Summary: In my internship with the Rousk lab I learned about the adaption to moisture regimes in high latitude systems under simulated future climate change conditions. To achieve this, we measured the resistance and resilience of systems exposed to a long-term warming experiment. The Rousk lab specializes in soil microbial ecology and particularly how microbes function in response to biogeochemical changes; in this case moisture. I acquired skills in a plethora of specialized techniques and worked side by side with experts whose papers I had been reading since before I even came to Lund. In the end I was able to apply the work I conducted to my thesis by using the same methods, conceptual thinking, and professional resources that I did during my internship. I think every master or bachelors student should consider an internship because you can not only get valuable skills but also get a better idea of what the day to day looks like in the field that such a s student is interested in.