

Final traineeship report **[C1]** ERASMUS traineeship – Academic Year 2022/ 2023

Version: February 2020

Please fill this form out on a computer, not by hand, and send it as an email attachment to the EU-ServicePoint: eu-servicepoint@international.uni-mainz.de

Your report will be made available to other students looking for traineeships. Therefore, please make sure to provide important websites and other helpful information!

GENERAL INFORMATION

Host country:	Norway
Program of study:	Ecotoxicology
Home university:	RPTU (Rheinland-Pfälzische Technische Universität Kaiserslautern-Landau)
Professional field of traineeship:	Aquatic Ecotoxicology
Language of work:	English
Duration of traineeship:	from 01/06/2023 (dd / mm / yyyy) to 31/07/2023 (dd / mm / yyyy)

ORGANISATION/ENTERPRISE OF THE TRAINEESHIP

Name of receiving organization/enterprise	Norwegian Institute for Water Research (NIVA)
Street/P.O. Box:	Økernveien 94
Postal code and city:	0589, Oslo
Country:	Norway
Website:	Niva.no
Email:	post@niva.no

BEFORE – Information about preparing for the traineeship abroad

Please fill the following fields in in a detailed manner and give exact information about your search and preparation (websites, tips, contacts, etc.) for the traineeship.

Search for traineeship:	I knew from the beginning that I wanted to have my internship in Norway. The reason for that was that the fields linked to environment, including ecotoxicology is well developed in Norway and having the experience in one of the best research institutions of Norway would be very beneficial for my future career.
-------------------------	---

	<p>I started the search on my own with the help of google search system. I found several institutions in Norway, however NIVA was the one where I wanted to become intern the most, as it was linked to aquatic ecotoxicology.</p> <p>As soon as I found the company's website I started searching for the job advertisements regarding internships, however there had not been any application period open. Hence, I have decided to send a motivational Email to NIVA , explaining why I would be a good candidate to have internship there.</p>
Application (process, unsolicited application, interview, etc.):	<p>Fortunately, soon after I sent the letter I got an Email from the manage, that my letter appeared quite persuading to him and that we could talk about the details.</p> <p>After we have discussed the details, I was invited to video interview. This was the last step for my application.</p>
Search for accommodation:	<p>First I was using the social media to search for the room in Oslo. Unfortunately, I did not succeed.</p> <p>However, after, I started my search on Norwegian websites such as Hybel.no and Finn.no. It had been quite difficult to navigate in these websites, because both of them were in Norwegian language and I had to use google translate constantly.</p> <p>Additionally, except the language barrier during the search, the reason why it took me long time to find a place is that the rooms 99% of times were no rented for less than 6 months or even if a person agreed to rent out the apartment for 2 months they asked for a deposit that covered at least 3 months of rent.</p> <p>Finally, I found accommodation on Hybel.no.</p>
Insurances:	<p>I had health, Liability and accident insurances</p> <p>For the health insurance I contacted the German health insurance company TK and they advised their partner Insurance company Envivas , from which I could obtain the insurance for my 2months stay in Norway.</p> <p>For the liability and accident insurance I contacted DAAD and they offered me their own insurance .</p>
Telephone/Internet access in the host country:	<p>I had been using my German phone number from O₂ in Norway, as it was very useful for me. I had 37GB of internet data during one month and the calls/messages were completely free.</p> <p>While being in NIVA or in my accommodation I had the WIFI access.</p>
Bank/opening an account:	<p>I did not have to open the bank account in Norway.</p> <p>Before coming to Norway I ordered WISE debit card, where I transferred money from my German Sparkasse Girocard , so I could pay for things such as groceries without the need of cash.</p>

Helpful websites / Other things:	Hybel.no ; FINN.no (for accomodation search) ROUTER (Application for buying the bus tickets).
-------------------------------------	--

INFORMATION ABOUT THE TRAINEESHIP

Please fill the following fields in in a detailed manner and give exact information about the traineeship as such (websites, tips, contacts, etc.).

Type of traineeship:	Compulsory internship
Tasks within the traineeship: Could you apply learned skills and knowledge? Were the tasks too much / not enough? etc.	Yes, I could successfully apply my knowledge. I had been involved in a variety of aquatic ecotoxicological studies and experiments and during the process I had been trained on many skills which will be of a crucial importance for my future career. In my opinion the tasks were enough for the time period of 2 months.
Supervision (introductory/concluding conversation, weekly/monthly feedback, etc.)	From the first day I had been introduced to the working culture of NIVA. Shortly after, I had the compulsory training to obtain the access to the lab in general and the separate access to the bioassay laboratory. During my internship my mentor received information about my progress.
Social contacts during the traineeship:	The staff of NIVA was very international. I had met people from at least 10 countries of the world, including USA and Australia. I could learn about different cultures during the lunch breaks and had the great opportunity to work with amazing people from all over the world.
Language skills (benefits, improvements, etc.):	Work was fully in English. I would say I improved my English in regards of scientific terminology. I did not have to use Norwegian at all, even outside the institution.
Short overall evaluation of your stay abroad: Private / professional benefit? What were your expectations? Were these fulfilled? What was particularly good / not so good?	My expectations were fully fulfilled. Not only regarding of internship but also regarding Norway itself.

	I could obtain important experience which will eventually increase my chances to be successful in my future career. Furthermore, I met amazing people, with different cultures.
Duration of the traineeship: Too short, just right, too long? Recommendations for an optimal length of time?	The duration of traineeship was optimal. However, in my opinion it would be better if it had been longer, for about 3-4 months.
Average monthly expenses abroad in €; Additional costs in contrast to expenses in Germany:	The renting of a tiny room costs about 500€. For the groceries in a cheapest supermarket at least 60€ is needed per week. The transportation costs about 4 euros one way. Luckily, my internship place was just 15 minutes walk from home so I did not have to pay for the transport.
What should one absolutely know / keep in mind?	Norway is very expensive country. A student should be ready to plan their budget carefully. In addition, having another financial support (I had it from my parents) is necessary .
Are you of the opinion that the traineeship will benefit you in your future professional career? If yes, how? If not, why?	The traineeship will definitely benefit my future career. Having the internship in one of the world's leading countries in the ecotoxicology field is going to have a huge impact on my future occupation.
Can you recommend this traineeship? (Please be sure to elaborate) If yes, would the organization/enterprise accept trainees in the future?	Yes, I would recommend it. The trainee will have the opportunity to be involved in ecotoxicological experiments and become a part of NIVA for the duration of the internship. I would say, if the student decides to have the internship in NIVA and even if there is not any open application period for the traineeship on NIVA's website, they could just send a motivational Email as I did.
Helpful websites / Other things:	KIWI REMA 1000 Both of them are grocery stores, which are very useful for someone with a small budget.

Do you agree with the anonymous publication of your report on the www.eu-servicepoint.de website?
 Yes ☒ No ☐