

Umea University, Sweden

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

Experiences overall

- *I have had a wonderful time studying abroad. The courses I've followed in Sweden were very interesting and the University had many facilities. Umea has lots of students, which makes it a nice place to live and study. During my period abroad I've met many students from all over the world and created new friendships. The city has a lot to offer, every week there are events and there are many trips offered to various places within and outside of Sweden.*
- *The Sport facility was extremely good, there was a huge gym around the corner of the University. All students would go there after lectures to hang out and sport. I did expect more from the restaurant/cafeteria, the food wasn't so fresh and pretty expensive when you're a student. The accommodation was excellent, (mostly) clean kitchen/common room, and a nice room/bathroom for yourself. The buddy program organised many nice activities, almost 2 per week.*
- *I would choose a different city/country. I have had a really nice experience, but Umea is very much up north in the Country, which not only makes it very cold (-20 degrees sometimes..) but also a very isolated City. There is not much 'life' around, which made it a boring place sometimes. But for 4 months it is a nice place to stay.*

Level of education and the courses

- *I was very satisfied with the study program. The courses I've followed were very interesting and dynamic. During the Psychology course, the classes were very structured. The week started with lectures, followed by group work and seminars. Because of this structure, you did not only learn the theory, but also put this into practice. Therefore, learning became more fun and easier.*
- *The Global Equality course had one lecture a week. In the first week, there was a lecture about the assignment you would have to make in the coming week. The second week was the deadline for the assignment and a seminar, wherein all the students debated about their established work. This repeated every other week.*
- *The first course I followed was Cognitive Psychology. During this course you will learn about the mechanism of the brain, how this works and processes things, and what brain perception does to us.*
- *The second course I've followed what Health Psychology. During this course, I've learned about various forms of human health behaviors, stress, sleep deprivation, burn-outs, chronic health diseases and much more. This course was a good addition to what I've learned during my studies at the HVA.*
- *The levels were pretty much the same. The courses I've followed were on an University, but the level was basic. Therefore, it was not hard to keep up with the lectures and assignments.*

Housing (in private sector or organised via the university)

- *The facilities the IHO offers is very good. You will stay in a student corridor, and can choose various places in the city. I had my own bathroom, and there is even a choice to have your own kitchen. Thereby, the accommodation is near the University, and you live in an area with many other students, which makes it extra nice.*

Cultural differences

- *During the period abroad you will get to know many students from various cultures, there was a big difference with Asian culture. Still, I got to know some Korean people very well, and it was really interesting to get to know people from such a different culture. This puts a lot of things into a different perspective, and you can understand people from different cultures better.*
- *A second cultural difference I've experienced, was the difference between Sweden and The Netherlands. Dutch people are far more direct than Swedish people. I had to keep this in mind when talking to Swedish people, in order not to offend them.*

Tips for future students

- *Make sure you know which area you choose when looking for accommodation. I would recommend the area Alidhem, since most students live here, the University, Shopping Center and the Sporting Center are all around the corner. And most (corridor)parties are here, one more good reason to stay there ;)*

Short statement about the university

- *The university has a beautiful campus and many facilities. There is a big library, many cafes/restaurants and various places to study.*