



# WUR Goes Abroad

## 1. Student Information

<b>Study programme WUR</b>	Bachelor Forest and Nature Conservation
<b>Exchange semester (dd/mm/yyyy)</b>	28/08/2023 until 14/01/2024
<b>Exchange destination: University</b>	Sveriges Landbruksuniversitet
<b>Faculty</b>	Environmental Science
<b>Country</b>	Sweden
<b>City</b>	Uppsala

## 2. Motivation for exchange

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

I thought it would be a nice opportunity to experience what it would be like to live in another country and to follow some interesting courses.

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

I was particularly interested in studying in Scandinavia, because there is a lot of nature and good winters. I compared the courses they were offering and the ones in Uppsala seemed most interesting to me.

## 3. Accessibility to reach destination

### Do you have any tips to reach your exchange destination?

It is very well possible to take the train to Uppsala. I believe there is even a night train from Hamburg to Stockholm. But I've never taken that one.

## 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	Introduction to environmental communication - Society, social interaction and communicative skills	15	First course of the master program Environmental Communication and Management. This was an introduction to make sure that everyone is on the same page about the meaning of environmental communication. Assignments were used to put the theory in practice.	5	It was a really nice course to begin with, because everyone was a beginner there. The practical assignments really helped with the learning and made it fun. Lots of group work also helped to learn from each other. The master's program is very internationally oriented, and I liked that.
2	Communication theory and strategy	15	This course dove more into communication theory, based on the work of Robert Craig. After a few weeks, another assignment for a real partner helped to put the theory into practice.	5	The theory part of the course was quite challenging, but it felt good when I understood it in the end. The assignment for the real partner was also very nice in my opinion.
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### What is it like to study there?

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

Since I followed courses from a master's program, it was more challenging than my bachelor in Wageningen. But it wasn't too difficult, and the introduction course certainly helped. The workload wasn't too high, I never had to do anything in the evenings or in the weekend. Wednesday was always a self-study day, which I appreciated. And I feel like I learned a lot, so the academic level was good I'd say!

### 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 really got the feeling that we were in this together. Maybe even more so than in Wageningen (but that might also be due to more complicated subject matter) the teachers made an effort to be sure that everyone was understanding what we were talking about. Group work was an important part in both

courses because the teachers also wanted us to learn from each other. I'm not sure that group work is seen/used in the same way in Wageningen.

**What does the university offer students additionally?**

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

There are two spots on campus where you can get warm lunch, but I've heard it is not that cheap. There are also sporting facilities, but I've never been there either.

## 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 a possibility to get student housing via SLU, but I found my own apartment on Facebook. The rent of that apartment was relatively better than what people in Utrecht pay for apartments (where I live in the Netherlands).

**What is the culture of the country like?**

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

I did not hang out with a lot of Swedish people, but my friends who had been living in Sweden for a couple of years said that it is quite hard to get to know a Swede. They are very polite and do not want any conflict. Compared to that, Dutch people are more blunt. I have learned that Swedish people like sweets and coffee/caffeine a lot. And I really like their habit of "fika" (something sweet with your coffee/tea). They also love Christmas, so it is nice to go there in wintertime. Also, I enjoyed the snow a lot! Normally it doesn't snow so early in the year in Uppsala, but we've had snow almost through the whole of November already. The Swedes are well adapted to snow. And they love going outside, whatever the weather. In autumn I took part in a mushroom picking outing, that was very Swedish as well.

**Could you give some information about public transport infrastructure?**

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

It was easy to travel to campus by bus. But, since I didn't have a credit card or Swedish bank account, I wasn't able to use the app for buying tickets. That's why I always had to buy a ticket with the bus driver, and that is more expensive. Maybe there is another way, but I never figured it out. If you buy a ticket with the bus driver, you can use it for 1,5 hours and it costs around €3,50.

## 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: I drove to Sweden in a car, so I don't know.

Visa if applicable:

Vaccinations if applicable:

Insurances (extra, if applicable):

Housing costs per month & type of housing/accommodation: As already mentioned, I thought the housing was affordable and the apartment I stayed in was very nice (also very well insulated!).

Groceries: Depends on which supermarket you go to, but it is possible to keep your grocery expenses affordable/equal to the Netherlands

Public transport: I'd say a bit more expensive than in the Netherlands, but I couldn't always use my student discount

Restaurant/going out for dinner: Probably more expensive, also depending on if you drink alcohol or not

Daytrips/sight-seeing: Depends totally on what you want to do, it could be cheaper or more expensive

#### **Additional remarks regarding expenses?**

Sweden wasn't as expensive as I had thought it would be.

## **7. Free time**

#### **What are must-sees in the area?**

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

I liked to walk to Gamla Uppsala, it's a nice place and free. The museum in the castle (Slott) was also free. Towards the lake south of Uppsala are beautiful areas to hike. And close to Sunnersta you can rent skis which is fun as well. Going to Stockholm for a day is also easy with the train. And I had a car, so if something was not as easily accessible via public transportation, I could always take the car. I never really planned far ahead in Sweden.

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

Only in the Christmas break I went to Yocha Studio for their tea, and I thought it was a very nice experience! So, I'd recommend that to people.

#### **Do you have general tips and tricks about leisure time?**

*E.g. recommendations for restaurants, going out?*

I liked the bar Taps, and the cinemas that they had in Uppsala. I also went to the restaurant Fröjas Sal quite a few times because the staff was very friendly and the food affordable and good. UNO is a coffee place where you are allowed to work on your laptop. And Storken is a good place for a more cosy coffee. I would also definitely recommend becoming a member of the public library because it is free!

## **8. Challenges & best moment abroad**

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

In the second course, there were quite a few days in the week where we had to do self-study. The texts were difficult, so I arranged to study together with some classmates. That really helped me to do the work and make it more bearable.

#### **What is your best memory of your time abroad?**

All the time I spend with the friends I made there are good memories. Going for hikes, playing board games. I also enjoyed it when friends from the Netherlands came, and we went cross-country skiing.

## **9. Contact details (optional)**

<b>Is the reader allowed to contact the writer?</b>	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
<b>Name/e-mail</b>	Simone van Daelen	