



## **ATHENS – Final Report**

**Month/Year: March 2025**

**Code and name of the course: KUL32: Food Rheology: the Chemistry and Physics of Food Microstructure, Stabilizers and Thickeners**

**Host University: KU Leuven**

**Course Language: English**

**Dates: 15.-22.3.2025**

**Student: Bc. Samuel Uhliarik**

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### **Transport:**

Means of transport (+ price): I flew from Prague to Brussels Charleroi airport and back from Brussels International. Together, it cost me 2676 Kč, with also 10kg cabin luggage included. From Charleroi I took a bus and train, which cost me around 11-13 Euro.

Local transport: Mainly by foot, or bike (rent 15 Eur for 3 months). There is also a bus public transport (10 rides for 17 Eur), but since Leuven is a pretty small city, you can almost walk everywhere in a max 1 hour.

### **Accommodation:**

I booked a student apartment through Booking called Condo Gardens Leuven. It cost me 339 Eur, but if you book a room/apartment with more people in it, it may go lower.

### **Food:**

For lunch I was always using the Almas spread throughout the campus. They have baguettes, salads, soups and many other types of sweet/salty pastries. You can also get a hot meal in one of the Almas. Food cost approximately around 4-8 Euro per meal, depends on an amount of things you wanted to take.

For breakfast and dinner, I went to a supermarket to buy some bread and spreads. For a week, it cost me approximately 30 Euro.

**Scholarship – the amount you have received:** 8000 Kč

**Please state in percentage: The scholarship covered** **50** **% of my expenses.**

**Course schedule (how it was organised):**

Every day, the morning classes started at 9 AM, ending around 12:00. Then we had afternoon classes from 13:30 till 16-16:30. The classes were full of experiments, and you can hardly fall asleep. Although there is a huge amount of information throughout the course, lecturers are very kind and always happy to help you understand.

**Spare time:**

On Saturday, there was a welcoming session from Mrs. Pascale, the leader of ATHENS at KU Leuven, where we got all information about the course and spare time activities, as well as about Almas etc.

On Sunday, there was a trip to Brussels organized by BEST KU Leuven students. We played a city game and had lot of fun.

We also had other BEST activities across the week. There was a game night on Monday, where we played boardgames with other ATHENS students as well as students from KU Leuven. On Wednesday, we had a Belgium evening, which consisted of beer tasting and some Belgian food tasting (fries, chocolate). Lastly, there was a farewell ceremony in the Arenbergs castle, which included several speeches either from Mrs. Pascale or prof. Koos, the main lecturer of the classes.

**Overall Evaluation:**

I must say I was a bit sceptical when applying to this certain course. But after this whole week experience, I wanted to stay in Leuven for another week or two. It was a great, but tough experience, which will be staying in my memories forever.