



WUR Goes Abroad

1. Student information

Study programme WU	BML
Exchange semester (dd/mm/yyyy)	09/01/2024 until 01/06/2024
Exchange destination: University	Lund University
Faculty	LTH
Country	Sweden
City	Lund

2. Motivation for exchange

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

I wanted to step out of my comfort zone and learn to adapt to a new environment. Furthermore I wanted to increase my English skills and broaden my scientific education.

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

I wanted to go to one of the Scandinavian countries.

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

Lund University offered some very interesting courses both in the medical application field of biochemistry and broadening my education towards the area of physics.

3. Accessibility to reach destination

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

Lund is very well reachable by car (if available) but also by train +/- 12 hours. This takes a day but is sustainable and you can take luggage quite cheap (if you book early).

4. University and studying

a. Could you provide some general information about the followed courses?

	Course	EC TS	Short description of the contents	Apprecia tion of course: 1(low) – 5(high)	Remarks
1	SUSA11	3	Basics of the Swedish language. Strucure of sentences and basic vocabulary.	4	It is in the first few weeks so you get to know a lot of other exchange students.
2	KASF01	7.5	Athmospheric chemistry, basics of chemistry of air pollution and (it's) toxic effects.	4	The course mainly tried to give us a feeling towards which molecular structural elements are reactive and how this relates to environmental problems or toxicology.
3	EEMN26	7.5	Current and developing technologies in single cell analysis and point-of-care testing.	4	At this course I learned how to use fundamental methods to create a usable/practical device.
4	KIMN01	7.5	The working of the immune system and how (parts of) this can be used for (medical) testing, screening or personalised treatment (for cancer).	5	This course was very interesting, a lot of fun and
5	FAFN05	7.5	Interaction between light and atoms, strong laser fields and the generation of attosecond pulses (nobelprize 2023?).	2	Although this course was about very interesting phenomena, the maths to understand is was not applicable for me.
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b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):

Yes, there is about 600 courses to choose from at Lund University in lots of different fields of science.

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

Yes, when I decided I wanted to change courses I found 5 new interesting courses for that period within 20 minutes.

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

Yes, the courses were on a high level, but the teaching staff made everything very clear.

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

Yes, I've passed most of my courses and found all of them very interesting. Even though I did not pass FAFN05, I learned that physics is not the way to go for me and that this is not my passion, even though I really enjoyed this at secondary school.

f. What is it like to study there?

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

The academic level and examination were on a high level, the workload a bit lower compared to WUR. Lesson materials were very well available on canvas (like Brightspace).

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 lectures and international students were very approachable. The local students a bit less. I think this is pretty much the same as at WUR.

h. What does the university offer students additionally?

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

There is catering in every building, no real university sport facilities or laundry. There was access to the buildings 24/7 (with LU card), including libraries (most parts).

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?

Availability is a bit low and rent starts usually in February, even though the semester starts in the second week of January. Rent rates are very affordable for good rooms with shared kitchen/living room and private bathroom.

b. What is the culture like?

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

The swedes are a bit less open towards people they don't know. Furthermore the sauna is a common thing which is very nice.

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

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

Public transport is perfect, with lots of different bus lines that go every 10 minutes. Also the busses and trains out of the city are going regularly.

6. Expenses

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

Category	Expenses
Travelling there	400
Visa - if applicable	-

Vaccinations - if applicable	-
Insurances (extra) - if applicable	50
Daytrips/sight-seeing	600
Housing costs per month & type of housing/accommodation	420, corridor room, shared kitchen, private bathroom.
Grocery costs per month	250
Public transport costs per month	180-220
Restaurant/going out for dinner costs per month	-

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

c. Additional remarks regarding expenses?

7. Free time

a. What are must-sees in the area?

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

Copenhagen, Malmö; very well reachable by train in the weekend.

National park Söderansen, good bus connection on Saturdays.

Lomma/bjared, villages at see about 1 hour by bike.

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

I don't really know, I did not really look in travel guides, but on the map to places that looked interesting.

8. Challenges & best moment abroad

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

b. Best memory?

Canoeing, camping and climbing with LESS (Lund Extremsportarselskap).

9. Contact details

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