



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor Nutrition and Health
Exchange semester (dd/mm/yyyy)	29/08/2023 until 15/12/2023
Exchange destination: University	University of Guelph
Faculty	Science
Country	Canada
City	Guelph

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to explore a new place and experience a different culture.

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

I felt more comfortable going to a country where I could speak the main language, I had never been to North America before, and going to Canada had always been on my travel bucket list. Additionally, the University of Guelph had great electives to choose from and I liked how it wasn't located in a big city like Toronto.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

It is easiest to fly into Toronto Pearson International Airport. I traveled around Ontario and Quebec before going to Guelph, so it was very convenient to already have a rental car to get there. However, I get that this isn't the easiest way if you would be going to Guelph directly. The cheapest option is to use public transportation, however, this might be inconvenient with multiple suitcases or bags, therefore, I would say a tip that I would give is taking a taxi together with other exchange students as splitting the cost of the taxi makes it significantly more affordable.

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	FOOD*3050	6	This course covers the fundamental principles of the chemistry of foods. The course will discuss selected topics related to the chemistry (physical, organic, and analytical) and physics of the major components in food materials such as lipids, proteins, carbohydrates, and water.	2	The content of the lectures is very interesting, however, the graded assignments do not accurately test the knowledge of lecture content in my opinion. The course did not have an exam and the final grade was made up of essay-like assignments that needed to be 2000-3000 words long and each accounted for 25%.
2	FOOD*4070	6	Functions of packaging in food preservation systems will be examined using a review of current packaging materials, their properties, production methods, and applications for specific products. Additional topics include regulatory, environmental, and marketplace influences on food packaging choices.	3	Even though the lecture content could be very boring at times if not well presented, the lecturer tried his best to engage everyday examples of packaging to keep the lectures more interesting and easier to follow. The last few lectures are focused on the environmental aspect of packaging and also contain a discussion activity making the course engaging and relevant.
3	GEOG*3020	6	Major global environmental issues examined include climate change, deforestation, desertification, and global fisheries. This course is interdisciplinary, exploring the interactions of bio-physical processes with human socio-economic dynamics, including policy initiatives. Particular	3.5	The course contains a big group project that contributes to around 40% of the final grade. It's a very relevant and topical course that discusses modern-day problems and emphasizes and explores possible solutions.

			attention is given to global climate change, its causes, its nature and extent, its implications for ecosystems and societies, and its governance implications.		
4	NUTR*2050	6	This course explores how individual, family, community, and societal factors influence nutritional needs and dietary intake from infancy through older adulthood. Implications for nutrition care and community-level programs are discussed.	4	The course content discusses the nutritional needs and behaviors through the life cycle in chronological order, starting with nutritional considerations for fertility and pregnancy up until the nutritional needs of elderly.
5	FRHD*3400	6	This course is an examination and analysis of the theories and methods of communication as applied within the processes of family counseling and consultation.	4	Although this course is part of the Applied Human Nutrition degree, the course content does not focus on nutrition all that much. Additionally, decolonization and indigenous culture are a big topic, which can distract from the other learning outcomes if unfamiliar.

What is it like to study there?

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

I followed courses that contained both lectures and seminars, which are similar to tutorials/ work groups. The academic level was similar to Wageningen University's, if not a bit easier. Out of the 5 courses that I followed, only one had a final exam. Other forms of examinations are quizzes, midterms, and assignments ranging from 300 to 3000 words. The workload was doable with the right planning, as there's a lot of self-study required but there are only two meeting times per week that together take up 3 hours on average. The lesson material consisted mostly of lecture content but in addition, required readings such as media, textbooks, or scientific articles were provided.

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?

Most of the time the course coordinators are also the lecturers and they are very approachable before or after the lectures, easy to reach via email, and they also organize weekly office hours during which everyone is free to visit them if needed. Engagement with local students is quite easy through group projects or during seminars. Additionally,

engaging with other students is achievable by arriving early for lectures and talking with the people who sit around. I feel like it is pretty similar to WUR, however, the lectures do not contain any breaks and they also are not recorded.

What does the university offer students additionally?

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

There are a lot of food options on campus ranging from coffee places like Starbucks to dinner options such as pizza, pasta, burgers, a salad bar, and much more. The Gryphons athletics center is also located on campus and contains several sports fields and gym rooms for football, soccer, (ice)hockey, basketball, volleyball, and there are also two swimming pools and a rock climbing wall. Every residence building has a laundry room with several washers and dryers that are quite big and rarely occupied all at once.

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 University of Guelph guarantees a room on campus for exchange students when they apply before a certain deadline. The room options and rent rates for 2023-2024:

Room Type	Campus Area	Deposit	Fall Semester	Winter Semester	Total Residence Fee *
		(applied to winter semester fees)		(amount owing after \$750 deposit applied to fees)	
Single Room	North and South	\$750	\$4,486	\$3,736	\$8,972
Small Single Room	South	\$750	\$3,845	\$3,095	\$7,690
Single Room	Johnston Hall	\$750	\$4,552	\$3,802	\$9,104
Single Room	Lambton Suite (2 or 3 bdrm) East Residence University Houses West 3 bdrm Townhouse	\$750	\$4,686	\$3,936	\$9,372
Single Room	East Village 4-6 bdrm Townhouse	\$750	\$4,996	\$4,246	\$9,992
Double Room	North and South	\$750	\$3,845	\$3,095	\$7,690
Double Room	Johnston Hall	\$750	\$3,896	\$3,146	\$7,792
Double Room	East Residence	\$750	\$4,163	\$3,413	\$8,326
Double Room w. ensuite	Gordon Hall	\$750	\$4,486	\$3,736	\$8,972
Triple Room	North and South	\$750	\$3,570	\$2,820	\$7,140
Quad Room	North and South	\$750	\$3,423	\$2,673	\$6,846

What is the culture of the country like?

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

I think the culture in Canada as a country wasn't that much different from the Netherlands. Canadians are very friendly, often willing to help if needed and make you feel very welcome. It is very normal to ask someone how they are and have a little chat when seeing them on campus and it is common to hold open the door for someone even if they're a bit further behind. A very North American food-related culture is the presence of many fast-

food chains. Tax (13%) isn't included in the prices and it is customary to leave a tip between 10-20%, which can significantly increase the prices.

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 in Guelph is included in the payment to the University of Guelph for residence and additional costs. The campus has a bus station located in front of the University Centre and the campus card can be used to check in on buses. The public transport between cities in Ontario, known as GO Transit, consists of both trains and buses. The GO buses go from the bus station on campus and another option to access GO transit is GO buses or the GO train from Guelph Central Station. Taxi prices are quite high, however, sharing an Uber with other students can be affordable and worth it sometimes. When living in residence, all university buildings on campus are easy to reach by walking. When living off campus, Guelph transit buses can easily be used to get 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.

Ticket there: 1300 euro

Visa if applicable: 7 CAD for eTA

Vaccinations if applicable: N/A

Insurances (extra, if applicable): travel insurance 280 euros, dental plan 122 CAD,

Medical Insurance 95 CAD, University Health Insurance 250 CAD

Housing costs per month & type of housing/accommodation: 1363 CAD per month for a single room in a townhouse for 4 people

Groceries: 50-100 CAD per week

Public transport: 167 CAD for Guelph Transit

Restaurant/going out for dinner: 20-30 CAD

Daytrips/sight-seeing: approximately 30 CAD for GO Transit to Toronto

Additional remarks regarding expenses?

Depending on which residence building, it can be compulsory to buy a meal plan. There are different types of meal plans for different prices, however, doing groceries and cooking if there is a full-sized kitchen in the residence will be cheaper than the smallest meal plan.

7. Free time

What are must-sees in the area?

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

Toronto (GO Transit), Niagara Falls (MEGA bus from Toronto), Algonquin Provincial Park (bus tour from Toronto), Canada's Wonderland, or Ottawa/Kingston/Montreal (train).

The easiest way to travel is by car since this would also allow to see more of nature,

however, it is quite difficult to rent a car as an exchange student. I would recommend using public transport (combined with an Uber) or getting a ride from a local student.

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

The My Kitty Cafe and The Donkey Sanctuary of Canada in Guelph.

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

For me, the Stampede Ranch, which is a place to go out, is definitely worth a visit. It feels very Canadian and is worth the experience even if you're not into country.

When going out, it is important to realize that most places have entry fees and drinks can usually only be bought with cash.

Some restaurants that are nice and not too expensive are East Side Mario's and Montana's.

8. Challenges & best moment abroad

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

Not all debit cards are accepted in Canada. This can be overcome by getting a Canadian debit card, a credit card, or an international account through companies such as Wise. Getting affordable data is challenging, however, some smartphones are compatible with eSIMS. A phone number is not needed most of the time, making an eSIM the most affordable option to get a decent amount of data.

What is your best memory of your time abroad?

At the end of the semester, I and some of the exchange friends I made during the first week of START International went on a trip to New York together. However, I don't think I have one favorite memory and it is more about being grateful for all the amazing people I have met and spent time with during my time abroad.

9. Contact details (optional)

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