



WUR Goes Abroad

1. Student Information

Study programme WUR	Bachelor voeding en gezondheid
Exchange semester (dd/mm/yyyy)	28/08/2023 until 15/01/2024
Exchange destination: University	Southern university of Denmark
Faculty	Health science
Country	Denmark
City	Odense

2. Motivation for exchange

Why did you choose to go on study exchange?

To go out of Wageningen, meet some new people and live in another city. Also improving my English skills.

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

It was not too far away from home, and also I liked the courses they offered.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

I went by train, that was really fine. Only the German trains have a lot of delay. Carpooling is also an option when more people go from the Netherlands.

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	The next Level of Health Interventions - Physical Activity in Children and Adolescents	15	We were in a smaller class with master students. We got lectures from different aspects for designing an intervention to raise the amount of physical activity in children. By this, we had to make our own intervention in groups, focussing on different aspects.	4.5	I liked that it was in a smaller class, and that we had something practical to do. Usually, we gain a lot of knowledge we don't really use, but now we really could use the things we had lectures about.
2	B05: Biological Psychology including Methods 4	15	A course full of lectures about the human brain. We had to read a book as well, and it was really interesting. All of the biological aspects, and information about different brainparts, and also some illnesses were discussed.	3.5	It was a typical course we also have at my study programme in Wageningen, gaining a lot of knowledge, and having a multiple choice exam at the end.
3					
4					
5					
6					

What is it like to study there?

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

It really depends on the courses you chose. I thought, biological psychology was the same as in Wageningen, if not more. Also the lectures given are a bit different than in Wageningen, they take more time. Academic level is the same, examination was for this course also the same (MCQ). The second course I followed was more different, it was a bit more practical which I liked. It was also in smaller classes, which I also liked, since it was more personal. It was a good course to translate the science to practical interventions, which is also important for research.

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 very approachable, same as the wur. When I had a question, I could ask a question during the lecture itself, (people asked a lot), or go after class and ask them. There were not a lot of differences.

What does the university offer students additionally?

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

The SDU had a gym which we could use for a student price, and also a bar. The catering was nice, but I didn't make a lot of use of that. No laundry facilities that I know. The SDU really made us feel welcome by organizing some orientation days for all of the exchange students, and also a goodbye "hygge" event (with some traditional drinks/food).

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?

the SDU made sure we got a home, which was really nice. We could give our preferences as well, so I got a house from a private landlord with 8 other people.

What is the culture of the country like?

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

It looks a lot the same as the Netherlands, they bike also a lot. But it is more quiet and a slow down country. Especially during the winter, there was not a lot to do. The food looks the same, we even had a christmasdinner with Danish friends, and we had red cabbage, potatoes and meat. It was very nice.

Could you give some information about public transport infrastructure?

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

Bikes bikes bikes, and a tram. A tramticket costs 10dkk for 75 minutes (+- 1.50eu). I never bought a card, only single tickets.

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: trainticket was 75eu to go there, and 120eu to come back

Visa if applicable: /

Vaccinations if applicable: /

Insurances (extra, if applicable): /

Housing costs per month & type of housing/accommodation: 430eu per month, a house with 8 roommates. Equal to wageningen

Groceries: more expensive

Public transport: I rented a Swapfiets, furthermore public transport was equal

Restaurant/going out for dinner: more expensive

Daytrips/sight-seeing: musea were very expensive (around 25eu with no student discounts),

Additional remarks regarding expenses?

I did not do a lot differently than in the Netherlands, and I think I spent around 1300eu per month in total. In the Netherlands that's around 900eu per month. It is more expensive than the Netherlands.

7. Free time

What are must-sees in the area?

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

- kopenhagen
- Aarhus
- rest of Scandinavia; by flixbus to Goteborg, Oslo, Stockholm.

In odense itself

- Studenterhus
- Friday bar at uni
- City centre
- Storms pakhus
- Hans Christian Anderson museum
- Semesterstart festen in September!!
- Christmas markets in December

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

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Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

- ask student discounts everywhere (even restaurants, storms, coffee places), make sure you get an esn card with qr code on the backside, you can get a lot of discounts in clubs/bars as well with this.

8. Challenges & best moment abroad

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

Just some personal things, I saw some things happening which I was not aware of. Because I had a lot of time to think, especially in the winter period since there was not a lot to do, I had time to reflect on this.

What is your best memory of your time abroad?

Me and my friends had a lot of dinners at my place, which was so nice. Also meeting new people, finding my way again from 0, I pretty much enjoyed. Going on a flixbus trip to Norway and Sweden.

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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