

Research Internship at the Universität Regensburg

This past summer I spent three months in Regensburg, Germany participating in a research internship. I worked in the Jeschek lab as a research assistant and studied how to engineer *Escherichia coli* to metabolically synthesize vanillin, the main compound in vanilla. The majority of my time in Regensburg was spent in the lab, learning about new laboratory techniques and work environments, but I was still able to spend a lot of time getting to know the city and the Bavarian region.



Each morning, I was greeted on campus by the lush meadows and trees. I was always stunned by how green all the plant life was and in the first few days in Regensburg I questioned how everything stayed so green year round.

After a couple weeks my question was answered, for it began to rain very hard, for many days, until we experienced our first flooding. The city got over 6 meters of flooding in the Donau. It is common for everyone to visit the Donau over the stone bridge and watch the flood water as they put up the flood gates and barriers lining the river to protect people's homes and businesses. The barriers are very sturdy and allow people to enjoy watching the flooding because they do not have to worry about the city or people's lives being in danger.



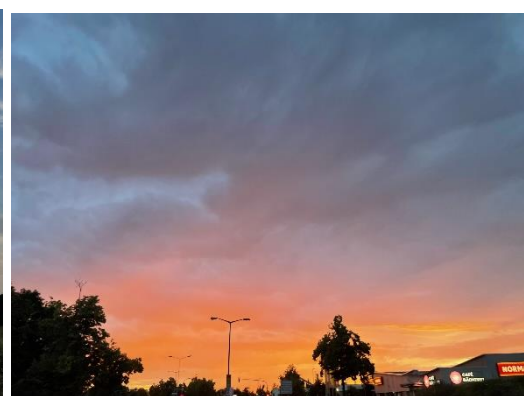


One of the upsides to the rain is how it brought out all the lovely smells of the flowers and roses everyone plants in their gardens. Plant life and gardening is very important to people in Regensburg, and all throughout the city the flowers are constantly blooming and smell fresh after the rainstorms.

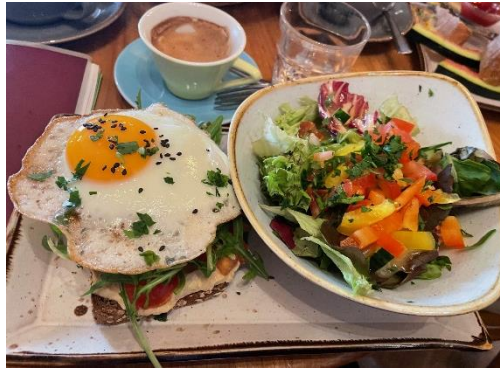
After the flooding had subsided the summer turned sunnier and warmer with great temperatures averaging 27 degrees Celsius making walks at sunset and dinners on the riverside enjoyable. The city always comes together around the time of sunset and everyone has to go pizzas with friends or the classic German döner as they watch the sunset and the river.



I was able to experience this on many occasions and every time I was outside at the time of sunset the sky was always so beautiful. By the end of the trip, I was convinced that Regensburg was lucky to have a pretty sunset every night to enjoy.



I also enjoyed a lot of the amazing food Bavaria has to offer including the classic schnitzel and the local cafes with nice breakfasts. My favourite café was Café Lila and would always go there with my friends for brunch or to have a nice break in the evening after lab.



The location of Regensburg is perfect for hiking because it is very close to the Alps. I was able to take a trip down south of München into the alps and see beautiful waterfalls and lush forests where the soil is so rich it is almost black.

Overall, I was able to really explore and learn about the Bavarian region and my lab mates taught me all about the culture of Bavaria by going to the Dult together and participating in lab barbecues over the summer. I loved my experience in Regensburg and learned a lot about the research I participated in, and about the city along with its most famous site, the beautiful cathedral.

