



WUR Goes Abroad

1. Student information

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|---|-----------------------------|
| Study programme WU | Nutrition and Health |
| Exchange semester (dd/mm/yyyy) | 15/01/2024 until 02/06/2024 |
| Exchange destination: University | Karolinska Institutet |
| Faculty | Nutrition science |
| Country | Sweden |
| City | Stockholm |

2. Motivation for exchange

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

I thought it was a great opportunity to meet new people and obtain new skills. In addition to this, I also love to travel and explore new places.

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

I chose to go to Sweden because I thought it would be a beautiful country and everything would be arranged well. I also wanted to go to a country where the education in nutrition would be on a good level.

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

I wanted to go to this university because they had a nice program and fun courses in nutrition science. I also saw that they had a website with very clear information and tips for international students. This gave me a good feeling about this university.

3. Accessibility to reach destination

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

This was very easy. I took a flight from Amsterdam to Stockholm, and then I could take a bus that went from the airport directly to the university where my housing was located.

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 | Diet and physical activity and disease prevention - | 10 | | 3 | This was maybe a bit too easy, since we had already acquired these |

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|----------|--|----|--|---|---|
| | <i>Interventions, mHealth and eHealth</i> | | | | skills in our bachelor at WUR |
| 2 | <i>Nutrition and disease - treatment and clinical aspects</i> | 15 | | 4 | It was very interesting to visit the hospital and learn about clinical nutrition. |
| 3 | <i>Professional development and communication in nutrition science</i> | 5 | | 4 | Very interesting and I think this will be very useful for me in the future. |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |

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

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): Yes, there is a specific nutrition program. However, this program is the only option so there is not really anything to choose.

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain): Yes, I think I could have done a slightly higher level but it was also nice to have a lot of spare times to learn things outside of university

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): Yes, I liked that the courses focused on nutrition. However, I feel like I learned very different things than what is taught at WUR.

f. What is it like to study there?

In comparison with WU the academic level was a bit lower I think. The examination was not often a written examination, but rather assignments and presentations. Workload and study forms differed a lot between courses.

g. What is the culture of the university?

The entire class only consisted of about 30 students. This made it very personal, and the lecturers really knew every student. It was also nice that you knew all your classmates.

h. What does the university offer students additionally?

Karolinska has a free gym and sport facilities for all students and staff. They also arranged housing for exchange students with social events and all the necessary facilities.

5. Housing-traveling-living

a. What are the possibilities for housing?

I signed up for KI housing and got a great place to stay during my exchange. However, I heard finding housing in Stockholm in general can be tough and pretty expensive.

b. What is the culture like?

I would say Sweden is very focussed on sustainability and health. They have a great work-life balance and like to take a lot of breaks in between lectures. We even got a few movement snacks; these are breaks in between periods of sitting where the whole class stands up to stretch or dance. You can also spot a lot of swedes going on runs in all the parks.

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

For public transport I would get 30-day tickets. With a student discount these would be 650 sek (55-60 euro). However, I did not need this to travel to university because we could take a free bus between the campus we lived on and the campus we studied at with our KI card.

6. Expenses

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

| Category | Expenses |
|---|---------------------------------|
| Travelling there | Single trip +/- 150 euro |
| Visa - if applicable | |
| Vaccinations - if applicable | |
| Insurances (extra) - if applicable | |
| Daytrips/sight-seeing | 500 euro |
| Housing costs per month & type of housing/accommodation | Shared apartment - 500-600 euro |
| Grocery costs per month | 150-200 euro |
| Public transport costs per month | 55-60 euro |
| Restaurant/going out for dinner costs per month | 100 euro |

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

slightly higher

c. Additional remarks regarding expenses?

7. Free time

a. What are must-sees in the area?

There is a national park near Stockholm called Tyresta, which is a beautiful place to go for a hike or a swim in summer. I also liked going on trips to Estonia, Latvia, Finland, Poland and Swedish Lapland.

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

When the weather allows it, it is so much fun to rent a kayak in Stockholm. The city consists of a lot of small islands and kayaking is a very nice way to go around the city and see things.

8. Challenges & best moment abroad

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

In general everything went very smoothly, the biggest challenge was just figuring out how things work, like public transport or how exams work at the host university.

b. Best memory?

My best memory is playing in the snow in Lapland together with the friends I made on exchange.

9. Contact details

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