



# WUR Goes Abroad

## 1. Student information

<b>Study programme WU</b>	Nutrition and Health
<b>Exchange semester (dd/mm/yyyy)</b>	24/2/24 until 1/7/24
<b>Exchange destination: University</b>	Università degli Studi di Milano Statale
<b>Faculty</b>	Scienze Agrarie e Alimentari
<b>Country</b>	Italy
<b>City</b>	Milan

## 2. Motivation for exchange

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

For me, the question was more "Why not?". I thought it was a good opportunity to develop in different ways than what I would do in The Netherlands. I was curious to see how I would react in a new situation and I was excited to explore more of Italy and its culture.

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

From the beginning, I wanted to go to the South of Europe, because I really enjoy that part of Europe. I like the Spanish and Italian culture, so I tried to get into one of these countries.

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

I don't remember anymore if I could really choose one specific university within Milan. I think it was more because the courses with my background were given at the university where I ended up.

## 3. Accessibility to reach destination

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

It takes a lot of time to find the right university with the right courses. It is a good idea to ask other students how they found their universities and courses, because some websites are not organized so well. Also, on some university websites, they have special link to exchange students that can be helpful.

## 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	Functional foods and nutraceuticals	6	It starts with the macro- and micronutrients and after that there was a part about supplements, health- and nutrition claims.	4	I enjoyed the course and had the feeling that this course was best related with my background.
2	Food industry design technology and innovation	6	This was a very broad course about food design and all the challenges within designing food	4	Part of the course was familiar to me, but a big part was new and not too difficult, but there were some nice fun facts, so I liked the course.
3	Microbial food cultures	4	It was about the taxonomy of strains and about mixing different bacterial strains.	3	It was an interesting course, but for me a bit difficult because sometimes I had the feeling that I was missing some background.
4	Quality and Functionality of Dairy products	4	This course was about the production of dairy products and some applications of them.	4	This course felt like a food technology course. I liked it, but with all the production processes it was sometimes difficult.
5	Probiotic science and applications	4	Also with this course, it was a lot about the taxonomy of microbes.	2	I did not like this course because I found it difficult.
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**b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):** But, they were all master courses

**c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain):** There were enough courses in my field of interest, nutrition. Next to that, it is interesting to broaden your field of interest with the courses that are related to your study.

**d. I am satisfied with the level of the courses that I followed (Yes, No - Explain):** YES, The courses were all master courses, so the level was pretty high.

**e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain):** YES, I liked 4 out of 5 courses so I was optimistic.

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

Mostly there were just lectures for 3 months. With some courses I had a small project where we had to do a presentation or lab. In the end, we had all the exams so that period was a little harder.

**g. What is the culture of the university?**

The people were so kind. They always wanted to help me. I was in really small classes (6-10 people) so the contact with the teacher was very personal, which is different with the WUR. Next to that, the local students were open and always wanted to help me or wanted to drink an Aperol with me haha.

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

On my faculty, there were some catering facilities, but that was pretty much it.

## 5. Housing-traveling-living

**a. What are the possibilities for housing?**

There were some rooms on campus, but they did not let me in because the list was too long. So, I rented an apartment (with 10 students). It was nice to live with a lot of people, because it is of course important to meet a lot of new people. A disadvantage is that Milan is expensive. I paid around 700 euros/month.

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

The food is much better!! I thought people were more friendly also on the street. Helping each other and smiling at each other. On the contrary, in the city centre there was a lot of robbery, so that was something I had to be careful with.

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

I lived 5 minutes from my university, so that was amazing. I only had to take public transport to the city centre and that was very easy. I mostly took the Metro, but there was also a tram and there were busses. I bought a card at the beginning of the semester and in total it costed around 100 euros for 4 months.

## 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	700
Grocery costs per month	120
Public transport costs per month	25
Restaurant/going out for dinner costs per month	100

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

**c. Additional remarks regarding expenses?**

The local products (pasta) are very cheap.

## 7. Free time

**a. What are must-sees in the area?**

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

Of course, the city itself has a lot to see. Next to that, Lake Como was one of my favourites. It is around 40 minutes to get there by train and the train in Italy is really cheap (like 6 euros to get there)

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

## 8. Challenges & best moment abroad

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

Sometimes, the beginning was hard because it is all new and you want to get to know 'your kind of people'. At the moments that I struggled with it, I went for a walk or called someone from The Netherlands.

**b. Best memory?**

The trips that I made and the way in that it was so easy to go to a beautiful place in the weekend.

## 9. Contact details

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