



WUR Goes Abroad

1. Student information

Study programme WU	MSc Nutrition & Health
Exchange semester (dd/mm/yyyy)	25/1/2024 until 17/6/2024
Exchange destination: University	Universidad Catholica de Valencia
Faculty	Nursing
Country	Spain
City	Valencia

2. Motivation for exchange

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

To experience what it is like to live in a foreign country, make new friends, experience a new culture

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

I have always loved Spanish culture and traditions, such as dancing flamenco. I have also wanted to learn Spanish, enjoy the Mediterranean climate, and the low cost of living was a nice plus.

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

If I recall correctly, there was no other option for my field of study. Besides that, they teach in small-scale classrooms, which allow for bonding with fellow students and provide room for personal attention

3. Accessibility to reach destination

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

I came by plane. The ticket was very cheap in January and the flight was short, less than 2.5 hours.

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	Spanish Culture & Society	6	Mostly giving presentations to your peers, or listening to	3.5	Extremely easy, you don't have to learn for the exam either

			presentations from your peers about you, your culture or Spain. We went to fallas together as part of class (a festivity)		
2	Human physiology	6	Basically all aspects of human physiology are covered	2.5	A lot of slides to be studied, the teacher would mostly read all those slides in class, it was not very stimulating or fun
3	Professional Ethics	6	Code of ethics and basic ethical and deontological principles are covered, based on a health care setting. The teacher, Bosco, is amazing! He gives real-life examples, there is room for discussion and he is a good public speaker.	4.5	Compared to Wageningen, topics are discussed for a long time. The pace is kind of slow.
4	Spanish A2	6	Mostly grammar (verbs) and reading, the teacher was enthusiastic and engaged with the students. There are cultural trips (like museums) at the end of the course	4	There was little room to practice talking, but I learned a lot!
5					
6					

Note: All teachers knew our names, they are all very engaged with their students!

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

c. I had sufficient possibilities to select suitable courses in my field of interest (Yes, No - Explain): No – I was only allowed to choose from nursing courses, as I was the last Nutrition & Health student that could do this exchange.

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

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

f. What is it like to study there?

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

A lot of presentations, some assignments but they were all easy, the workload was not high.

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 lecturers are very open and nice, they all knew the names of the students in class. They are very approachable and their English is good. The teachers of the WUR are not that engaged with the students (they don't know their names, for example. But then again, at the WUR classes are bigger with large lecture halls).

h. What does the university offer students additionally?

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

I had no cafeteria on campus. There are sports clubs, but I didn't attend them. I wouldn't know about topics like laundry.

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?

There are options for renting with discount and getting help with looking for a room, but I did not make use of this option

b. What is the culture like?

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

It is normal here for people to stand close to you, they don't know personal space. Their English is very minimal. You can get paella or patatas bravas everywhere, nice Mediterranean cuisine. They have a LOT of festivities which they are very proud of, I felt like every weekend there was something going on.

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

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

You can get a free 'temporal jove' metro ticket at a metro station (make an appointment online first). You can use this card also for the bus and tram, the public transport is very nice. There is also a cheap shared bike system: valenbici, but I mostly walked or used the public transport.

6. Expenses

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

Category	Expenses
Travelling there	€80
Visa - if applicable	-
Vaccinations - if applicable	-

Insurances (extra) - if applicable	-
Daytrips/sight-seeing	Depends
Housing costs per month & type of housing/accommodation	€460 a month in the city center
Grocery costs per month	About €100? Maybe less? It is slightly cheaper
Public transport costs per month	0€
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:

Lower

c. Additional remarks regarding expenses?

7. Free time

a. What are must-sees in the area?

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

You can easily go hiking in Buñol (1 hr direct train), you can swim in cooling water here.

I did a roadtrip to Alicante, with stops at different places like Javea, that was very nice.

Trip to Ibiza, was a 20 min flight.

Hiking in Chulilla and Montanejos with Erasmus.

2 hr train to Madrid.

Took a flight to Malaga and stayed in Marbella.

I sadly didn't go to Marrakech, but this is also very close by.

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

Swimming in the waters of Buñol.

8. Challenges & best moment abroad

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

I immediately met friends through Erasmus activities so I didn't feel lonely. I did get some bad news from home, family members who got sick. I went back to the Netherlands for a few days, that helped. Valencia is close by so I was glad I could easily go back for some time.

b. Best memory?

Roadtrip to Alicante, swimming in buñol and celebrating king's day festival in Spain!

Couldn't pick one.

9. Contact details

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