

Experience Report

Internship & Research Abroad

Name, first name (will not be published):	Lex, Stefanie
Host country, city:	Sweden, Helsingborg
Program of study, level of study (BA/MA/Graduates/PhD):	BA
Type of internship:	Mandatory & voluntary
Period:	WS 2025 / 2026

My experiences:

I am solely responsible for the content of this report.

Application/Finding an internship

I was searching for an internship in the field of plastics engineering in northern Europe. I found online a job listing at the institute for plastics processing in Aachen for an internship at RKW Sweden. I applied via Email, CV and a short motivational letter. They invited me to a zoom call interview. After that they offered me an internship for a duration of 5.5 month.

Accommodation & Living expenses

The company has had many interns for several years, mostly from Aachen. They had rented an appartement for the last 10 years, where the intern could stay. So I didn't have to look for a flat by myself. The costs of the room were deducted from my salary. The apartment is in the basement of the landlords, who are nice people and has its own entry. It's quite nice for the half year. The apartment is only a 10-15 minute walk from the city centre and 5 minutes from the sea.

There are some bigger supermarkets like City Gross, ICA Maxi and Lidl, which are a bit cheaper than the smaller ones ICA or Coop. Overall groceries and going out to eat are only slightly more expensive than in Germany. Alcoholic drinks are way more expensive. Bus and train are about the same price range as in Germany. Website/apps for public transport: Skånetrafiken; sj

Everyday life/ the internship

I had a 40h-work week. The working hours were flexible with mandatory attendance between 9 am and 3 pm. I always started around 8 and usually finished around 16:30 pm. If I had plans for the afternoon, I finished a little earlier and stayed longer on another day. The work was very varied and you could always organise your own time. I took the bus to work, so I bought a monthly ticket. Most of the time I prepared some Lunch the night before to take to work, another option was a kebabshop right across the street.

Free time/tips

The swedes are a little reserved, but if you take the first step and ask your questions, they are very friendly and will help you with almost everything.

It is possible to join a sportsclub and meet people there. I joined a gym called "friskies & svettis" in the city and trained there for myself and attended group classes. The classes were generally in Swedish, but the trainers were very nice and often translated for me. In Helsingborg is a Campus of Lund University and there is a student association called "Stampus". They offer fun activities and events where you can meet students for example pub evenings or sports like weekly Padel groups. I was able to meet international students from many different countries there.

Helsingborg is located on the coast of the Öresund. I went for many walks along the promenade. I could imagine that it is nice to spend some free time on one of the countless beaches when it is summer. Overall south Sweden has very good touristic infrastructure which you can take advantage of, while you are here.

A common thing to do is, to take the ferry across the Öresund to Helsingör (Denmark). On Fridays and Saturdays there is live music being played on the ferrys (Sundbusserne) and the beer is cheaper than in most Swedish bars. Helsingör is a lovely little city. There is also an old amusement park called Bakken.

Other Cities nearby and worth a trip are Lund, Malmö and Copenhagen. Gothenburg, Stockholm and Oslo are also worth a visit on a longer weekend. You can get there by train or by bus.

Conclusion

Overall, I had a great time here in Helsingborg and can highly recommend the internship. The tasks at work are varied and cool and the people are nice and helpful. If you have plans for the afternoon, you can leave a little early and do your thing. Work-Life balance is very important here in Sweden.

The country is beautiful and has many things to offer which you can explore in your free time.