



Öresundskraft – A bright internship

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At the start of 2020, I did an internship at Öresundskraft in Helsingborg. Öresundskraft is an energy company owned by the city of Helsingborg. The purpose of Öresundskraft is to supply the citizens of Helsingborg with energy in the form of both electricity and heat. Öresundskraft is also involved in a lot of innovative project and city planning.

I found my internship at Öresundskraft on a site called Miljöbron. The aim of the internship was to see how a major energy company works with sustainability. My supervisor for the internship is the sustainability strategist at Öresundskraft. Throughout my internship, I've been attending most meetings that she has been on and by doing that, I've learnt a lot about how Öresundskraft works with all parts of sustainability. The focus for my internship has been on environmental sustainability but Öresundskraft focuses on six goals from Agenda 2030, including social and economic sustainability.

I've been working with a lot of different tasks at Öresundskraft. I've been in two project groups, one for the sustainability report and one for creating an environment- and energy strategy for a real estate company. I've also created material used for education of school children in energy and sustainability, researched carbon capture and storage, biofuel and done tasks related to district heating. I've analysed a lot of data in Excel related to carbon dioxide emissions from Öresundskraft's flights and vehicles.

My internship has taught me a lot of useful and important things. Related to my university degree, I've learnt a lot about the effect anthropogenic activities have on the carbon cycle and what we can do to reduce that effect, including new techniques such as CCS. The importance of circular economy and to spare resources is something else I've been working a lot with; it is the key to future healthy ecosystems. Another important aspect I've learnt is how to communicate complex problems and sustainability in an easy way that people understand. My internship at Öresundskraft has been brilliant and the things it has taught me is something I'm going to use for the rest of my life. I'm very grateful for this experience and opportunity.