



# WUR Goes Abroad

## 1. Student information

<b>Study programme WU</b>	Bachelor Animal Sciences
<b>Exchange semester (dd/mm/yyyy)</b>	15/01/2024 until 02/06/2024
<b>Exchange destination: University</b>	Sveriges Lantbruksuniversitet SLU
<b>Faculty</b>	Faculty of Natural Resources and Agricultural Sciences
<b>Country</b>	Sweden
<b>City</b>	Uppsala

## 2. Motivation for exchange

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

I was curious about a new international setting. I like travelling and getting to know new cultures.

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

It was mainly because of the courses they offered, as I had no initial preference for a country.

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

It was mainly because of the courses and programs they offered. I expected to find like-minded students here.

## 3. Accessibility to reach destination

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

Take a night train and plan it with only Deutsche Bahn and SJ (Swedish railways), to avoid redundant transfers.

## 4. University and studying

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

	<b>Course</b>	<b>ECTS</b>	<b>Short description of the contents</b>	<b>Appreciation of course: 1(low) – 5(high)</b>	<b>Remarks</b>
<b>1</b>	Sustainable Food Production - Challenges and	7.5	Course consists mainly of guest lectures on a wide set of topics on	5	Lots of space for questions and getting into debate with lecturers. Very open

	Cropping System Solutions		sustainability agriculture. After each lecture there is debates or workshops in the classroom.		environment where everyone is curious to learn from one another. Both teachers and students come from very varying educational and professional backgrounds.
2	Environmental Assessment	15	Fast pace course that goes into detail about many elements on environmental assessment with a focus on northern Europa. There are many workshops and excursions. It is a short course and has few students (about 20), thought they come from many different study programs.	5	Fast pace and high level can be hard to keep up with when you do not have a background in environmental studies. Very engaged students and teachers. Very varying topics.
3	Agroecology: Working with the Complexity of Farming Systems	7.5	Focus on a real-leaf Scandinavian farm case. Goal of the course is to understand the big picture of agroecology and its achievability in certain settings.	2	It is an online course that is giving on multiple Scandinavian universities simultaneously. It is quite low pace and there is barely any (online) contact hours with the teachers. The course consists for 90% out of group work, with a low workload compared to WUR expectations.

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

Yes, all courses were given in English.

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

No, it is hard to combine courses because some courses last longer than others within the same study period. There are 2 periods per semester, which each have 2 sub-periods. Some courses lasted all semester while others only last a sub-period. Because of this, I could only pick courses that had similar durations as not to overload myself.

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

Yes, while one of the master courses I experienced as low level, and one of the first-year bachelor courses I experienced as high level, I think the levels are still reasonable.

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

No, I am only disappointed about *Agroecology: Working with the Complexity of Farming Systems*.

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

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

Study-wise, I would say the university is fine. I have no further remarks on this.

**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?*

Major difference is the segregation. There are barely any people of colour and there seemed to be minimal mixing of Swedish and non-Swedish students. On top of that, is the university nearly empty during winter. It is a depressing atmosphere during winter, but Swedes might be used to this because they are used to the weather conditions.

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

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

The campus has a nice park and is far from the city centre, so there is some nature around. Sometimes, during evening lectures, the university provides tea and cake, which they refer to as "fika" in Swedish.

## 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?*

I got my housing through the housing office of the exchange office. Friends of mine also rented privately, with rooms they found on Facebook. The rent is lower than in the Netherlands, but groceries and other costs of living are significantly higher.

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

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

I can confidently say I struggled with the culture. This is partially, but not only because of racism and segregation. I would not recommend Sweden to fellow people of colour, without them getting properly informed. Sweden is generally not very LGBTQ progressive, but Uppsala and Stockholm could be seen as an exemption.

**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 way cheaper than in the Netherlands. A 75-minute ticket costs a few euros, no matter how far you travel. Students get discounts. Uppsala is a well connected city and you can get around without a bike.

## 6. Expenses

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

Category	Expenses
Travelling there	150-200eu (train)
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	-
Housing costs per month & type of housing/accommodation	450eu per month for student flat with 10 housemates
Grocery costs per month	250eu
Public transport costs per month	80eu
Restaurant/going out for dinner costs per month	70eu

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

HIGHER!

### c. Additional remarks regarding expenses?

Dumpster-diving is quite popular among students in Uppsala, because of the high costs of living.

## 7. Free time

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

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

In city centre there is a very wholesome café where you can sit down cozily and chat with strangers. The café is called Arrenius & Co and they sell high-end coffee and tea. Across the café is a my favourite Indian restaurant in town called, Curry India. In Stockholm, go to Ristorante Paganini, for Sweden's best Italian food (they have got several rewards for this). There are a lot of tourist trap Italian restaurants in Stockholm, so read the reviews and skip them.

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

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## 8. Challenges & best moment abroad

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

I had to deal with a lot of mental and physical issues. It can be hard to get medical health care when you're not Swedish, so make sure all your international medical documents are in order. I feel like the challenges pretty much ruined the experience for me. I hope you all have it better than I did! Good luck.

**b. Best memory?**

Partying and travelling with my Swedish housemate. I often went to a special village in the middle of a massive forest, where I felt at home. I went there with all my friends over the course of several months.

**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>		