

Global & Public Health Programme Reports

1 General Information	
Study programme & Degree (if applicable: undergraduate studies/degree/institution)	MSc Global Health Leonie: Medicine, Hanover Medical School, Germany Franzi: BA Business administration - Healthcare management, Baden-Wuerttemberg Cooperative State University Lörrach
Weblink	https://www.maastrichtuniversity.nl/education/master/master-global-health
University	Faculty of Health, Medicine and Life Sciences Maastricht University
City / Country	Maastricht, Netherlands
Semesters / Years	2 semesters
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?	There was nothing specifically to prepare other than one basic statistics course (for students that did not have enough statistics knowledge from previous studies) which was meant to be prepared some weeks in advance to the start of the program (31.08), but I was not aware of that and only started in the introductory week which turned out to be fine.
What must be considered in preparation for the study programme?	To fulfil all admission requirements it is mandatory to take the test on the website to see which forms and certificates are required. For me, it was a list of grades and a language certificate. Some may require a TOEFL test or other documents.

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<p>How is the application process? Is there a deadline for the application?</p>	<p>The application process is rather simple and unbureaucratic.</p> <ol style="list-style-type: none"> 1. Register at studielink 2. Assess if you meet the admission requirements 3. Enrolment <p>Deadlines:</p> <ul style="list-style-type: none"> - Studielink is open for applications from October on - Deadline for non-EU/EEA applicants: 1 May - Deadline for EU/EEA applicants: 1 June 	
<p>2a Documents</p>		
<p>Which documents were needed for the application / country entry? How/Where did you get them?</p>	<p>Leonie:</p> <ul style="list-style-type: none"> • TOEFL Test • CV • List of Grades <p>Since I have studied medicine in Germany I had to prove that I have been actively studying for three years</p>	<p>Franzi:</p> <ul style="list-style-type: none"> • language certificate (a letter from my Bachelor's program director about successfully passing courses taught in english was enough) • CV/resumé • Checklist Academic Skills (fill in how many ECTS you collected in your previous program in certain areas - research, statistics)
<p>2b Financial Aspects</p>		
<p>Are there costs related to the study programme? How much are they?</p>	<p><input checked="" type="checkbox"/> tuition fee</p> <p>For us it was 2,168.00€, but because of Covid-19 the fee has been reduced to 1,084.00€ for 2021/22.</p>	
<p>How do you finance your study programme (abroad)?</p>	<p>Leonie: My parents supported me financially.</p>	<p>Franzi: I had a working student job for the first 6 months. As the program is very time intensive, this should be considered.</p>
<p>Do you have any tips / experiences for application?</p>	<p>If you have any questions about the application process or are not sure if you meet the requirements, just contact the faculty office, they will help you out.</p>	

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	<p>If you decide early on that you want to study in Maastricht, there are several scholarships you can apply to in the Netherlands. The deadlines are all before the application deadline for the program.</p> <p>In Germany there is also DAAD that supports students who want to pursue a master's degree abroad.</p>
Do you have insights into jobs for students?	<p>Since the workload is quite high, it can be challenging to have a job while studying in the first semester. But in the second semester, there is the opportunity to find organisations that simultaneously supervise the thesis and offer paid internships. You can also find jobs on campus or as a student ambassador.</p>
How would you rate the cost of living in your city (in comparison to specific cities in your country?)	<p>In general, the cost of living is higher in the Netherlands than in Germany. But Maastricht is not as expensive as other Dutch cities and there are ways to lower the cost of living.</p>
Based on your experience, how much should someone calculate for accommodation/ food/ public transportation/ wifi?	<p>I think that one should calculate 700.00 to 1100.00 € per month, but this depends greatly on the rent.</p> <p>Food prices range from quite expensive (Albert Heijn) to really low (De Bananenboxer) and in the food bank at LBB every Friday the groceries that are saved from the market are free to pick up (donation-based). We almost had no public transportation costs as everything can be done by bike or walking (more information below).</p>
Are there other costs that need to be considered? (e.g., vaccinations, insurances, visa, travel costs)	<ul style="list-style-type: none"> • For sports associations or a membership in the gym, one should plan around 100.00€ per semester • Travelling costs would also need to be considered, especially in years in which the symposium in India or electives abroad take place (each student is entitled to a travel bonus of 1000.00€)

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>Leonie:</p> <ul style="list-style-type: none"> • the wish to look beyond the individual patient and to see how inequalities shape health • one year master • possibility to intercalate as a German medical student 	<p>Franzi:</p> <ul style="list-style-type: none"> • Address inequalities / unequal access to health • Focus on Global Health (Global actors) • one year master • I was in contact with someone studied there and gave me insights into the curriculum

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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>1st term (September-December): Foundations of Global Health, Methodology and Statistics, Governing Health in a Global Context, New Biosciences / New Society</p> <p>2nd term (January-April): Foundations of Global Health II, Methodology and Statistics II for everyone, and other modules based on the chosen elective (see next page)</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>Leonie: I liked the PBL group settings (for Governing Health and New Bio) in the first semester very much as a nice way to get to know the fellow students with their different professional backgrounds and have learned so much from the discussions that evolved in the PBL groups</p> <p>Leonie: The workload was generally quite high and it depends on what background one comes from. It was the time that I studied social sciences academically, so I had to learn how to cite and how to skim through long reading lists and how to write texts that would meet academic standards. The lecturers were nice and approachable, the hierarchy between students and staff was extraordinarily flat.</p>	<p>Franzi: The PBL setting during the first term really enables you to get into discussions, as it is a very comfortable space to discuss with people and work on the Learning Goals. I think the Foundations of Global Health module was special for me, as you work with 3 students from a partner university (India, Thailand, Canada or Sudan), and therewith get introduced to international collaboration, on Health Policy Analysis or a Project Proposal.</p> <p>Franzi: I would also say that the workload was quite high. The first term, the amount of group work was limited to 2 projects and the Foundations of Global Health module. Otherwise, it was a lot of individual papers and readings. In the 2nd term, with the Canadian courses, the workload for group work was way higher as it included group presentations and group papers in each module next to individual papers. For me the PBL system was new, so I had to get used to the amount of readings, but I would say that the PBL system helps to learn more</p>

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		sustainably as you discuss with your fellow students and really develop your knowledge further.
<p>Are there any specialisation areas in your programme? Which did you choose?</p>	<p>Every student has to choose an elective track for the 2nd term (January - April). The elective can either be done at one of the partner universities or at Maastricht University. Here you can find a general overview of the different electives. There will be presentations about the different electives in November to enable you to make a decision.</p>	
	<p>Leonie: The elective at Ahfad University for Women, Khartoum, Sudan, was very special for me (even though I took it online) because we learned to apply a feminist perspective to all the modules. The modules were: Patterns of Migration, Gender-based Violence and Food Security.</p>	<p>Franzi: I did the online elective at McMaster University in Canada and took modules in Refugee Health & Policies, Challenges in Global Health Equity and Global Social Policy. Although you decide on one specific track for the elective (in my case Global Health Equity), out of which you choose 2 courses, you are very flexible with choosing your third course.</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>As we studied Global Health, at the core of our studies is the statement: "The local is global and the global is local". Almost all modules had a global view on the topic and then zoomed in on a specific country or example.</p> <p>Governing Health in a Global Context was a good start into the program and equipped us with the tools to always apply a comprehensive systems critique to each issue. Overall you have a nice combination of courses that give you insights into biological and social determinants of health, health policy analysis and the political level/actors. After that it is up to you, what you want to focus on during the elective.</p>	
<p>Where is the campus located? Is the campus spread throughout the city? Is it easy to arrive?</p>	<p>The FHML campus is very close to Randwyck Station and the university hospital. It is not spread throughout the city and most students who lived in Maastricht came by bike and those that commuted could take the train or the bus, so it is quite easy to reach.</p>	

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4 Living		
<p>Briefly describe your daily life. How is your study-work-life-balance?</p>	<p>In the beginning, we were all very excited about the new program and getting to know each other. We certainly had to work quite a bit, especially when deadlines were coming up, but we also made sure that we wouldn't miss the fun part of studying abroad with such wonderful people.</p> <p>Our GH group was quite close and we often met in the park or went on trips or to bars. As it is a one year program, there is not really a semester break, besides the 2 weeks over Christmas. Therefore, everyone is mostly in Maastricht and up for exploring the city and the country.</p>	
<p>How do you experience the city/country and people/fellow students? How is the atmosphere?</p>	<p>Since no cultural events took place during the pandemic, we often met at other people's houses and got to know each other quite quickly. The atmosphere in our GH cohort was very welcoming and everyone is passionate about the studies and therefore connected with each other.</p> <p>Maastricht is not the liveliest city, there are not that many "sights" but there are quite some bars and restaurants and many students and student initiatives.</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>Leonie: I learned that especially in Global Health it is vital to be open for and to give constructive feedback and to reflect one's own position and privileges and that it is always worth it to try to change something. Our board of directors was very open towards the request of students to decolonize the curriculum. And I was grateful to see that our concerns were taken seriously which has led to the formation of a task force consisting of teaching staff and students.</p>	<p>Franzi: I agree with Leonie. The program and exchange really initiates questioning where certain assumptions or positions one might have come from and leads to reflecting one's own position and privileges. This is something that I will continuously draw from, and am more aware of now and that really changed my mindset.</p>

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<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? 	<ul style="list-style-type: none"> ● Sint Pietersberg (do an underground tour at St Pieters), Frontenpark, Stadspark, Marres, Bonnefanten Museum, wild horses at the national park, climb the red church tower at the Vrijthof ● Yes, UM Sports offers many courses and there are many sports associations (we were at Maassac - the climbing association) ● There are many student events, some are from the university, some from other initiatives, for instance the sport associations organise events to connect. ● regional cultural events: Limburg is the only province in the Netherlands that celebrates carnival
<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? 	<ul style="list-style-type: none"> ● Everything can be reached by bike ● Bikes can be rented (Swapfiets) or bought second hand (e.g. at Kringloop) ● There are no student tickets for international students ● An OV card is helpful to have (up to 2-3 € per bus ride in the city)
<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? 	<ul style="list-style-type: none"> ● Many rooms come furnished and in the “Sharing is Caring FB” group, many people give away good furniture for free ● As we are Germans there was nothing that we missed and if there was anything that we craved (bread ;)) or that we needed we could always take a bus to Aachen ● LOOK FOR A ROOM ASAP! There are quite some facebook groups to look for rooms: <ul style="list-style-type: none"> ○ Rooms/Kamer/Zimmer in Maastricht ○ Flat hunting maastricht ○ Apartments and rooms in Maastricht ○ Kamers, studio's en appartementen huren in Maastricht ○ MSR Maastricht Student Room Group ○ Maastrichthousing.com

5 Reflection

What is your personal experience about your study programme? Would you recommend the study programme?

During Covid-19 we were not able to go abroad, but we were told that our GH group was closer than most groups before because we spent more time together and we truly appreciate that and feel that we have formed long-lasting friendships.

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<ul style="list-style-type: none"> - What did you especially like? - What did you not like? 	<p>We would definitely recommend the study programme. Meeting so many like-minded people was particularly special. We learned as much (if not even more) from the exchange with fellow students as we did in the program. The thesis writing process was rather stressful and many of us had little supervision which posed difficulties, especially for those who had no experience in thesis writing.</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>The program coordinators and staff were also in a special position during COVID, but they did their best and were always approachable. Further, there are many support departments at FHML (e.g. D&I office, career counselling, academic writing courses etc.) that are easy to find.</p> <p>Yes, there are special events and almost all initiatives are open to international students.</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>Leonie: Living in Maastricht was very nice and easy and we also had the opportunity to travel in the Netherlands which I would recommend because Maastricht is not typically Dutch and as a German many things felt familiar.</p> <p>The talks I had with people from the Global Health cohort and other students really widened my horizon. To listen to other people's perspectives, to empower each other, to build a safer space and to live in an idealistic, critical and international bubble has inspired and shaped me in an extraordinary way and has contributed to who I am today.</p>	<p>Franzi: I really enjoyed living in Maastricht. It is a really nice city and it has something special about living there. It is more about the social life than the sights.</p> <p>As my background was in business, this program really led to a change of my mindset. The interaction with my fellow students and the program content made me reflect on my privileges and positions and made me even more eager to address structural inequalities that affect health. I would say during the program everyone discovers topics that they are passionate about or deepens their interest.</p>

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6 Recommendation	
Do you have other tips for studying the programme & living in the host city/ country?	I have an extensive list of recommendations for cafes, bars and restaurants. If you are interested, send me an E-mail (gartnerfranziska@web.de).
Do you have contact persons or information for support: <ul style="list-style-type: none"> - student supports - international office - accommodation service - etc. 	<p>We have a student ambassador: this year it is Manar https://www.instagram.com/umhealthmastergh/</p> <p>For general info: +31 43 388 5388 study@maastrichtuniversity.nl</p> <p>Maastricht Housing www.maastrichthousing.com info@maastrichthousing.com +31 43 388 5300</p>
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