



# WUR Goes Abroad

## 1. Student Information

<b>Field of study in Wageningen</b>	MSc Communication, Health and Life Sciences, specialisation Health and Society
<b>Study period exchange (dd/mm/yyyy)</b>	20/02/2023 until 24/06/2023
<b>Country (exchange)</b>	New Zealand
<b>City (exchange)</b>	Wellington
<b>University (exchange)</b>	Victoria University of Wellington
<b>Faculty (exchange)</b>	Faculty of Health

## 2. Motivation for exchange

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

I wanted to step out of my comfort zone, travel, meet new people, have fun!

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

New Zealand is a beautiful country, and the main reason I visited was its nature. New Zealand is absolutely amazing, with many different types of environments, which will surprise you every time. Moreover, the people speak English, which means you can connect with locals fairly easy. In line with this, the locals are extremely kind and very relaxed, which is nice!

The reason I chose this university was because Wellington is such an amazing city to live. Wellington is the capital city of New Zealand, but it still feels small. It has got everything you need, and you can do everything by foot. It will feel like home very soon. Moreover, Victoria University has a very large network of internationals and a lot of activities for them which makes it easy to connect with internationals!

## 3. Accessibility to reach destination

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

You will probably fly into Auckland, as the cheapest international flights arrive there. From Auckland, you can take the scenic train to Wellington, or another flight. Taking the train allows you to see the beautiful nature of New Zealand and is more sustainable, but a flight is faster. It depends on your preferences. You can ask for the free pickup service from the train station / airport in Wellington.

## 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	HPSY501: Health and Wellbeing in Context	7.5	The course explores the contexts in which people maintain good health and wellbeing.	5	
2	HPSY502: Illness, Disease and Support	7.5	The course examines how people make sense of becoming ill and how they live with illness and disease.	5	
3	EPSY563: Neuroscience of Psychological Disorders	7.5	The course examines brain mechanisms implicated in mental health disorders.	4	Extremely low work load.

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

The study forms were quite comparable with the WUR. There were lectures and tutorials (often recorded yes!). Most courses had assignments and a final test. The only difference I noticed with the WUR is the lack of group work. In class, there is a lot of interaction, but assignments were all individual. I personally enjoyed this, as you can really divide your time how you like. The academic level and the workload were quite comparable with the WUR, except for the workload of my EPSY563 course.

### 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 culture of the university is amazing! The classes I took had small numbers of students, and there was a lot of interaction. The lecturers are extremely kind and helpful, and they made New Zealand feel like a home far away from home. It is really easy to connect with the local students as well. The students are very passionate about the subjects and really pay attention. You will never see someone doing something else during lectures, as anyone is sincerely interested. The discussions are very inspiring.

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

There are some cafes and restaurants on campus. There is recreation centre (sports centre) with many group lessons and a gym, and it is cheap and fun! I have no idea about 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?)**

I applied for University Accommodation, and that was the best decision I have made. It gives some peace of mind, and you will meet a lot of other internationals in University Accommodation. The houses are next (or close) to each other. You can also rent private, but I personally don't know many people who did that. You have to apply for accommodation early!

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

I did not notice any large differences, except for how extremely kind people are. People are always in for a chat, and willing to help. It is really nice!

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

I paid 800 euro's a month, which is double the price of my residence in Wageningen.

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

You can just walk to the university, but there is also public transport. I only had to walk five minutes, so I rarely used public transport. However, there is a cheap bus, and ubers are really cheap as well.

## 6. Free time

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

Wellington is amazing. You can chill at Oriental Bay (the beach of Wellington) or go for a hike (personal favourites are the Red Rocks Track, and the Windturbine). You can just go around by foot in Wellington. I bought a car for travelling outside of Wellington. If you like travelling, I would definitely recommend buying a car.

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

Nowadays, you can find so much information online, I actually don't know any hidden gems. Just search online, and you will find so much fun things to do!

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

The rooftop bar Dirty Little Secret, the board game café Counter Culture, and all bars at Courtneys Place.

## 7. Challenges & best moment abroad

### What was a challenge you have experienced?

Honestly, the biggest challenge was saying goodbye to all my international friends. When you have spend so much time with each other, and bonded so much, it is really hard to separate and all leave to your home countries again. But... it is also a good excuse for new trips!

### What was your best memory abroad?

It is really hard to pick just one, as this whole experience has been amazing. My flatmates became my best friends, and living and travelling with them has been a highlight. My favourite memory was going on a weekend trip to Marlborough with them. We did a wine tasting, had the most amazing pot luck dinner, chilled at the beach, went for a short hike, and made so many good memories.

## 8. Contact details (optional)

<b>Is the reader allowed to contact the writer?</b>	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
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If you have any questions, just let me know! I am happy to chat 😊.