



WUR Goes Abroad

1. Student information

Study programme WU	MSc Food Technology
Exchange semester (dd/mm/yyyy)	08/01/24 until 08/05/24
Exchange destination: University	University of Iceland
Faculty	Faculty of Health Sciences
Country	Iceland
City	Reykjavik

2. Motivation for exchange

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

Mainly to experience living abroad.

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

I've always been drawn to the Scandinavian (colder) countries, and when I saw that I could study food science in Iceland, it felt meant to be :).

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

This university got a food science department 😊.

3. Accessibility to reach destination

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

I travelled by plane, which is the most common way of reaching Iceland. There is also a boat from Denmark, which could be a nice addition to your travel plans if you have the time and money.

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	Food Innovation	6	The aim of the course is to introduce students to the main methods of product development and to train students in the use of consumer-driven methods in the	5	This course was not on the list of 'possible courses for exchange students'. However, they welcomed me with open arms when I showed interest in the

			development of food products. The development of the product will be made in team (prototyping and entrepreneurial training) but some assignments of the course are individual.		course. I loved this course and I also learned the most compared to the other courses.
2	Marine Bioactive Compounds	6	Marine bioactive compounds is a new exciting and fast growing field withing food science. The goal of the course is to provide students with a comprehensive overview on key marine bioactive compounds.	4	A very short and relatively easy course. You have to read a lot of articles, write summaries and give a presentation.
3	Food Engineering 2	8	Water activity, mass and energy balances, unsteady heat conduction, cooling, superchilling, freezing, thawing, drying, psychrometry, evaporation, heating and canning.	4	Having some prior knowledge of food engineering makes the course more doable. A lot of calculations and you go over the topics fast. Most exercises are about fish and fish production haha.
4	Basic Icelandic I	10	This is a beginners' course in Icelandic. The main focus is on the basic features of language use and grammar. Students will also gain some insight into Icelandic culture and society.	5	You do not get WUR credits for this course. However, I absolutely loved learning the language with fellow exchange students! It does not require much effort.
5					
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b. I had sufficient possibilities to select suitable courses that were taught in English (Yes, No - Explain):

YES, there are a lot of courses taught in English.

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

YES, there are not a lot of courses in Food Science to choose from at this university, but still enough to fill a semester with!

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

YES, the courses were easier than the WUR courses, but I still learned a lot of new things. It was nice to not have to focus as much on my studies during my exchange and therefore I had a lot of time to explore the city and country with friends.

e. I am satisfied, in the end, with the selection of courses I followed (Yes, No - Explain): YES, I changed some courses in the beginning of the semester, this was very easy to arrange.

f. What is it like to study there?

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

The workload was way less compared to WUR, but I heard local students complain a lot about the high workload. The courses have more graded assignments (essays, presentations) during the semester, so less focus on a big exam at the end of the semester. 2 out of 4 courses I followed did not even have an exam.

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 classes are very small, often only 10 students following a course. This makes the teacher-student contact more personal and the class atmosphere more intimate. You know all your classmates by name very soon and it was a nice way of getting to know some local students.

h. What does the university offer students additionally?

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

You can access the sport facilities for only 40 euros per semester!! They have awesome yoga and pilates classes as well which you can join. The gym is not big but you have everything you need and is not often crowded. You can also rent the big gym hall with friends as well. There are not many sport associations that you can join.

In my building, we had one big laundry room which was very convenient.

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 room via university student housing (FS). You can get wait-listed and they offer you a room which you can accept or not. I got my housing arranged a few months in advance. I had a room with a private bathroom and a big (new) kitchen with a large living room. We were with 14 in a corridor.

b. What is the culture like?

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

Icelanders love swimming! Going to a local pool with friends was one of my favorite things to do 😊. They are very laid back, the saying "þetta reddast" is completely true to how they live life ;). Typical cuisine is mainly fish and meat, which as a vegetarian I did not taste. They also LOVE ice cream, so try out some ice cream shops!

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 monthly bus pass with a student discount. They have no trains, only busses. You can use the app KLAPPID for it. At the end of the semester I knew where all the bus lines were going haha, busses only drive in the capital area.

6. Expenses

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

Category	Expenses
Travelling there	400 (covered by grant)
Visa - if applicable	-
Vaccinations - if applicable	-
Insurances (extra) - if applicable	- (WUR insurance)
Daytrips/sight-seeing	+ - 70 euro pp for renting a car with friends for two days + fuel
Housing costs per month & type of housing/accommodation	+ - 800 euro. Student housing (Gamli Garður) with own bathroom and big shared kitchen & living room
Grocery costs per month	+ - ? I did not keep track of this, but it is for sure more expensive than NL.
Public transport costs per month	+ - 35 euro for monthly bus pass with student discount
Restaurant/going out for dinner costs per month	+ - 15 euro for a great student cellar burger + beer! 10/10 would recommend Other restaurants are very expensive

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

HIGHER, it is an expensive country, but it is SO WORTH IT! Just be mindful of how you spend your money. For example, you could drink 7 beers on a Friday night (+70 euro) or rent a car for 2 days with friends and go explore the country (also +70 euro pp).

c. Additional remarks regarding expenses?

You can get a lot of student discounts, so use them! There are often events in the student cellar where you can win great prizes haha (for example a free whale watching tour).

7. Free time

a. What are must-sees in the area?

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

Everything in Iceland is a must-see haha. I went around the island twice, my favourite parts are the westfjords, Akureyri, Eastfjords, and Westman Islands. We often rented a car during the weekend with friends to explore a new part of Iceland. Use the code 'bluereturn' for 10% discount at Blue Car Rental ;)

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

There is a waterfall called 'Nauthúsafoss' near the very popular Seljalandsfoss, where you have to go through a small canyon and climb next to a small waterfall to see it. It is not touristic at all and one of my favs! For more incredible spots, you can always contact me!

8. Challenges & best moment abroad

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

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b. Best memory?

Too many best memories haha, I loved going on small adventures with friends 😊.

9. Contact details

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