



# WUR Goes Abroad

## 1. Student Information

|   |                                  |
|---|----------------------------------|
| <b>Field of study in Wageningen</b>       | Human Nutrition and Health (HNH) |
| <b>Study period exchange (dd/mm/yyyy)</b> | 17/07/2023 until 19/11/2023      |
| <b>Country (exchange)</b>                 | New Zealand                      |
| <b>City (exchange)</b>                    | Auckland                         |
| <b>University (exchange)</b>              | Massey University                |
| <b>Faculty (exchange)</b>                 | Nutritional Science              |

## 2. Motivation for exchange

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

Because I wanted to have the experience of studying abroad and getting to know another country.

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

Because this country was interesting to me and so were the courses offered

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination? (E.g. bus, train, etc.)

After landing in Auckland, I went to the university by car, but the university is also easily reachable by train and bus. I would recommend to visit <https://at.govt.nz/bus-train-ferry/journey-planner> to plan a journey.

## 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 | Nutrition Communication and Promotion (151334) | 7,5  | The impact of food policy, marketing and nutrition promotion on behavioural aspects of food choice. Nutrition communication and health promotion measures to | 3  |         |

|          |  |     |  |   |  |
|----------|--|-----|--|---|--|
|          |  |     | influence nutritional status will be covered, including models of food choice.<br>( <a href="https://www.massey.ac.nz/study/courses/nutrition-communication-and-promotion-151334/">https://www.massey.ac.nz/study/courses/nutrition-communication-and-promotion-151334/</a> )  |   |  |
| <b>2</b> | Adult Nutrition and Positive Ageing (151333) | 7,5 | Review of current literature and research on nutrient needs and factors affecting nutritional status of adults and the elderly. The role of nutrition in causing and preventing degenerative diseases. The nutritional, physiological, metabolic and sociological determinants of obesity.<br>( <a href="https://www.massey.ac.nz/study/courses/adult-nutrition-and-positive-ageing-151333/">https://www.massey.ac.nz/study/courses/adult-nutrition-and-positive-ageing-151333/</a> )  | 4 |  |
| <b>3</b> | Chemistry and the Physical World (123105)    | 7,5 | An examination of how the properties of atoms and molecules determine the properties and behaviour of matter. The transfer of energy that occurs during chemical and physical processes and the rates of these processes are discussed and rationalised using atomic and molecular properties. Techniques for characterising matter and materials are introduced.<br>( <a href="https://www.massey.ac.nz/study/courses/chemistry-and-the-physical-world-123105/">https://www.massey.ac.nz/study/courses/chemistry-and-the-physical-world-123105/</a> ) | 3 |  |

|   |  |  |  |  |  |
|---|--|--|--|--|--|
| 4 |  |  |  |  |  |
| 5 |  |  |  |  |  |
| 6 |  |  |  |  |  |

**How is the study formalized? (E.g. study forms, academic level, examination, workload, lesson material)**

All of the lesson material is provided online, but the lectures and workshops are given in person. There was one book recommended for this course, but the lectures and lecture slides were the most important to study for the exam. The lecture slides were provided online. The workload was reasonable compared to the allocated number of New Zealand credits/ECTS. The academic level was also reasonable.

**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?)**

The lecturers are just as approachable as the WUR lecturers. When I encountered any study-related issues, I could easily reach out to them by email, just like I could reach out to the WUR professors. The engagement with local students, however, was more difficult than it was back home. This might be because I was one of the few exchange students and everyone knew each other for longer than I knew them. At my home university, it was easier to interact with people, because everyone met each other at the same time as me.

**What does the university offer the student additionally? (E.g. Catering, sports facilities, laundry facilities?)**

They offer laundry facilities, sports facilities at a gym, they offer food twice a day (lunch and dinner) through catering.

## 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?)**

One could easily live on campus (room or apartment/studio). If late with registering for a place on campus, it was possible to stay with a host family.

**What is the culture of the country like? (E.g. Differences with home, local cuisine, habits, manners?)**

The people were more hospitable (i.e. they welcomed people more warmly). They spent more time studying than Europeans and achievement was more of a priority to them. The cuisine had some English, Asian and American influences.

**Could you give a general price indication of the place of residence compared to living in Wageningen?**

It is more expensive than it is in Wageningen, but this price included catering that was offered twice a day.

**Could you give some information about public transport infrastructure? (E.g. Cost public transport card, taxi prices, how to travel to the university?)**

I used either a bus or a car to get to places. The intracity buses were quite cheap compared to the buses in the Netherlands. The buses that I used to get to other cities were similar in price compared to the Netherlands. Getting an intracity bus card is slightly cheaper than it is to get a public transport card in the Netherlands. I never used a taxi, so I cannot judge on taxi prices. After landing in Auckland, I went to the university by car, but the university is also easily reachable by train and bus. I would recommend to visit <https://at.govt.nz/bus-train-ferry/journey-planner> to plan a journey.

## 6. Free time

### **What are must-sees in the area? (E.g. nearby destinations, how do you prefer to travel, when to plan?)**

The centre of Auckland has some nice shopping streets (e.g. Queen Street, Devonport). It is easy to get there by bus or car (for public transport, use <https://at.govt.nz/bus-train-ferry/journey-planner>)

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

Papamoa. You can go for a hike there, but Papamoa also has a nice beach.

### **Do you have general tips and tricks about leisure time (E.g. recommendations for restaurants, going out?)**

There are some nice shopping malls to explore. For example, close to the Massey University in Auckland, there is a Westfield shopping mall (there are multiple shopping malls from this brand in New Zealand). Besides that, there are some nice restaurants behind the Westfield shopping mall, such as Mama Loco and The Merchant Pub Co.

## 7. Challenges & best moment abroad

### **What was a challenge you have experienced?**

Drinking at least 1,5 litre of water per day. The quality of the tap water in New Zealand is quite good, but it has some chlorinated off-taste to it. Therefore, I started to buy bottled water to keep up with that minimum.

### **What was your best memory abroad?**

Playing board games and other types of games with people I met on campus.

## 8. Contact details (optional)

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