



WUR Goes Abroad

1. Student Information

Study programme WUR	Bsc Nutrition & Health
Exchange semester (dd/mm/yyyy)	02/10/2023 until 12-02-2024
Exchange destination: University	Czech University of Life Science (CZU)
Faculty	Faculty of Agrobiological Sciences, Food and Natural Resources
Country	Czech Republic
City	Prague

2. Motivation for exchange

Why did you choose to go on study exchange?

I reckoned that it was good for me to be away from Wageningen and my home town for a while. I felt that I had to go out of the bubble for a while to return with new energy to start my master.

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

Two summers ago I was in Prague and fell in love with the city. It was everything that you want in a city for exchange. First of all, it is very beautiful, especially the city center is very pretty! There is a lot to visit, to do and to see. The city centre is not that big, so if you live in there you can do everything by walking. Second, it is a great party city. So much nice bars, clubs and places where you can meet people, which is very important on exchange. It is not that expensive as in the north of Europe, so that helps. And lastly, it has so many nice places only a few hours away with the bus / train. So a lot of trips you can do from here! Really would recommend Prague for Exchange to everyone!

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I went with the train to get there. I could travel with two friends who also went to Prague for Exchange. This was nice because we really needed each others help with the suitcases. So if you travel alone I would not recommend the train.

Back to the Netherlands I went on my own with the Flixbus, this was very nice. You just take a Bolt to the bus and get your suitcases in. The drive was 12 hours (as long as with the train) and I could stay in this bus the whole time. It was 30 euros cheaper and way easier with the suitcases. So therefore I would recommend going with the flixbus to everyone!

There is connection from Prague to Enschede and Arnhem.

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>Animal Nutrition</i>	5	What do you feed to cattle, horse, poultry and pigs to improve / maintenance their health, offspring etc.	4	D - passed
2	<i>Sensory Analysis of Food</i>	4	How do sensory aspects influence the experiences with food?	3	A – highest
3	<i>Food Technology and Processing of Plant products</i>	5	How are plant-based food products derived, processed and what are the in's and outs in this field?	4	B – very high
4	<i>Food Technology and Processing of Animal products</i>	5	How are animal-based food products derived, processed and what are the in's and outs in this field?	5	A – highest
5	<i>Food Security in Developing Countries</i>	5	What is the status of food security in developing countries? What is it, how does it work, how is it manage and can it be improved?	2	D - passed
6					C = good

What is it like to study there?

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

The academic level is lower than in the Netherlands, but I did enjoy the courses. The workload is not that high. There is mandatory attendance for a lot of courses so I was a lot at the university. The content of the courses was not that easy but most of the exam question were really easy. I also had to do a lot of presentations on topics that I could choose myself and the exams were often oral. Did made it more fun and easier to pass!

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 were very kind. I only followed Erasmus specific courses, so all teachers were very interested in where you are from and what you are doing at home. They were not as professional as at the wUR and their English was not that good. But they were very kind and flexible with deadlines etc. which was nice!

What does the university offer students additionally?

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

There is a very nice big and cheap canteen, where you can eat every day multiple meals. A lot of sport facilities are present at the university. The university however was far from the centre so I only was there when I needed. There was also a library but I preferred the ones in the centre. The campus was fine but I didn't spend a lot of time there!

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?

There are dormitories available on campus but I would recommend finding a place to live using Facebook groups. Everyone I know got a room from the Erasmus in Prague group. This is an organization which provides a lot of rooms for exchange students. You are not scammed and get to live with other exchange students!

What is the culture of the country like?

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

It is a very nice and safe city to live in. The people in the supermarkets etc. don't really speak English very well, but they are used to a lot of tourists so you will be able to contact with them. No very big differences from the Dutch culture, except the bad food :)

Could you give some information about public transport infrastructure?

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

When you are a student you can get free transport in the city for 15 euros per 3 months. So in total for the whole exchange the public transport only cost me 30 euros. Bolts (taxis) are very cheap and can therefore also be used. I had to travel with the metro and the bus to the university which both was free with the 3 month ticket.

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: I went with the train there which was 70 euros, I went back with the flixbus which was 40 euros total = 110 euros

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): -

Housing costs per month & type of housing/accommodation: shared flat with 7 erasmus students in the middle of the centre = 650 euros a month

Groceries: supermarkets are as expensive as in the Netherlands

Public transport: 30 euros

Restaurant/going out for dinner: didn't count but a lot :)

Daytrips/sight-seeing: didn't count but you can do a lot of things for free as well! So this doesn't have to be expensive

Additional remarks regarding expenses?

It is not as cheap as everyone thinks. Only the Czech cuisine (which is not so good) and the local places with beer are cheap. Going out and the hotspots you are going are expensive. Therefore I think the grant should not be the lowest option anymore..

7. Free time

What are must-sees in the area?

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

Centre of Prague itself and all its hotspots!

We also did trips to Cesky Krumlov, Karlovy Vary, Pilsen, Budapest, Krakow, Wroclaw, Vienna, I would recommend them all!

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

Dogsbar = a very nice bar under the ground with cool artists performing every day

All the parks are very pretty, definitely go to all of them (riečodry savy around sunset)

Letna Park Beer garden = park with a view over Prague and nice beer garden (very busy with good weather)

Paintings cups at Kafe & Hrnky (make reservation!!)

Capadla summer terrace = place along the moldau for drinks / pizza

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Dinner: Pasta Fresca, San Carlo, Cantina, Las Adelitas, lasagnerie

A lot of vietnamese kitchen places which are very good!! (Miska Ramen Bar)

Lunch: Monk, Venue, pilot café, Vnitroblok, acid coffee, avocado bar, mistral café, café finn, kampa café

Coffee: café louvre, coffee & riot, Mama coffee, liberica café, Au Gourmand, Aux Merveilleux de Fred, la bohème café, the flat cafe

Bars: Popocafe, dogsbar, dirty nellies, U sudu, bar 69, lokal

8. Challenges & best moment abroad

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

I am now more comfortable with speaking English and presenting in class in English

➔ Not a really good tip but Just do it!

What is your best memory of your time abroad?

Making so much new friends from all different countries and explore Prague and their surroundings with them. Every weekend was one for in the books!

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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