



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	Nutrition and Health
<b>Study period exchange (dd/mm/yyyy)</b>	16/01/2023 until 01/06/2023
<b>Country (exchange)</b>	Sweden
<b>City (exchange)</b>	Uppsala
<b>University (exchange)</b>	Sveriges Lantbruksuniversitet
<b>Faculty (exchange)</b>	-

## 2. Motivation for exchange

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

I wanted to experience a different culture, make new friends from around the world and broaden my academic knowledge outside my own field of study.

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

I was very attracted to the Swedish education system since there is less work pressure than in the Netherlands. I also liked the country, I wanted to visit the nature and travel around Scandinavia.

## 3. Accessibility to reach destination

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

There is a night train departing from Berlin (also passing Hamburg) and arriving in Stockholm. From Stockholm it is only 40 minutes by train to Uppsala. Perfect for a green 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	Plant Food Science	15	Divided in three sections: grains, processing and baking	4	Very nice course, sweet teachers but a bit boring at times. I learned a lot and the atmosphere in the classroom was very open: I felt safe to ask my questions.
2	Bees, Apiculture, Pollination	7.5	Excursions to the bee colonies, lectures on honeybees and wild bees, bee identification.	6	The best course I have ever followed in my entire life. The lectures were very captivating, the teachers invested, enthusiastic and kind. The students were allowed to do some beekeeping on the university bee hives. Very, very interesting and an amazingly constructed course (even if you know nothing about bees beforehand).
3	Humans, animals, ecosystems- the one health approach in a sustainable global animal production	7.5		1	This course was only held on Wednesday evenings. The contents were way too broad. No point was made. The examination consisted of four assignments, all 200-300 words. The teacher gave the same feedback to all of us. Maybe it was just too far outside my study field, but I felt quite unaccomplished after finishing this course.

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

It is quite similar to the WUR. Some study forms I experienced were (guest) lectures, lab practicals, excursions, discussions, writing assignments and presentations. The academic level is also very similar to the Netherlands, though the work load is a little bit less. Students mostly follow one course at the time at a 100% pace. Every exam is anonymized, securing objectivity of the examiner. The exams were also similar to WUR exams: detailed multiple choice questions or 'case questions' on which you had to find a fitting answer (this was for an open book 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 main difference was the much smaller classes. Mostly I was in a lecture room with only around 15 other students. This made for a very interactive working and studying environment. It was also a lot easier to interact with other (Swedish) classmates. The lecturers were very approachable and contact was over all pretty informal. You could ask them any kind of questions, email at all times and they are very keen on getting to know you. I even heard of a teacher baking cakes for her students.

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

There are some restaurants and small stores at campus but they are very expensive. It is more common to take you own food and heat it in one of the 600000 microwaves available.

## **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?)**

It was possible to get accommodation through university. Half of the Erasmus people lived in a new building with own toilet, shared kitchen and bathroom. Roughly the other half lived in a somewhat older building with own toilet and bathroom and shared kitchen. Both experiences were okay, the rent was around 400 EUR. Laundry rooms were free to use.

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

The Swedish people are a lot more introverted, which makes it sometimes difficult to keep a conversation going. Once you get to know them, you find out that they are really kind-hearted and sweet! The cuisine is quite similar. The biggest Swedish habit would have to be snus, which is available at every supermarket for very little money. People don't smoke, they just put nicotine patches in their mouth!

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

I spent a lot of money but that was mostly on travelling through Scandinavia. The groceries in Sweden are more expensive, housing is similar. Over all I would say to expect to spend around 20% more than you do at home.

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

I always went to university by bike. This bike ride took me around 30 minutes. Uppsala is quite flat (for Sweden, that is); a bike is a necessity and the most easy way to get around the city. The bus tickets were around 3.5 EUR. You cannot pay for the time you are in the bus like in the Netherlands. You have to buy a single ticket which has a fixed price each time you take the bus.

## 6. Free time

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

Since Stockholm is only 40 minutes by train it is definitely worth to visit this city a few times. The train system is very well organized and can take you to a lot of places.

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

Me and my friends went to Gotland (island) for a week to do some hiking and visit Visby, the main city. It was completely different than the rest of Sweden, absolutely beautiful and peaceful. Since it is free to wildcamp it was the perfect holidays. Definitely worth it to take a look!!

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

Join one of the student nations (= student associations but less exclusive)!! This will cost you around 30 EUR. With a nation card, you can attend all student parties, also in other nations.

The best coffee+pies (fika) is at Ofvandahls Konditorei. In most café's, you can get free refills if you take regular coffee.

Please go to one of the cabins at least once. In Sweden, it is free to use a forest cabin for anyone who is interested. Borrow a sleeping mat+ bag at Fritidsbanken for free, take some water and food and you are good to go!!

## 7.Challenges & best moment abroad

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

Language and culture barriers make it hard to really deeply connect with people. The knowledge that you will only intensively see each other for half a year also does not help. I made a lot of good friends, met a lot of nice people, but definitely felt lonely at times.

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

Travelling to Lapland: surviving the real Swedish cold and experiencing a lot of snowstorms. We were there with all the Erasmus people, had a lot of parties in the hostel, met some reindeers. It was amazing.

### **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>	Bethel.vankammen@wur.nl	