



WUR Goes Abroad

1. Student Information

Study programme WUR	Food Technology
Exchange semester (dd/mm/yyyy)	04/09/2023 until 22/12/2023
Exchange destination: University	The University of British Columbia
Faculty	Land and Food Systems
Country	Canada
City	Vancouver

2. Motivation for exchange

Why did you choose to go on study exchange?

Because I was interested in learning new cultures and the new challenges in learning outside of food technology like food markets or the business side of the food industry

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

UBC is one of the best universities in the World and it has a good reputation on food science faculty and businesses.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

Take the plane from Schiphol Airport to Vancouver International Airport and take the airplane

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	Sustainability in The Food Industry	6	Regenerative sustainability and the sustainability nexus; health and environmental impacts of the food industry; environmental performance indicators and management systems; approaches to enhance sustainability in the food industry.	1	I think It's an easy course to pass, because it requires you to be active and critical in your papers. Most of the course content is not covered
2	Critical Perspectives on Consumer Food Practices	6	Personal, collective, and policy factors affecting food choices, including perceptions of healthy eating, gender, identity, family structures, and economic, sociocultural, and political forces.	3	Love the way of teaching since it enhances critical discussions with group members and we have to read the readings prior to the discussions
3	International Nutrition	6	Conceptualization and scientific analyses of global problems in food and nutrition; complexities of food habits and malnutrition in various cultures around the world	5	The course is filled with multiple assignments, quizzes, midterms, and finals. It is a very interesting course especially about the needs of the world.
4	Business Concepts in Food, Nutrition & Health	6	Introduction to and application of business activities in food, nutrition, and health settings	5	The course requires you to make a business plan as 40% of the final grade. It consists of finance part which is very hard.
5	Introduction to Global Food Markets	6	An overview of global food markets including recent trends (e.g., vertical coordination, strategic alliances, multinationals and small firms in niche markets), marketing and trade institutions	5	Love how the teacher explains the material for someone who has never taken an econ background.

			such as state-trading enterprises and WTO regulations, issues specific to developing nations, and case studies.		
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What is it like to study there?

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

The workload is intense, but they give you an extension if you need it. The lesson material was interesting and in-depth. The study form consists of group assignments, individual assignments, and lectures. The examination includes midterm and final exams but not for all courses. It might be a paper or a project. Depending on the courses, the lesson material includes lectures, literature reviews, or readings from a digital book.

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 lectures are easy to follow, but some courses are not recorded and do not have a live stream option. It is easier to engage with local students than at WUR as an international student.

What does the university offer students additionally?

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

Lots of restaurants, they have all sports facilities (gym, ice hockey, ice skating rink, baseball, floorball, etc), laundry facilities available on campus residences, hospital, and an optician

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?

Available to sign up for room on campus, but most likely will get the ones in Fairview Crescent or Walter gage. They are private rooms but shared kitchen and bathroom. In Fairview for whole of 1st term costs around \$6000 CAD

What is the culture of the country like?

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

For more fast foods, tipping is a must for a minimum of 10%, it costs more than you think and you always say thank you to the driver

Could you give some information about public transport infrastructure?

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

The cost of public transport is free once you enroll as a ubc student and if you live on campus, you just need to walk. taxi is cheaper than in the Netherlands.

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: 1600 euros round trip

Visa if applicable: yes applicable (Indonesian nationality)

Vaccinations if applicable: -

Insurances (extra, if applicable): I-med insurance (\$338)

Housing costs per month & type of housing/accommodation: around \$1000 per month and it's a house shared with 4 people

Groceries: \$50 per week

Public transport: free

Restaurant/going out for dinner: \$18 per meal.

Daytrips/sight-seeing: \$50- \$100 or even free (depends on where you are going)

Additional remarks regarding expenses?

No.

7. Free time

What are must-sees in the area?

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

- Capilano bridge
- Whistler
- Beaches nearby (wreck, English bay, etc)
- Granville island
- Downtown

Renting a car is needed if it's quite far like Whistler Mountain. Plan a week in advance.

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

Banff and jasper park (not in Vancouver)

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Make sure to use the happy hour.

8. Challenges & best moment abroad

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

Challenges: It's hard for the first time to adapt to 5 courses running parallel because we are not used to it. I adapted by getting used to it and studying together with friends

What is your best memory of your time abroad?

Christmas with friends and celebrating Thanksgiving for the first time

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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