



WUR Goes Abroad

1. Student Information

Field of study in Wageningen	MFT
Study period exchange (dd/mm/yyyy)	09/01/2023 until 29/04/2023
Country (exchange)	Canada
City (exchange)	Vancouver
University (exchange)	University of British Columbia
Faculty (exchange)	Land and Food Systems

2. Motivation for exchange

Why did you choose to go on study exchange?

For personal growth; mainly to experience what it is like to live in a different country. Additionally, I wanted to improve my English.

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

Vancouver is close to mountains/beautiful nature. UBC has a relatively high standard of education compared to other universities abroad.

3. Accessibility to reach destination

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

You need to travel by plane, the earlier you book the cheaper. I booked via KLM which has the option of rescheduling your flight, which I found very useful in postponing my flight back to able to travel around with friends.

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	FNH330 Introduction to Wine Science 1	6	An introduction to the principles of viticulture, enology, wine appreciation and the regulation & classification of wines from selected regions of the world. Includes some consideration of wine microbiology/chemistry; wine marketing; social, economic and health aspects of wine consumption.	5	Extremely nice professor, well designed course with high information density. Open book examination which makes it relatively easy. Lab classes concern tasting of wine, but in a scientific way. The class sounds fun (and it is!), but also requires you to put in the work.
2	FNH402 Functional Foods	6	The objectives of this course are to provide students with an overview of the field of functional foods, dietary supplements, and natural health products. The course enables students to understand the functional food concept as related to ingredient efficacy and safety. In addition, it familiarizes students with examples of bioactive ingredient-disease relationships and the importance of clinical study support; regulatory aspects of functional foods; requirements for standards of evidence of efficacy for health claims; and market determinants of the functional food industry.	3	Professor is knowledgeable, but the lectures are a bit boring and slow-paced. Information is interesting, but the method of delivery was not very inspiring
3	EOSC340 Global Climate Change	6	Global temperatures are increasing, sea level is rising, ice is	5	Professors are knowledgeable and very understanding. They put a

			melting. Global climate change is one of the most pressing issues of our time. In this course, we will explore environmental physics, chemistry, biology, and geology to explain the mechanisms and processes of past and future global environmental and climate change.		lot of effort in the design of the course with focus on effective knowledge transfer. You need to do a lot of assignments, but in the end this helps in your understanding which makes the exams easier. I had never taken an Earth & Ocean Science course before so it was quite hard at the beginning, but the course is very well taught which allowed me to catch up over time.
4					
5					
6					

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

The workload is higher, but the level is slightly easier. You need to keep up with the course all semester due to many midterms/assignments/homework. This does lift a bit of the pressure from the final, which is usually around 35% of your grade. The biggest difference is the fact that courses run the whole semester, and your schedule is the same all semester.

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 hold office hours regularly at which you can ask questions. No time is scheduled for group work/assignments/tutorials, so you're expected to do these assignments in your own time. It really depends on which class and the students how approachable they are.

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

I was offered on campus housing, but this is a lottery for which you need a bit of luck. You could sign up for meal plans, but I would not recommend this. I did not sign up for this, and I heard from other students that the food is overpriced and not worth it. On campus housing has laundry facilities for which you need to pay separately. In the student fees a public transportation card is included, so you will be able to travel in the metropolitan area of Vancouver for 'free' (you paid for this previously, but it's worth it). You can get a gym membership for quite a good deal for the gyms on campus.

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?)

Housing in Vancouver is scarce which makes it incredibly expensive. I was offered a spot in the cheapest accommodation (Walter Gage) on campus, which was still around €700/month. This is a single bedroom with shared kitchen, living and bathroom with 6 people. It's comparable to the star flats in Wageningen.

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

Everybody is very friendly, helpful and talkative.

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

From €700 upwards.

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

I'd recommend trying to get a place on campus, since campus is far away from downtown. Getting downtown from campus by public transport will cost you around €2, but will take you between 50 and 60 minutes. On campus you can walk everywhere. For Canadian standards, public transport is well organized, but compared to Europe it is not that great. I'd recommend setting up an Evo account (comparable to Greenwheels) for short car rides to places that are difficult to reach with public transport. You can rent a car if you're over 23 from Turo for longer periods of time. Uber is quite affordable, but I've never used it.

6. Free time

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

For travelling outside of Vancouver you need a car. If you're a fan of winter sports, I'd recommend going to Whistler which is also reachable by bus.

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

Vancouver Island, Sunshine Coast, Whistler, Seattle.

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

Midterm break is the perfect time to plan a longer trip!

7. Challenges & best moment abroad

What was a challenge you have experienced?

Keeping in touch with family and friends at home is quite difficult due to the time difference. In the beginning, even simple tasks like doing groceries can be overwhelming as everything is different than you're used to.

What was your best memory abroad?

Dancing on a mountain with friends to warm up in -23C weather.

8. Contact details (optional)

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Name/e-mail	Sofie, sofie.nijhuis@wur.nl	