

UCLL, Belgium

Quotes of Faculty of Sports and Nutrition students who followed their minor here in 2016-2017

Experiences overall

- *I made a lot of friends and learned a lot about doing internships and other peoples culture, so therefore it has been a positive experience. Also it made me more aware of other people's perspectives because of the differences in culture. And it made me communicate more effectively because now it is less difficult to talk to strangers and it is easier to approach them.*
- *I would be sure to have everything sorted out about the internship before i went to Leuven. On the first day in Leuven it became clear that the teachers from the school in Leuven only arranged one internship for the whole semester, while we made an agreement that i was going to do two internships. This eventually led to a lot of emailing, calling and at the last moment searching for an other internship. If i could do it over i would make sure that everything was settled out before i went to Leuven.*

Level of education and the courses

- *The places they offered in Belgium to do an internship weren't as good as the places they offer at the HvA. For example, at the first internship in Belgium i didn't really need my nutritional background or study. At the HvA, the internship places are a lot more high standard; the HvA is very strict in choosing good internshipaddresses.*
- *I had different supervisors and i was satisfied with both of them. They also told that they were satisfied with me.*
- *In Leuven you can do two different internships, of both 8 weeks. There are a lot of different places to do your internship; the hospital, nursing homes, giving workshops at organizations and weight loss clinics.*
- *Two internships; one lasting for 6 weeks and the other for 10 weeks.*
- *The first internship op 10 weeks was in a children's school for science, where i developed and gave workshops about nutrition.*
- *The second internship of 6 weeks was in a weight loss clinic, where i gave nutritional advice about weight loss and helped the customers with their exercises.*

Housing (in private sector or organised via the university)

- *I had a very big room with my private bathroom, the kitchen was shared. The house where i lived was also recently build, so it was very new. Therefore my room was a little bit more expensive than other rooms in Leuven.*

Cultural differences

- *The first cultural difference is that people in Belgium are really introvert, whereas Dutch people are way more extravert.*
- *This means Belgium people seem really shy and quiet, whereas dutch people can be very overwhelming.*
- *The second cultural difference is that in Belgium it isn't common to shake hands when people first meet. In The Netherlands we shake everybody's hand when we first meet. In Belgium people most of the time don't do it.*

Tips for future students

- *There are a lot of free rooms in Leuven, so don't worry about finding one; the prices differ from 300 euro to 500.*
- *In Leuven you can get a buscard for 20 euro; you can take unlimited busrides in Leuven for one year.*
- *In a lot of studentrooms in Leuven there is only WiFi available from the university; you have to buy a code from KU Leuven for 25 euro a year.*
- *Join ESN Leuven.*
- *For transport from Amsterdam - Leuven; take the flixbus for 15 euro for a one way ticket.*