

Dear all,

A bit more than four months ago, I was landing at Oslo Lufthavn, dragging my luggage through the snow until I could finally find some rest in my student flat in Sogn studentby. I had the opportunity to meet a lot of people in my first days, participating in the morning coffee moments, the Friday quizzes, and the fagseminarer. Sadly, my time in this beautiful country is coming to an end and, while I'm still writing my internship report, I'll leave you with this newsletter.

We're sciencey people, let us begin in a sciencey fashion! During my stay, I worked under the supervision of Linda, and with Cuong, Hanne, and Sigurd, to establish a stable and repeatable NSC-34 cell culture. These, once differentiated, become motor neuron-like cells. It was not difficult to handle them, but their differentiation process seemed hard to master. Indeed, we tried a recommended medium, supported by the literature, and yet we were lacking good results. Week after week, we would set up new flasks with different variations of media to find the best. Troubleshooting, while it is not always liked much, is a very good way to learn, especially as an intern.

Another important objective was to verify if mRNA and microRNA extracts are suitable for RTqPCR analyses as well as next generation sequencing. As a matter of fact, the long-term objective is to assess how *L*-lactate can have a beneficial influence on motor neurons facing neurodegeneration in the case of a neurodegenerative disease, such as ALS. We believe this could translate into different expression patterns in microRNAs.

For more details about the sciencey stuff in which I partook, I redirect you to my internship report 😊.

Another achievement I was asked to share was my own pålegg invention. Having no formal education in this art, I tried a never-seen-before combination: brunost, ham, and cucumber. I still can remember the surprise in the eyes of people around me. Maybe you should all look at what you put on your bread because my invention is definitely not the weirdest!

In a more serious note, I'm very glad I was able to come here and feel welcome into your workplace. I have laughed, I have discussed deep and less deep subjects, and I have made good connections. Please do not cry as I leave, I have plans to come back for a longer period 😊.

You can also find attached a picture of me in Sognsvann, it was not even cold!

Ha det, vennene mine!

