

Warsaw University of Life Sciences, Poland

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

Experiences overall

- *Best time of my life*
- *Some services stood out; student associations because of a huge erasmus network, sports lots of gyms and open fields, restaurants great food for a great price. All other things were just normal.*

Level of education and the courses

- *Fun, not very challenging*
- *Ecological aspects of food and nutrition. We learnt about the ecological aspects of food production and the ecological aspects nutritional value*
- *Nutrition through the life span. We learnt about energy needs, micronutrient needs in different stages of life*
- *Nutrition psychology and sociology. We learnt about different theories which explained the attitude of consumers appreciation for nutritional value and food styles*
- *Preventive nutrition. We learnt about the correlation between consumers food intake and dietary disease.*
- *Nature and landscape photography. We learnt about famous photographers and their approach on taking pictures. Practical skills according picture software and so on*
- *Alcoholic drinks and the human being. We learnt about the production of beer, wine and vodka. And the physiological and chemical properties of ethanol.*
- *Consumer behaviour. We learn how different attitudes and preferences affect the consumer. We learnt about the consumers demography, personality, lifestyles and behaviour variables*
- *Smart foods. the influence of several drugs, medicine and food on mind and body*
- *I felt like I had to work harder at HvA for the same grade. But I am more motivated in Warsaw, can't really say.*

Housing (in private sector or organised via the university)

- *PROs: Most foreign students lived on campus, easy to make new friends, cooking together, party together*
- *CONs; shared bed and bath room, little privacy*

Cultural differences

- *Dutchies are less conservative. Religion doesn't play any kind of role in my home town any more. While in Warsaw it is a big thing.*
- *Polish people are very helpful people and hard working. It is never too much for them*

Tips for future students

- *Polish telephone provider. 10GB internet unlimited calls for <10 euros*
- *Go to manekin for dinner and aioli for breakfast*
- *Take tours, visit museums*
- *Check plane tickets on a regular basis, very cheap to travel through other cities in Poland (Gdansk, Poznan and Krakow are worth seeing) but also other Eastern European countries.*
- *Get a B-Active card for access to almost all GYMS in Warsaw for <15 euro a month*
- *Get in touch with Polish people to get more familiar with the customs, they also know other parties where there are only Polish people*

Short statement about the university

- *Very nice and clean learning environment. Location is quite good, not too far away from the centre or other attractions. Lots of facilities nearby, shopping centre, clubs, pools, gyms.*