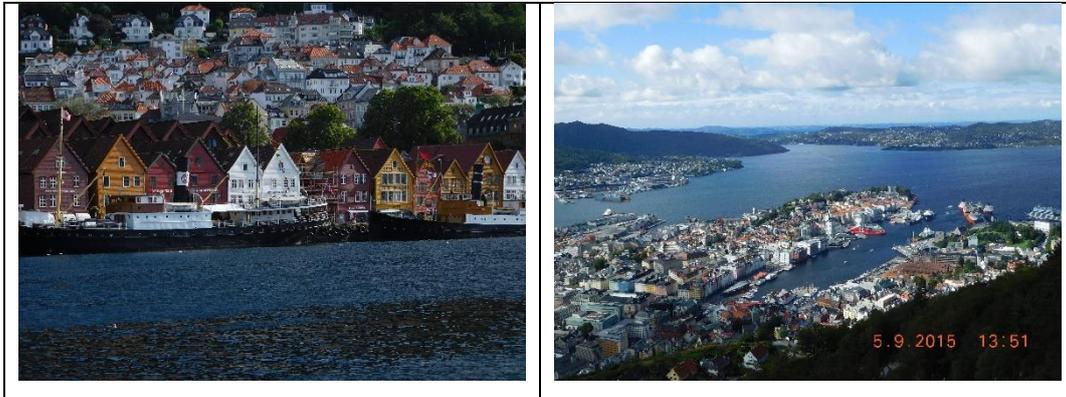# Report Internship in Bergen, Norway 2015

As I applied for an internship in autumn 2014, I never expected to spend almost 3 amazing month with wonderful people in the High North of Europe, in Bergen Norway.

Arrival

I took the chance and combined my internship with a week of holiday and drove with my friend to Norway. We took the ferry from Denmark to Stavanger and discovered the white houses there. The next stop was my personal highlight of Norway. The hike to Preikestolen, a steep cliff 600 meters above the Lysefjord. The view from there will remain in my memory forever. I can only say it is a must for everyone to pack a pair of hiking shoes into the luggage and to discover the amazing landscape. After another stop in Odda, we arrived in Bergen, where we were welcomed at the apartment by a member of IAESTE.

Apartment

For the first 1 ½ month I lived in an apartment together with two other interns in Kleppestø on the island Askøy. The island is located in front of Bergen and can be reached by ferry in 15 minutes and by bus in about 20 minutes. The apartment was fully equipped with three bedrooms, including bed, desk and cupboard, a washing machine and a big kitchen with living room. The big kitchen was perfect for some cooking evenings with other interns and IAESTE members. The only negative aspect was the problems we had with getting the deposit back. For the future, I would take a lot of pictures in the beginning of the stay and prepare a handover protocol with the landlord.

The last month I moved to a wooden house in the centre of Bergen and lived there with a really nice Norwegian roommate.

Bergen

Bergen is the second biggest city in Norway with about 280.000 inhabitants. Although Bergen is said to be the rainiest city in Europe, I had definitely more sunny days there then rainy days. But it is always good to bring a good raining jacket to Bergen. Bergen is surrounded by seven mountains and is famous for the World Heritage Site, Bryggen, the fish market and its old wooden houses. Bergen is also the gate to the fjords and I can really recommend a daytrip like "Norway in a nutshell" (a trip to the Nærøyfjord) or to see the Hardangervidda, the largest plateau in Europe. Apart from that the seven mountains are perfect for some hikes and a proverb says you haven't seen Bergen until you have walked up to Ulriken or Fløyen.

Work

My internship was at the University of Bergen at the chemistry department. The workgroup consists of 7 people, who work with ruthenium complexes for the use as catalysts for olefin metathesis reactions. My target was to improve the synthesis of the complex and afterwards the catalysis. My supervisor, an Italian (this is why he talked a lot), was really friendly, explained a lot and always had some free time to help. Also the other members of the workgroup helped with words and deeds. My working time was always from 8 to 4 o'clock, but my professor and the supervisor were always helpful and it was possible to leave work on Friday earlier for some weekend trips.

Free time

On my first day in Bergen, IAESTE organized a "Welcome-Dinner" for us. So we already had the chance to get to know the members of IAESTE and other interns. During my whole stay they planned almost every week a meeting like a poker night, some barbecue on Fløyen, an international dinner or we simply cooked all together. The members of IAESTE and the other interns made this stay unforgettable.

I attended the IAESTE Mountain weekend in Åndalsnes. The weekend was perfectly organized by IAESTE Trondheim. We slept in cabines on a camping site and on Saturday we had an exhausting hike to Blanebba, which is 1320 meters high. But the efforts were worth it, because we were rewarded by a wonderful view. Apart from that weekend I also took the chance to fly to Oslo and Stockholm. I can only recommend the youth tickets from SAS or Norwegian. You would never expect that flying is so cheap in a country like Norway.

In the end I can only say "Tusen Takk" IAESTE Norway for making this stay unforgettable.