

## Jinane Ghattas' reflections on an internship at the EUPHA Office

*Blog by Jinane, EUPHA office intern, September - November 2018*



“On the 30th of July 2018, I got the happy news: Congratulations Jinane you made it to the European Public Health Association (EUPHA) internship. I packed and got ready for a 9 weeks adventure at the EUPHA headquarters in Utrecht to put into practice my public health theoretical knowledge. After my studies in pharmacy, I wanted to gain knowledge and experience beyond patient-centered care, towards a more global approach and community care. For this reason, I started my Public Health Masters’ degree in Brussels in September 2017. During this life changing experience, I had the opportunity to lead a pilot project, developing a webinar to build capacities amongst health professionals and EUPHA members.

EUPHA gave me the chance to freely express myself and use my creativity to plan and implement this project entitled as follows: “Innovation to address Antimicrobial resistance (AMR) ”. Being in charge of the webinar from A to Z, I got to prove my leadership and analytical skills to go over the webinar content and logistic details. With all the trust and freedom that I enjoyed, I was not left alone. EUPHA team was there to guide me and give me their advice and expertise. We had regular meetings for updates and feedbacks about each others’ work. For 9 weeks, I was involved in every aspect of EUPHA work; I felt being part of the team since I was invited to participate in EUPHA events such as the vaccination seminar organized in Brussels and the European Public Health (EPH) conference in Ljubljana. Thanks to this project, I became very aware of the AMR situation in Europe and how health-policy and research are combined for better health outcomes and prevention. EUPHA’s first webinar was held at the EPH Conference in Ljubljana on the 30<sup>th</sup> of November, 2018. In addition to the main project, I was assigned another task to work on a private-public partnership document which included a literature review and writing a factsheet that pushes towards more critical thinking and thorough understanding of current global health debates. Throughout my internship, Dineke Zeegers, EUPHA executive director, and Maaïke Droogers, EUPHA scientific officer, answered my questions, guided me throughout the whole projects and gave me enough time for career advice.

An internship at EUPHA is not the average internship you get; EUPHA not only looks for youth involvement but they embrace it. EUPHA empowered me as a student and public health professional and was a valuable experience for my career and personal development. Cheers to everyone who made this journey fruitful and enjoyable.”

- Jinane

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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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