

## Rise Germany Final Report

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Project: Effects of biodiversity loss on phytoplankton - Zooplankton dynamics

My RISE internship was an incredible experience! Being able to live in a different country for a long period of time was life changing because the daily life in Germany was very different to what I have experienced in Canada. For example the transportation in Cologne was quite different than anywhere I have been in Canada as many people use bicycles to commute within the city which is something I believe should become more common everywhere. People in Germany also take their time to enjoy things and complete tasks properly which is not always the case here as people are always on the go, rushing from one place to the next. This difference in lifestyle has allowed me to reflect how I conduct my daily life back at home and how I can improve my daily routine to allow for more enjoyment.

My internship experience was unique because I was able to participate in both field and lab experiments. I was able to learn both techniques for the collection of zooplankton and the sampling of environmental parameters as well as how to analyse the parameters and samples in the lab. The supervisor I was matched with was an intelligent and kind person, who took the time to explain processes to me and taught me more than I could have learned in a classroom. This meant my understanding of the subject, research, experiments, and the effort required to complete a project grew immensely.

The research locations I was placed in were also amazing as I was able to experience two very different sides of Germany's culture. I started in Bavaria at a field station sampling on a pre-alpine lake which allowed me to experience the beautiful countryside and the classic Bavarian traditions, such as wearing dirndls and lederhosen on weekends. My second location was in Cologne in North Rhine-Westphalia. Cologne is a beautiful city that has been able to maintain gorgeous green spaces and cultural history. Here people were progressive and more urbanized but still held up German traditions specific to their region.

Overall my experience with the RISE Germany program was incredible as I made many lasting international bonds with people, and discovered how many different opportunities there are globally for research. I would recommend this program to anyone as it has been a life changing experience that I will forever cherish.



Me and my supervisor Jessica Titocci conducting a water sampling at Klostersee.

**“I agree that my report and accompanying pictures may be used by the DAAD in printed materials, presentations, and on websites in order to inform funding organizations, sponsors, and students about the RISE program.”**