



WUR Goes Abroad

1. Student Information

Study programme WUR	Master Nutrition and Health
Exchange semester (dd/mm/yyyy)	21-08-2023 until 14-01-2024
Exchange destination: University	Karolinska Institutet
Faculty	Nutrition Science
Country	Sweden
City	Stockholm

2. Motivation for exchange

Why did you choose to go on study exchange?

I thought it was an amazing opportunity to explore another country, while studying in another country. Also, to learn a bit Swedish, and master my English more. Also, to become more independent. An opportunity you cannot miss!

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

I wanted to go to a Scandinavian country, and heard good stories about Sweden. So, therefore I chose for Stockholm to an university with a great reputation!

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I went with the airplane to Stockholm Arlanda airport, where you can take the Arlanda express (18 min), which is more expensive than to use the usual commuter/train. But this train will take longer. Lastly, use the metro/bus to get to your house.

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	<i>Diet and health – scientific evidence, recommendations and sustainability</i>	10	Gives you an introduction to global health problems in relation to nutrition as well as to relevant global documents and organisations, including the UN's sustainable development goals. Further, the interaction between the areas of environment, nutrition and health is addressed from an individual to a global perspective. You will also receive training in writing a scientific text, communicating and discussing scientific information and reflecting on your own learning process.	4	
2	<i>Molecular and genetic mechanisms in nutrition science</i>	10	This course deals with current scientific evidence on the relationship between dietary factors, metabolic and hormonal regulation, as well as cellular and molecular mechanisms that are important in the development and treatment of lifestyle-dependent diseases, such as obesity, cardiovascular disease, diabetes and cancer. The course also deals with the current methods used in research on molecular and cellular mechanisms of nutrition.	3.5	
3	<i>Diet, physical activity and fitness - assessment and evaluation</i>	10	This course aims to give you a deeper understanding of modern methods for assessing dietary intake, physical activity and fitness, both at the individual and group level. The course covers study design, choice of assessment methodology, body composition, recommendations, calculation of study power and number of measurement days. Data is collected on all the students	4	

			and statistical software will be used to compare methods and assess their validity and precision.		
4					
5					
6					

What is it like to study there?

I felt like a lot of things in the schedule were mandatory. So, less flexibility than I was used to. However, the level is very chill. The workload is exactly enough. I also felt like the level was lower than I was used to, but this could also be due my experience in Nutrition already. The assignments and exams are graded with pass/fail, and sometimes with pass with distinction (which is very good). This system allows you to not compare with others, and learning is more important than getting a real high grade. You don't have to buy anything for lesson material, which is also nice because you are abroad.

What is the culture of the university?

Lecturers are very approachable. It felt a bit like high-school. You can email them very easily via Canvas (similar to Brightspace). I had a pretty small class (around 30 students), but in the first course we spend a lot of time getting to know each other, of which I think it is very nice. Everyone knows each other by name. There were not so many local students, Swedish students, in my class. We had a very diverse, international class with many cultures. The local students were also engaging with the other international students. A difference with WUR is definitely the warm lunches and the amount of microwaves available at the university!

What does the university offer students additionally?

You can exercise freely at the university, study rooms (library), Commuter bus between KI's campuses, meditation and prayer rooms, restaurants, cafés, and microwaves on campus. Laundry I could do in the laundry room in Pax (the student house I lived).

5.Housing-travelling-living

What are the possibilities for housing?

Karolinska Institutet offers you housing. It is called KI Housing. It is very easy in its use. They cannot guarantee you a room, but if you sign up very soon, after they send you an email about the housing, you can easily get a room. I had my own very nice room with bathroom. I had a shared kitchen. There is also housing available that is smaller or no own bathroom, or have a whole studio for yourself. Depends on your budget. I paid around 370 euros depending on the valuta (4273 Swedish Kr).
E.g. Availability to sign up for a room on campus, private rooms, rent rates?

What is the culture of the country like?

People are a little bit more introspective. But if you make conversation, they talk back. But they won't start the conversation themselves. Very clean and rule-following country. Kanel bullar very good snack. Fika (coffee and a treat) is a very important cultural thing. It is more than just coffee. They respect fika very much.

Could you give some information about public transport infrastructure?

I live on Emmylundsvägen 3 (PAX) and I had to walk 4 minutes for a metro stop. Everything is very well connected with public transport. Very good metro system. Very fast and you don't have to wait long before the next metro comes. I had to go to campus Flemingsberg, and travelled from Västra Skogen (blue metro line) to T-centralen (central station), and took the train from there. Takes around 45 minutes in total. For students 30-day ticket is 650 SEK and you can make use of the metro, train, bus, etc. In Stockholm. You can also do a 90-day ticket (1880 SEK) or single ticket (26 SEK). I used once the Taxi to get to the airport. But I would recommend for normal travels the public transport.

6. Expenses

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

Sweden is more expensive than the Netherlands. Higher taxes.

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

Ticket there: 26 SEK single ticket

Visa if applicable: I did not need a visa

Vaccinations if applicable: I did not get any vaccinations

Insurances (extra, if applicable): Not applicable

Housing costs per month & type of housing/accommodation: Housing 4272 SEK (room+bathroom, shared kitchen) - lower

Groceries: higher in Stockholm. Taxes are higher.

Public transport: Cheaper, but only if you are a student. Except in the Netherlands you have student public transport which is cheaper (free)

Restaurant/going out for dinner: depends on where you going. Cappuccino around 45/50 SEK. You can have for 15 euros dinner - higher

Daytrips/sight-seeing: I think all quite reasonable prices. I don't know if it is more expensive in the Netherlands or in Sweden

Everything from this list is more expensive than in the Netherlands

Additional remarks regarding expenses?

No

7. Free time

What are must-sees in the area?

Visit the city Uppsala, see the old town (Gamla Stan) in Stockholm, ABBA museum, the island Vaxholm. Skansen is a nice open-air museum.

Tyresta National Park hike (would say travel in spring/summer/autumn), Artipelag, Sigtuna, Fotografiska museum, go to Swedish Lapland (björkliden), visit Helsinki by boat or airplane (1 h flight), Prime Burger very good prices and delicious burger restaurant, Moderna museet (free on friday evening 18-20), Greasy Spoon for brunch.

Viewing points: Skinnarviksberget, Mariaberget.

Almost everything you can travel with public transportation very easily

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

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

I don't really know what is in the travel guides, but I would say go to Swedish Lapland when you have time! Best experience ever.

Do you have general tips and tricks about leisure time?

As I mentioned before, the restaurant Prime Burger and have a nice brunch at Greasy Spoon. Max is a very common fast food restaurant, also with lots of vegetarian options. I did not really go out, so cannot give any tips or tricks. Alcohol is very expensive in Sweden and you have to buy this in the Systembolaget. In the supermarket they only have beers (max 3.5%). Be careful with the opening hours of the Systembolaget (closed on Saturday evening and Sunday, e.g.).

E.g. recommendations for restaurants, going out?

8. Challenges & best moment abroad

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

I did not really experience any challenges.

What is your best memory of your time abroad?

Studying abroad and go on an ice sled with huskies in winter wonderland!

9. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name/e-mail	n.a.	