



WUR Goes Abroad

1. Student information

Study programme WU	Biology
Exchange semester (dd/mm/yyyy)	15/01/2024 until 02/06/2024
Exchange destination: University	Uppsala Universitet
Faculty	Evolution biology
Country	Sweden
City	Uppsala

2. Motivation for exchange

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

Because I was very encouraged by fellow students who went on exchange, and I was really curious to go and live somewhere else for a bit, and experience a lot of new things.

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

I wanted to go to Scandinavia because of their level of education, and specific for Sweden was just because of random prejudices. But I did want to go to Sweden or Norway first because I did not know anything about Finland I guess.

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

I found specific courses Here which I needed for a master, and next to this I heard good stories about the student life in Uppsala. I also liked the size of the city, and it not being a capital.

3. Accessibility to reach destination

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

Not really, I just googled about the train connections.

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	Plant Structure and Function	15	Theoretic course about plants	3	I liked this one, because I forgot a lot about the plants

					courses I already followed.
2	Ecosystems in the Anthropocene	15	A lot of different aspect of the ecosystems nowadays and important element cycles included. Also quite a bit of social side of important issues	5	A lot of presentations and very educative social issues addressed as well.
3	Evolution of Life in the History of Earth	7.5	Evolution from the beginning of Earth till now.	4	Really nice to connect all the separate pieces of knowledge I had about this topic.
4					
5					
6					

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

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): Yes, but not too many.

d. I am satisfied with the level of the courses that I followed (Yes, No - Explain): Yes, I really liked the way of their educative system as well.

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): Yes, I needed more points because of overlapping semesters and I think some of those courses helped me chose a master.

f. What is it like to study there?

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

The study forms a quite comparable, the academic level as well, the examination was in some courses more about the participation, which was different but also very nice. The workload was a bit lower then at my home university, the lesson material was a bit less professional than I am used to.

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 students are really the centre of the university and lecturers really care about the students. I also talked quite a bit with local students because of the small class we had. Overall it is very comparable but it feels that the teachers almost compromise to the students instead of vice versa.

h. What does the university offer students additionally?

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

There was offered sports facilities but you needed to pay (of course). And next to that, the housing was really well-organized in my case. There was a restaurant in my campus as well.

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?

Housing was quite easy to get via a housing office of the university. Rent was a bit expensive because I had a expensive apartment apparently.

b. What is the culture like?

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

The culture is quite comparable but more reserved and more polite instead of the dutch honesty.

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

E.g. Cost public transport card, taxi prices, how to travel to the university?

The public transport is really good, however the country is also crazy big so it is not really possible to get everywhere by public transport. Different regions have different public transport operators which is a bit unhandy in the beginning.

6. Expenses

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

Category	Expenses
Travelling there	120 (2x)
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	-
Daytrips/sight-seeing	
Housing costs per month & type of housing/accommodation	550, private except for kitchen
Grocery costs per month	450
Public transport costs per month	30
Restaurant/going out for dinner costs per month	50

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

Higher

c. Additional remarks regarding expenses?

Groceries, especially fresh items are really expensive and alcohol is also crazy expensive pubs or so (except for students pub in Uppsala).

7. Free time

a. What are must-sees in the area?

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

Stockholm had a lot to offer (museums!), but Uppsala itself is also beautiful but just much smaller. Nature is always around the corner so that is nice as well.

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

The small museums in Uppsala, Linneaus places, if you are a student, going to all the nations places (really cool buildings, pubs etc).

8. Challenges & best moment abroad

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

Probably biggest challenge was to deal with the distance with people at home, but you get used to it.

b. Best memory?

Too many to just say one, but probably gasques (balls/gala's) at nations, or just chilling with friends in parks. Or going on little trips.

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)	Levi Hendriksen levi.hendriksen@wur.nl	