5	Course was very good with a good professor and good examination. It just did not interest me as much as the cognitive psychology course.
5					
6					

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

The courses in Guelph are organized differently from the courses in the Netherlands. For the courses I took on exchange, a lot of quizzes, essays and a couple of midterms were required next to the final examination. This means that your course grade is made up of more parts and a lot of your grade has been collected before even starting the examination period. This makes the course load a little heavier. However, I can not compare the academic level as I don't take psychology courses in The Netherlands so I can't say anything about the difficulty compared to courses at Wageningen University.

**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 professors are super approachable, going to office hours could really help your grade and the professors are really interested in getting to know you. It is not required to go to office hours or approach professors but they are more willing to help when you need something from them this way. The students are super open to contact, I made a lot of Canadian friends by just walking up to them and asking them something about the course or making small talk. Definitely take the first step as they will probably not do that but once you make the step they will be the most friendly and sociable people you meet 😊.

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

The sports facility is only 50\$ for the whole semester and the gym is amazing. I went to Guelph in the winter semester, so the American Football and baseball seasons were not open but the (ice)hockey games were very well visited and a lot of fun! There are some pubs and restaurants on campus that do things like pub quizzes, karaoke etc. so make sure not to miss them! Also, I joined for kickboxing and normal boxing both once a week at the Athletics centre. I had never boxed before but this was so much fun!

## **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 stayed in West Residence on campus, it was easy to do through Web Advisor and West Residence is full of exchange students and has a kitchen. East Residences also have kitchens but there are a lot of Canadians there that are not as sociable to live with. A lot of the East Residence exchange students hung out at West Residence a lot. North and South Residences do not have kitchens and you will need to buy a meal plan for them. The food on campus is the best campus food in Canada but it is very unhealthy compared to the Dutch food and it is very tiring to have to go to the bars, restaurants and cafes for every meal.

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

The people are definitely friendlier and more open than Dutch people. The tipping culture and the fact that all the prices in the supermarket are without their tax is kind of annoying because everything is more expensive than you think. The biggest difference in culture is the fact that Canadians (like Americans) take sports very seriously. Sports at even the lowest levels is very popular and all the games include halftime shows and very dramatic entrances by the players ☺.

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

I believe the price was around 800 euros a month, that is more than double my rent in Wageningen. Groceries are 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?)**

Public transport is not Canada's strength. The Go-busses are easily accessible and you can buy day passes which are 10\$ per day. This is very cheap if you want to go to Toronto. However, since the busses have to stop a lot, you have to take two busses to Toronto which takes almost two hours. Even though it is only 45 minutes by car. A lot of Canadians and even some exchange students have cars so definitely ask if you can drive with them and renting a car is easy for day trips to ski resorts or national parks ☺

## 6. Free time

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

Toronto is an amazing city, it's financial district is beautiful with its skyscrapers and the whole city is very accessible just by walking around.

Algonquin National Park is also really beautiful. We visited this with 12 students and rented cars and booked an Airbnb close and it was an amazing trip.

Montreal, Quebec city and Ottawa are also really fun cities. Each is completely different and Quebec city is definitely the prettiest but Montreal has a lot of cool cafes and generally a really cool vibe. If you can rent a car for 10-15 days you can easily drive to them all and visit some national parks in between. I think spending 2-3 days in every city is the perfect time to see everything.

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

If you want to go skiing, Blue Mountain is the only bigger resort about an hour from Guelph. Chicopee is fun for one day but does not have many slopes.

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

Visit The Ranch if you want to learn how to line dance ☺ . Rockwood Conservational area is also really nice if the weather is nice. We had weather ranging from -25 degrees Celcius in the coldest days but at the start of April we got 25+ degrees so bring some t-shirts as well!

## 7.Challenges & best moment abroad

### What was a challenge you have experienced?

The different time zones are a bit hard because they make communicating with loved ones a bit of a struggle. Also, mobile data is really expensive so I just went four months using the wifi everywhere. The university campus, Walmart and almost every restaurant has Wi-Fi so this worked fine for me.

### What was your best memory abroad?

We had a white t-shirt party to say goodbye to everyone and a potluck. This was amazing. Also, the trip to Algonquin and actually just making amazing Canadian friends was so amazing ☺

## 8. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
<b>Name/e-mail</b>	Floor.kersten@wur.nl	