

**INTERNSHIP AT**



# Who am I?

**Emma Frahm**

*Master:* Cand.merc Strategic Communication

*Bachelor:* Marketing and Management Communication

# Why did I choose to do the internship?



**1.** Gain relevant work experience



**2.** Explore my areas of interest in practice



**3.** Apply the knowledge I have learned



**4.** Escape lectures

# The internship company: Arla

- 5th biggest company in Denmark based on revenue
- Farmer owned
- HQ in Aarhus
- Strategy committing to sustainability and digitalisation



# Finding the internship position

**Student worker**

January 2022 – mid August  
2022



**Internship +  
student worker**

Mid August 2022 –  
December 2022



**Student worker**

December 2022 – July 2023

# Worktasks

## Focus areas:

- Human resource management
- Organisational behaviour

Ad hoc tasks  
& supporting  
colleagues

## Driving my own project:

Capability building in  
ASC

## *What was great:*

- Applying knowledge from your studies
- Running a project from start to finish
- Being part of an office environment
- Meeting colleagues from all over the organisation

## *Challenges:*

- The internship report
- Going from student to fulltime employee



## **Takeaways from the internship**

- Confirmed my area of interest
- Personal and professional development
- Being a part of a workplace full time in an international organisation
- Master thesis topic and data collection
- Great opportunities for job

# Good advice

- Be proactive
- Do summer school
- Write a diary
- Get started on the internship report asap
- Think about how you want to structure the internship

