

# Internship-evening Di-et-Tri

*19-01-2017*

*Forum-building, Wageningen*

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## 2008-2014, Wageningen

BSc Nutrition & Health  
Minor Innovation & Entrepreneurship

MSc Nutrition & Health – specialisation C  
Internship@Evonik Industries, Frankfurt (DE)

MSc Food Safety  
Internship@TOP B.V., Wageningen (NL)



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## 2014-2016, Frankfurt (DE)

Project Manager New Business Development



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## 2016-current, Wageningen

Project Manager Marketing & Communication



Kennis- en adviescentrum  
voor de bakkerij

## Focus of the company...

...applicability of the scientific and technological knowledge for the industry

## Example...

...keep fresh produce fresh by applying mild conservation technologies



*...sterilization compared with mild conservation technology  
Difference in look, fresh appearance and nutrients*

**My internship all started with...**

**...getting in touch via my student job**

**The assignment conducted was composed of...**

**...several topics around mild processing technologies  
product development (healthy sportsdrink)  
literature research composition  
test multiple technologies  
safety assessment  
taste panel  
improve  
report**



**Experience was...**

**...very positive and joyfull**

**Close by**

**Small team**

**Short lines**

**Quick help**

**Responsibility**

**Applied existing knowledge**

**All in a safe and known surrounding**

**...continue my 'normal' student-life and could start applying**



## Focus of the company...

... multinational specialty chemical manufacturer serving the automotive, plastics, pharmaceutical, and other industries

## Relevance...

... department New Business Development recently started Food Ingredients activities but lacked nutritionist





**The road to contact...**

**... via internal WU recommendation one of the professors**

**The activities were composed of...**

**...supporting the development of an food ingredient portfolio  
collecting available literature and translate it  
interviewing scientific key opinion leaders  
composing competition analyses  
visiting congresses and fairs  
collecting market data  
presenting**



Experience was...

... incredibly awesome!

Everything was new to me;

### Living

- Find a place to live, student house with all Evonik interns
- Sharing experiences, eating together, weekend trips
- Once every 4-6 weeks weekend home
- Homesick

### Working

- Working in a surrounding with no nutritionist
- Challenging, and eye-opening

### Language



**It were two completely opposite internships,  
both with their learnings on different areas**



**20 people**

**national**

**known, safe  
(home)**



**> 33.000 people**

**multinational**

**out of comfort zone  
(topics, abroad  
living, language)**

## Searching your internship...

...is trying to find your path

**outline your wishes and dare to chase them**

*(goal, deepening vs broadening, future)*

*(discuss them over with study advisor)*

**choose consciously and timely your internship**

*(location, institute/company)*

*(in/outside comfortzone)*

***Remember: It is not about finding the best internship possible, but obtaining valuable experience***



FOOD FOR  
THOUGHT