



WUR Goes Abroad

1. Student Information

Study programme WUR	International Development studies
Exchange semester (dd/mm/yyyy)	06/09/2023 until 24/01/2024
Exchange destination: University	Universidad católica de Valencia
Faculty	Psychology
Country	Spain
City	Valencia

2. Motivation for exchange

Why did you choose to go on study exchange?

I really wanted to have an experience with living abroad for a certain amount of time. It has been something that I wanted to do for a while and I thought that my Erasmus Exchange was the perfect opportunity to try this out.

Besides, I do International Development and I do think that experiences abroad contribute to my academic pathway

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

I wanted to go to the south of Europe, because I really like the culture and atmosphere around life there. They also have great weather and I wanted to extend my summer a bit more. I chose Valencia because it was in south Europe, had a beach and was a big city.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

The plane is the easiest option I think. If you do not want to fly, then maybe the train, however that does take a long time, so that is also why I made a little city trip of my trainride to make the journey more enjoyable.

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	Environmental Education	6	About different possible forms of educating people on climate issues. Also about adapting it to the specific group of aim	4	
2	Environmental Impact assessment	6	It mainly was about making an Environmental Impact Assessment Report and its contents and legal frameworks in EU	3	
3	Psychology of emotion and motivation	6	The psychology behind emotion done at the hand of reading a book about it and preparing our own lessons. And further more the psychology behind motivation	4	
4	Psychology of groups	6	It was just about how groups are made, build-up and function and the reasons behind it	4	
5	Anthropology	6	It was about the anthropology of the human, however from the philosophical point of view	5	
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What is it like to study there?

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

It was a good experience studying in Valencia. I think the university has a nice online environment that was easy to use. The lectures were nicely planned and gave us enough breaks in between classes. The workload during the classes were well and the material was clear and always immediately uploaded on the platform.

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?

I was in classes where local students were mixed with Spanish students. I noticed that the teachers were quite familiar with the students. What I also noticed was that they spoke a lot of Spanish when asked questions or just talking to each other. This made it sometimes a bit hard to follow or keep up

What does the university offer students additionally?

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

There were many sport facilities and clubs.

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 gave tips for useful sites to get a room, however no campus rooms or anything. There was also not one campus, it was spread throughout the city.

What is the culture of the country like?

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

More relaxed and laid back. Less punctual but more easygoing

Could you give some information about public transport infrastructure?

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

Valencia has a regulation that all youth between the ages 16-30 are able to get a free public transportation card. However, the public transportation itself in the city was not the best

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: 180, including big luggage case

Visa if applicable: x

Vaccinations if applicable: x

Insurances (extra, if applicable): x

Housing costs per month & type of housing/accommodation: 415, for room in shared apartment, so I think normal ?

Groceries: lower

Public transport: 0

Restaurant/going out for dinner: lower, but you'll probably go more often than in NL

Daytrips/sight-seeing: normal ?

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?

In the area are many hike possibilities, for example montanejos or Buñol. Also nice cities as Xativa

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

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

The neighbourhoods El Carmen and Ruzafa have many nice bars and restaurants. Furthermore, is there always a lot going on in the park. So I would recommend going there. I for example participated in a weekly Zumba class in the park.

8. Challenges & best moment abroad

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

Well, my wallet got stolen and my phone broke. I went to the police station, which was very hard, because they did not speak any English and were not willing to give English a try. Therefore I had to make clear what happened, even though I don't speak Spanish that fluently.

What is your best memory of your time abroad?

New Years eve with friends.

9. Contact details (optional)

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