

Introduction

I first learnt about LacCore/CSCDO from my meeting with Dr Catalina Gebhardt and Dr Christian Ohlendorf. They told me that the best facilities for Geoscience are at LacCore/CSDCO which got me interested into the prospect of going there for my Graduate Internship. I was convinced by my Professors that my experience there will be a good fit for my professional development. I was then recommended to the Director, Dr Anders Noren by Dr Catalina Gebhardt and I got accepted for Internship.

Afterwards, I applied for PROMOS scholarship to get financial support and my application got approved. I then proceeded to apply for visiting B1 Visa and I was also granted the Visa.

I departed Hamburg Airport on August 25, 2019 and I arrived at Minneapolis on August 26, 2019. I was received at the airport by my friends and I had to stay with a friend for one week before I moved into my own apartment.

Internship Placement: LacCore/CSDCO

LacCore and the associated Continental Scientific Drilling Coordination Office (CSDCO) provide infrastructure for scientists utilizing core samples from Earth's continents in their research, through integrated support for coring and drilling projects, from project inception through curation.

Internship Host University, City and State

LacCore/CSDCO is directly under The Department of Earth Sciences, University of Minnesota, Twin Cities which comprises of cities such as Saint Paul and Minneapolis. The fun fact about the State of Minnesota is that it is known to be a state of 10000 lakes and it's very cold winter. Also, people in the cities are very friendly and always smiling to strangers.

Internship Work Description

I started working officially on September 2, 2019. On my first day at the laboratory, I was given the key to the lab, introduced to the staff, I was given a tour of the facilities and I had a lunch together with staff members. Afterwards, I was assigned my own office in one of the graduate students office space.

At LacCore/CSDCO, I was trained on geochemical analysis, I was involved in conducting grain size analysis, LOI (Loss on Ignition) analysis and a host of others. The staff at LacCore were very helpful to my development, I was assigned a project to do which involves the Sediment loading and

functional assessment of Medicine Lake National Wildlife refuge in Montana which I am still currently working on, it involves investigating when the sedimentation occur at Medicine Lake, which water inputs have contributed the most to sediment loading? and understanding the current state of sediment loading within Medicine lake. Dr Mark Shapley taught me and interpretation of geochemical data. Other staff such as Kristina Brady Shannon trained me on the physical analysis which aided my knowledge.

Apart from my laboratory work at LacCore, I had the opportunity to consistently attend Thursday Seminar at the Earth and Environmental Science Department at the University of Minnesota and also attended Friday Graduate Seminar which aided my understanding as well. I also audited Professor Crystal Ng's Hydrologic Modeling class in order to develop further hydrological knowledge and computational skills. I feel proud for what I have done and learned because I have derived crucial research experiences from those activities and widened my professional horizon.

Prospective Student Guide for Internship at LacCore/CSDCO

For any student at the University of Bremen who intend to go to LacCore/CSDCO for Internship, I will advise you contact Dr Catalina Gebhardt and Dr Christian Ohlendorf at the Institute of Geography in order to get appropriate recommendation.

Below is a month budget I have prepared to guide prospective students

Housing	\$800
Groceries (Target Centers specifically)	\$200
Transportation (Metro trains and Buses)	\$50
Miscellaneous	\$150
Total	\$1200

Fun Fact about Minnesota

Minnesota smile is the most interesting thing to me, everyone smiles at me on the street, greet me warmly, and sometimes I got invited for dinner as well. I had a lot of great conversations and I met a bunch of good people. Also, people always open the door for me in the University, mall and some restaurants. I firmly recommend Minnesota to any student of the University of Bremen to also get to experience their rich culture.

Extracurricular Activities

I had a lot of fun, I visited Chicago, Washington and Wisconsin. I played Broomball on Ice, Baseball, Basketball and Soccer. I attended a couple of events and festivals and I also visited an Historical Museum.

Conclusion

I completed my internship on December 20, 2019. Overall, it was a great experience and I am so grateful to Dr Catalina Gebhardt and Dr Christian Ohlendorf for the recommendation, I also appreciate Micheal Thiele for his guidance throughout the internship. My special appreciation also to PROMOS board in University of Bremen for the financial support during my internship.

References and Further Reading

<http://lrc.geo.umn.edu/laccore/>

<https://csdco.umn.edu/about>

Appendix



Office Mates



Grad Friend



LacCore Staff



Working in the lab



Office Door Nametag



Host Family



Friends



Renaissance Fair



Broomball on ice



Gophers Band