

## Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	<b>MPH (Master Public Health)</b> in Infectious Disease Epidemiology
Weblink	<a href="https://ysph.yale.edu/school-of-public-health/graduate-programs/MPH-degree/">https://ysph.yale.edu/school-of-public-health/graduate-programs/MPH-degree/</a>
University	Yale University (Graduate School: Yale School of Public Health)
City / Country	New Haven, Connecticut (USA)
Semesters / Years	4 Semester, 2 years
Study / semester abroad	<input type="checkbox"/> mandatory <input type="checkbox"/> optional No semester abroad but mandatory 3-month summer internship between year 1 and 2 that can be done abroad
Language of instruction	English (AE)

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	You should plan to start preparations for your stay abroad at least 12-14 before the start of the degree program. Since most degrees start in late August-early September, this means that you should get started around June/July in the year before in order to meet all deadlines.
What must be considered in preparation for the study programme?	- <b>Find the right program&amp;school for you (June-July):</b> I cannot overestimate how important it is to identify the right school and degree program before starting your applications and mapping out the timeline. Take your time, start a spreadsheet with potential universities and programs you like and talk to people who are/have been enrolled in these programs - individual reviews can be precious and very useful!

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	<ul style="list-style-type: none"> <li>- <b>Apply for scholarships (financial support):</b> studying in the US will usually not be affordable for most students without financial support. The deadlines of the best scholarship programs are between August - October the year before the degree starts (e.g. Fulbright, DAAD, Studienstiftung) and they all require extensive preparation and references so make sure not to start too late. Most US universities will also offer scholarships to different student populations so make sure to check these out.</li> <li>- <b>Prepare your university applications (Sep - Dec):</b> most Ivy League universities have their deadlines in early December, so make sure to get these ready in time to make the priority deadlines! High quality references, an original personal statement and a correctly formatted CV are key.</li> <li>- <b>After all applications are submitted:</b> scholarships will send out feedback on your application around January/February and universities send out offers between January-March. Offer usually have to be accepted in April, so make sure to have figured out most of the funding by then.</li> <li>- <b>After accepting your offer:</b> figure out your visa, flights, accommodation, bank accounts, etc. Schools will usually bombard you with emails to help you out here! Always email them if in doubt</li> </ul>	
<p>How is the application process? Is there a deadline for the application?</p>	<p>Yes, most Ivy Leagues (including Yale) have their priority deadlines in early December (exact dates can be extracted from their websites).</p>	
<p><b>2a Documents</b></p>		
<p>Which documents were needed for the application / country entry? How/Where did you get them?</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> report</li> <li><input checked="" type="checkbox"/> language certificate</li> <li><input checked="" type="checkbox"/> motivational letter</li> <li><input checked="" type="checkbox"/> CV/ resumé</li> <li><input checked="" type="checkbox"/> recommendation letter</li> <li><input checked="" type="checkbox"/> insurances</li> <li><input checked="" type="checkbox"/> visa</li> <li><input checked="" type="checkbox"/> vaccines</li> </ul>	<p>Language certificate: TOEFL Motivational letters: Personal statement Recommendation letter: 2-3 Insurances: Healthcare insurance Visa: F-1 or J-1</p>

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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 checked="" type="checkbox"/> enrolment fee <input type="checkbox"/> others	Tuition fees: around \$49.000/year Enrolment fee: \$400-500 (deducted from the tuition fees and paid in advance)
How do you finance your study programme (abroad)?	Most students at US institutions have one or more scholarships to cover their tuition fees and the costs associated with living in the US. I have a scholarship from <b>Yale School of Medicine</b> (Yale is very generous with scholarships and provides one for most of their students) and a second one from the <b>DAAD</b> (Deutscher Akademischer Austauschdienst).	
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?	I am financially supported by the Yale School of Medicine (scholarship) and the DAAD (scholarship): <ul style="list-style-type: none"> <li>- Yale School of Medicine: \$10.000/year (Total: \$20.000)</li> <li>- DAAD: around 30.000€/year (Total: around 60.000€)</li> </ul> I am happy to provide support for anyone who wants to apply for graduate scholarships at US institutions. As previously mentioned, there are several scholarship providers that I recommend. I was also offered a Fulbright scholarship, thus I can also help out with applications for that as well.	
Do you have insights into jobs for students?	Yes, I do. Most grad students in the US work part-time during the semester and there are plenty of job offers. Personally, I work as a research assistant for the university and can provide insight into how job applications work in the US.	
How would you rate the cost of living in your city (in comparison to specific cities in your country?)	Living costs in the US are significantly higher than in Germany (sth I underestimated). Housing, groceries and administrative costs are all 1.5-2x as expensive as in Germany (at least around the East Coast). That is the reason why financial planning prior to your study stay is indispensable.	

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	<ul style="list-style-type: none"> <li>- Housing/apartment: \$750-\$1800/month (including bills such as electricity, wifi, gas, oil, etc.)</li> <li>- Groceries: \$60-80/week (depending on your needs ofc)</li> <li>- Public transport: covered by Yale</li> <li>- Gym etc: covered by Yale</li> <li>- Eating out/drinks: 1.5-2x as expensive as in Germany (on average)</li> </ul>
<p>Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?</p>	<p>Answered in the previous question but there is variation depending on the city and state.</p>
<p>Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)</p>	<p><u>Healthcare</u>        Vaccinations and basic healthcare is covered by Yale Health (most unis have their own health insurance). Additionally, insurance plans can be acquired through the university (\$5000/yeat at Yale to be fully healthcare insured), through the scholarship provider (e.g. DAAD and Fulbright fully insure you at no extra cost!), or through an external company. I did not have to pay for any extra insurance but I know people who can help out here. 2.</p> <p><u>Travel costs</u>        Flights from Frankfurt to the East coast (Boston, NYC) are around \$400-500 for a round trip if you book 2-3 months in advance. Trains/buses from NYC to New Haven vary in costs depending on when a rip is booked. I would plan around \$600 including all travel costs per round trip. My scholarship provider (DAAD) largely covers these costs though and many other providers do as well.</p>

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**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 people & networking

I think first and foremost, Yale is an amazing place to meet like-minded, passionate people who really care about what they do. It is a great place for networking and making lasting connections with both students and professors. Honestly, I think this is the main argument in favor of Yale and other top notch unis - they will connect you to the right people who will enable you to achieve what you want.

Mentoring & support

The faculty:student ratio is excellent, with every student having an academic mentor (usually a professor or researcher in your area of interest). There is always someone to talk to if you should have issues with literally anything and it is in Yale's interest to put you in the centre of their activities. As opposed to most German unis, you are NOT just a number in a system, you will receive all the academic, personal and career support you need and whenever you have a question expect to hear back from the administration within 24h.

Teaching

Yale values small group teaching and close contact between teaching staff and students. Whenever you have a question there will be a teaching fellow or professor you can email and you'll get a quick reply (guaranteed). Because of COVID we had some larger classes than anticipated last year, but this should change in the coming admission cycles, so that teaching can be more personal again. Of course there will be classes that are less well taught but overall I really think they are doing a good job.

Recreational opportunities & architecture

Gym space, chill out lounges, beautiful buildings and gathering spaces, the clubs you can join, etc. - we have a beautiful campus that has a lot to offer! New Haven is a small city but the campus is buzzing with life and opportunities! There are 13 grad school libraries that

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	<p>provide ample study space. You will certainly not be bored! Check out the campus online ;)</p> <p><u>The School of Public Health (YSPH)</u>        YSPH is unique in that it offers a variety of different departments, such as Infectious Disease Epidemiology, Chronic Disease Epidemiology, Social and Behavioral Sciences, Health Policy, Health Management, Biostatistics, Environmental Sciences, etc. While you chose one of these departments you are free to pick elective classes at all other departments and other graduate schools, such as the Yale School of Management and the Yale School of Law as well. The degree is tailored to your needs and you determine what you want to focus on.</p>
<p>Which modules did you take? (brief overview)        Which modules did you like/ were special at that university?</p>	<p><b>Semester 1:</b> Health Policy, Social Justice, Biostats I, Epidemiology I, Principles of Infectious Diseases I, Seminar in Infectious Disease Epidemiology, Professional Skills Series I → all core classes that are mandatory for my department</p> <p><b>Semester II:</b> Principles of Infectious Diseases II, Biostats II, Epidemiology II, Seminar in Infectious Disease Epidemiology, Major Health Threats, Regulatory Sciences and Drug Approval (FDA) → mix of mandatory and elective classes</p> <p>In the next 2 semesters I will be able to pick all of my classes as I wish (only electives). I plan to take classes in clinical trial design, translational science and vaccinology.</p>
<p>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?</p>	<p><u>Workload</u>        You want an honest opinion? If not, skip this section ;) It is a LOT. I went to medical school for 3 years before attending Yale, and I worked less than for this degree. There are weekly homework deadlines, readings, quizzes or exams, discussion sections where participation and attendance is expected and if you have to work 10-15h/week to financially survive like I do, then expect to have your hands full. It is challenging, but it is rewarding as well. If I had to put a number on it I would say that classes+self-studying will probably result in a</p>

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	<p>40h week (if you want to pass); If you want to pass well expect to work more like 50h/week. If you also work and do extracurriculars it may be more like a 60h week but this is very individual. I know people who work way less than me and they still do well, so I'll just say that it's individual but expect to work hard.</p> <p><u>Teaching styles</u></p> <p>The teaching style is quite different from what I was used to. There are many small-group discussion sessions for a lot of classes and it is expected that you actively prepare and participate by doing mandatory readings, solving problems in advance, etc. Often, initiative is expected and the professor will not present everything you need on a plate. Before coming here I was used to normal lectures and had to reproduce that knowledge in exams. Now I often have to consult external sources, write essays and come to my own conclusions. It can be challenging but I also feel like it really improves my writing and critical thinking skills.</p>
<p>Are there any specialisation areas in your programme? Which did you choose?</p>	<p>Yes, there are. Earlier I mentioned the different departments at YSPH that are also listed on the website: <a href="https://ysph.yale.edu/school-of-public-health/graduate-programs/MPH-degree/">https://ysph.yale.edu/school-of-public-health/graduate-programs/MPH-degree/</a>.</p> <p>I am in the Epidemiology of Infectious Diseases department and even within departments we can choose between different tracks, such as the Modelling Concentration, Regulatory Affairs, Maternal and Child Health, Global Health, etc.</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>There is a global health track that students can choose as their area of specialization. Generally, the extent of international/global topics depends on the department and track you picked and also on your classes. I would say that lots of the mandatory core classes in semester 1 (and to a lesser extent in semester 2) are rather US-centered with varying international elements. Later during the degree, you can tailor classes to your needs and also engage in international research or volunteering activities. Check out the research groups we have at YSPH and see if it might be a good fit for you!</p>



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<p>Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?</p>	<p>The city is the campus - the buildings of Yale are scattered throughout the city and YSPH is located next to the School of Medicine and the teaching hospital. Ways are rather short and most students do not take longer than 30min to get to the campus. If you live further away from campus, there is a free (more or less reliable) shuttle bus that runs regularly in the mornings and evenings.</p>
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<p><b>4 Living</b></p>	
<p>Briefly describe your daily life. How is your study-work-life-balance?</p>	<p>As mentioned earlier, studying will be a large part of your life. A typical weekday for me looks like this:</p> <ul style="list-style-type: none"> <li>- 9am-3pm: classes and study period in between</li> <li>- 3-7pm: self-directed studying</li> <li>- evenings: workout, extracurriculars</li> </ul> <p>Often I do not leave my desk until 10pm. On weekends I try to meet my friends at least once but sometimes work in the hospital as well. However, you can have more free time if you want and I would definitely not say that my workload is representative of everyone's ! :)</p>
<p>How do you experience the city/country and people/fellow students? How is the atmosphere?</p>	<p>New Haven is a small city, comparable in size and student numbers to Heidelberg. The city is dominated by student life and there is always something going on! There are quite a few nice bars, however, if you like clubbing and big parties a larger city such as Boston or NYC may be a better fit ;) NH is 2:20h by bus from Boston and 2h by train from NYC so day trips are definitely a possibility for the weekends!</p> <p>The American folks are a very friendly, chatty and welcoming bunch of people and I felt welcome from the moment I set foot in this country. I quickly found new friends and the language barrier also disappeared after a few weeks. Overall, there is a really productive and friendly atmosphere!</p>



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<p>What did you learn for yourself personally and culturally?</p> <p>[e.g. an event / situation which was eye-opening / insightful / enlightening]</p>	<p>I could defo not narrow it down to a single situation, I think it is more of a learning process, both personally and culturally! I think personally I really learned that sometimes it is simply not worth giving a f**** (sorry for the language!). Before coming to Yale I used to be really perfectionist and tended to strive for top grades and recognition by others. Since I arrived here I really came to appreciate that there are so many bright and capable people out there that it's perfectly fine not to be the best at everything you do. Yale offers you so many opportunities that it's nearly impossible not to find sth that suits you!</p> <p>Culturally I didn't really have the impression that Americans are that different from us (which may be due to Yale being a bit of an academic bubble and not really representative of the average American) apart from a few minor things. Yale is very international and you'll meet people from entirely different backgrounds and cultures. One thing this has definitely taught me is to be culturally sensitive and to communicate well with others to avoid misunderstandings.</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>Yes, there are plenty of college sports, both professional (varsity) and for fun (intramurals). Yale has the largest indoor gym in the US and offers all sports you may wanna try! Workout fans won't be disappointed!</p> <p>NH has some nice parks and the surrounding landscape is really beautiful if you are into hiking! As I mentioned earlier, NYC and Boston aren't far either! There are plenty of student events, there is a society/club for almost everything. Just go and check it out on the website! Yale is all about networking and it is encouraged to get in touch with others for both academic, professional and personal reasons.</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> </ul>	<p>Yale has a free campus shuttle bus that serves all areas on campus and the neighborhoods most students live in. It runs regularly in the mornings and evenings but coverage is a bit spotty in the afternoons. There is an app that allows you to track the shuttle, however there is no fixed schedule with times which is a bit annoying. Do</p>

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<ul style="list-style-type: none"> <li>- Are there semester/ student tickets?</li> </ul>	<p>not expect the same public transport standards as in Europe, I really came to appreciate good public transport here. Trains and long-distance coaches connect New Haven to NYC, Boston and other cities. Trains are expensive but buses are relatively affordable.</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>I think I covered most of this in other answers.</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>Yes, I would definitely recommend both Yale as a university (especially YSPH) and my department to everyone who is passionate about driving change in the public health field, ready to work hard and wants to be surrounded by capable, bright people.</p> <p>I think I already covered what I like about this program, however there are a few things that can be criticized:</p> <ol style="list-style-type: none"> <li>1. Finance: studying in the US is expensive and you will need to plan ahead. I often get frustrated by the high food prices and the lack of healthy food affordable to students. I do not think Yale does enough to address this and although it may sound like a small problem, it will affect you every day (a girl needs to eat! :D)</li> <li>2. Public transport: the Yale shuttle is unreliable and does not run often enough. It would be an easy fix but there does not seem to be a lot of change, so I would definitely recommend getting an apartment that is closer to campus!</li> </ol>
<p>How did you experience the organisation and support at your university?</p>	<p>One word: EXCELLENT! I mentioned the quick response time, the personal academic supervisor and the truckload of faculty and mental health support earlier. Compared to German universities this really feels a bit like paradise ;)</p>

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<p>Is there any special support for international students?</p>	<p>There also is OISS, the Office for International Students. They help with travelling, visa restrictions, work permits, finding jobs in the US, language support, and much more. They send out a regular newsletter and also host regular events where you can meet other international students! Really a lifesaver!</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>Yes, yes, yes (essentially yes to all!).</p> <p>As I mentioned, I have gained confidence and tend to care a bit less about grades and the like than I used to. I always used to be an outgoing, curious person and have studied abroad before (in the UK), so living in another country wasn't entirely new to me. However, living in the US is a whole lot different from European countries, so I definitely had to adapt but maybe less so than anticipated. In terms of leaving your comfort zone: the biggest change was definitely that all of a sudden people expect you to think and work independently, to show initiative. I was used to this to a certain extent but this was definitely stretched at Yale. I like challenges so I did not mind, but it may not be everyone's cup of tea.</p>

6 Recommendation	
<p>Do you have other tips for studying the programme &amp; living in the host city/ country?</p>	<p>I think I covered most of this earlier.</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> </ul>	<p>Admissions team: <a href="mailto:ysph.admissions@yale.edu">ysph.admissions@yale.edu</a>        → all relevant contacts can be found here:  <a href="https://ysph.yale.edu/about-school-of-public-health/contact/">https://ysph.yale.edu/about-school-of-public-health/contact/</a></p>
<p>Your name, contact information (highly appreciated, but not mandatory)</p>	<p>Lydia Marie-Luise Holtgrewe <a href="mailto:lydia.holtgrewe@yale.edu">lydia.holtgrewe@yale.edu</a>        LinkedIn  <a href="https://www.linkedin.com/in/lydia-holtgrewe-00a2b1188">https://www.linkedin.com/in/lydia-holtgrewe-00a2b1188</a>        I'm very happy to be contacted!!! :)))</p>