



# WUR Goes Abroad

## 1. Student Information

|   |   |
|---|---|
| <b>Field of study in Wageningen</b>       | Metropolitan Analysis, Design and Engineering           |
| <b>Study period exchange (dd/mm/yyyy)</b> | 16-01-2023 until 04-06-2023                             |
| <b>Country (exchange)</b>                 | Sweden  |
| <b>City (exchange)</b>                    | Uppsala   |
| <b>University (exchange)</b>              | Sveriges Lantbruksuniversitet                           |
| <b>Faculty (exchange)</b>                 | CEMUS Institute (Institute for Sustainable Development) |

## 2. Motivation for exchange

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

I chose it because I knew it would contribute to my personal development as well as broaden my knowledge in sustainability.

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

I knew beforehand that Sweden is a frontrunner in Sustainability. This made my choice easy.

## 3. Accessibility to reach destination

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

## 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 | Climate Change Leadership: Power, Politics and Culture            | 15   | Defining what climate change leadership is and how it is shown in different leaders of the world | 4  |         |
| 2 | Actors and Strategies for Change: Towards Global Sustainabilities | 7    | Workshops and lectures on how to be sustainable on   | 4  |         |

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|---|--|--|---|--|--|
|   |  |  | individual level, how you can change as an actor. |  |  |
| 3 |  |  |   |  |  |
| 4 |  |  |   |  |  |
| 5 |  |  |   |  |  |
| 6 |  |  |   |  |  |

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

The workload is a lot less than in the Netherlands. During my courses I had a lot of space to focus on my own interests within sustainability, which made me make my assignments in a very creative way. I also had no exams but only written preparations. Overall, it was a good workload for an exchange where you also want to enjoy your time.

**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. I have followed courses at CEMUS and everything there is student-led. So it was really easy to ask questions or ask for help.

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

There is a sport facility in the city centre (Campus1488) and we could do the laundry in our own building. There is also quite good food at the universities and places where you can warm your 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?)**

SLU organized the accommodation. I could give a preference in which student building I wanted to live. I chose Rackarbergsgatan, which was definitely the best choice because it's close to the city centre and new.

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

What I noticed during my exchange is that Swedish people are very kind and organized, but also not too social. It felt like I was in a bubble of international students because it was harder to mingle with the Swedes. But the culture is a lot the same with the Dutch one in broader lines.

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

Living in Sweden is expensive. This is really something you should prepare for before going on an exchange: you will spend more than you think you will. I think the rent is almost the same and for the size of your room is quite fair. Groceries are a little more expensive. But as my exchange would go by, I could recognize the cheap finds in the supermarket for example and would go to parties of the nations where the beer and wine are cheaper.

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

Uppsala is very accessible by bike. Everyone buys a bike in the first week (there are a lot of second-hand bike shops). It is also possible to travel by bus but that is much more expensive. A single ticket is 39 SEK.

## 6. Free time

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

Day-trips to Stockholm, a trip with the partyboat to Tallinn, the student tour to Lapland, and going to Oslo by bus. There are also a lot of hiking opportunities which you should not miss.

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

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

Definitely sign up for a student nation. It's way cheaper and fun to join the parties and events!

## 7.Challenges & best moment abroad

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

One of the challenges was the darkness when I arrived in January. It was already dark at 3PM, which was not fun. But I could adapt quite easily. And being far away from my family and friends.

**What was your best memory abroad?**

The great people I have met and the trips to Oslo, Lapland and Tallinn.

## 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>                                  | Kristen-valdez@live.nl                  |                             |