

Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	Graduate Master's of Public Health Sciences (UConn Health Campus)
Weblink	https://mph.uconn.edu
University	University of Connecticut
City / Country	Farmington, CT USA
Semesters / Years	2 years, 4 semesters
Study / semester abroad	<input type="checkbox"/> mandatory <input type="checkbox"/> optional No option for graduate students.
Language of instruction	English

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	Spring/Summer before the start of Fall Semester (End of August)
What must be considered in preparation for the study programme?	Undergraduate degree, GPA of 3.5 or higher https://mph.uconn.edu/m-p-h-program/
How is the application process? Is there a deadline for the application?	Applications must be done by end of Spring/Early Summer, no interviews

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2a Documents		
Which documents were needed for the application / country entry? How/Where did you get them?	<input type="checkbox"/> report <input type="checkbox"/> language certificate <input type="checkbox"/> motivational letter <input checked="" type="checkbox"/> CV/ resumé <input checked="" type="checkbox"/> recommendation letter <input type="checkbox"/> insurances <input checked="" type="checkbox"/> visa <input checked="" type="checkbox"/> vaccines	References from 3 people, language certificate needed if ESL. Visa needed if not US citizen
2b Financial Aspects		
Are there costs related to the study programme? How much are they?	<input type="checkbox"/> semester contribution <input checked="" type="checkbox"/> tuition fee <input type="checkbox"/> enrolment fee <input type="checkbox"/> others	\$8-10,000 per semester for in-state tuition (AKA CT Resident)
How do you finance your study programme (abroad)?	Working full time while going to school	
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 FAFSA or Governmental aid is eligible for graduate students, even at a state school	
Do you have insights into jobs for students?	There are (very competitive) Graduate Assistantships or Teaching Assistantships. They offer a small stipend but 100% free tuition.	
How would you rate the cost of living in your city (in comparison to specific cities in your country?)	Pretty cheap (\$900 or so a month). Can be a lot worse in New Haven/Hartford. Extremely cheap compared to New York City or Boston.	

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Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?	Depends if you have a roommate/car. Min \$900/month max \$1,500
Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)	Yes, students are required to have health insurance and be vaccinated from COVID. Physical/annual doctor's appointment record is required.

3 Studying	
Why did you decide to study at that university? - What appealed to you most? - What does it offer what others don't?	Low cost for high value, brand name, and quality of professors. It is a privilege to get to be in the medical school's campus.
Which modules did you take? (brief overview) Which modules did you like/ were special at that university?	I had to take an anti-sexual harassment module and orientation.
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?	Not bad if you are not working, difficult if you are. Mostly people talking at you, they try to do group activities, but many people are not prepared or interested in doing so during night classes. Team based learning is new and it is more fun, challenging, and easier to remember what we learned in class.
Are there any specialisation areas in your programme? Which did you choose?	You can take electives that carve out a "specialty". Tracks and specializations are difficult and uncommon.
To which extent were international and global topics discussed/ part of the study programme?	Very little, which is disappointing. Most if not all content is about the United States. This program is really best for clinical practice but many schools have "specialties" that would be one class here.

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Which topics were the most interesting/ you liked most?	
Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?	Parking is \$150 for the whole year, night classes = lots of open spots. This is not the same for the main Storrs campus.

4 Living	
Briefly describe your daily life. How is your study-work-life-balance?	Very poor. I work at 7:30 am (also do homework during the day), then I get an hour off or so before school. That ends 8:30/9pm. I stay up late to get more work done or try to eat something.
How do you experience the city/country and people/fellow students? How is the atmosphere?	Very every-day America. Many people do not think it is exciting in Connecticut but I disagree. There is plenty to do if you look for it and find like-minded people.
What did you learn for yourself personally and culturally? [e.g. an event / situation which was eye-opening / insightful / enlightening]	Great education about social inequalities and health disparities in the USA. These are often shocking statistics and data.
Do you have any tips for leisure activities? <ul style="list-style-type: none"> - What does someone have to see? - Are there college sports at university? - Are there any student events to connect (e.g. coffee break, etc.)? - Are there any (regional) cultural events? 	Not for the MPH group. There is a graduate senate but not many groups or clubs. This is because UConn has over 140 graduate degrees to offer so each degree group is not that involved/grown out of it/too busy. Some of the graduate school's overall groups inform people of virtual events, but there is not much community unless you make it.

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<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>Very little public transport around here. I don't know anyone who takes the bus or does not have a car.</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>Good winter clothes!!! It is so important to be as prepared as you can for the seasons and do not underestimate the winter! Hospitals, laboratories, and restaurants in the USA have an uncomfortably cold base temperature any time of year. Especially in the middle of the summer, they will be blasting the air conditioning. If you are thin, have low iron, arthritis, raynaud's- anything that makes you more cold than other people- use caution & be prepared or it will be hard to type.</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"> - What did you especially like? - What did you not like? 	<p>It's ok. Well organized before you become a student. Not well organized after. Every question I have I must email my advisor (who also supervises more than 30 people per grade). Much of the information is not published for reference and no one knows what they are doing half the time. This is in regards to mainly program requirements that are not just credits where your advisor has to walk your hand through everything. For instance practicum (internship), electives from other grad schools, field experiences. I don't feel supported from the advisor system.</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>Nothing much for CT/local people. International students seem to have a lot of support and professor understanding. Much more helpful for international students and more communities.</p>
<p>What are your personal experiences about living in the host city/ country?</p>	<p>I love CT. I went to UConn undergrad and continued through graduate school. We are halfway between NYC and Boston and there are a lot of young people in the major cities.</p>

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<p>What broadened your mind? Have you left your comfort zone? Have you changed your mindset? If yes, in which way?</p>	
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6 Recommendation	
<p>Do you have other tips for studying the programme & living in the host city/ country?</p>	
<p>Do you have contact persons or information for support:</p> <ul style="list-style-type: none"> - student supports - international office - accommodation service - etc. 	<p>https://mph.uconn.edu It's all there ^</p>
<p>Your name, contact information (highly appreciated, but not mandatory)</p>	<p>Sandy Barrow</p>