



WUR Goes Abroad

1. Student information

Study programme WU	MSc Sustainable business and innovations
Exchange semester (dd/mm/yyyy)	01/02/2024 until 30/06/2024
Exchange destination: University	University of Copenhagen
Faculty	Faculty of Science
Country	Denmark
City	Copenhagen

2. Motivation for exchange

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

After my first exchange to Padova (Italy) I knew how fanatical it is to go on an exchange. Because I have never had a gap year or study delay, I thought I was very young to graduate now. I therefore wanted to extend my master's degree with six months of courses abroad, for the experience and knowledge.

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

For me, the university came first this time. I never had much interest in Denmark, but I liked the fact that it is a very safe and prosperous country. In addition, the country is very inspiring when it comes to sustainability, my field of expertise.

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

I chose my destination based on the subjects offered. In Copenhagen I found subjects that matched my interests very well and complemented my studies. An additional advantage was that the university has a very good reputation, and I already knew someone who had been there and was very enthusiastic.

3. Accessibility to reach destination

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

I personally thought the FlixBus was an ideal option. It takes 10 hours from Arnhem and drives directly to the centre of Copenhagen. You can also easily take a lot of luggage with you and it is relatively cheap if you book in time. Everything within the city is best accessible by bicycle.

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)
1	<i>Motivation and Pro-Environmental Behaviour - Managing Change</i>	7.5	The aim of this course is to provide students with skills to understand, analyse and conduct change processes aimed at enhancing environmentally friendly behaviour. This is done by introducing students to a set of theoretical approaches to study motivation, behaviour, and behavioural change, and to enable students to apply these in their own work.	5
2	<i>Food Concept Design</i>	7.5	The aim of the course is to give the students insight into the socio-material basis for conceptual food design approaches. The combination of practical and theoretical exercises will enable the students to co-create creative and unique solution spaces, either from a defined design framework, or from collaboration with relevant food actors. Informed by theory the students will be able to offer creative solution spaces as well as offering a design related view on the broader food system challenge.	4
3	<i>Sustainable Innovation in Food Science</i>	7.5	The course aims to provide the students with an understanding of sustainable innovation in the food chain and sector; e.g. gentle food processing technologies and circular business models that result in reduced environmental footprints.	3
4	<i>Sustainable Food Systems and Diets</i>	7.5	The aim of the course is to give the students insight in the complexity of analyzing and evaluating the sustainability of food systems and diets and interact/collaborate with different actors.	4
5				
6				

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 is quite comparable to studying in Wageningen. lectures, group work and exams. What is different is that there are slightly smaller classes, more frequent excursions and oral exams.

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?

Students are very involved, respond to questions from the teacher and ask many questions in return. The lessons are very interactive. You can also visit the teacher afterwards.

h. What does the university offer students additionally?

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

The canteens provide very tasty, healthy and affordable food. There are also sports facilities, but I did not use them myself. There are also bars open on campus every Friday evening where people drink and dance until late in the evening.

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?

Housing is provided through organizations or private tenants. Finding a house is a small challenge and the rents are very high. So start your search early! The university also distributes a housing guide with tips for international students.

b. What is the culture like?

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

Denmark and the Netherlands are especially very similar. Only paying with Kroner is different.

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

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

I would recommend getting around the city by bike. Furthermore, there is a very good network of public transport. Buses and metros take you everywhere in the city. Trains easily transport you to other cities or to Sweden.

6. Expenses

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

Category	Expenses
Travelling there	€75 one way
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	
Housing costs per month & type of housing/accommodation	Shared flat - €800
Grocery costs per month	€200
Public transport costs per month	€3,40 per ride, €25 for my Swapfiets
Restaurant/going out for dinner costs per month	€200

b. The price levels were in general [higher; lower; equal] in comparison to in the Netherlands: Much higher, groceries are about 20% higher, but going out, bars and restaurants or bakerys etc are 50 to 60% higher.

c. Additional remarks regarding expenses?

I rarely went out for dinner, instead I went to a bakery for example to diminish costs. Many Danes drink at home or in the Friday bars on campus where 'normal' Dutch prices apply. Converting Kroner to Euros takes some getting used to at first, but it went very quickly for me.

7. Free time

a. What are must-sees in the area?

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

It is nice to also take a trip to Aarhus and Malmo/Lund (Sweden). And further north to the Louisiana museum and Helsingør's Castle. This can all easily be done by train.

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

Swimming from the piers in the canals, both summer and winter! Stroll through vintage markets and test a new bakery on the way. These were my hobbies!

8. Challenges & best moment abroad

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

I sometimes found the cold quite harsh, even in February and March, so a very thick coat is recommended!

b. Best memory?

A festival called Bølgen on the water of Islands Brygge, in the sun with all my dear friends around me!

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)		