

Hello, I'm Johanna,

I am from Vienna, Austria and I spent the summer semester 2017 as an exchange student at Uppsala University in Sweden.

My time here in Uppsala was definitely one of the best times I had so far. Everything from the people and the University to the city and the Nation life made it so special.

I am doing my Master's Degree in nutrition science and I took two distance learning courses at Uppsala University at the Department of Food, Nutrition and Dietetics. The course "Food and eating: from infancy to adolescence" was taught by Paulina Nowicka and Christine Persson-Osowski and the course "Current perspectives of food and society: culture, migration and health" was taught by Meena Daivadanam. Both courses were distance learning courses and got me 7.5 credits. It was very interesting to get to know a different way of studying than the one I am used to from Vienna. I think I learned many important things that are useful for my future by reading all the papers and discussing about the topics in class, rather than learning the facts by heart. I really enjoyed studying at Uppsala University because the communication between students and teachers and also the atmosphere in class was always very pleasant.



Except of studying there were a lot of other things going on in this semester. I took the chance of being in Scandinavia and travelled a lot around. My trips included Lapland, Riga, Helsinki, Tallinn, St. Petersburg, Bergen, Gothenburg, Copenhagen, and Iceland. I can highly recommend to use the opportunity and travel around if there is time because every trip is broadening your mind more.

In Uppsala the Nations played a very important role during the semester for me. When you arrive in Uppsala as a new student you immediately feel welcomed because of all the activities organized by the Nations and you can see that they know what exchange students need. It is also very easy to get to know people through the Nations, so making new friends happens throughout the whole semester. I am really grateful I found so many lovely friends from all around the world.

The accommodation I lived in was in Sunnersta, in the south of Uppsala. Even though it was a bit off I really liked living there. I had my own small apartment with my own kitchen and bathroom. It took me about 25 minutes to get to the city by bike. I don't know how often I drove the way to and from the city but I loved it every single time no matter if it was rainy, windy, snowing or sunny. Biking is just another great part of the Uppsala lifestyle.

In the end, I can say that Uppsala has a special charm for exchange students and my expectations got more than topped. The experiences I made, the people I met and all the memories connected to it will definitely stay in my mind forever.



Northern lights in Lapland



Uppsala Domkyrkan



My accommodation in Uppsala