

Universidad de Navarra, Spain

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

Experiences overall

- *The university is very organized and they organize a lot of activities for international students as well. Also, the city (Pamplona) was very nice to live. It is safe, friendly people, beautiful nature and parks, and a lot of bars to have a good time with friends. The university was near to the city center as well. Overall I had a great experience abroad.*
- *I think it is an ultimate opportunity that everybody should take. You just learn so much (about yourself), meet so many people from all over the world, you have the opportunity to learn about a new culture and to travel a lot. It is just an amazing experience.*
- *Everyone at the Unav is very helpful. The international office and responsible person helped me with everything and I could always go to them for more questions. They also are very friendly and really make time for you.*
- *There are lots of activities, especially for international students.*
- *In general all the guidance through this semester was good. They always helped you when you had questions or problems. The university has all the facilities that are needed.*
- *I would not live with only Spanish people again. I thought it would be nice, so that I could learn Spanish faster. But it ended up being a quite distant relationship with them. I think you are not on the same page as an Erasmus student and as a local student.*

Level of education and the courses

- *Before I went to Pamplona I thought I could only choose between some subjects noted on the list of the HvA, in the end it was possible to choose other subjects as well. The most subjects I choose were not nutrition related but I learn a lot about other things which were very interesting and not too difficult or too easy.*
- *International trends in pharmacy and nutrition - every week you have two different guest speakers that tell you about their own experiences working in different workfields of pharmacy or nutrition. It can give you ideas on what to do after your study.*
- *English for nutrition; We had to improve our English language by subjects about nutrition. I didn't learn so much because the level of English was very low and I also knew already everything about the nutrition part we talked about.*
- *Spanish B1.2 - you learn grammar, vocabulary, writing, speaking, listening in spanish at a B1.2 (B1 advanced) level.*
- *The subjects I took were a little bit lower but I think it depends per faculty. I had classes with a lot of international students and the teachers knew not everyone had already knowledge about the given subject so they explain everything from the beginning.*
- *Some subjects are a lot easier but the most are on a good level. It also depends form which year the course is and how much knowledge you already have about it.*

Housing (in private sector or organised via the university)

- *the accommodation is located between the city center and the University (10min walk to both). I shared it with 2 other students. The owner is very friendly and easy going.*
- *It is really easy to find a room through this Facebook page. I would definitely recommend to find accommodation like this. You will live with other students and it is usually not too expensive. Tip: try to find your room in the neighbourhood 'Iturrama'. It's just between the university the centre and most students live there.*

Cultural differences

- *I noticed that the university is more personal with the students most of the time in the Netherlands, I noticed there is more space to give your opinion in the lectures, but this could also be because most students were American and they are used to that.*
- *The rhythm of life is a lot different in Spain. Everything seems more relaxed and it looks like they have longer days as they only have dinner around 9-10 o'clock at night. They have also a big break during the day, the siesta, where all the shops close between 2 and 5 and then after 5 it opens again till 9. Also as Spain is a really Christian country they take their Sunday as a day of rest pretty serious, so again on Sundays (or festive days) nothing would be open. This is a thing you need to get used to in planning your groceries. Besides, they don't really know about 'rush' in Spain. They take their time.*

- *The interaction is different, they give 2 kisses on the cheek every time friends/colleagues/family see each other.*
- *Spanish people are always in for a party or at least having a drink and chatting a lot. They have a lot of festive days which they see as an excuse to celebrate. Also in Pamplona, as it has Basque uses, they have every Thursday, jueves, on which everybody goes out to have pintxos (tapas) with some drinks. And not only the young people that do that, also the more elderly enjoy it even with a little dance afterwards. Everybody mixes and there is just a great vibe. Especially as the weather gets better people tend to stay out till late.*

Tips for future students

- *find housing on Facebook in the 'international students Pamplona' group, most are shared flats and will cost between 250 - 500 per month*
- *You don't really need transport because you can walk to almost everything*
- *In the Facebook group I mentioned, you can ask all your questions, I'm sure people give you helpful answers.*
- *You cannot fly directly to Pamplona, so fly to either Bilbao or Madrid and take a bus to Pamplona.*
- *Your housing should be between 250 and 350 euro's. Paying more is unnecessary.*

Short statement about the university

- *The university is organized, looks nice, and have lots of study rooms. Students are motivating each other to study. Mostly you don't have class between 2-4 and everyone will be in the cafeteria or outside in the sun. In my experience, all the teachers are good in teaching and friendly.*
- *It is a nice university with a beautiful campus with lots of green and a nice view on the mountains. The classes are mostly of good level. You have all the facilities you need. The people are usually very helpful and they try to have personal contact with you to make you feel more comfortable. Communication often does not go very fast by e-mail, so if you have to wait some time for forms to be filled in by the university it is normal. There is not too much time pressure there.*