

## Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	Global Health, Master of Science
Weblink	<a href="https://education.ki.se/programme/3gb12-masters-programme-in-global-health">https://education.ki.se/programme/3gb12-masters-programme-in-global-health</a>
University	Karolinska Institute
City / Country	Stockholm/Solna, Sweden
Semesters / Years	1 year
Study / semester abroad	<input type="checkbox"/> mandatory <input checked="" type="checkbox"/> optional
Language of instruction	English

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	No specific preparation needed. Basic knowledge of global health, epidemiology and statistics are helpful.
What must be considered in preparation for the study programme?	Applicants require at least a bachelor's degree equivalent to a Swedish bachelor's degree of 180 ECTS. During my course, most participants had already work and research experience, either in the medical field or with international organisations.
How is the application process? Is there a deadline for the application?	The application consists of a motivational letter, a CV and an English language certificate. It is a written application only, there are no interviews. The application period starts in October and closes in February.

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2a Documents		
<p>Which documents were needed for the application / country entry? How/Where did you get them?</p>	<input type="checkbox"/> report <input checked="" type="checkbox"/> language certificate <input checked="" type="checkbox"/> motivational letter <input checked="" type="checkbox"/> CV/ resumé <input type="checkbox"/> recommendation letter <input checked="" type="checkbox"/> insurances <input type="checkbox"/> visa <input type="checkbox"/> vaccines	<p>In my case, my "Abitur", which included English as a subject, sufficed as language certificate</p> <p>People from countries outside of the EU needed to prove that they have a health insurance</p>
2b Financial Aspects		
<p>Are there costs related to the study programme? How much are they?</p>	<input type="checkbox"/> semester contribution <input type="checkbox"/> tuition fee <input type="checkbox"/> enrolment fee <input checked="" type="checkbox"/> others	<p>There is an application fee of 900 SEK (= 85 EUR). For EU citizens, there are no tuition fees. There is a tuition fee for students from outside the EU, but they can apply for a scholarship.</p>
<p>How do you finance your study programme (abroad)?</p>	<p>I worked for several years before I started the course, so I lived from my savings.</p>	
<p>Do you get financial support? (e.g. scholarship, BAföG, etc.)</p> <ul style="list-style-type: none"> <li>- From which institution do you get the financial support?</li> <li>- How much do you get (optional)?</li> </ul> <p>Do you have any tips / experiences for application?</p>	<p>No.</p>	
<p>Do you have insights into jobs for students?</p>		
<p>How would you rate the cost of living in your city (in comparison to specific cities in your country?)</p>	<p>Stockholm is a rather expensive city to live in, however, since I lived in Munich before, I barely felt the difference. I was lucky to get a student accommodation (a small room in a dorm for around 300 EUR/month, <a href="https://www.kihousing.se/">https://www.kihousing.se/</a>)</p>	

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Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?	Depending on housing, lifestyle (going out can get expensive if it includes alcoholic beverages) and the method of transportation (I used my bike to go to the University), one should calculate with expenses around 700 - 1500 EUR/month.
Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)	no.

<b>3 Studying</b>	
Why did you decide to study at that university? - What appealed to you most? - What does it offer what others don't?	I appreciated the rather short duration of 10 months since I paused my job for this course. I was relieved that as an EU citizen, I did not have to pay tuition fees. I am a huge fan of Hans Rosling, who was a co-founder of the programme. The Karolinska Institute has an excellent international reputation.
Which modules did you take? (brief overview)  Which modules did you like/ were special at that university?	1. Global Health (Global burden of disease and other health metrics, social determinants of health/ health equity, etc.) → this I liked in particular. I assume with regard to the Gapminder foundation, it is a core module at KI. 2. Quantitative research methods (biostatistics), epidemiology 3. Medical anthropology and qualitative research methods 4. Health policy, management, economics 5. Infectious diseases 6. Non-communicable diseases and injuries; health in disasters 7. Maternal & child health 8. Degree project (Master thesis), academic writing
How would you rate the workload/ amount of self-studying/ group work, etc.?  How were the lecturers/ teaching style? What was new for you? What did you have to get used to?	The workload depended on the module, but overall, it was moderate to high. After every course, there is an exam, an oral presentation, or a written report, which requires self-studying and preparation. There is a lot of group work, which I had to get used to, but in retrospect working with others taught me more than studying by myself.

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Are there any specialisation areas in your programme? Which did you choose?	Only during the degree project. All modules mentioned above are mandatory for all students.
To which extent were international and global topics discussed/ part of the study programme?  Which topics were the most interesting/ you liked most?	Every topic was discussed from a global point of view. The teachers were very experienced researchers with an international background. For example, we compared the social determinants of health from different countries, we analysed and compared different health systems across the world, discussed the maternal health and laws regarding abortion from different countries.
Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?	In Solna, which is next to Stockholm. It can be reached by bike, train and subway.

### 4 Living

Briefly describe your daily life. How is your study-work-life-balance?	We (around 35 students) had class from 8.30/9.00 to 16.30/17.00. There is a lunch break (1 hour). Sometimes, we had the afternoon off for groupwork. Afterwards, I usually spent another hour in the library for self-studying. Some days, I continued studying in the evening and usually worked 1 day in the weekend (student palatset can be recommended as a quiet study space). However, there is enough time for extracurricular activities. We usually went out once a week with some classmates. The weeks before graduation were quite intense since everyone was working on his/her thesis, trying to finish it in time.
How do you experience the city/country and people/ fellow students? How is the atmosphere?	This was the best part. We were a very diverse and international bunch of students, I made great friends I am still in contact with today. I love Sweden as a country. I experienced people being very open-minded, warm-hearted, and non-judgemental. Compared to Germany, there are less strict hierarchies, which created a relaxed and inspiring working environment.
What did you learn for yourself personally and culturally? [e.g. an event / situation which was eye-	I learned to value groupwork and improved my intercultural communication skills.

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opening / insightful / enlightening]	
<p>Do you have any tips for leisure activities?</p> <ul style="list-style-type: none"> <li>- What does someone have to see?</li> <li>- Are there college sports at university?</li> <li>- Are there any student events to connect (e.g. coffee break, etc.)?</li> <li>- Are there any (regional) cultural events?</li> </ul>	<p>The campus has a small gym, sunlight room and sauna which can be used. There are a lot of 'mingling events' to connect with other students, including coffee breaks and sightseeing trips. There are so many things to see and experience in Stockholm and Sweden. There is a small national park not too far away (Tyresta), Stockholm has the first open-air museum (including a zoo with local animals) where you can see the way of life in early Scandinavia, and a trip by boat through Stockholm's archipelago is a must! I can also recommend going to Uppsala for a day trip or at Valborg, when there is a huge student event in there. Many students go to the north of Sweden during the holidays to watch the northern lights, which I can really recommend.</p>
<p>What do you have to consider about public transport? What is important? What is different?</p> <ul style="list-style-type: none"> <li>- Most used transportation?</li> <li>- Are there semester/ student tickets?</li> </ul>	<p>Tickets for public transfer can be obtained for a day, week or month. There is a student discount.</p>
<p>What do you need (not) to pack/ prepare?</p> <ul style="list-style-type: none"> <li>- What is life-saving in the host city/ country?</li> <li>- What do you regret (not) bringing?</li> <li>- Do you have any tips for preparation?</li> </ul>	<p>Don't change money and bring a credit card, since in Sweden everything (!) is paid by card. Even the coffee at the campus which costs 1 EUR cannot be paid cash. If you stay longer than 1 year, you need to register in order to get a so called 'person number', without it you cannot open a bank account or get a Swedish phone number. But if you stay only for the time of the course, it is not necessary to register. Bring warm clothes and appropriate winter boots. Winter comes early, lasts rather long and is very cold (and dark).</p>

### 5 Reflection

<p>What is your personal experience about your study programme?</p>	<p>I can honestly say, it was the best decision I ever made. Not only did I gain important knowledge about global health, I got in contact with many resourceful people from all over the world, which broadened my mind. I liked the modules 'Global Health' and 'Health Policy' a</p>
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<p>Would you recommend the study programme?</p> <ul style="list-style-type: none"> <li>- What did you especially like?</li> <li>- What did you not like?</li> </ul>	<p>lot, since these were new topics to me. I wish we would have learned more in-depth knowledge about epidemiology; this was only a rather short course.</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>Yes, all teachers and the library staff were very helpful, especially during the rather tough degree project. There are student ambassadors and other support services for international students.</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 really enjoyed living in Sweden. Both studying and living there made me more open-minded than I was before.</p>

6 Recommendation	
<p>Do you have other tips for studying the programme &amp; living in the host city/ country?</p>	
<p>Do you have contact persons or information for support:</p> <ul style="list-style-type: none"> <li>- student supports</li> <li>- international office</li> <li>- accommodation service</li> <li>- etc.</li> </ul>	<p>The digital ambassador is a current student who writes a blog about studying and living in Sweden and is open for questions: <a href="https://studentblogs.ki.se/author/alexandra/">https://studentblogs.ki.se/author/alexandra/</a></p>
<p>Your name, contact information (highly appreciated, but not mandatory)</p>	<p>Lynn Peters, Albert-Einstein-Allee 23, 89081 Ulm</p>