

Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	Master of Science in Global Health (Intercalated the Master with my Medicine studies in Germany)
Weblink	https://www.maastrichtuniversity.nl/education/master/master-global-health
University	Maastricht University (Universiteit Maastricht)
City / Country	Maastricht / Netherlands (with an elective at Thammasat University in Thailand)
Semesters / Years	1 year full-time
Study / semester abroad	<input type="checkbox"/> mandatory <input checked="" type="checkbox"/> optional
Language of instruction	English

2 Preparations / Organizational Aspects	
When did you start to prepare for the study programme?	I applied 10 months in advance, but applications were open until summer.
What must be considered in preparation for the study programme?	Statistical knowledge is an advantage, as the methodology module progresses very quickly. If you didn't do a bachelor, but an equivalent degree (e.g. at least 3 years of Medical School), you need supporting documents with all of your ECTS points.
How is the application process? Is there a deadline for the application?	You have to apply via Studielink: https://www.maastrichtuniversity.nl/education/master/master-global-health/admission-registration

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2a Documents		
Which documents were needed for the application / country entry? How/Where did you get them?	<input checked="" type="checkbox"/> report <input checked="" type="checkbox"/> language certificate <input 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	
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	The statutory fee for this programme is 2,209€, but we got a discount because of the pandemic. I had to pay 1,084€ for 2021-22.
How do you finance your study programme (abroad)?	I am very lucky to have a study scholarship that has fully covered the Master.	
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?	There are many study scholarships by the BMBF (Germany) and also smaller organizations. It is worth researching and applying! Since I am intercalating this Master with Medicine, an additional letter of motivation was necessary for my scholarship.	
Do you have insights into jobs for students?	I have worked remotely as a student assistant and can recommend it.	
How would you rate the cost of living in your city (in comparison to specific cities in your country?)	I find the rents in Maastricht quite expensive compared to Germany.	

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<p>Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?</p>	<p>You can expect 400-600€ for a basic flat-share room, depending on your standards. The housing market is very competitive, but there are beautiful apartments available. If you know someone in Maastricht, ask them – it's easier with contacts. I had a very cheap but very small room near the FHML that cost under 300€.</p> <p>Food costs are comparable to Germany if you go to Lidl or similar supermarkets. I didn't use public transport, as you can reach everything in Maastricht by bike (and there are a lot of "bicycle highways").</p>
<p>Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)</p>	<p>I went to Thailand for my elective so I needed some vaccinations against Rabies, Typhoid, Japanese Encephalitis, needed to get my Hepatitis antibodies checked ... and of course I needed the Covid vaccinations. Since I travelled a lot in Thailand, the travel costs were accordingly, but it is comparatively very cheap to live there and I can only recommend going abroad if it's an option for you.</p>

3 Studying

<p>Why did you decide to study at that university?</p> <ul style="list-style-type: none"> - What appealed to you most? - What does it offer what others don't? 	<p>I had already been involved in Global Health for a few years and was looking for a relevant university degree. Having heard a lot of good things from several alumni, I looked it up and the program looked very appealing in the descriptions. My goal was to add a broader perspective to my medical knowledge and learn new skills and perspectives.</p> <p>What is most exciting about Maastricht is the possibility to also go to partner universities in Thailand, Canada, Colombia, India (and possibly others like Sudan and Norway - Sudan electives were not possible due to the political situation) for your elective track. There are also the Foundations I and II courses, where you work on a project with students from the partner universities. Compared to programs in UK or other countries, it is also considerably cheaper.</p>
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<p>Which modules did you take? (brief overview)</p> <p>Which modules did you like/ were special at that university?</p>	<p>https://www.maastrichtuniversity.nl/education/master/master-global-health/courses-curriculum</p> <p>All courses in Maastricht run according to the PBL = Problem Based Learning style, which I personally liked very much. My favourite modules were Governing Health in a Global Context (Maastricht) and Political Economy of Health (Thammasat).</p> <p>Our Maastricht Symposium on Decolonizing Global Health also gave me many exciting impressions and was a highlight.</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>Here, it cannot be glossed over that the curriculum was squeezed into one short year and the workload is correspondingly high. For the tutorials, you have to complete an enormous number of readings and, especially in December before Christmas, it's literally deadline after deadline. But everything is doable. What helped me a lot was the PBL style in the tutorial groups, because it allowed a lot of discussions and questions.</p>
<p>Are there any specialisation areas in your programme? Which did you choose?</p>	<p>I chose the Thammasat University track in the second trimester: "Human Security a Global Perspective", "Human Rights and Global Health", "Mobility and Global Health", "Diseases Control and Global Health", "Political Economy of Global Health", and "Globalization and Health Systems" (2 weeks courses)</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 find it remarkable that the Maastricht professors are very sensitive to the issue of different world view, research approaches and colonialism (in the history of health sciences and in general). I feel I have learned to think more critically.</p>
<p>Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?</p>	<p>Tutorials, practicals and lectures take place at the FHML campus in Maastricht Randwyck, except for the online tutorials with the partner universities (online). Attendance is mandatory in on-site tutorials, and you must be excused to not attend.</p>

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4 Living	
<p>Briefly describe your daily life. How is your study-work-life-balance?</p>	<p>Since I lived close to FHML uni and Sport Facilities, I had a very practical daily life and was also able to go back to my flat a lot. The libraries are good for studying, but I also enjoyed studying and doing my readings at UM Sports or in cafes downtown.</p> <p>The deadlines don't leave much room for procrastination and you have to be well organized - but that doesn't mean you can't take the weekends off or go out partying if you plan well ;)</p>
<p>How do you experience the city/country and people/fellow students? How is the atmosphere?</p>	<p>Maastricht is a beautiful, very international student city. I found my time there very lovely, especially because everything is so easily accessible and everyone is very open.</p>
<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>As mentioned, I found the impressions from the Governing Health course (with very critical perspectives on the international world order) and our Decolonizing Symposium to be highlights.</p> <p>The many groups works demand a lot of adaptation to different ways of working and looking at things. Culturally, of course, I learned a lot during my stay abroad in Thailand and during my master's thesis at an institute in India.</p>
<p>Do you have any tips for leisure activities?</p> <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? 	<p>Definitely: enjoy the beautiful city center and go to the surrounding areas (Belgium, Germany, Netherlands).</p> <p>I loved the classes in UM Sport very good and benefited a lot from my membership. I also enjoyed jogging in a small nature reserve in the south of the city and Sint Pietersberg was also nice - sometimes we did morning yoga there.</p> <p>Our GH coordinators put a lot of effort into social events: in the beginning they invited us to a bar night, an online Christmas party, a bowling evening and the symposium.</p>

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	<p>UM also offers INKOM week for first-year students and has other programs such as tours and language courses. If you are there: try the annual carnival! Maastricht people are very proud of it and it's supposed to be a great event.</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>Everything is accessible by bike, but there is also a bus system in the city. The dutch students have a semester ticket for the whole Netherlands.</p> <p>I only used my bike or walked, and you can easily get to Germany and the surrounding area by train (but only Regio and with a change of trains).</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>A bike is certainly a life-saver. I only missed German whole wheat bread, but I guess every German student will say that. Otherwise, you can buy everything your heart desires (tip: the cheese stores are terrific, and you can try every flavour). Be sure to try the fries, the peanut sauce and waffles!</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>I am personally very happy to have done the Master because I learned a lot and could combine a wonderful experience in Asia.</p> <p>However, if you have more time than one year, you might want to consider doing a two-year master because the workload is sometimes enormous.</p> <p>You should also know that the grading system in Maastricht is very strict. The system goes up to 10 points, but normal is a 6-7 with a good performance. Above average performance is 8-9, but these grades are not common.</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>Global Health has become more popular in the last few years and there were a lot of students in our cohort (around 120) - so for some of the big assignments, the professors were not able to give personal feedback, which I thought was a disappointment. You then have to ask for personal feedback and hope that you can learn from the assignment if you are dissatisfied with your grade.</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>You definitely learn to discuss and reflect in this Master. I personally learned a lot about the history of health sciences and neoliberalism and to think more critically. But of course the amount/width of discussion and reflection depends on the people you end up with in a tutorial or meet in Maastricht.</p> <p>The experience in Asia has definitely broadened my mind! If you can, check out the elective tracks abroad and the thesis options in partner institutes around the world (I chose India).</p>

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>You can find a lot of information on the UM website. There is also a student ambassador on Instagram. Current address: https://www.instagram.com/umhealthmastergh/</p>
<p>Your name, contact information (highly appreciated, but not mandatory)</p>	