



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	BSc Food Technology
Study period exchange (dd/mm/yyyy)	31/01/2023 until 30/06/2023
Country (exchange)	Czech Republic
City (exchange)	Prague
University (exchange)	Czech University of Life Sciences Prague (CZU)
Faculty (exchange)	Faculty of Economics and Management (FEM)

2. Motivation for exchange

Why did you choose to go on study exchange?

I wanted to experience a different culture and start my social life from scratch again.

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

I chose Prague because it is a beautiful city with a vibrant student life.

3. Accessibility to reach destination

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

I travelled by plane, which was really quick and convenient. During my exchange I travelled back to the Netherlands once and I took the FlixBus. That takes you 14 hours and only costs you around 30-40eu for a one way ticket. It is a direct bus from Arnhem and you are dropped off in the centre of Prague, so I would definitely recommend Flixbus!

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	English for Debate and Negotiation purposes	5	Learn how to successfully conduct debates and negotiations.	5	Teacher was an American diplomate (Leslie Alexander) and he is a really inspiring guy. I would definitely recommend choosing one of his courses!
2	Human Resource Management	5	Learn about different methods of HR.	3	Interesting because I did not have any courses on HR in my bachelor food technology, but I think the course is a bit basic if you already have knowledge on HR. Also, the course only posted recorded lectures from 2020, so there was no contact with the teacher or fellow students.
3	Management Skills	5	Learn about different types of management and how to find your personal branding/management style	4	Teacher was really nice, but she was from Portugal and the courses were all (live) online which was a shame.
4	Psychology of Personality and Social Psychology	5	Learn about the basics of psychology.	4	Interesting course if you are interested in psychology. The course was not Erasmus only so you had the possibility to meet some non-Erasmus students as well. There were a lot (600) people following this course, so the teacher was not really involved with the students.
5	Science, Philosophy and Society	5	Learn about different philosophers and link that to science. Interesting to combine science with philosophy in this way.	5	Really interesting course with very enthusiastic teacher. I was very engaged during the lectures and tutorials and I really loved this course!
6	Trade and Commerce	5	Learn how to successfully sell products and influence the market.	4	Again an online course, but with live lectures via zoom. Teacher was nice and the content of the course was interesting.

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

English for Debate and Negotiation purposes: lectures once a week where you would do debates and negotiations in front of the whole class. Grade was mostly participation and based on the performance in your debates and negotiations, but there was also a small written exam at the end.

Human Resource Management: group presentation and written exam.

Management Skills: group presentation and written exam.

Psychology of Personality and Social Psychology: lectures every week and tutorials every two weeks. Group presentation during tutorial session and written exam at the end.

Science, Philosophy and Society: Weekly lecture and tutorial. Group presentation during tutorial session, mid semester test and exam at the end. There was also a possibility to hand in an optional essay for extra credit.

Trade and Commerce: group presentation and written exam.

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 approachable, with the exception of the teacher from my psychology class. The schedule was a bit unclear to me in the beginning because you could not sign up for certain groups, you just had to show up to a scheduled time and hope there was a spot available. But, once you found a group you stayed in that time for the rest of the semester. The exchange coordinator is very nice and will help you with all your questions, which was really nice. There was very little engagement with local students because most classes are also taught in Czech, so the Czech students will probably not pick the English courses. However, there were also international students that were doing their whole bachelors/masters in Prague, so you don't only meet Erasmus students. Some classes were Erasmus only, which was a nice way to meet fellow Erasmus students.

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

There was no opportunity to get a sport subscription as an Erasmus student on campus, which was a shame. Every building on campus had a small cafeteria and there was also a mensa where you can get warm lunches. I did not live on campus, so I am not sure about the laundry facilities on campus.

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?)

I found my room via Erasmus in Prague, which is an organisation that rents out apartments all throughout Prague to Erasmus students. Although of our apartment was

great, the prices were way too high! We paid 15000czk a month, which is around 640eu. There is also a possibility to rent a dorm room. You then pay around 400eu for a shared room. The location of this is 40 min by public transport from campus and also 40 min by public transport from the city centre. So, even though this is cheaper the location really is not ideal. I would recommend joining the Erasmus in Prague facebook group for the semester you are going. There, links to whatsapp group chats are shared in which rooms are also offered. I would definitely check those possibilities as the rooms are often cheaper than the organisation Erasmus in Prague.

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

I would say that the Czech people are not very friendly people. They do not really smile at you when you interact with them and they can be very rude (for example in the supermarket) when you are not able to speak Czech. The local cuisine is very meaty, so it is rather hard as a vegetarian. The supermarkets however offer some meat replacers (look for an Albert, it is from Albert Heijn and they have some Dutch products).

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

I paid way more for rent in Prague compared to Wageningen. Grocery prices were quite similar. Going out for dinner and grabbing drinks was cheaper than in the Netherlands. However, I spent way more money during my Erasmus because of all the trips and fun things I did. Something that took me some getting used to was having to pay everything in cash. A lot of places do not offer payment by card (I even had to pay my rent in cash every month!), so you have to ensure always having cash. I would recommend going to KB or Raiffeisen since they have the best conversion rates. Also, for paying with a debit card, your bank often charges you extra, so I would recommend Revolut as an online credit card so you do not pay extra for these payments.

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 system in Prague is amazing. As an Erasmus student you get an ISIC card from the university and with this card you can get a three month subscription for all public transport in Prague (bus, metro, tram) for 15 euros in total, which is incredibly cheap. Trams and metros go very frequently, even during the night. Taxi's are very cheap as well, but there is not a lot of use in them because the public transport system is that great. If you would want to grab a taxi I would recommend Uber. To travel to the university it depends a bit on where you live in the city. You can travel to the university by tram/metro and then a bus. From the starting point of the bus there is a bus leaving each 3 minutes, so you are never late to your classes even when you miss a bus. I lived in Prague 7 and it took me around 35/40 minutes to get to the university.

6. Free time

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

Prague itself has many highlights, so just go out and explore! Things I would recommend are the Beergarden in Letna park, Stromovka park, the farmers market near the dancing

house every Saturday, the peddle boats in the Vltava river, Manifesto market, U Sudu and Kasarna Karlin.

I would definitely travel as much as you can. In Czech Republic I went to Pilsen (visit the Pilsen Urquell brewery), Brno (2nd biggest town in Czech Republic), Kutna Hora (church made of bones), Karlstejn (hiking and castle), Karlovy Vary (spa and water tasting), Cesky Krumlov (beautiful city) and Morina (hiking and beautiful lake).

Due to its central location, Prague is also perfect to travel to cities in nearby countries. Cities I can recommend are Vienna, Bratislava, Ljubljana, Krakow, Berlin and Budapest. The best way to travel to these cities is Flixbus. With your ISIC card you can get a student discount when you travel inside of Czech republic, and with your ESN card you can get student discount on Flixbus when you travel to other countries. Sometimes regiojet is even cheaper, so you can check that out as well.

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

If you are into techno, I would definitely recommend checking out Fuchs2, Bike Jesus and Ankali, those are amazing clubs! Also, on campus, there is this place behind the agriculture faculty with lamas and a beautiful botanical garden. Zazemi 2 is a really great local bar with a great atmosphere (don't forget cash!). Klub AVU in Prague 7 is also great for lunch and its beergarden.

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

I already put some tips about restaurants in the sections above, but I would recommend Zazemi 2, Klub AVU, Manifesto market, U Sudu, Paprika, Dogsbar, Lucerna, Fuchs2, Bike Jesus, Ankali, Dim Sum Spot, Nam, Bistro Monk, Venue, Palo Verde, Las Adelitas, Hilbilly's and Kasarna Karlin.

7.Challenges & best moment abroad

What was a challenge you have experienced?

I think not having your normal social circle and all your friends. In the beginning it can be a bit hard to get close to new people, but when you give it some time you will be fine and make great new friends!

What was your best memory abroad?

I think my best memory abroad was watching the sunrise from the Charles Bridge after a night out with all my friends.

8. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Name/e-mail	Nienke van den Berg Nienke.vandenberg@wur.nl	

