

ENGAGE INTERNSHIP

JANUARY 2022 NEWSLETTER - ISSUE 03



"Our past interns doing field work"

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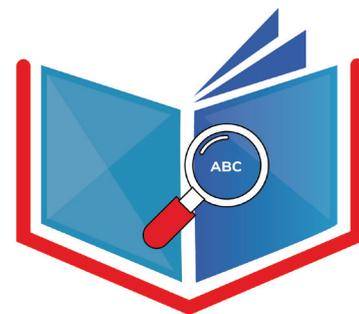
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Editor's Letter

Dear Readers,

We are pleased to share with you the third issue of our internship bulletin "ENGAGE". This issue covers stories of our interns who later became employees during the period of July and December 2021. We also feature our new mentors and their experiences working with interns. In this issue, we also bring testimonials from former interns, and we welcome new interns to the next internship period.

We hope that you enjoy reading this bulletin and we welcome your feedback.



EEL

EMPHNET Electronic Library

Coming Soon!



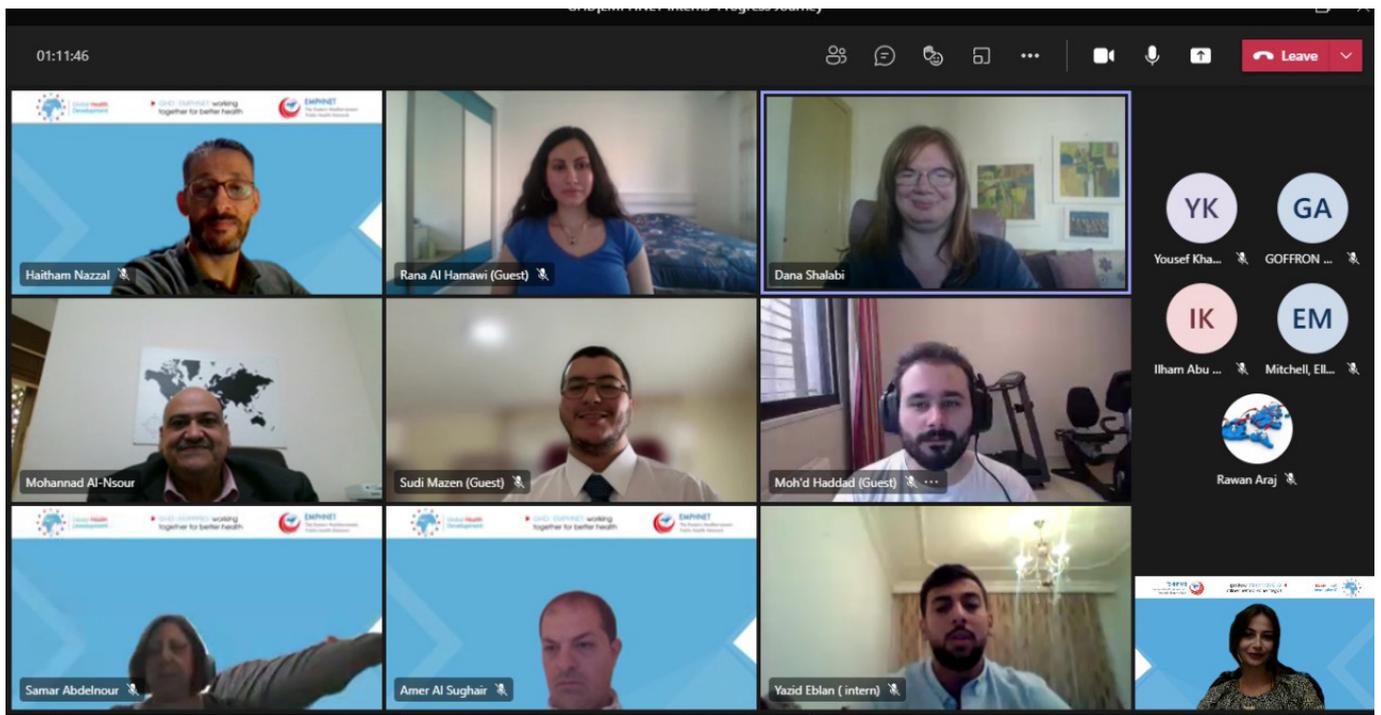
Global Health
Development

► GHD : EMPHNET: working
together for better health



EMPHNET

The Eastern Mediterranean
Public Health Network



Interns Present their Achievements to GHD|EMPHNET’s Senior Management

It has been a relatively busy few months for our interns, during which they have worked hard to achieve their internship goals and objectives. After the completion of this successful experience, GHD|EMPHNET’s management organized a meeting with the interns to discuss their achievements.

This meeting was held in August 2021. ENGAGE interns presented their achievements, outcomes, and proudest accomplishments. Each intern gave a ten-minute presentation, and each presentation was followed by a short discussion.

The meeting was attended by GHD|EMPHNET’s Executive Director, Dr. Mohannad Al Nsour, Director of the Center of Excellence for Applied Epidemiology, Dr. Yousef Khader, interns from different departments, and their mentors.

During the meeting, the interns did not only talk about the projects they worked on, but they also gave their feedback on the internship, sharing what’s on their minds.

Most interns stated that they were happy to be part of ENGAGE’s virtual internship as they were allowed to learn more about work in the public health field while remaining in their countries and resuming their studies. However, some interns also stated that they were interested in meeting other interns, and they even suggested that EMPHNET organize more group activities for them.

This meeting, arranged by the Knowledge Exchange and Networking Unit, will be conducted on a regular basis for interns to feel the progress they have made during their journey at GHD|EMPHNET.ENGAGE is one of the networking initiatives that EMPHNET fosters. It offers opportunities for students, fresh graduates, and interested youth to learn more about working in the public health field.

Fruitful Experiences

During this internship period, as any other period, three of our hard-working and enthusiastic interns have obtained employment with GHD|EMPHNET, following their internship. We sat with them and asked them to give us a glimpse of the experience they have gained during this time.

Success Story

Sudi Maiteh

Sudi Maiteh, a former intern who later became a full-time research assistant with the Research and Policy unit at GHD|EMPHNET, started his internship in June 2021. He described the internship period as a learning opportunity that allowed for personal and professional growth. Sudi also stated that the internship further helped him to gain a deeper understanding of work done in the area of public health in the Eastern Mediterranean Region (EMR) as well as an opportunity to further explore his career options.



Sudi added that, throughout his journey as an intern, working with the Research and Policy team and under the supervision of Dr. Yousef Khader was very worthwhile. He said that he was inspired by his mentor, as Dr. Khader was a true leader who sees the potential in his interns.

Beyond academic work, Sudi stated that his experience working in the field with vulnerable people has been amazing.

Sudi stated that “Despite the challenges that the internship presented, from the new experience to the workload, I worked on my organization and time-management skills to balance between my work in the field and my office work.”

He then concluded that interning with GHD|EMPHNET was very successful, and it provided him with an opportunity to experience day-to-day life as any other employee at the organization.

“This internship has definitely increased my interest in pursuing a career in scientific research. I have gained valuable insight into the Public Health sector over the past three months.”

Sudi Malteh

ANNOUNCEMENT

Keep checking our website and social media channels for new internship opportunities.

Rana Hamawi

With a master’s degree in Public Health, Rana Hamawi joined the ENGAGE internship program as a Workforce Capacity intern in May 2021. Rana’s goals were to enhance her capabilities and skills in public health.

Rana said that the internship enabled her to improve her scientific writing skills by taking online courses that her mentor suggested. Besides, Rana described the internship opportunity as unique. It enabled her to participate in country programs’ meetings where she got to know more about each country’s health systems and the challenges they encounter.

In an effort to encourage the best internship experience, Rana said that she cherished how the Knowledge Exchange

and Networking team were very supportive and cooperative in their communication with the interns. Rana added that presenting her achievements at the end of the internship to GHD|EMPHNET’s senior management was very enriching.

In conclusion, Rana said that she encourages undergraduate and graduate students to apply for ENGAGE as the experience will help them to identify their skills and strengths.



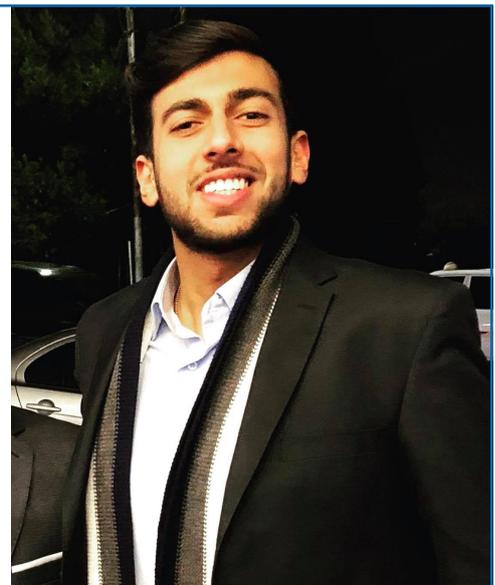
“During my stay at GHD|EMPHNET, I realized that in order to succeed in anything, you must keep on trying even if you fail several times, because in the end you will reach your goal. Basically, persistence is key.”

Rana Hamawi

Yazeed Ablan

Yazeed Ablan interned with GHD|EMPHNET’s Technology and Innovation Solutions team, and he currently holds the position of Technology and Innovative Solutions Officer. Yazeed described his internship experience as joyful, inspirational, and full of knowledge gain.

Since the start of the internship, Yazeed was eager to gain new skills within a diverse environment. Yazeed added that the internship opportunity did not only allow him to develop key skills that are necessary for the workplace, but it also enabled him to develop a network and build connections with team members and other teams at GHD|EMPHNET. For Yazeed, the internship opportunity was the first step for him to pursue a career in the Information Technology field.



“Feeling the sense of progress kept me motivated and productive in doing my work.”

Yazeed Ablan

Mentorship Corner – New Mentors

“Mentoring is a brain to pick, an ear to listen, and a push in the right direction.” John Crosby

After reading our interns’ success stories, we share with you what mentors had to say about the experience.

Dr. Nada Ahmad – Mentoring: A Noble Role



Dr. Nada Ahmad has more than eighteen years of experience in Public Health, both national and international. Previously, she worked for Sudan Ministry of Health as Maternal Child Director, and at UNICEF Sudan office as Scale Up Nutrition Facilitator.

She joined GHD|EMPHNENT in June 2019 and currently she is a Public Health Specialist,

Acting Health Protection and Promotion Team Leader. Her experience focuses on PHC specifically in the areas related to maternal and child and adolescents’ health, immunization, nutrition both prevention and curative programming, and health promotion.

Dr. Nada holds M.B.B.S (Bachelor of Medicine and Surgery) from Khartoum University, Sudan, Master’s in Public Health from University Malaya, Malaysia.

Public Health Specialist, Health Protection and Promotion Team Leader, Dr. Nada described her role as a mentor. She said, “It was a good experience that gave me a valuable opportunity to build the public health community. Mentorship offered me a distinctive taste for success and satisfaction.” She also added that mentoring opens the door to renewing information, developing skills, as well as an excellent opportunity to explore the new generation’s way of thinking especially regarding the public health community. “It may also stimulate serious thinking to develop new means of work” she added.

Dr. Nada also explained that when she was asked to be a mentor, she was very happy and that she welcomed the idea. According to her, there were three factors behind her excitement to be a mentor “I was inspired by my commitment to serve my organization’s mission, my dedication towards promoting public health and building its community, and my responsibility towards myself to continue learning.”

She also said that mentoring is a noble role and that despite the existence of competing work priorities, it is always possible to grab the opportunity to support others.

In her point of view, interns should show a high level of commitment, willingness to learn, leadership and communication skills, as well as creativity.

In conclusion, Dr. Nada advised mentors and interns to think of effective means of communication to overcome the lack of face-to-face interaction brought on by the COVID-19 pandemic.

Haitham Nazzal – A Successful Experience



Mr. Haitham Nazzal has more than 21 years of experience in information and communication in the Software Development Life Cycle as well as data management.

Technology and Innovative Solutions Team Leader, Haitham Nazzal described mentorship as a commitment yet one that’s fruitful. He said that his experience was very successful and that it led to the employment of his intern within his team. Haitham said that it is extremely rewarding to feel that you are a meaningful part of the intern’s next career phase.

He mentioned that he was very proud of Yazeed, his intern, when he asked him to help in developing a tool; the E-portal, which is a tool that provides employees with one place to access all our applications and systems. Yazeed was able to accomplish this task and this tool is being used by all GHD|EMPHNET’s team members.

Speaking about what skills a successful mentor should have, Haitham said “A good mentor should know how to plan his/her time to follow up with his interns, welcome innovative ideas, and have a professional experience in his or her field.” Haitham also added that a successful mentorship also requires the student to be receptive, committed, and be able to communicate effectively with his or her mentors.

“ A mentor should have the experience to give guidance and steer their intern in the right direction.”

A highlight from Haitham



Why is it Good to Work with a Mentor ?

- Mentors kickstart your professional development.
- Mentors help you clarify and set SMART goals.
- Mentors hold you accountable to achieve your goals.
- Mentors develop your leadership skills.
- Mentors raise your confidence and problem-solving abilities.

Former Interns Testimonials

In the last issue of our bulletin, we asked interns recently joining us to share their goals, now in this issue we are asking them what they had to say about their experience at ENGAGE.

Goffran Ababseh

Working with the Workforce Capacity team at GHD|EMPHNET has been a great experience these last three months, I've gained new skills by working on different tasks throughout my internship period. This really helped me achieve the goals I set for myself at the start of my internship, and I found that everyone at GHD|EMPHNET has been really helpful and supportive. They were there whenever I asked for help, especially from the Knowledge Exchange and Networking Team and the Workforce Capacity team. I really enjoyed the experience and hope to have further work with GHD|EMPHNET in the future. **(Intern with the Workforce Capacity – Public Health Master’s Student at the University of Jordan)**



Teebah Abu Zahra



I would summarize my whole experience as very effective and fruitful. The internship helped me in gaining valuable knowledge in the areas of fundraising and managing projects, while achieving my main learning goals from joining this internship. Moreover, I was able to learn a lot from my mentor who was very cooperative and considerate throughout the whole internship period. And I will definitely look forward to any other opportunities within GHD|EMPHNET for the future. **(Intern with Fundraising and Business Development – MSPH in Health Policy from Corvinus University of Budapest, Hungary)**

Aliaa Salman

Interning at GHD|EMPHNET was an enriching experience, and an opportunity to grow and develop professionally. I was fortunate to be mentored by Research Specialist, Dr. Randa Saad who is particularly knowledgeable, experienced, and helpful. Dr. Randa offered me guidance and helped me gain more knowledge about the fundamentals of scientific research and reporting. Additionally, the internship prepared me to have a strong start in my professional life after graduating. Lastly, I would recommend this internship program to any of my peers who are interested in research and are willing to learn and develop. **(Intern with Research and Policy – Bachelor degree in Clinical Pharmacy from Alexandria University)**



Raya Halabi



My internship at GHD|EMPHNET has been extremely rewarding. Working under the guidance of Rawan Araj made it a rich learning experience, as she was always generous with her time, knowledge, and experience. The various tasks that I was assigned to helped me hone my research and communication skills and they opened my eyes to potential professional opportunities in the future. The work culture at GHD|EMPHNET was very supportive and inclusive, and it encouraged asking questions and taking initiative. I will leave this internship with a greater appreciation of the breadth of functions required to operate a successful health organization. I appreciate that I was given many opportunities to engage in the organization’s activities, despite the challenging conditions created by COVID-19. **(Intern with Fundraising and Business Development – Health Communication Student at the American University of Beirut)**

Ghina Khassawneh

My internship with GHD|EMPHNET helped me to maximize my own potential significantly and it enabled me to reach the goals that I have been looking to achieve in the future. My goals were reflected by reaching the target audience, those people facing public health concerns who are in need of public health professionals to tackle their own issues, catering to their wants and needs and specific dietary preferences, while referring to studies that evaluate similar issues, in an attempt to reach solutions and attain powerful interventions. It has been an extremely rewarding experience working with the Health Protection and Promotion team under the supervision of Dr. Nada Ahmad. **(Intern with the Health Protection and Promotion unit – Master’s Degree in Public Health Nutrition from Coventry University)**



“ My advice for young people is, study what you love and intern in what you want to do. And I think it’s okay to pivot as many times as you need to. ”

Eva Chen, director of fashion, Instagram



How to Set Your Internship Objectives

- Think about what you are passionate about
- Think about the overall goal of your internship
- Set SMART (Specific, Measurable, Attainable, Realistic, Time Bound) Goals
- Revisit your goals throughout the internship

Meet our Current Interns

This quarter, our departments hosted international interns from different backgrounds. They shared with us what they wish to accomplish from this internship opportunity.



Sara Abu Khudair

Research and Policy Intern - Master of Public Health from University of Debrecen

As a Research and Policy Intern, I aim to improve my skills and knowledge of the entire research process, including formulating research questions, developing research plans, and collecting and analyzing data.



Nida Wasim

Workforce Capacity Intern - MBA in Health Management from Dow University of Health Sciences

Internship with GHD|EMPHNET is an enabling opportunity for me to enhance epidemiological research competencies, engage in practical aspect of the public health program implementation, and gain a global perspective.



Lina Haddad

Workforce Capacity Intern – Public Health Masters Student at the American University of Beirut

My aim is to apply academic knowledge in real-life public health programs in a hands-on environment with public health professionals at the top of their fields to develop competencies, a sense of personal accomplishment and fulfillment, and boost interpersonal and professional skills in the field.



Angela Al Bahou

Intern with the Director of the Center of Excellence for Applied Epidemiology – Medical Engineering Student at the German Jordanian University

I hope to gain experience and more knowledge in the healthcare sector.



Jack Carew

Disease Control and Prevention Intern – Public Health Masters Student at the University of Vermont

Through this internship with GHD|EMPHNET, I am looking forward to implementing the epidemiological skills I have practiced in my Masters of Public Health classes, as well as learning about the public health and disease management of Jordan, especially in regard to brucellosis.



Tala Odeh

Fundraising and Business Development Intern – Doctor of Pharmacy student at the University of Jordan

I am glad to be an intern in the Fundraising and Project Management Program at GHD|EMPHNET. I am enthusiastic to learn more about fundraising strategies and I hope to gain new skills from the perspective of pioneers in public health.



Ibtehal Safi

Fundraising and Business Development Intern – Bachelor of Science in Industrial Engineering from the University of Jordan

I wanted to take on this internship to get hands-on experience in fundraising and reaching out to potential funders and partners, and to acquaint myself with business development knowledge and activities that will advance my career moving forward.

Sherin Johnson

Workforce Capacity Intern - B.S. – Biology, B.A. – Journalism from University of Houston

With the guidance of my mentor, I hope to better understand the public-health profiles of countries in the EMR and how FETP’s build a workforce of competent field epidemiologists that protect and promote human health.

To advance your skills,
register for the “Writing a Policy Brief”
course

developed by GHD|EMPHNHET

you can access the course here



Why are Internships Good for Your Career Growth ?

- You can explore a variety of industries and career options
- You can build a professional network
- You can make your resume more impressive
- You can bridge the gap between what you learned in college , and what you learned in the real world.

TIPS

GHD|EMPHNET: Working Together for Better Health

Global Health Development (GHD) is a regional initiative created to support countries in the Eastern Mediterranean Region (EMR) and to strengthen their health systems to respond to public health challenges and threats. GHD was initiated to advance the work of the Eastern Mediterranean Public Health Network (EMPHNET) by building coordinating mechanisms with Ministries of Health, International Organizations and other institutions to improve population health outcomes. As an implementing arm to EMPHNET, GHD aligns its strategies with national policies and directions. Serving as a collaborative platform, GHD|EMPHNET is dedicated to serve the region by supporting national efforts to promote public health policies, strategic planning, sustainable financing, resource mobilization, public health programs, and other related services.

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