



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	Nutrition and Health
Study period exchange (dd/mm/yyyy)	27-02-2023 until 26-06-2023
Country (exchange)	Poland
City (exchange)	Warsaw
University (exchange)	SGGW
Faculty (exchange)	Human nutrition

2. Motivation for exchange

Why did you choose to go on study exchange?

To get out of the Wageningen bubble. To experience a new culture and meet new people from all over Europe (or even the world!).

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

Because of its unique culture and history. Furthermore because I could travel to a lot of places because of Warsaw's central placement in Europe and the great public transport infrastructure in Poland.

3. Accessibility to reach destination

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

I took the train coming there. It was not the best journey since I had some delays in Germany which caused some stress. But other than that it was fine. On the way back I took a flibus. This was great because I didn't have to change and I had a lot of luggage. It was 20 hours long though. For me it's fine but maybe not for everyone.

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	Alcoholic Beverages and Human Being	5	Whole course about alcohol and everything to do with it.	3	Very fun teacher but a bit disorganized. Course

2	Alternative diets	4	Every lecture a new diet! No exam just presentations and assignments	4	Fun course if the world of dieting interests you.
3	Food in culture and society: introduction to sociology of food	2	Speaks for itself. Sociology with a focus on food themes	4	Interesting if the social side of nutrition interests you.
4	Innovation in food and nutrition	4	About making new food products. No test either.	1	Assignment is fine. Lectures were awfully boring and not useful for the assignment.
5	Nutrition through the lifespan	4	About how nutrition in different stages of life. No test again	2	Lectures were not that interesting if you are already a Nutrition and Health student.
6	Society, work and consumption	4	Very social course about exactly the three words in the course name	5	Nice change of pace from nutrition. Still has nutrition elements though. Lecturer was excellent
7	The human body in contemporary culture	3	About how the human body was, is and will be perceived in human society and cultures	4.5	Interesting social view on the human body. Important to see the human body as something else than biological. Lecturer seemed nervous.

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

You will have most of your courses throughout the whole semester (no periods). Some courses have exams some not it is pretty fluid. Workload is relatively low and the teachers are very flexible and helpful. Academic level lower than the WUR but still interesting.

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?)

You will have class with mostly other Erasmus students since the polish students don't take classes in English. This makes the lectures very intimate and nice. Although sometimes you could feel that it is too small (some courses are only taught to 4 students). Lectures are quite approachable although you will speak better English than most of them.

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

There are multiple canteens on campus. They provide warm meals for lunch and are pretty affordable (4 euro per decently sized warm meal). There is a pool and a sports hall. Furthermore, the dorms have gyms and laundry rooms.

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 university will offer you a place in the campus dorms. You will share these with either one or two other students. The rent is very cheap (around 100 euros). But you cannot bring people from outside the dorm after ten. This is checked by a receptionist who is there 24/7 (crazy right?). It is very nice to be right on campus though since you will be in your classes in 5 minutes. What is nice about the dorms is that probably all your Erasmus friends will live there!.

You can also get a private room through multiple sites which will be provided for you. The rents can get higher there (300-500 euro). You will also have to travel to the campus, which is in the south of Warsaw.

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

The Polish are hardworking people. They do not smile but this is because they only smile to their absolute close friends and family. But they do not mean harm, if they look you in the eyes, see this as a sign of respect. Most civilians will not speak English so be aware of that. Polish students however are more like us. They can speak English and are quite nice (especially the ones from ESN).

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

See the piece on housing.

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

Very good public transport. Two metro lines, some trams and a lot of busses. You can have unlimited public transport for 3 months via your student card for only 30 euros.

6. Free time

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

Chill at the river, the Vistula, when the weather is nice. There are some very nice parks in the city, but nicest one is the royal park. The old city is beautiful and so is the promenade leading up to it. Warsaw is a huge city so there are many restaurants and bars all over the city (you will not be able to visit them all). But many places you have to explore and find for yourself because that is the most fun!

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

Kabaty forest in the deep south of Warsaw is beautiful.

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

Your introduction period will show all the good clubs. Keep the names Cubano and Multipub good in your mind because you will be there a lot. Furthermore are level 27 and Smolna 38 both unique going-out experiences that you have to do at least once.

7.Challenges & best moment abroad

What was a challenge you have experienced?

The non-english of the general Polish people.

What was your best memory abroad?

All the trips ESN organized! And being drunk in the gas station after a night out (this is recurring).

8. Contact details (optional)

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