



# WUR Goes Abroad

## 1. Student information

<b>Study programme WUR</b>	Nutrition and Health
<b>Exchange semester (dd/mm/yyyy)</b>	03-01-2024 until 08-06-2024
<b>Exchange destination: University</b>	Leicester
<b>Faculty</b>	Bioscience and Psychology
<b>Country</b>	United Kingdom (England)
<b>City</b>	Leicester

## 2. Motivation for exchange

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

I study Nutrition and Health and one of the courses at WUR was psychology-related. I got interested in this and for my exchange to Leicester I could choose Psychology courses. Another reason is that I want to explore other countries and experience things out of my comfort zone to challenge and improve myself.

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

Because the universities in this country could provide good quality psychology education.

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

Because this was one of the few universities for which I could study psychology without currently studying a degree in psychology.

### 3. Accessibility to reach destination

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

Look up if there is any information provided by the host university about reaching their university. Also using uber and bolt could be very handy.

### 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>Introduction to Brain and Behaviour</i> PS1106	15 English credits (7.5 ECTS)	This module will provide a comprehensive overview of the structure and functional organisation of the brain. You will discover how the brain determines key behaviours, how brain dysfunction impacts upon behaviour in neurological and psychiatric disease, and how animal models of behaviour and disease can provide important insights into the functioning of the brain	4	Interesting course with a lot of different teachers, out of which some grab your attention and some don't. As a study abroad student I had to write 2 essays of 1200 words for this module (different than from the regular schedule).
2	<i>Information Processing and Cognition</i> PS2111	15 English credits (7.5 ECTS)	In this module, you will discover how humans and, in some cases other animals, acquire, store and use information to reason and solve problems. You will learn about how important cognitive functions, such as perception, attention, learning, memory and problem-solving determine how people acquire and use knowledge. You will also study how knowledge is represented and used to guide action in real world situations. This module enables you to evaluate different theoretical approaches to the explanation of these psychological functions and the experimental and neuropsychological evidence used to support them.	3.8	Also interesting course. I found the teachers a bit less than for PS1106 but that's also individual taste. Also 2 essays of 1200 words
3	<i>Physiology, Pharmacology and Behaviour</i> BS3033	15 English credits (7.5 ECTS)	This module will develop the principles of cellular neurophysiology into a consideration of the integrative activity of the central nervous system in order to achieve higher functions such as perception and behaviour. The module will focus on higher brain activities such as attention, learning and memory, motor control and navigation, and visual perception.	4	I can say most about the lectures for the Bioscience courses as I unfortunately couldn't/didn't make tests/assignments. This course had great lecturers and could be a nice extension of your current degree at WUR.

			You will uncover the mechanisms underlying brain pathology which can lead to neurological diseases such as Parkinson disease, psychiatric diseases such as schizophrenia, and visual diseases such as retinal abnormalities and eye movement disorders. Special consideration will also be given to how we can measure and investigate cellular and integrative brain activities from a basic scientific and clinical perspective. You will gain an appreciation for the range of experimental procedures that can be used to investigate CNS function in human and animal research and their limitations.		The topics were addressed well and were interesting to learn.
4	Neuroscience Futures BS3016	15 English credits (7.5 ECTS)	<p>This module will bring to life the most recent and exciting neuroscience discoveries from key neuroscientists across the campus. We will explore the latest ideas about brain function, explain new methods and discuss the impact on society of this fascinating research. Nearly every day we hear news of a new development in neuroscience. Whether it's a new drug, progress in brain repair, machine-brain interfaces or a deeper understanding of dementia or other neurological disease, these news items illustrate the wide public interest and the giant steps being taken in understanding the human brain.</p> <p>You have spent two years building your knowledge of cellular and molecular mechanisms, in this module you will apply this knowledge and be guided to a deeper understanding of the neuroscience research that is being conducted at the University of Leicester. Each of your lecturers on this course will be helping you to understand their research speciality and teaching you how to ask the right questions when reading a research paper, so that you can judge the quality and veracity of neuroscience research in the future.</p>	3.2	The lectures for this course were quite difficult for me to follow as I study Nutrition and Health. My pre-knowledge was not good enough to keep up with this content. If you are studying something in this direction you might like this course.
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**b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):**

It's an English Uni

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

A lot of psychology courses are provided.

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

Good level for 3 out of the 4 courses. It fitted my personal skills.

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

Because the universities in this country could provide good quality psychology education.

**f. What is it like to study there?**

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

You have to tap in with your student ID card for every lecture to keep up attendance. Most lectures are recorded. Examination is mostly essays for study abroad students. Level depends on the courses that you are doing in Leicester and how similar it is compares to the WUR courses that you're doing. Same for workload. Lectures are all given in buildings that are max 10 min walk away from each other. Most buildings are within 5 min apart.

**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?*

Most lecturers are very kind and really willing to help you with the questions you have. They provide a bit more help in general compared to WU lecturers.

**h. What does the university offer students additionally?**

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

The Leicester Union is amazing, providing a lot of societies, activities, sports, events, and more.

Laundry is easily accessible.

## 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?*

Sign up for a room is perfect as 1<sup>st</sup> year students and study abroad students get priority. There is rooms around campus and in the village next to the city that is accessible by bus (15 min) or foot (40 min) or Uber (10 min, 5-7 pounds). Rent rates are quite high but that's everywhere in England. It's not that much more than in NL

**b. What is the culture like?**

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

Very similar to dutch/wur culture. Maybe even a bit more multicultural. Cuisine is similar as well. You can either go out to eat or prepare food yourself and get the same ingredients as in NL in the supermarkets.

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

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

Prices when living in Oadby (village next to city centre): Uni bus (centre bus) is free. Arriva busses are 2 pnds for every time you hop on. Uber is between 5 and 15 pnds depending on where you're going and with how many you are.

## 6. Expenses

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

Category	Expenses
Travelling there	200 eur
Visa - if applicable	Not needed
Vaccinations - if applicable	Not needed
Insurances (extra) - if applicable	Not needed
Daytrips/sight-seeing	Within 40 pnds. Mostly within 20 pnds
Housing costs per month & type of housing/accommodation	95 pnds per week to 180 pnds per week depending on if you have your own kitchen or shower or both. For me it was 119 pnds per week (shared bathroom and kitchen)
Grocery costs per month	More than you think. Around 50 pnds per week so 200 per month
Public transport costs per month	20 pnds
Restaurant/going out for dinner costs per month	20 pnds

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

Don't know as I don't live by myself in the Netherlands.

**c. 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 have been to:

- ☐ Oxford
- ☐ Bradgate park
- ☐ Wales (Cardiff, mumbles, swansea, rhosili Bay)
- ☐ Stratford upon avon
- ☐ London (Hyde Park, Leicester square, Ted lasso cafe (Richmond), China town, big Ben, Buckingham Palace)
- ☐ Ireland (Galway, Doolin (Moher cliffs), Ennis, Shannon)
- ☐ Portugal (Portimao)
- ☐ Cambridge (Fitzwilliam museum)
- ☐ York
- ☐ Liverpool
- ☐ Scotland (Glasgow, Inverness, Isle of Skye, Loch Ness, Edinburgh).

OI don't have a preference for way of traveling. You can plan short trips shortly in advance but longer trips need to be planned at least 2 weeks ahead.

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

Don't know

## 8. Challenges & best moment abroad

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

Not really. Only kind of challenge was getting from the village to the campus on Sunday as there is no bus that day. I mostly walked, took ubers, or drove with a friend (car).

**b. Best memory?**

I don't have one best memory but I really liked socializing and meeting people and I liked playing sports (Basketball and volleyball) And I liked going on trips.

## 9. Contact details

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