

## Marie Guichardon's reflections on an internship at the EUPHA Office



*Blog by Marie, EUPHA office intern, July - September 2019*

3 weeks, 8 calls and countless emails. Instead of reporting me for harassment (and I thank her for that), Dineke sent me the following email: “We are very pleased to let you know that you have been selected!” As a Public Health master student, I was really thrilled to have the opportunity to explore the relationship between research and policy making in a recognized and respected European organisation. When I signed the internship contract, I had no idea how instructive and rewarding these three months were going to be. This internship has now come to an end, and I am proudly reflecting on everything that I have done here in Utrecht.

*Trust* – is a key word at EUPHA. Dineke and Maaike concretised their trust from the very beginning by assigning me meaningful tasks such as the redaction of the introduction of a scientific article, or the one of the manifest i.e. a public document stating the position of EUPHA in the landscape of health NGOs. But it was a two way street. I trusted them when they gave me feedback on my work, and I trusted their experience to improve my work. This shared trust made me feel like my work as well as my insights were valued, which was key to build my self-confidence and my sense of belonging to a team.

*Autonomy* - is another key word. It doesn't mean you are going to be left alone, it means that you will be given the opportunity to accomplish your tasks in your own way, and that it will be your own responsibility to ask for clarifications, feedback and help, which will always be given to you, in a kind and constructive way.

*Exploring* – I do not believe I will make my professional life in the academic world. I am also quite certain that I do not want to be a policy maker. My work at EUPHA made me explore the connection between these two spheres, and actually answered one of my long lasting question: how can we translate evidence into action? This is what EUPHA is trying to do by creating bridges between the policy making world and the research in public health's different fields.

My tasks have been quite broad. I have had been in charge of, among other things, writing the introduction of a scientific paper, of writing EUPHA 2019's manifesto, and of organising Science Talks on various topics at the office. I had the opportunity to go to a European level meeting, where I could network and bond with other health professionals. Your own tasks will of course depend of your profile, but keep in mind that if you come up with an idea, it will very likely be listened to and taken into consideration. For example, I also offered to contribute to the newsletter which was warmly welcomed.

In short, Maaïke and Dineke will ensure that you are making the most out of this internship, and that you are learning as much as you contribute. This is not a classic internship, it is a true professional experience, where you will be part of something bigger.

The other team members will welcome you with open arms (even more open if you bring some food), and it will contribute to make your experience there even more pleasant. You will come out of this internship stronger, more prepared to what is expecting you outside in this field, and definitely one step closer to your goal.

- Marie  
*October 2019*

More information on the internship programme can be found here: <https://eupha.org/further-your-career>.



The European Public Health Association, or EUPHA in short, is an umbrella organisation for public health associations in Europe. Our network of national associations of public health represents around 20'000 public health professionals. Our mission is to facilitate and activate a strong voice of the public health network by enhancing visibility of the evidence and by strengthening the capacity of public health professionals. EUPHA contributes to the preservation and improvement of public health in the European region through capacity and knowledge building. We are committed to creating a more inclusive Europe, narrowing all health inequalities among Europeans, by facilitating, activating, and disseminating strong evidence-based voices from the public health community and by strengthening the capacity of public health professionals to achieve evidence-based change.



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