



WUR Goes Abroad

1. Student information

Study programme WU	BSc Nutrition & Health
Exchange semester (dd/mm/yyyy)	15/02/2024 until 27/06/2024
Exchange destination: University	Agricultural university of athens
Faculty	Food science
Country	Greece
City	Athens

2. Motivation for exchange

a. Why did you choose to go on study exchange?

To learn more about a different culture and to meet new people.

b. What is the reason you chose for this country?

I really liked the weather and that the southern culture is so different from the Netherlands.

c. What is the reason you chose for this university?

It is also an agricultural university and offered courses related to my study field.

3. Accessibility to reach destination

a. Do you have any advice about reaching your exchange destination?

You can get reduction as a student for the metro ticket from the airport to the centre.

4. University and studying

a. 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	Enology II	5	Essay on study of making wine	5	
2	Food Legislation	5	Essay on european food legislation	2	
3	Food Packaging	5	Essay and presentation on	5	The teacher found a personal topic for each

			specific type of food packaging		student that matched their field of study, so for me she chose edible packaging. I really liked that.
4	Food Quality Control	5	Essay on checking the quality of food	2	
5	Quality and Food Safety Management Systems	5	Essay on checking the safety and quality of food production	3	
6	Technology of Foods of Animal Origin Meat Science	5	Presentation on a meat product of your country	4	

b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):

Yes

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain):

Yes

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain):

Yes

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain):

Yes

f. What is it like to study there?

E.g. Study forms, academic level, examination, workload, lesson material?

It was really nice as most teachers were really clear on what you had to deliver, but we did not have a lot of contact hours so we could do everything in our own time. I really liked that.

g. What is the culture of the university?

E.g. How approachable are the lecturers, engagement with local students? What are the differences with WU?

The teachers were really approachable and we had the courses with only erasmus students, so there was not really engagement with local students.

h. What does the university offer students additionally?

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

Free lunch and dinner, and free use of the gym.

5. Housing-traveling-living

a. What are the possibilities for housing?

E.g. Availability to sign up for a room on campus, private rooms, rent rates?

You had to find your own housing, so I rented via Errathens which is a house renting company for erasmus students in Athens.

b. What is the culture like?

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

The cuisine was really different and I really liked it. Everything in Greece was a bit more relaxed and slower than here.

c. Could you give some information about public transport infrastructure?

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

With your greek student card you can get a metrocard for around 13 euro per month, and then you can take all public transport in the city centre.

6. Expenses

a. Can you give an indication of your expenses for/during your exchange?

Category	Expenses
Travelling there	300
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	400
Housing costs per month & type of housing/accommodation	380, shared flat
Grocery costs per month	300
Public transport costs per month	13
Restaurant/going out for dinner costs per month	150

b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands:

Lower

c. Additional remarks regarding expenses?

Going out for dinner was sometimes cheaper than buying groceries and cooking at home. However the local market was really cheap for fruits and vegetables.

7. Free time

a. What are must-sees in the area?

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

Aegina & Agistri, nearby island. Only around 1 hour by ferry and you get 50% reduction as a greek student.

b. What does not appear in a travel guide, but is definitely worth seeing/doing?

Going to the local markets.

8. Challenges & best moment abroad

a. Any challenges? How did you deal with them?

There were demonstrations and an occupation at the beginning of the semester, so the university started later. The university fixed that quite well, because I did not have to take action because of that.

b. Best memory?

My trip to Mykonos with my friend group.

9. Contact details

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input checked="" type="checkbox"/>
Name & email address (if yes)		