

## Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	Master's of Global Health (MSc), Faculty of Health Sciences  University of Ottawa in Honours Health Sciences (BSc)
Weblink	<a href="https://globalhealth.mcmaster.ca/programs/master-of-science-in-global-health/program-overview/">https://globalhealth.mcmaster.ca/programs/master-of-science-in-global-health/program-overview/</a>
University	McMaster University
City / Country	Hamilton / Canada
Semesters / Years	3 Semesters / 1 Year (With option to extend if writing thesis)
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?	I began researching global health and topics specific to this degree when I was in my 4 <sup>th</sup> year of my undergraduate degree and deciding where to apply for Master's degrees.
What must be considered in preparation for the study programme?	In order to best leverage this degree in your professional life, one should have a basic understanding of health equity and an interest in one or more areas in global health, such as globalization, infectious diseases, health economics, health administration, etc. Doing background reading and paying attention to current events that relate to these areas of global health is an excellent way to prepare for this program.
How is the application process? Is there a deadline for the application?	The process of applying to this program is quite straightforward; all of the relevant application materials are available online and have detailed instructions to complete them. The Statement of Interest is one of the most important aspects of your application, so you should leave a lot of time to write, revise, and have family/friends review this document. The deadline to apply changes each year, but is usually around the end of January.

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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 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	<p>As a domestic student, I did not have to provide proof of language proficiency, a visa, etc. Documents that were needed included a Statement of Interest, two letters of recommendation (which I obtained from past professors/supervisors), and a CV, as well as a GPA template that converted my GPA into McMaster's scale.</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>A one-time fee of \$110 CAD is required to apply. The tuition is roughly \$6-7K CAD per month for domestic students. There is a mandatory trip to India which costs ~\$2500 CAD.</p>
<p>How do you finance your study programme (abroad)?</p>	<p>I did not go abroad; I financed my studies by working during my degree.</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>I received a scholarship, as did many of my peers, from McMaster University.</p> <p>Be sure to apply for AwardSpring scholarships/grants as soon as you can.</p>	
<p>Do you have insights into jobs for students?</p>	<p>There are several campus jobs for students, which can be found using Mosaic.</p>	
<p>How would you rate the cost of living in your city (in</p>	<p>I did not live in Hamilton; however, it is quite expensive to live near campus in Hamilton.</p>	

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comparison to specific cities in your country?)	
Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?	N/A (I did this program online).
Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)	N/A (I was a domestic student).

3 Studying	
Why did you decide to study at that university? - What appealed to you most? - What does it offer what others don't?	I chose to study at McMaster University because of its prestigious reputation and the opportunities that are available to students to network and meet dynamic professors and experts. I was especially interested in the fact that they offered a professional Master's program which featured both an emphasis on research as well as an opportunity to work during a practicum placement.
Which modules did you take? (brief overview)  Which modules did you like/ were special at that university?	The 1st semester is the same for all students; it involves courses on health policy analysis, research methods, global health foundations, and globalization. The 2nd semester, I took courses related to globalization & equity: foundations of global health II, refugee health policy analysis, global burden of disease, and global health equity. I especially enjoyed the course structures of both foundation of global health courses, and the collaborative structure of the health policy analysis course.
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 for this program is moderate. There is very little memorization, and virtually no tests or quizzes. Instead, much of the workload involves doing readings for each course and writing papers or developing presentations. This program ended up being a bit lighter than my undergraduate program in terms of amount of time spent on schoolwork, but was heavier than my undergraduate program in terms of the level of critical analysis required for each project.

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Are there any specialisation areas in your programme? Which did you choose?	Yes, there are several streams into which you can migrate during the second semester. I chose Globalization & Equity.
To which extent were international and global topics discussed/ part of the study programme?  Which topics were the most interesting/ you liked most?	They were the main focus of every course in this program. There was a health equity and globalization lens applied to each topic that was discussed in the majority of courses. I personally found that refugee health policy and the role of climate change in global health practices were fascinating topics.
Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?	The campus is found in Hamilton, a major city in Ontario, Canada. However, many of the students in the 2020-2021 cohort did not go to campus due to the pandemic.

<b>4 Living</b>	
Briefly describe your daily life. How is your study-work-life-balance?	The study-work-life balance was pretty good in the online version of this program. There were several pre-recorded lectures, which made scheduling work a bit easier. Studying was limited to reading articles and writing papers, for the most part, so there was less pressure to memorize and get ready for tests or exams. Overall, this degree was much less stressful than my undergraduate degree.
How do you experience the city/country and people/ fellow students? How is the atmosphere?	I was a domestic student, and know from experience that Canadian universities are a great and friendly kind of environment. There are a lot of supportive services, and peers are sociable and kind. The atmosphere is not competitive, and there are a lot of different kinds of people in the program, so you're bound to find other folks with whom you can relate and make friends.
What did you learn for yourself personally and culturally?  [e.g. an event / situation which was eye-opening / insightful / enlightening]	I learned a lot about cultural competencies because of my constant work with international students from places like India, the Netherlands, France, Ireland, etc. I think most students in this program learned a lot about how to be collaborative and get along with international students due to the Foundations of Global Health I and II courses, which involve a great deal of work with other such students.

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<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>I did this program virtually, so I can't speak to the in-person experiences. However, there were many virtual opportunities that were very fun, including leisure activities organized by the Student Liaison Group within the program, such as cooking classes, movie nights, and drop-in work sessions. The graduate student association also set up similar events, such as trivia nights and many workshops for professional skills.</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>N/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>N/A</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 thoroughly enjoyed the program and would recommend it to others! I loved how much focus there is on critical thinking and evaluating health equity through many lenses. I think the majority of the things I did not enjoy were due to the online environment (lack of social interaction, lack of travel, etc.).</p>
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<p>How did you experience the organisation and support at your university?</p> <p>Is there any special support for international students?</p>	<p>This program is put together quite well; the coordinators and faculty are very responsive and understanding, and there is a lot of support available for students both academically and personally.</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 was a domestic student, but I think even having virtual exposure to international students through this program was very eye-opening and informed my understanding of the realities of global health. Those interactions were the ones that most broadened my mind; the readings that we were assigned were also quite eye-opening. I left my comfort zone by leading my group during the symposium.</p>

6 Recommendation	
<p>Do you have other tips for studying the programme &amp; living in the host city/ country?</p>	<p>I would recommend spending a lot of time finding a good practicum and reaching out to as many organizations of interest as you'd like. This makes a huge difference in how well this works out for you.</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>You can reach out to <a href="mailto:askglobalhealth@mcmaster.ca">askglobalhealth@mcmaster.ca</a> for the majority of these things. You can also reach out to the student ambassadors, who are selected each year. Their information is updated on the program overview page.</p>
<p>Your name, contact information (highly appreciated, but not mandatory)</p>	<p>Thilini Herath, <a href="mailto:heratht@mcmaster.ca">heratht@mcmaster.ca</a></p>