

Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	Public Health – Health Promotion & Prevention Master of Arts
Weblink	https://www.uni-bremen.de/en/fb11/studies/public-health-health-promotion-prevention-ma
University	Universität Bremen
City / Country	Bremen, Germany
Semesters / Years	4 Semester, 2 years
Study / semester abroad	<input type="checkbox"/> mandatory <input checked="" type="checkbox"/> optional
Language of instruction	German

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	July, after I received my Bachelor degree
What must be considered in preparation for the study programme?	You need an internship of 4 month and credit points are required in some subjects.
How is the application process? Is there a deadline for the application?	The application is online about a special network https://moin.uni-bremen.de/ , where you need to register. For this subject is the deadline the 15 th of July.
2a Documents	
Which documents were needed for the application / country entry? How/Where did you get them?	<input type="checkbox"/> report <input checked="" type="checkbox"/> language certificate <input type="checkbox"/> motivational letter <input checked="" type="checkbox"/> CV/ resumé Language certificate B2-English NC – your mark in your bachelor-degree is required

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	<input type="checkbox"/> recommendation letter <input type="checkbox"/> insurances <input type="checkbox"/> visa <input type="checkbox"/> vaccines	
2b Financial Aspects		
Are there costs related to the study programme? How much are they?	<input checked="" type="checkbox"/> semester contribution <input type="checkbox"/> tuition fee <input type="checkbox"/> enrolment fee <input type="checkbox"/> others	387,66 per semester It's related to this programme. In every university in Germany you have to pay more or less a contribution of 300/400 Euro's. Public transport in Bremen and Lower Saxony with trains is included.
How do you finance your study programme (abroad)?	I work as a student assistant in an institute of the university. My parents pay for my rent and my household costs.	
Do you get financial support? (e.g. scholarship, BAföG, etc.) - From which institution do you get the financial support? - How much do you get (optional)? Do you have any tips / experiences for application?	No	
Do you have insights into jobs for students?	Yes, the easiest way to earn money and to gain some experiences in this area, is to work in an institute of the faculty. There is the BIPS, IPP and BRISE institute.	
How would you rate the cost of living in your city (in comparison to specific cities in your country?)	For a big student city, it's quite cheap. The rent is cheap in comparison with other student cities. The prices in cafes, bars and restaurants are normal, but there are not many students' discounts.	

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<p>How would you rate the workload/ amount of self-studying/ group work, etc.?</p> <p>How were the lecturers/ teaching style? What was new for you? What did you have to get used to?</p>	<p>In the first semester you have to study by yourself, because there are 3 exams with 6 different topics. In the second semester are more group works for presentations or essays. (Especially for the Science project.) But it's less work than in the first semester.</p> <p>All the lectures took place online. Because of that there was not a lot of exchange and the lecturers just talked the most time. They tried to introduce some discussions, but it was unsuccessful, because the students didn't give attention.</p>
<p>Are there any specialisation areas in your programme? Which did you choose?</p>	<p>The master is already really specialised, so there are not a lot of chooses to specialist in different areas. But we have General Studies, where we can also take lectures from other subjects. I choose the lecture Communication in health prevention and promotion and communication skills</p>
<p>To which extent were international and global topics discussed/ part of the study programme?</p> <p>Which topics were the most interesting/ you liked most?</p>	<p>In the lecture 'International Health systems' we compared global and different health systems. In the lecture 'Social science and health sociology' we received a general overview of our system and how our health system is integrate in this system.</p> <p>I liked the most the topic 'International health system', because the lecture was interesting and we got a general overview about the different health systems, which exist in the world.</p>
<p>Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?</p>	<p>The campus is located in the north part of Bremen, in Horn. There you have got all the buildings of the university. You need 20 minutes by subway from the main station and 25 minutes by bike from the centre.</p>

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4 Living	
<p>Briefly describe your daily life. How is your study-work-life-balance?</p>	<p>I have got on two days per week lectures from 10 to 14/16 pm. On the other three days I work in an institute for early childhood-development from 10 to 14 pm. In the afternoon/evening I have got free time. Sometimes we have got zoom-meetings for science-project and I have to write for the essays. Due to corona I couldn't do a lot in my leisure time, but normally I do sport at the university or meet friends. All in all I have got a good study-work-life-balance.</p>
<p>How do you experience the city/country and people/fellow students? How is the atmosphere?</p>	<p>The city is fantastic. On the hand you have got a lot of parks and nature around. On the other hand you have got a good culture-life with a lot of events and concerts, especially in summer. For going-out, there exists a lot of bars and restaurants. There are just not so many cafés for students or cheap prices for students in bars.</p> <p>90 % of the students from Public Health are women. The fellow students are mostly nice and open-mind, but some are a little bit older and introverted. The atmosphere is good, but it was at the beginning difficult to get in touch, because of the Online-classes. We are a small class with 23 students, but we are not a close-community, because of the Online-Classes.</p>
<p>What did you learn for yourself personally and culturally?</p> <p>[e.g. an event / situation which was eye-opening / insightful / enlightening]</p>	<p>I learned that you can plan nothing in your life because the most things happen unexpected.</p>
<p>Do you have any tips for leisure activities?</p> <ul style="list-style-type: none"> - What does someone have to see? - Are there college sports at university? 	<p>Go for a walk to the 'Bürgerpark', the biggest parc in Bremen. In Bremen you have to visit the old-town with the 'Schnoor-Viertel'. In summer you should go to the Werder-lake or have a beer at the 'Osterdeich' or in a beer garden at the 'Schlachte-promenade' next to the Weser-river. There is a many offers of different college-sports, which you can try for one semester.</p>

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<ul style="list-style-type: none"> - Are there any student events to connect (e.g. coffee break, etc.)? - Are there any (regional) cultural events? 	<p>There is the study-buddy programme at the uni, where you can connect with other international students or students from Bremen. The first week before the uni starts, is the orientation-week for the first semester of every subject. There you have got a programme with parties and drinking-events to get to know the subject, the uni, the city and the fellow-students. It is organized by the students from the higher semester.</p> <p>The Breminale is a big Open-Air event, which takes place every July. It takes place on the lawns next to the river. There are a lot of free concerts.</p> <p>Another big event is the Open-Space-Summer. It takes place on the marketplace in the Old-town from June until September. There are on three/four days per week concerts, readings and plays. It's open for everyone.</p> <p>In July is another big festival, called 'La Strada'. It's a festival of street art/artistic. In the centre are performances of artists.</p>
<p>What do you have to consider about public transport? What is important? What is different?</p> <ul style="list-style-type: none"> - Most used transportation? - Are there semester/ student tickets? 	<p>The most popular and easiest way to travel in Bremen, is to go by bike. There are a lot of cycle paths. Busses and trains are included in the semester ticket in case of bad weather. There is a good public transport net. The semester ticket includes transport to Hamburg, the North Sea and to a lot of other towns in Lower Saxony.</p>
<p>What do you need (not) to pack/ prepare?</p> <ul style="list-style-type: none"> - What is life-saving in the host city/ country? - What do you regret (not) bringing? - Do you have any tips for preparation? 	<p>You need an umbrella or a raining jacket, because it rains a lot. Of course some warm clothes for the winter. But you don't need to prepare specially.</p>

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5 Reflection	
<p>What is your personal experience about your study programme? Would you recommend the study programme?</p> <ul style="list-style-type: none"> - What did you especially like? - What did you not like? 	<p>My study programme is not so stressful and extensive. In the second semester I didn't learn a lot. That was a little bit disappointing. But on the other hand I had time to do a student job and could gain some practice experience.</p> <p>I liked the science project, because we could work independent and choose our subject. We could see, how it is to work scientific in the praxis.</p> <p>I didn't like the lecture social science and health sociology, because it was too theoretically and there was no connection to public health.</p>
<p>How did you experience the organisation and support at your university?</p> <p>Is there any special support for international students?</p>	<p>The organisation isn't so good, because we have to wait a long time for our motions. There are supports for different requests, like psychological support or students workshops, to have success with the studies.</p> <p>In every faculty is an international office, which supports international students of this subjects.</p>
<p>What are your personal experiences about living in the host city/ country?</p> <p>What broadened your mind? Have you left your comfort zone? Have you changed your mindset? If yes, in which way?</p>	<p>I like to live in this city, because it's a city with mostly open-mind and tolerant people. Some people from the surrounding villages are a little bit introverted and withdrawn. I like the city, because it has got the perfect size, it's big enough for a lot of culture events, but it's not too big. So you can reach every part of the city very fast. The people are proud of the city and it has got a river and a harbour, which I really like.</p> <p>Since I moved to this city, I became more open-minded and relaxed with difficult situations. I tried a lot of different things, like sports, jobs or volunteer work. With the time I could find a community, where I feel well, but at the beginning it was hard to find friends, because the most students in my bachelor-study public health were introverted.</p>

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6 Recommendation	
Do you have other tips for studying the programme & living in the host city/ country?	Just try it and be open-mind, then you will have fun!
Do you have contact persons or information for support: <ul style="list-style-type: none"> - student supports - international office - accommodation service - etc. 	International Office - Universität Bremen (uni-bremen.de)
Your name, contact information (highly appreciated, but not mandatory)	Michelle Schynawa, Phone: 0049 157 37110426 Mail: schynawa@uni-bremen.de