

## Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	Master's Programme in Global Health
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 Institutet
City / Country	Stockholm, Sweden
Semesters / Years	1 year
Study / semester abroad	<input type="checkbox"/> mandatory <input checked="" type="checkbox"/> optional

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	Around September, just before applications opened, I knew I wanted to apply before that but there didn't seem to be much to prepare before I could access the CV form to fill in and apply.
What must be considered in preparation for the study programme?	You need reference letters for all information you include on the CV form, so it takes a little while to put it all together!
How is the application process? Is there a deadline for the application?	Applications usually open in October. Deadline for submission of documents is usually in February, but I'm not sure if the deadline for the CV form is earlier though (I think it might be in January).
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 checked="" type="checkbox"/> motivational letter <input checked="" type="checkbox"/> CV/ resumé <input type="checkbox"/> recommendation letter <input type="checkbox"/> insurances <input type="checkbox"/> visa <input type="checkbox"/> vaccines

## Global & Public Health Programme Reports

2b Financial Aspects		
<p>Are there costs related to the study programme? How much are them?</p>	<input type="checkbox"/> semester contribution <input checked="" type="checkbox"/> tuition fee <input type="checkbox"/> enrolment fee <input type="checkbox"/> others	<p>Non-EU citizens need to pay tuition fees of 180,000SEK and an application fee of 900SEK</p>
<p>How do you finance your study programme (abroad)?</p>	<p>Savings and working a bit</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, but I think there are various scholarships available for non-EU students. There is more information on scholarships here: <a href="https://education.ki.se/scholarships">https://education.ki.se/scholarships</a></p>	
<p>Do you have insights into jobs for students?</p>	<p>I was a digital ambassador for the Global Health course at Karolinska Institutet. It was a really nice job working with a lovely team of people, and the hours were really flexible too.</p>	
<p>How would you rate the cost of living in your city (in comparison to specific cities in your country?)</p>	<p>It's quite expensive to live in Stockholm, I'd say possibly it has a similar cost of living to London.</p>	
<p>Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?</p>	<p>Accommodation: 3000-6000SEK per month depending on location, place, etc (bills and WiFi included)            Food: approximately 2000SEK per month (depending on type of food bought)            Transport: I bought a bike second hand for 500SEK and then didn't really spend much at all on public transport, but a 30-day student ticket is 640SEK</p>	
<p>Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)</p>	<p>If you are a non-EU student, I think insurance is included, but if you are a not paying tuition fees (i.e. an EU student) then you will need to get your own insurance which costs money.</p>	

## Global & Public Health Programme Reports

<b>3 Studying</b>	
<p>Why did you decide to study at that university?</p> <ul style="list-style-type: none"> <li>- What appealed to you most?</li> <li>- What does it offer what others don't?</li> </ul>	<p>It is a leading medical university, and they have world-class research. The classes are made up of students who are from all over the world which really enriches the experience of studying there.</p>
<p>Which modules did you take? (brief overview)</p> <p>Which modules did you like/ were special at that university?</p>	<p>Global Health Research Methodology Health policy, management and economics Infectious diseases - a challenge to global health Non-communicable diseases, injuries, natural emergencies and conflicts in a global health perspective Maternal and child health in a global perspective Degree project in global health</p>
<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><i>It was a bit different for my year because of COVID, as we had a fair bit of online lectures.</i></p> <p>The workload was fine, it didn't feel too heavy, and it was definitely manageable! There was more work around deadlines/exams but it was certainly manageable. There were lectures, lots of group tasks, and some self-study too, but I felt it was a good mixture of all of those. The lecturers were mostly very good. I found there was a lot of group work (sometimes as a class sharing ideas, and sometimes in smaller groups), which was new for me, but due to the relatively small class size this worked well.</p>
<p>Are there any specialisation areas in your programme? Which did you choose?</p>	<p>All of the modules are mandatory and there are no choices. The only choice is for your degree project (the thesis).</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>I feel that international and global topics made up a key part of the study programme. We spent a lot of time talking about different countries and using our own experiences of our countries and countries we'd lived/worked in to discuss topics at an international level.</p>

## Global & Public Health Programme Reports

<p>Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?</p>	<p>Global Health is taught on campus Solna, it is all located in one area and is easy to get to both by bike and public transport.</p>
---	--

4 Living	
<p>Briefly describe your daily life. How is your study-work-life-balance?</p>	<p>Lectures during the day, a little bit of course work after lectures (maybe finishing all that by 6-7pm) then evenings off to socialise with friends. Weekends were busy with work sometimes (especially nearing deadlines) but mostly for relaxing or going on trips.</p>
<p>How do you experience the city/country and people/fellow students? How is the atmosphere?</p>	<p>I really like Stockholm (and Sweden). There is always something to do in the city – from just walking around, to getting coffee, to Grona Lund (the theme park), there are many things to keep you busy! The atmosphere is nice, especially as the days get longer and lighter – in the winter people can be a little grumpy but I think that's just because it's cold and dark!</p>
<p>What did you learn for yourself personally and culturally?  [e.g. an event / situation which was eye-opening / insightful / enlightening]</p>	
<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>There aren't really clubs and societies in the same way as at other universities (for example in the UK) but there are some sports clubs and groups for interests that you can join through the student union (Medicinska Foreningen). 'Fika' (meaning something like 'a coffee break') is a big part of Swedish culture, there are student events for fika, or you can go for fika at a café with friends. Regarding what to see in Stockholm, just wander around and there are nice things to see everywhere! There are parks (for example Hagaparken near KI campus Solna), museums (Vasamuseet, ABBA museum, Nordiskamuseet, etc), a theme park (Grona Lund), and more. I would just suggest exploring and walking/biking around and you'll discover a lot.</p>

## Global & Public Health Programme Reports

<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>It is cheap to get a second-hand bike on sites such as Blocket or Facebook Marketplace.</p> <p>There is an app for public transport in Stockholm called SL, and if you want to travel outside of Stockholm region the app is SJ. There are student tickets but you have to make sure you have a Swedish student card before you buy them, otherwise you may be fined.</p> <p>SL tickets: <a href="https://mitt.sl.se/biljetter/kop-biljett#/periodbiljett">https://mitt.sl.se/biljetter/kop-biljett#/periodbiljett</a></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><a href="https://studentblogs.ki.se/2020/07/29/top-things-to-pack-for-your-move-to-stockholm/">https://studentblogs.ki.se/2020/07/29/top-things-to-pack-for-your-move-to-stockholm/</a> - This is a really useful blog from a student at the university about what to bring! If you don't have any winter gear (eg thermals) then they can be fairly cheap to buy in Stockholm in the winter.</p>

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"> <li>- What did you especially like?</li> <li>- What did you not like?</li> </ul>	<p>I really enjoyed the programme and would recommend it! I enjoyed the course and found it interesting, but for me the best part was being able to meet so many like-minded individuals from all over the world! It is also possible to network with friends on the course and lecturers to build so many more opportunities.</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 and support was good, although I think due to COVID it was a bit more difficult. As the course is a "global masters" programme, there were mainly international students so there was support available.</p>
<p>What are your personal experiences about living in the host city/ country?</p>	<p>I really liked living in Sweden, especially Stockholm. It had everything you needed as it was a city, however it didn't feel too big so it was easy to learn where everything was and how to get around.</p>

## Global & Public Health Programme Reports

<p>What broadened your mind? Have you left your comfort zone? Have you changed your mindset? If yes, in which way?</p>	<p>Moving abroad to study a masters definitely took me out of my comfort zone, but I am so glad that I did it as I met lots of new friends who I hope to be able to meet again very soon (if travel restrictions relax more)!</p>
--	---

6 Recommendation	
<p>Do you have other tips for studying the programme &amp; living in the host city/ country?</p>	<p>Enjoy it! Work hard but also make sure you take time to explore. There is so much to see outside Stockholm too so make sure you visit other places (Gothenburg, Abisko, and some of the nearby cities are particularly nice). Stockholm also has other cheap and easy connections to other countries (Denmark, Poland, and Estonia for example) so if you can, make time to explore there too!</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>Questions for asmissions:  <a href="https://education.ki.se/contact-admissions">https://education.ki.se/contact-admissions</a>            Questions about the course: Asli Kulane, Program Director, asli.kulane@ki.se            Karolinska Institutet Housing: <a href="https://www.kihousing.se/">https://www.kihousing.se/</a>            Other places to check for housing: Blocket, SSSB (<a href="https://sssb.se/en/">https://sssb.se/en/</a> - here you need to join the housing queue in advance to build up queue-days), Facebook groups (be careful of scams)</p>
<p>Your name, contact information (highly appreciated, but not mandatory)</p>	<p>Katie Rennie            (katie.rennie3@gmail.com)</p>