

Hej!

My name is Clarissa and I was an international student at the Department for Food, Nutrition and Dietetics at Uppsala University in fall term 2017/18. Originally from Germany, I study nutritional sciences at the University of Vienna in Austria. During my master programme, I finally took the chance to study abroad and came to Uppsala in August 2017, which was the start of almost five amazing months.

I took two courses at the Department for Food, Nutrition and Dietetics: Evidence-based Nutrition (taught by Agneta Andersson) and Food, Health and Communication (taught by Ingela Marklinder and Margaretha Nydahl), both 7,5 ECTS. I learned a lot in these two courses, and I liked especially how they complemented my curriculum at my home university. Also, the teaching style was far different from what I was used to – with only really few students in a class, a lot of discussion going on around the topics is inevitable. I also took a course in Swedish for advanced level, which definitely helped me to improve and apply my Swedish skills.

Apart from studying, I also enjoyed the student life in Uppsala, which is so different from every other place I guess. A huge part of my free time, I spent at the student nations of course – hanging around for fika (or pluggfika) or brunch, in the pubs, at gasques or even working there. The nations are what makes Uppsala and my time here really unique, I made so many international and Swedish friends there. I chose to join a rather small nation and can only recommend getting active in the nation life. It gave me the feeling of having a second living room and a big family in addition to very good friends. Uppsala itself made me feel at home soon, as it is a rather small city and one can bike literally everywhere.



*The Castle in Uppsala*



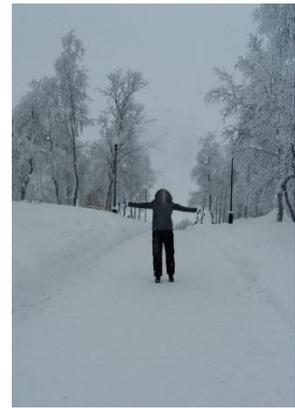
*At the Åland Islands*

As I already had travelled parts of Scandinavia before, I did not use this opportunity too much, but I visited Helsinki, the Åland Islands (what a beautiful day!) and Lapland. The latter was truly amazing, the scenery up there is just beautiful, and I will definitely go back there one day!

All in all, my semester in Uppsala was one of the best I had during my studies, thanks to the courses offered in their very special teaching style, thanks to the student nations and all my dear new friends. I didn't imagine it to be that amazing, and I am really glad that I got the chance to come here!



*At the Torneträsk in Lapland*



*Me in Kiruna, Lapland*