

Experience Report

Internship in Oslo

1 Country and accommodation

I arrived at the 8. of August in Oslo, where I was received by the IAESTE manager in Oslo. On the day I arrived a trip to Oscarsborg was planned. Oscarsborg is a small island in front of Oslo which was used in the past for military protection of the Norwegian sea. Considered I arrived late the first thing I had to do was to run through Oslo. Although this effort was excused by the beautiful view to the sea (fjords) and a interesting exhibition of the Oscarsborg Festning (a castle). This excursion at my first day was also a great possibility to meet the other IAESTE students the first time.

The following six weeks I had a lot of opportunity to investigate Oslo. I visited the opera house and det Kongelige Slott (the residence of the Norwegian royal family), which are some of the most touristic attractions in Oslo. I also visited many museums (I can recommend the Fram and the Norsk Folkemuseum), green parks and local pubs with home brewed beer. The most beautiful thing I have done in Oslo was at the culture night. That night we had the possibility to participate at a sailing ship tour, where we could see the harbor of Oslo by night with all the lights of the city, the Radhus and the awesome lighted Ankershus Slott.



Figure 1: Radhus at night

My apartment during my stay in Oslo was organized by the IAESTE manager and was located in Grünerlokka, one of the most busy nightlife areas in Oslo. I lived together with three flat mates who were also students who stayed in Oslo for an internship or a PhD

program. I enjoyed the time with them really much. In summary, I can say that my apartment, considered to location, flat mates and price, was a very good deal and well organized by IAESTE Norway.

2 Internship and work

My internship took place at the University of Oslo, at the Center for Theoretical and Computational Chemistry. I got a PhD student as my supervisor, who gave me the introduction in the lab work I had to do. They included me very well into their daily life and I became an equal member of this laboratory group soon. I got a project work, which was very interesting and instructive. I could gain a lot of skills there which are quite helpfully for my further career.



Figure 2: my workplace

3 IAESTE Oslo

There were also other IAESTE students in Oslo, there were from Poland, Spain, Bosnia-Herzegovina and the Czech Republic. We tried to implement a weekly meeting with all students. For those meetings we went home to someone who prepared some special dishes from his country. At weekends we organized some activities, for instance the culture night and the trip to Oscarsborg, but also hiking tours, pub evenings and other funny events. The IAESTE staff members were very nice and took care well about us, but unfortunately they had to do a lot of work during my stay and therefore couldn't join our events often.