

Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	MSc Public Health
Weblink	https://www.lshtm.ac.uk/study/courses/masters-degrees/public-health
University	London School of Hygiene & Tropical Medicine
City / Country	London, UK
Semesters / Years	1 year
Study / semester abroad	<input type="checkbox"/> mandatory <input type="checkbox"/> optional N/A (it is possible to conduct field work abroad for the summer project though)
Language of instruction	English

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	I first started prepping approximately 1.5 years in advance. That meant finding out about deadlines, required documents for applications, funding opportunities etc. However, I didn't actually start getting the required documents in order until about 8-12 months in advance.
What must be considered in preparation for the study programme?	Two letters of reference are required, that means contacting Professors well in advance. A language test is not needed at the time of the application but must be presented before starting the program. However, I don't know about visa requirements.
How is the application process? Is there a deadline for the application?	Applications open around one year in advance and are submitted online. Offers are made on a rolling basis. It can take several weeks until you hear back. The formal deadline is sometime in the summer, I think. However, it is advisable to apply as early as possible.

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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 checked="" type="checkbox"/> recommendation letter <input type="checkbox"/> insurances <input type="checkbox"/> visa <input type="checkbox"/> vaccines Additionally: Transcript of Records N.B. Now EU students need visas	<p>Language: Abitur and letter from my uni confirming my abilities was enough.</p> <p>Recommendation letters: Asked two professors. Don't hesitate contacting people that don't know you a 100%.</p>
2b Financial Aspects		
<p>Are there costs related to the study programme? How much are they?</p>	<input type="checkbox"/> semester contribution <input checked="" type="checkbox"/> tuition fee <input type="checkbox"/> enrolment fee <input type="checkbox"/> others	<p>10,470 GBP (Now much higher for EU students!)</p>
<p>How do you finance your study programme (abroad)?</p>	<p>Mostly scholarships. My parents made a small contribution towards my living expenses.</p>	
<p>Do you get financial support? (e.g. scholarship, BAföG, etc.)</p> <ul style="list-style-type: none"> - From which institution do you get the financial support? - How much do you get (optional)? <p>Do you have any tips / experiences for application?</p>	<p>DAAD:</p> <ul style="list-style-type: none"> - 6,100 EUR for tuition fees (increased now) - 703 EUR/month for living expenses (usually 1,025 EUR but reduced b/c of other scholarship) <p>Studienstiftung des deutschen Volkes:</p> <ul style="list-style-type: none"> - remaining tuition fees (they pay up to 10,000 EUR) - 622 EUR/month for living expenses (this might be different for other students) <p>DAAD applications need to be submitted one year in advance. Start planning early on. Make sure you specify why you need to study abroad/at this institution in your motivational letter.</p>	

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Do you have insights into jobs for students?	N/A
How would you rate the cost of living in your city (in comparison to specific cities in your country?)	London is very, very expensive.
Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?	Accommodation and public transport depend on where you live in London (Zones, North vs South, East vs West). A rule of thumb says around 1,300 GBP but I think it's possible to live cheaper than that. Most money is spent on accommodation (I paid 750 GBP per month incl. bills).
Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)	Visas are required now. My insurance was covered by the DAAD.

3 Studying	
Why did you decide to study at that university? - What appealed to you most? - What does it offer what others don't?	The range of module you can choose from and the flexibility in choosing modules. Friends and people I know all spoke very highly of their study experience. It's a world-renowned institution. I think the amount of support and low hierarchies make it a really special learning environment.
Which modules did you take? (brief overview) Which modules did you like/ were special at that university?	Term 1: Core modules + Foundation of Health Promotion + Health Policy, Process, and Power Term 2: Research Design & Analysis + Statistical Methods in Epidemiology + Evaluation of Public Health Interventions + Ethics, Public Health and Human Rights Term: Principles and Practice of Public Health Ethics is a wild ride but highly recommend (unconventional teaching, community environment, assignment can be a piece of art).

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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>Workload is quite extensive because this is a 90 ECTS course (i.e. 30 ECTS per term). Self-study mostly included watching pre-recorded lectures, catching-up on the reading list, and working on assignments. Group work highly depends on the chosen modules. Some include group work as module assessments. However, almost all modules consist of seminars with group discussion and group tasks.</p> <p>In contrast to medical school, seminars were livelier and required more critical thinking. Discussions were highly encouraged.</p> <p>I wasn't used to reading lists and it took a while until I figured out what to and how to read best.</p>
<p>Are there any specialisation areas in your programme? Which did you choose?</p>	<p>Every student has to pick a stream (Environment & Health, Health Economics, Health Promotion, Health Services Management, Health Services Research, General stream). I chose General because it offered the most flexibility in module choices.</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>Because of the nature of the study topic, international and global topic of course were discussed. However, I would say that examples were skewed towards the UK but the School did try to offer perspectives from LMIC as well as HIC. On a side note, there are efforts to decolonize the School currently.</p> <p>I enjoyed the social science perspectives on health. However, I also realized that I feel a lot more comfortable in the quantitative domain.</p>
<p>Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?</p>	<p>Bloomsbury. There are two building (one in Keppel St, one in Tavistock Place). It's a fairly small school. Easily accessible by public transport.</p>

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4 Living	
<p>Briefly describe your daily life. How is your study-work-life-balance?</p>	<p>Because of the COVID-19 pandemic, my daily life was different from previous years. The entire year was delivered online. I watched pre-recorder lectures usually a day ahead of the seminars or practicals. Depending on the term, I had several live seminars on zoom per day. In the evenings I tried to complete the readings. Because of the lockdown I didn't do much over the winter months. In spring and summer I would meet up for drinks in the evening. On the weekends I tried to do some trips to surrounding cities (e.g. Cambridge) or go hiking. I think the MSc is more intense than medical school but there definitely is enough time to have a private life and enjoy oneself. I was involved in several projects on the side and managed to keep up with uni (and later on social).</p>
<p>How do you experience the city/country and people/fellow students? How is the atmosphere?</p>	<p>London is incredibly international – and busy. Quite different from any city I've ever lived in before. I lived in a residential area so I had a good mix between busy/calm. The students at LSHTM are very keen on connecting and are super friendly. Friends from other unis told me that the sense of community is a lot higher at LSHTM.</p>
<p>What did you learn for yourself personally and culturally? [e.g. an event / situation which was eye-opening / insightful / enlightening]</p>	<p>I believe you always find out something new about yourself when traveling or living abroad. The way you view the world or take things for granted are shaped by the country and the environment you live and grew up in. So for me personally London was a lot about creating a space for myself.</p>
<p>Do you have any tips for leisure activities? - What does someone have to see?</p>	<p>My absolute favorite past time activity in London: Flying Trapeze! In the warmer months you can go to either Kensington Garden, Regent's Park or Ruskin Park to do Flying Trapeze. Haven't seen that anywhere in Germany.</p>

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<ul style="list-style-type: none"> - Are there college sports at university? - Are there any student events to connect (e.g. coffee break, etc.)? - Are there any (regional) cultural events? 	<p>There's probably tons of touristy must-see stuff in London. Other than that I personally recommend Barbican Conservatory and Hampstead Pergola. My favorite restaurant is NOPI. Get out of London in May to see the bluebells.</p> <p>Unfortunately, there are no sports teams at the university but students just organized themselves (i.e. soccer, basketball, volleyball).</p> <p>Due to COVID there were only few in-person events. After all restrictions were lifted we had school-wide and tutor group picnics in the park. In the end of the year we had an evening event at Goodenough College where everyone dressed up. Online there were regular socials but I didn't attend most of them.</p> <p>I wouldn't know about specific cultural events due to COVID. There might have been events in the summer.</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>There are no student/semester tickets per se. If you use public transport everyday it is worth getting e.g. a monthly travelcards. With a student oyster card you'll get a discount on the travelcards. Pay as you go public transport can be discounted with a railcard.</p> <p>I mostly used busses – cheaper and you see something of London. If courageous enough cycling is the best option.</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>Definitely good idea: rain jacket and trousers.</p> <p>I wish I would have packed my hiking gear from the beginning because I went on quite spontaneous hiking trips (e.g Snowdonia) and shipping stuff takes time.</p> <p>I wouldn't say there's anything that you absolutely need. You can get most stuff in London. Foodwise I always brought vegan veggies spreads into the UK because I couldn't find any in local stores. I suppose German bread is another big thing.</p> <p>If you buy a lot of books in London, try getting them home bit by bit before you leave the country at the end of the year. The weight adds up!</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>I highly recommend the study program. It can be tailored to your own interests and needs but I would say that at least the term 1 modules have more of a quantitative focus. The learning environment and support is incredible. Of course during the online studies I was not as able to connect and network with fellow students and staff which I think is a big part of LSHTM.</p> <p>Marking is supposed to be quite tough at LSHTM. I would have wished to see examples of past exams and assessments to get an idea but the School mostly doesn't provide past work examples. Exams were very hard. Also, there were two modules that I didn't think were too great (Evaluation of Public Health Interventions and Principles and Practice of 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>Immense amount of support from the school. There are tutor groups, pentacells, and personal tutors. There is also an excellent counselling service.</p> <p>I believe wellbeing & counselling offers special sessions for international students but I might be mistaken.</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>London has a lot to offer and I enjoyed living there despite COVID. Of course, I couldn't explore the city as much as I wanted to but if I had to do it all over again, I'd still move. What I love about London is that no one is an outsider (at least in my personal London bubble). You can look unusual or be a foreigner but you never truly feel out of place because there is a myriad of different people living in the city.</p> <p>I don't believe I had any mind-changing experiences as I had in the past when I first travelled out of Europe. But I still gained a lot from the year on a personal level reflecting on my identity, self-worth and generally where I'm headed.</p>

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6 Recommendation	
Do you have other tips for studying the programme & living in the host city/ country?	Don't get caught up in the madness. The world won't end if you don't get through all of the essential readings.
Do you have contact persons or information for support: <ul style="list-style-type: none"> - student supports - international office - accommodation service - etc. 	The LSHTM website offers information on living and studying in London. I personally found the fb group "Deutsche/Germans living in London" for German-speaking folks very helpful.
Your name, contact information (highly appreciated, but not mandatory)	Nathalie Nidens Feel free to contact me via email: nathalie.nidens@googlemail.com