



WUR Goes Abroad

1. Student Information

Study programme WUR	BVG
Exchange semester (dd/mm/yyyy)	14-08-2023 until 14-01-2024
Exchange destination: University	Lund University
Faculty	LTH
Country	Sweden
City	Lund

2. Motivation for exchange

Why did you choose to go on study exchange?

I heard some really good stories from friends who went on exchange, which is why I wanted to see for myself how it would be. I also wanted to see how it would be to start from scratch in another country, without my friends, at a new university and being surrounded by a foreign language.

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

I was born in Sweden and have always wanted to go back for as long as I can remember. So this felt like the perfect opportunity to do so. I did not have a specific preference to the university, but Lund University is an excellent university with a lot of different faculties and one of the few universities in Sweden which had some nutrition courses.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I travelled by car, so I don't think I would have the best tips. But Lund is really accessible by public transport. It is only a 35-45 minute train ride from the airport of Copenhagen, so it is good accessible both via a plane and by train.

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	KLGN30 – Food Chemistry and Nutrition	7,5	Knowledge about nutritional, chemical and physical-chemical properties of protein, fat and carbohydrates in food as well as the role in water for the properties of foods, digestion of food, structure of foods and its components at micro- and macroscopic level & chemical and enzymatic reactions.	4	<p>This was a course quite different from what I have had in my Bachelor so far. Even though the practicals were not new, a lot of the lectures were new for me. They went into the content a lot deeper than I can remember from courses at Wageningen which could overlap a bit.</p> <p>The reason that it is not 5 was that it was not organized that good. Even the Swedish students said that they had never seen something be organized so badly.</p>
2	SASE31 – Economics: International Economics	7,5	International Economics, looking through different trade models of both past and present. Both theoretic and practical (calculations). And also a lot of real examples from the real world.	4	This course is doable for "beginners" in economics. I had no background knowledge, but got an extra week in the beginning to get brought up to speed.
3	EXTA24 – Swedish for Exchange Students, level 1	7,5	Introduction into the Swedish language.	4	A real introduction to the language. First few lessons were quite easy and are for the everyday questions. But you also already learn a lot of grammar etc later on. The only downside: it was in the evenings.
4	EXTA25 – Swedish for Exchange Students, level 2	7,5	Level 2 (of 8) of learning Swedish.	4	The level is considerably higher than level 1. Even quite challenging at times to keep up. The only downside: it was in the evenings.

What is it like to study there?

I would say that the academic level in Lund is quite high. A lot is expected, but the teachers and assistants are really ready to help you with any question you might have.

The workload is quite high, but I would say that that is similar to the WUR. The examinations are really long, my examinations, with exception of the language courses, were 5 hours. And you really needed those 5 hours for the exams you got. Overall I got a lot of lesson material, examples and exercises I could work with, so that was great!

What is the culture of the university?

The local students are not that engaged in general with exchange students. However, as soon as you get to know them a little bit they really open up. As soon as a Swedish girl heard I was from the Netherlands she started asking questions and we became friends (because she was going to Wageningen the coming semester, so we could exchange stories). The lecturers are really approachable, they are ready to help you with anything that might cross your path, so that was really helpful! I don't know if there are a lot of differences as I think that lecturers at WUR are generally also really approachable. And I believe that we also only really engage with exchange students when we work together in groupwork f.e.

What does the university offer students additionally?

The university offers a lot. There are a lot of student nations you can join which all have individual clubs for going out, exercising, acting, music, cooking, etc etc. So there is a lot you can do. The University also has a connection with "Gerdahallen" which is a gym so you can get a discount to exercise there as a student. I would not know of any other facilities as I engaged a lot with a local handballclub and therefore got much done through my connections there.

5.Housing-travelling-living

What are the possibilities for housing?

It is possible to sign up for rooms in Lund, but there are not enough rooms for all the students. So a lot of the students end up living in Malmo (20 minutes by train). The rents are also quite high in general (at least the rents that I came across). I got a room via the handballclub I was playing, because I could not get a room via the University.

What is the culture of the country like?

There are not a lot of differences between the Netherlands and Sweden I would say. In the kitchen: they both like potatoes. They also like seafood and have special holidays in which they eat lobster/shrimps/and other kinds of seafood. One thing that is peculiar is that it is common to remove your shoes when you visit a Swedes home. Everyone removes their shoes, whether they are there for a long or short period of time.

Could you give some information about public transport infrastructure?

I never took a taxi, so I don't know about those prices. But I would say the public transport is a bit cheaper in Sweden compared to the Netherlands. Most students travel by bike to the university if they live in Lund. Otherwise they take the train, and then the bike or bus. In Lund you have 60 minute tickets for the busses or 24 hour tickets. I think it was something like 6 euros to travel 24 hours in Lund, so I don't think that is that expensive.

6. Expenses

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

Ticket there: Ticket for what? Plane ticket is not that expensive if booked in advance.

Visa if applicable: No need

Vaccinations if applicable: No need

Insurances (extra, if applicable): Did not have extra insurance

Housing costs per month & type of housing/accommodation: I got lucky and paid 250 euros per month, but that was because I knew the person who rented.

Groceries: I would say about equal. Things are in general a bit more expensive, but we have a good/favorable transition rate to euros at the moment.

Public transport: Good and available, a bit cheaper compared to the Netherlands

Restaurant/going out for dinner: Gone out for dinner maybe once or twice, I think that was comparable to the Netherlands.

Daytrips/sight-seeing: A lot of things are free! Especially nature wise, so then only the public transport costs.

Additional remarks regarding expenses?

7. Free time

What are must-sees in the area?

I would say not particularly 1 thing, but try to visit the nature as often as possible, f.e. in weekends. There are also possibilities to travel to Lapland, I would look for those, while I was too late to sign up for those. Lapland is especially good in the winter.

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

Honestly, nothing comes to mind. Just try to visit the cities in the surrounding area and find friends to go on hikes with. Maybe one thing is the Malmo Redhawks in Malmo, they are an icehockey club and I thought that it was really cool to see it up close.

Do you have general tips and tricks about leisure time?

I don't have any recommendations for restaurants, but I do for going out. You should try to visit as many clubs as possible, mainly from the nations. There is one accessible without being a student member (in the AF böstader building), but the other ones are pretty cool, from the nations. For example Gotenborg nation is really good to go out.

8. Challenges & best moment abroad

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

I did not have a lot of different challenges, but it can be lonely at times. You should prepare for that and also let it happen. It is okay to feel sad or lonely every once in a while, but when I felt like that. I did something that I would normally do with people, for example go to the cinema. And then I would feel empowered by doing it on my own in a foreign country and then I would feel better again.

What is your best memory of your time abroad?

I don't specifically have one memory that sticks out. But I really liked it when my friends came over and I could show them what I had been doing so far and where I had been building up my life for the past few months. Also a good memory was being able to make new friends and doing fun things with them, like going to eat falafel after class or making dinner together in the evening.

9. Contact details (optional)

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