

Travel Report Internship Abroad

GENERAL INFORMATION

What was your internship abroad like?

I agree to the publication of the report and attached photos (there are no third parties rights to these photos) Yes

Students sometimes ask us for a way to contact former interns. Are we allowed to pass on your contact details in case of inquiries? Yes

Academic year 2025/2026

Start semester Herbst/Fall 2025/26

Duration in months 2

Study program at EUF M.Eng. Sustainable Energy - Transition

Subject 1 (only applicable to teacher training students)

Subject 2 (only applicable to teacher training students)

Subject 3 (only applicable to teacher training students)

Host country Oman

Internship institution Muscat Policy Council

Website of internship institution <https://www.muscatpc.com/en/>

YOUR PERSONAL EXPERIENCE

How did you prepare for the internship abroad? What should be organized in advance?

Accommodation- agreement between you and the company- if the country car is based so important to rent a car

Do you have any recommendations for environmentally friendly travel (if applicable)?

no Unfortunately, Oman is car-based its not easy to go from A to B with any other options.

Where did you live and how did you find your accommodation (self-organized/provided by host university, shared apartment/other etc.)?

self organized accomadation, and it was easy to find.

How did you establish social contacts?

1. Sport centers 2. offering activities outside the working hours

How satisfied were you with the host institution (facilities, staff etc.) and your tasks (type of tasks, workload, mentoring, etc.)?

I felt well integrated into the working environment- a bit of pressure asking me to stay longer sometimes, which I see as unproffisional move. But in general was positive

Did you learn the local language? How important was the language for your stay?	English for communication in Oman was not a problem, and I already speak Arabic.
What intercultural experiences/skills have marked your stay?	The time I spent at the seaside and hiking in the mountains
Which perspectives on your host country/home country have changed - and why?	I noticed this time that the younger generation in Oman seems to be moving in a more open-minded and creative direction, which I really liked. I also saw many more tourists than before, and it gave the country a slightly different atmosphere. In the past, I had the impression that change was happening very slowly and that people were more closed-minded, but this visit gave me a somewhat different perspective.
How was your everyday life (leisure, shopping, transportation, inclusion etc.)?	All was smooth
Do you have any recommendations for a sustainable stay abroad (projects, initiatives, everyday life)?	Try to be there in winter, so no need to use AC or to use cars for short distances.
How did you manage financially? How much did you spend on visa (if applicable), travel, accommodation (per month), living expenses, leisure activities, other expenses (books etc.)?	This period was financially a bit unpredictable, especially because the outbreak of war caused sudden changes and additional travel-related costs. I managed financially through a combination of personal savings and the Erasmus+ grant. Visa: no visa costs for me personally Flights: approx. 600 €, plus some additional losses due to rebooking my return flight at short notice because of the War. Accommodation (per month): approx. 500 € Living expenses- petrol (per month): approx. 400 € Leisure activities (per month): approx. 80–150 € Other expenses (small purchases): approx. 50–120 € Car rental (per month): approx. 300€
You have been abroad as a student at Europa-Universität Flensburg, and you have received an Erasmus+ grant from the European Union. How did your stay abroad change your view of Europe? Which new insights into European values did you gain during your internship abroad? If you have completed a school internship: How has your view of teaching in a school setting changed? What new insights have you gained about cultural, linguistic, and other aspects of classroom diversity?	I think both have advantages and disadvantages. Personally, I would prefer life in Europe, whether as a student or as an employee. I feel there is more personal freedom. However, this is also partly because of my own experience, since I look like the local people in Oman and can therefore be judged more easily based on how I behave, what I wear, and many other small everyday details.
What was your best/worst experience? Is there anything else you would like to share?	I think it mainly becomes an issue when there is an expectation to stay longer at work to show loyalty, or when the workplace is treated too much like a “big family.” While that can seem nice, it often feels less professional and can require a lot of emotional effort to always appear positive, even when you are not feeling that way.
Would you recommend an internship abroad at your host institution? For what reasons?	For sure, in the end, it was overall a very positive experience. I would definitely recommend being in Oman in general, as it is one of the safest countries. And if you are an early bird, you would probably enjoy it even more. It is a place that can leave you with very warm and beautiful memories.

YOUR PHOTOS

In this section, you may upload some photos that represent your stay abroad. When selecting the photos, please bear in mind that the pictures will be visible online if you have given us the permission to publish your report.

Please note that apart from landscapes and buildings, no people other than yourself should be visible in the photos! If you upload photos with other people in them, unfortunately the report cannot be published.

Photo (1)	file_69cb8f19439fa-whatsapp_image_2026-03-31_at_11.03.52.jpeg
Photo (2)	file_69cb8f3dba992-whatsapp_image_2026-03-31_at_11.03.59_1.jpeg
Photo (3)	file_69cb8f1e915ab-whatsapp_image_2026-03-31_at_11.04.10.jpeg
Photo (4)	file_69cb8f27a7fd5-whatsapp_image_2026-03-31_at_11.04.09_1.jpeg
Photo (5)	file_69cb8f3225173-whatsapp_image_2026-03-31_at_11.03.59_2.jpeg

Photo (6) file_69cb8f461c122-p_20260215_133405.jpg

Here you have the possibility to enter descriptions/explanations for the photos

I do not have many photos, to be honest, but maybe I can still share a few that capture the atmosphere of Muscat, so you can get a sense of where I was. Some other photos are with people, so I will not upload them. I added even some coffee shops from where I sometimes sit and work.













