



WUR Goes Abroad

1. Student information

Study programme WU	Bsc Nutrition and Health
Exchange semester (dd/mm/yyyy)	15-01-2024 until 02-06-2024
Exchange destination: University	Sveriges Lantbruksuniversitet (SLU)
Faculty	/
Country	Sweden
City	Uppsala

2. Motivation for exchange

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

A study exchange seemed like a good opportunity to explore another country, become more independent, get to know people from all over Europe and get to know myself better.

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

I had never been in Sweden before, but it seemed like a wonderful country with beautiful nature.

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

I liked the courses the university offered.

3. Accessibility to reach destination

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

Uppsala is very easy to reach. You can take a train from the Netherlands or fly to Arlanda airport. From the airport there is a train that takes you directly to the city centre of Uppsala.

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	Bees, apiculture and pollination.	7.5	In this course you learn about pollination, different species of bees and beekeeping. During	5	

			excursions you get to try beekeeping and harvest your own honey.		
2	Plant food science	15	During this course you learn about food made from plant materials. You learn about the food chain and processing techniques.	3	
3	Analytical natural products chemistry	7.5	During this course we conducted our own research on peppers. Also you learn about chemical structures and how to analyse them.	3	
4					
5					
6					

b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain): Yes, there was a list of courses in English and I had enough choices.

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

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

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

f. What is it like to study there?

I really liked studying at SLU. The classes were very small (15-30 students) which made it easy to ask questions and get to know all the fellow students.

g. What is the culture of the university?

The lecturers were very approachable and helpful. Lecturers always make sure there is a 10-15 minute break during lectures.

h. What does the university offer students additionally?

There are two sports on campus where you can buy a hot meal for a student price. Also, there is a shop to buy a small sandwich or a snack. The student Union (study association) is located on campus and there is a place to play sports.

5. Housing-traveling-living

a. What are the possibilities for housing?

There are multiple possibilities for housing. I lived in Flogsta, a student flat with a shared kitchen but private bathroom. There is also housing close to campus and near the city centre (at Rackabergsgatan).

b. What is the culture like?

I think the culture in Sweden is very chill. There are a lot of outdoor activities to do and the people are very friendly and well-mannered. I always felt very safe in Sweden.

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

Uppsala is very bike friendly and the university is accessible by bike. You can buy a ticket for the bus and train with student discount. To use public transport in the Uppsala area you can use the UL app.

6. Expenses

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

Category	Expenses
Travelling there	235 euros flight (both ways) and 8 euros bus ticket
Visa - if applicable	/
Vaccinations - if applicable	/
Insurances (extra) - if applicable	/
Daytrips/sight-seeing	Depends
Housing costs per month & type of housing/accommodation	5090 sek (Flogsta)
Grocery costs per month	Depends
Public transport costs per month	60 euros per month
Restaurant/going out for dinner costs per month	Depends

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

c. Additional remarks regarding expenses?

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7. Free time

a. What are must-sees in the area?

The student Union organises trips to Lapland and Gotland for which you can sign up. Lake Ekoln is located near Uppsala and is a great place to ice skate in winter and swim or have barbecues in summer/spring. Gamla Uppsala is the old town and very nice to take a walk. Stockholm is very close to Uppsala and accessible by train from the central station. If you are studying in Uppsala in the spring semester definitely don't miss out on Valborg, a festival to celebrate the last day of April. The area is also great for hiking.

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

If you play volleyball, there are many beach volleyball fields in Uppsala. Also, there are a lot of fun spots for fika. If you like to party or have a drink with friends, Uppsala has many fun student Nations (I recommend Snerikes and Värmlands).

8. Challenges & best moment abroad

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

The first week I felt a bit lonely and stressed but after the welcome activities at the university this was fixed.

b. Best memory?

Celebrating Valborg with friends and having barbecues at the lake.

9. Contact details

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