



WUR Goes Abroad

1. Student information

Study programme WU	Bachelor Voeding en Gezondheid
Exchange semester (dd/mm/yyyy)	8-01-2024 until 10-05-2024
Exchange destination: University	University College Cork
Faculty	-
Country	Ireland
City	Cork

2. Motivation for exchange

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

After getting some information on studying abroad I was immediately interested in going on a study exchange. I did not know exactly what I wanted to do after my bachelor's degree and hoped that this exchange would help me with this.

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

I looked up several universities in several countries. A few things that were important to me were what I wanted to go to a place I had never been before, I also wanted to go somewhere that I would not choose as a vacation destination normally. I did not know much about Ireland before but after looking it up I realized how beautiful this country looked and wanted to see this with my own eyes. That is why I chose Ireland as my first option.

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

I chose this university partly because of the country but also because of the courses. I have always been interested in education and working with children and this university had some interesting courses that were in line with this. Besides this, I looked the university up and it looked amazing, like a Harry Potter university, and I really wanted to go now.

3. Accessibility to reach destination

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

I find it a bit sad myself but there are not many options to go to Cork. I went with plane to Dublin and took a bus to Cork. You can also fly to Cork directly but that is more expensive, especially if you have an ESN account with the Ryanair discount. You could also go by car/boat but this costs a lot more money and time.

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	<i>Language & Culture in an Irish-Speaking Area</i>	5	This was a 5 day excursion where I learned about culture of Ireland and also a bit of the Irish language.	4	For me, this course did not count for ECT's but I still followed it because I wanted to learn something about the Irish culture.
2	<i>Contemporary Issues Youth & Community Work</i>	5	This course looked into several issues in youth and community worked, which we all discussed in class. In the end we had to design a program to address one of the issues and there was a lot of freedom on this.	5	
3	<i>Social Work 1</i>	5	This course was meant for students of the bachelor's Social science to learn more about the Master of Social work.	1	In the course description it was really unclear that this course was meant for students who might want to do the Master Social Work at UCC. This made the course boring for me and hard to follow at times.
4	<i>Special Education and Disability</i>	5	This course was about special education in Ireland but also looked at different countries. Besides this we discussed several aspects of disability, like language used but also how people with disabilities are represented in movies etc.	5	This was my favourite course and even showed me what I might want to do in the future. I really liked the lecturer and the course materials.
5	<i>Education and Welfare</i>	5	This course discussed the link between education and welfare and showed which aspects in life can influence the education	4	

			of children. It was mainly focused on Ireland but also showed different countries sometimes.		
6	<i>Project Planning, Mgt and Leadership Skills</i>	5	In this course we were taught how to plan an youth exchange and what aspects are important in planning projects like this.	3	Again, it was a bit unclear for me what this course was about. I thought that it would really be about project planning, which I am interested in. However it was specifically about planning a youth exchange and in addition to this we learned things about project planning. However, in the end I really liked this course.

b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain): The main language in the country is English

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): There were many different course I could follow, I choose to do some more social science course but there were many other options available.

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain): Since I was following social science courses everything was new to me, however it was good to follow and I did not struggle to keep up.

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): Only for the Social Work 1 course I am not happy, I would rather have done something different but I could not change it around anymore because I decided it too late. For the rest I was really happy.

f. What is it like to study there?

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

It is a really nice university to study at. The academic level is I think a bit lower then Wageningen, but that also really depends on the course. I only had essays for examinations and no real exams, however most of my friends did have exams. The workload is fine, for me it was really useful to attend the lectures and sometimes work a bit outside of the lectures but there was also enough time to explore the country and make new friends. The lesson materials are very clear, they use Canva as website where they share all the documents and information and this was all very clear to me.

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?

All the lectures were amazing people, they really wanted to help when I had questions and they really liked having Erasmus students in their classes. I could go to them after lectures or sent them e-mails and they would always help me. I was in a lot of classes with local students but besides discussing the information we got in class with them I did not really talk to them. I made a lot of friends outside of class. For me the big difference was that most classes were smaller than the classes I was used to at WU. Besides this, the atmosphere is kind of the same as WU and I really liked this.

h. What does the university offer students additionally?

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

The university has several catering spots where you can eat and get coffee. They even have a bar where you can go after studying. Besides this, they have a lot of sports clubs and societies, which you can join for free. With our studentcard, we could join the sports facility, which is a bit outside of campus, for free. I joined the Waterpolo club myself, where I got in touch with a lot of local students which was fun. There are many different societies you could join but I did not do this. The university also offers help for international students to learn how to learn for exams in Cork and what is expected in most essays. I did not use this but I think it could be really useful.

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 could sign up for a room that is via the university, they are not on campus. You could also look for private companies that rent rooms in the city. However, there are a lot of scammers on Facebook etc. So be aware of that!

b. What is the culture like?

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

The culture is not that much different from the Netherlands. The food is different, they eat a bit more unhealthy and there are for example less vegetarian "meat" options in the supermarket. However, I liked the food. The people are really friendly and really want to help you. People were always really interested where we were from and what we were doing and always gave nice tips or helped us if needed.

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

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

You should get a student travel card as soon as possible, with this you can travel around the city really cheap, sometime I only paid 40 cents to go somewhere. This is really nice to have. Besides this I decided to get a card with which I could rent city bikes. This only cost 10 euros a year and was nice to use. My house was really close to the university so I always walked there.

6. Expenses

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

Category	Expenses
Travelling there	+ - 200 for a round ticket (including busses, etc)
Visa - if applicable	x
Vaccinations - if applicable	X
Insurances (extra) - if applicable	x
Daytrips/sight-seeing	Depends on if your going by yourself, with a company etc. But I would say between 40-100 euros per day trip.
Housing costs per month & type of housing/accommodation	800-1500
Grocery costs per month	300
Public transport costs per month	20
Restaurant/going out for dinner costs per month	50-100 (depends on what and where)

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

Rent is way higher, but for the rest I think they are mostly equal. Groceries can be more expensive, but it really depends on the supermarket you go.

b. Additional remarks regarding expenses?

No

7. Free time

a. What are must-sees in the area?

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

I travelled around Ireland a lot, there are many different places to go. A place that is nearby (approximately an hour from door to door for me) Was Fort Camden/Crosshaven. There was a beautiful beach here and I went here several times. In addition I really like the Inish Mohr Island. I traveld here together with other people and we biked around, it was really beautiful. If you are able to drive and not scared to drive on the left side of the road I would really recommend renting a car (for example with YUKO car service) and do a little road trip.

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

I found a really cool place where you went with a cable car over the see to a small Island where you could walk around. The name of this is Dursey Island Cable Car. You have to have a car to go there but it was beautiful.

8. Challenges & best moment abroad

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

I had moments where I missed my family and friends and also my own things, and honestly also just my own room. But I made such good friends which made it amazing. It can be challenging but time goes fast and it is such a cool experience and I am grateful that I could do this.

b. Best memory?

Just all the memories I made with my friends. I cannot name one favourite but just having amazing dinners talking and having fun with friends was the simplest, but fun evenings.

9. Contact details

Is the reader allowed to contact the writer?	yes <input type="checkbox"/>	no <input type="checkbox"/>
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