



WUR Goes Abroad

1. Student information

Study programme WU	Bachelor Nutrition and Health
Exchange semester (dd/mm/yyyy)	10/01/2024 until 10/05/2024
Exchange destination: University	Ecole d'ingénieurs de PURPAN
Faculty	International Bachelor Course
Country	France
City	Toulouse

2. Motivation for exchange

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

I have always had a strong interest in learning about new cultures and enjoyed discovering new places. This is why I took a gap year after finishing Secondary school to work as an Au-Pair in the city Bristol, United Kingdom. It made me go out of my comfort zone, making it very rewarding to have new experiences with people whom I had just met. I realised that trying new things made me more self-assured about my own qualities. Moreover, it made me learn and understand the English language to a great extent. Studying abroad would be perfect to combine living in a new country with taking classes around my subjects of interest.

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

It is also an opportunity to get acquainted with the French language, food and culture.

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

The university is very focussed on providing an international learning environment, with focus on personal skills development, which I really like. Since the Ecole d'ingénieurs de Purpan is acquainted with so many students from abroad, it feels very welcoming and appealing to me. This university also offers a large versatility of courses that trigger my interests in science and food.

3. Accessibility to reach destination

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

Toulouse is easily accessible via train, bus, car or plane. You can either take the train or Flixbus to Paris and then transfer to Toulouse. Flights from the Netherlands can be quite expensive, so if you have the change I suggest you to opt for flying from Charleroi in Belgium.

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>Process in Food Technology</i>	3	The course covers how food is produced from raw material to a finished product and students will have a chance to produce their own product	4	It was quite fun as we got to make our own yoghurt and apple juice.
2	<i>Microbiological Quality of Food</i>	2	Provides basic concepts in microbiology and describes microbes found in food. Students will have laboratory practice and identify microbes in spoiled food.	5	The course was at a appropriate difficulty level compared to WUR and the lab work was nice as we got a case about a pathogen and had to identify it in the lab using several techniques.
3	<i>Sensory Analysis</i>	1	Introduction to methods used in sensory analysis and how to characterize differences between products. Students will perform a sensory test on a given product and analyse their data.	4	We had to do a sensory analysis with statistical test about different wines. It was very fun to taste wine in such a detailed way.
4	<i>Quality Process</i>	2	Covers the regulations in food hygiene and	4	This course is one I will never forget as we went to a duck

			safety and describes what good hygiene practices are. Students will visit farms and identify, analyse hazards and determine how to control them		slaughter house which was quite intense but also interesting. This was to analyse the production process of foie gras.
5	<i>Wine Making</i>	3	Develop basic knowledge of the chemical, microbiological and technological aspects of red and white winemaking (includes wine processing).	5	This was one of my favourite courses as it was very interesting and also quite challenging. We tried to make our own wine as well.
6	<i>Food Innovation</i>	6	Food marketing and food innovation processes. Students will be asked to produce and innovative food product and apply marketing tools to sell it.	4	This course basically brought together all the things we had previously learned about marketing and sensory analysis. We had to make our own product from grass pea's and decide how to market it.
7	<i>International Wine Business and Marketing</i>	6	Introduction to principles of international wine business management (global overview, tools and keys to success).	4	This course was given by a very nice teacher who knew a lot about being a marketer in the wine industry, which was very nice.
8	<i>Introduction to Food Science</i>	2	An introduction to Food Science, covering some biochemical aspects, food preservation and processing, food additives.	1	This course was very basic. They learned us about macronutrients such as fat, protein and sugars but to a very basic understanding. Nothing spectacular or new.

b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):

Yes, the school offers two different kinds of course options, either the International Bachelor course which focusses on wine making, wine business and food science or the Global semester which focusses on climate change, food security and global business.

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

No, first I thought so but after my arrival the WUR decided that the courses I was following had too much overlap. Luckily, they ended up approving the courses but without the international bachelor course there wouldn't be any other options in my field of interest at this university.

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

A few courses were difficult and a few were quite easy to do. I expected the level to be a bit lower than in Wageningen and this was true. But I really enjoyed the practical learning I got to do during this exchange which was also worth a lot to me.

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

Yes, I really enjoyed many of the courses. I think that there will always be a few that are a little less interesting to me but might be nice to someone else so in the end I am satisfied with the courses.

f. What is it like to study there?

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

The most difficult thing for me to get used to is the schedule that is very different than in Wageningen. The days are sometimes very long from 9 to half past 4 and the hours are not always very productive. In the Netherlands almost everything is productive and sometimes here I was just sitting the hours through. This made it feel like highschool a bit. However, not all days were this long and after this there wasn't much homework as a lot of time was scheduled for this during the lessons. So afterwards you are free to go out with friends without worrying about school.

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 school is very small and organises a lot of activities which is very nice and they have cool parties. The class is very small and the contact with the fellow students and teachers is easy and casual.

h. What does the university offer students additionally?

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

There is no canteen which is quite bad however there is this group of students who are 'club sandwich' and they make grilled cheeses during the lunch break on some days which is nice. There is a very nice food hall nearby as well as a big supermarket for lunch. You can join many clubs and sport teams if you want to.

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?

The course coordinator helped me out to get a room in student housing which was very easy and nice and cheap.

b. What is the culture like?

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

People in Toulouse are very friendly, the food in basically every restaurant is very nice and overall a very pleasant vibe.

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 very cheap for students, you can get transportation per bus and tram for 13 euros per month and use the city bikes for 20 euros per year. I always walked to school.

6. Expenses

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

Category	Expenses
Travelling there	250 flight with suitcases from AMS
Visa - if applicable	
Vaccinations - if applicable	
Insurances (extra) - if applicable	
Daytrips/sight-seeing	20 euro's for a train ticket outside of the city and many sightseeing things are free
Housing costs per month & type of housing/accommodation	250 euro/month for 9m2 with own bathroom and kitchen.
Grocery costs per month	250 euro/month
Public transport costs per month	20 euro/month
Restaurant/going out for dinner costs per month	100 euro/month

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

Higher for groceries and going out compared to Wageningen.

c. Additional remarks regarding expenses?

In France you can sign up for CAF which is for students and this makes your rent lower. I really recommend it.

7. Free time

a. What are must-sees in the area?

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

Lots of coffee spots, café's, restaurants etc. there are many opportunities to go out and sit on a terrace. You can also get drinks and sit at the river the Garonne.

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

Happy hour at Volfoni is really good.

8. Challenges & best moment abroad

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

The language is a big challenge for me as I don't speak French.

b. Best memory?

Getting to know all my new friends.

9. Contact details

Is the reader allowed to contact the writer?	yes <input checked="" type="checkbox"/>	no <input type="checkbox"/>
Name & email address (if yes)	Lieve Mulder, lieve.mulder@wur.nl	