



# WUR Goes Abroad

## 1. Student Information

<b>Study programme WUR</b>	Nutrition and health
<b>Exchange semester (dd/mm/yyyy)</b>	28/08/2023 until 14/01/2024
<b>Exchange destination: University</b>	Sweden: SLU
<b>Faculty</b>	Alnarp
<b>Country</b>	Sweden
<b>City</b>	Alnarp

## 2. Motivation for exchange

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

In my study program, we don't have excursions. I wanted to experience a different type of learning. Next to that I wanted to choose a different study field to discover what I want to do for my master's and if I'm in the right place now.

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

The study program that I wanted to do, was only available in in Alnarp, Sweden.

## 3. Accessibility to reach destination

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

Reach out to other students that are traveling to the same destination. Maybe you can travel together.

## 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	Silviculture of temperate forests	15	How to manage different types of forest in the temperate zones for recreation, wood production, biodiversity, etc.	5	Amazing course, great teacher. Because of the small class it was very interactive
2	Forest modelling for sustainable forest management	7.5	How to model the effect of different managements in R commander	2	I dislike R commander, but I needed a course. If you like modelling this is a great course for you. You learn a lot and I got a lot of insights.
3	Urban tree- and forest health	7.5	Different pathogens on different types of trees	3	Course itself was good, but the planning wasn't. It is a relative new course, so they are still improving. Content is very interesting, but it is only a 5 week course, which is way too short.
4					
5					
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### What is it like to study there?

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

Great! A lot less pressure than the Wur. People are very friendly and want to help you. They have a lot of different form of teaching, which was for me a big pro. The lesson material was available on their site and very easy to find.

### 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?*

People were easily approachable and I made a lot of friends, especially because of the field trips I had. We formed a group who helped each other and had a lot of fun. I think it is easier to make friends there than at the wur. They are very open. The lectures were very easily approachable, and wanted to help you in every way possible. They also knew you personally (because the classes were so small), which is also different to the wur (where I just feel like a number).

### What does the university offer students additionally?

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

It is a very small campus, so unfortunately very limited sport facilities. They have a student union, which organizes a lot of activities. Good restaurant on the campus, great laundry facilities.

## 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?*

You can sign up for housing and you are almost guaranteed to get housing on the campus. Not too expensive and you can tell them your preferences.

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

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

Swedes are very introverted, but if you get to know them, they are very friendly. They are very good at cleaning up after visiting your place!

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

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

Good public transport, but you need a credit card! Which is a big disadvantage. But you can easily go to the city from the campus.

## 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: went by car, so 200 euro?

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): -

Housing costs per month & type of housing/accommodation: 300 per month, living in a big house with 5 other persons.

Groceries: 60 euro weekly at least!

Public transport: 10 euro per week to go to the city and back (+- once a week)

Restaurant/going out for dinner: 30 euro per time

Daytrips/sight-seeing: 40 euro for transport + food.

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

## 7. Free time

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

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

Malmo, Gothenburg and Stockholm. All by train.

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

Lund!

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

*E.g. recommendations for restaurants, going out?*  
Listen to your Swedish friends!

## 8. Challenges & best moment abroad

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

The credit card problem, used my mom's on a distance were possible.

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

The diverse people I met! I have learned so much from them. I'm going to miss them so much!

## 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>		