



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor Voeding & Gezondheid
Exchange semester (dd/mm/yyyy)	28/08/2023 until 22/12/2023
Exchange destination: University	Junia ISA
Faculty	Food Science
Country	France
City	Lille

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to broaden my horizon and step out of my comfort zone. I really liked Wageningen and knew I wanted to pursue my Masters there but before I start that, I wanted to explore a bit more of the world. So I saw this Exchange as an opportunity to end my Bachelor and afterwards take some time to discover the other options besides studying.

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

I always had a personal connection to France since my grandparents live in the South of France. I also really like the language and wanted to practice that.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

You can reach Lille by train and Flixbus but it is not really convenient to travel with all your baggage and since it is close to the Netherlands I would advise getting a lift in a car.

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	Introduction courses	3	This is a course about writing skills and excel skills	3	I liked the Excel part but the rest was a bit boring since it was knowledge I already had
2	Food Chain	3	This course is about Food Chains in France and includes a visit to 2 farms	2	The content of the course was not well developed
3	Unit Operations	6	This course was really a Food Science course and also contained practicals and a lot of calculations	4	This was a challenging course because I was not on the same level of knowledge as my classmates. The lessons were sometimes not well organised but in the end I liked it to study the materials.
4	Microbiology & biochemistry: application in food	6	A long course with practicals and groupwork	4	Good study materials and it was well organised.
5	Quality management and HACCP	3	A course that focusses on the production of food and the processes in the factories.	3	This is not a course that interests me but there was a visit to a beer factory which was nice.
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What is it like to study there?

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

It is nice because you form a class with international students. Only in a few courses there are some French students but for the rest not that much. That was a pity. The workload is quite high and the materials are often not really well made which can be frustrating.

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?

This university works very differently compared to the WUR. There are long days and they will take absence. The aforementioned fact is quite annoying and gives you the feeling that you are in high school again. I would say that the lessons are also quite comparable to high school lessons. There is a lot of groupwork and sometimes the groups are made for you.

What does the university offer students additionally?

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

There is a large canteen where you can eat for a small price. There is also a gym and there are university residences. Every week there are parties given at my faculty where you can interact with French students and that was really nice.

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 use the platform LivinFrance or Studapart to book a room. These rooms are private and in a shared house. However, there are also residences but I have no experience with that. The rent rates are a bit higher than in Wageningen and sometimes the rooms are not in that good shape. However, most of the times there is a private shower/toilet.

What is the culture of the country like?

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

In my experience there is a difference that French people are quite messy and have a different lifestyle and way of approaching things. Obviously their cuisine is good but other things are managed differently. For example the traffic is different (you should really be careful when you bike here!!!) and also the time of eating/closing the shops etc.

Could you give some information about public transport infrastructure?

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

The public transport is well managed in Lille. You can reach the university by bus. It is quite cheap if you take a subscription.

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: 30

Visa if applicable: na

Vaccinations if applicable: na

Insurances (extra, if applicable): 12 euros/month

Housing costs per month & type of housing/accommodation: 610 euros (private room in shared house with 9 people in the centre)

Groceries: 150/200 per month

Public transport: 20/month (I mostly use my bike)

Restaurant/going out for dinner: 100/month

Daytrips/sight-seeing: 800

Additional remarks regarding expenses?

7. Free time

What are must-sees in the area?

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

It is nice to go to the Museum Des Beaux Arts. Also the mall is nice to visit. Travelling by metro and tram is very easy in Lille and quite cheap. I also visited a game of the soccer team LOSC once, that is a nice tip!

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

The citadel to go for a walk!

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

There are many many nice small bars in Lille so it is nice to try and discover new ones!

8. Challenges & best moment abroad

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

Difficulty in the language or difficulty with the culture. I just tried to accept the things that are different and tried to live with the things that I have and that I can do. Then everything is fine.

What is your best memory of your time abroad?

I think the time we did a Christmas dinner with all of our friends. It was a large group and felt like a family.

9. Contact details (optional)

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