



WUR Goes Abroad

1. Student Information

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| Study programme WUR | Bsc Health and Society |
| Exchange semester (dd/mm/yyyy) | 15/08/2023 until 21/01/2024 |
| Exchange destination: University | Linköping University |
| Faculty | Faculty of arts and sciences |
| Country | Sweden |
| City | Linköping |

2. Motivation for exchange

Why did you choose to go on study exchange?

Travel, experience a different culture.

What is the reason you chose for this country/university?

Love scandinavian countries and culture.

3. Accessibility to reach destination

Do you have any tips to reach your exchange destination?

There is a direct flight from Amsterdam (schiphol) to Linköping, so make use of that!

4. University and studying

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 | Terrorism, religion and violence | 7,5 | Course about different forms of terroristic groups and religion and their connection to one another. | 4 | A course that was included in a bachelor at Liu. Quite different from BGM but a great introduction to different religious groups and different terroristic attacks in history. |
| 2 | History European identity | 7,5 | Course about the timeline of Europe as | 5 | |

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|---|----------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------|---|-----------------------------------------------------------------|
| | | | a whole and different stages in history. | | |
| 3 | Europe in the world | 7,5 | Course about the role of the EU within other countries throughout history in comparison to the position the EU has today. | 3 | |
| 4 | European democratic culture | 7,5 | Course about the role of European culture on other countries. | 4 | |
| 5 | Swedish for foreign students, level A1 | 7,5 | Starting course with Swedish language. | 5 | Great way to learn a little Swedish and experience the culture. |
| 6 | | | | | |

What is it like to study there?

E.g. study forms, academic level, examination, workload, lesson material.

The academic level is good. There is much more freedom to fill in your own time and therefore it is great for your exchange when you also want to discover the rest of Sweden.

What is the culture of the university?

E.g. How approachable are the lecturers, engagement with local students? What are the differences with the WUR?

All the buildings on campus are very clearly marked and easy to find. People are quite friendly when you ask for the way around and there is also an app that can help you find the right buildings/classrooms. The buildings of the WUR are not as close together as the buildings of LIU, at LIU all the buildings are more at walking distance.

What does the university offer students additionally?

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

In every building you can get food and coffee. On top of that all the buildings have microwaves to heat up your food. There is a big gym on campus where you can play different sports (track, tennis etc.).

5.Housing-travelling-living

What are the possibilities for housing?

E.g. Availability to sign up for a room on campus, private rooms, rent rates?

You have to sign up for different housing websites and some people can get housing through the university, but there are limited spots for this.

What is the culture of the country like?

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

People in Sweden are more reserved than Dutch people. On top of that, Fika (coffee with something sweet) is a very big thing in Sweden. On top of that, I loved the nature and the culture in the bigger cities surrounding Linköping.

Could you give some information about public transport infrastructure?

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

It is pretty cheap to go by bus around Linköping, but the university is less accessible by public transportation. Most people have/buy a bike. It is easy to use public transportation to bigger cities like Stockholm, although this is quite expensive when you go by train. By Flixbuss it is a lot cheaper.

6. Expenses

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

E.g. you can also indicate price differences (higher/lower/equal) in comparison to the Netherlands.

Ticket there: around 500 euros (including two big suitcases)

Visa if applicable: -

Vaccinations if applicable: -

Insurances (extra, if applicable): -

Housing costs per month & type of housing/accommodation: 8200 sek / month

Groceries: 2500 sek / month

Public transport: 500 sek / month

Restaurant/going out for dinner: 800 sek / month

Daytrips/sight-seeing: 3000 / month

Additional remarks regarding expenses?

Trips with ESN to Norway (500 euros) and to Lapland (1000 euros).

7. Free time

What are must-sees in the area?

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

Stockholm, Göteborg, Copenhagen, Lapland, Norway, Norrköping.

Lapland (plane) and Norway (bus) → with ESN or ISA

Stockholm, Göteborg, Copenhagen → by train or Flixbuss (weekend)

Norrköping → train/ bus (daytrip).

What does not appear in a travel guide, but is definitely worth a visit?

ESN SEA BATTLE: cruise ship from Stockholm to Tallinn and back!

Do you have general tips and tricks about leisure time?

E.g. recommendations for restaurants, going out?

Try to stay in hostels or airbnbs and look at different options for public transportation, the prices can differ!

8. Challenges & best moment abroad

What challenges did you encounter and how did you overcome them?

It took me quite some time to get a room, but keep trying!

What is your best memory of your time abroad?

Lapland trip with my friends was the perfect ending of a great exchange.

9. Contact details (optional)

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