



# WUR Goes Abroad

## 1. Student Information

<b>Study programme WUR</b>	MFT
<b>Exchange semester (dd/mm/yyyy)</b>	21-08-2023 until 15-12-2023
<b>Exchange destination: University</b>	Of Illinois Urbana-Champaign
<b>Faculty</b>	ACES
<b>Country</b>	The United States of America
<b>City</b>	Champaign

## 2. Motivation for exchange

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

I always love travelling to new places and I wanted to experience how it is to live and study in a different country. I also wanted to follow different courses and follow an extra minor, before finishing my Masters

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

I have always wanted to go to the US, just to experience life there and also travel through the States. I always thought studying in the US would be such a different experience, so I wanted to try it for myself. I chose this university specifically because it had multiple courses that aligned well with my current knowledge, but still challenged me and would hopefully expand my knowledge greatly.

## 3. Accessibility to reach destination

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

Fly into Chicago and then use the shuttle they provide to get to Champaign. This way you will directly meet other exchange students and make your first friends easily and you don't have to struggle with getting to the city of Chicago and then going by train from there.

## 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	FSHN 422- Intro Personalised Nutrition	6	Online classes about nutrigenetics and nutrigenomics, showing that your genome has a influence on the impact food has on your body/health	3	Fully online, with no final exam, just a presentation and weekly assignments
2	FSHN 420- Nutritional Aspects of Disease	6	At home lectures about diseases (obesity, GI issues, diabetes, renal issues etc) with tutorials/groupwork about how food can influence health in people with these conditions. Basically teaches you what a registered dietician would do in day to day work.	5	Long at home lectures and a lot of variation in in-class tutorials (group work, individual work, mid-terms and a final)
3	FSHN 417- Neuroscience of Eating & Drinking	6	Complex lectures about how the nervous system, hormones, the senses and other factors influence behaviour when it comes to eating and drinking	5	Really interesting topics, but sometimes a little rushed lectures. Allowed to use cheat sheets during mid-terms and an online final
4	FSHN 250- Nutritional Physiology	6	Teaches the basics about cell biology, digestive system, integumentary system, skeletal system, muscular system, circulatory system and how food interacts with each system	4	Easy and clear lectures, nice professor, some groupwork, 6 small mid-terms and 1 final
5	FSHN 120- Contemporary Nutrition	6	Goes into the very basics of Nutrition, macromolecules, minerals, vitamins etc, to give an overview of the basics	2	Really simple and slow paced, no exams, just assignments and quizzes
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**What is it like to study there?**

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

You will not have a lot of classes on your schedule, but you will have to keep up with the work outside classes. You will get a lot of small quizzes/assignments every week, so I was in the library multiple days of the week to keep up with everything. But these assignments are simpler than at the WUR, so it costs some time, but isn't that difficult to do. Finals will also only be 20-30% of your total grade, so there is less pressure at the end of the semester. Each class will have its own division on how to get good grades, but there is a lot more focus on attendance, in-class participation and keeping up with the lecture material. The academic level is quite similar, but the exams are much easier.

**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?*

Lecturers are still quite approachable, but it is more formal than at the WUR. There is not a lot of groupwork, so getting to know other students is more difficult than at the WUR, you would have to join clubs/RSO's to meet students.

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

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

There is free public transport for all students, and you can use your student-card to eat at the dining halls, even if you are not in the dorms. If you are staying in the dorms, you have to get a meal plan, meaning you won't really cook. There are 2 sports facilities, of which the biggest has an indoor and outdoor pool, a giant gym, a 400m track inside, a climbing wall and much more. If you want specific classes, climbing, boxing etc, you will have to pay, but the rest is all free to use.

## 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?*

You can live on the dorms, in university approved housing or rent privately. The dorms and most private renting is very close to campus, but even if you aren't on campus, the busses run often, so you can easily and quickly get everywhere. Dorms will be about 6000 dollars for a semester (I believe) and private will be between 550 and 1000 dollars a month, with the cheapest being a 10 min bus/30 min walk from campus.

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

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

Not a lot of big differences.

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

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

There is a 50ish dollar shuttle from Ohare to the campus, but once there, the busses are free for students, once you have your i-card. You can also rent electric scooters/bikes to get around.

## 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 and back: 1000

Visa if applicable: 400-600

Vaccinations if applicable: 100

Insurances (extra, if applicable): I think 500 dollars for a mandatory student health insurance

Housing costs per month & type of housing/accommodation: 550 for an off-campus apartment with own bathroom

Groceries: 1.5 times it is in the Netherlands

Public transport: free

Restaurant/going out for dinner: comparable to NL, maybe a bit more

Daytrips/sight-seeing: 35 dollars one way to Chicago, car rental 100ish per day

### **Additional remarks regarding expenses?**

If you want to go out in the bars/clubs you have to pay entrance between 5 and 20 dollars, depending on how busy/if there is an activity that weekend. The football student tickets are 90 for a semester or 10-20 each, but then you're not in the student section. For the basketball season it's about 100 dollars, but you will not be able to see all the matches if you're only there for one semester

## 7. Free time

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

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

Go to Chicago! You can join the Travelling Illini, which organize weekend and day trips every other week. It's 40 dollars to become a member, and then you can choose which trips you go on (Boston, New Orleans, Nashville, Memphis, Saint Louis, Toronto etc) and then you pay per trip. Garden of the gods is a pretty state park, that's only a few hours away.

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

Any of the above mentioned places

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

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

Most of the going out is in Kams or Red lion, all the restaurants on green street are nice. Café paradiso is really cute. In Savoy, a town nearby, you have a movie theatre and a karaoke place, so also nice places to go to.

## 8. Challenges & best moment abroad

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

My biggest challenge was to correctly budget everything, cause it is a quite expensive place to live. If you're off-campus, try to be smart with your groceries, you can also get groceries delivered, but that will be like 15 dollars more expensive, so be aware of that. And its really tempting to go out to eat often, but this adds up really quickly.

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

The people that I met there where the best part. Try and get to know the local students too, not only other internationals, cause they make the experience a lot of fun as well. And try and travel as much as you can. Lastly, enjoy the extravagance of the US with all the sports matches, because there isn't anything comparable to that anywhere else in the world I think

## 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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