

# ENGAGE INTERNSHIP

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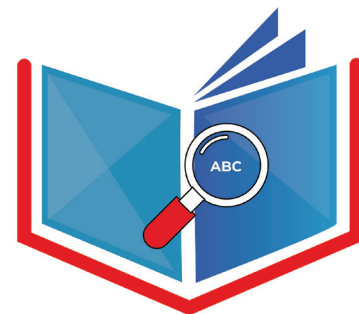
## Editor's Letter

We are happy to share with you the fourth issue of our internship newsletter "ENGAGE." In this issue, we introduce the team behind the internship program. We also share success stories of our interns who later became employees. The issue also covers our new mentors' experiences.

This issue also brings testimonials from former interns, and we welcome the new batch to the next internship period.

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

*ENGAGE Editorial Team,*



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The Eastern Mediterranean  
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## Feature Story

### Back to Face-to-face Internships

After a series of virtual meetings and two years of virtual internships, we are back to offering hybrid and face-to-face internships.

In our last internship cycle, some of our interns had the full face-to-face internship experience, while others did parts of their internship from their homes and parts of it from the office. Interns outside Jordan continued to work virtually. This is how some of our interns reflected on the face-to-face experience.

From meeting people and building a professional network to working closely with experts in their fields of interest, interns said that the face-to-face internship was very beneficial and that it enabled them to gain valuable hands-on experience.

In their testimonials, some interns said that they preferred face-to-face internships over virtual internships as they were able to learn more about the work of employees in the department and other interns engaged in the program. They also mentioned that working from the office facilitated their interaction with their mentors and allowed for better communication and more feedback sessions.

Fresh graduates joining ENGAGE said that it was through the program they gained their first work experience. They added that they were lucky enough to work from the office. Here are some of the activities our interns were involved in during their face-to-face internships.

#### Activity One: Disease Control and Prevention Intern, Jack Carew Participates in Field Visits

Commenting on his experience, Jack Carew, who spent his three-month internship at the Disease Control Department said, “I was fortunate to take part in a variety of tasks, my time with GHD|EMPHNET was marked by the need to rapidly pivot between different tasks, reflecting the realities of working in a dynamic environment with many programs simultaneously ongoing.”

Jack had the chance to participate in visits to the Mafraq Public Health Laboratory and the Amman slaughterhouse. “I am most grateful for the opportunity to have learned about field epidemiology through these visits,” he added. Besides, the highlights of Jack’s achievements throughout the internship included learning about the importance of clear public health communication when establishing relationships with key stakeholders in a study. He also practiced his Arabic language in a professional setting.



“ My favorite part of the internship was the opportunity to attend some field visits with my mentor Public Health Specialist, Dr. Ekhlas Hailat. ”

*Disease Control and Prevention Intern, Jack Carew*

## Activity Two: Current and Former Interns Present their Achievements in a Face-to-face Meeting with GHD|EMPHNET’s Senior Management

In a meeting held in May 2022, interns reflected on their three-month experience at GHD|EMPHNET. During the meeting, each intern gave a summary presentation about their internship experience where they talked about the different projects they worked on and the tasks they were assigned.

The meeting took place in the presence of GHD|EMPHNET’s Executive Director, Dr.

Mohannad Al Nsour, the Director of the Center of Excellence for Applied Epidemiology, Dr. Yousef Khader, interns from the last internship cycle, their mentors, as well as the Knowledge Exchange and Networking team.

The meeting was followed by a networking lunch, during which interns had the opportunity to share their experiences and learn about each other’s projects and future plans.



TIPS

### How to Prepare for Your Presentation

- Outline your presentation
- Practice your presentation ahead of time
- Write with your audience in mind
- Arrive early
- Practice your hand gestures
- Take some deep breaths

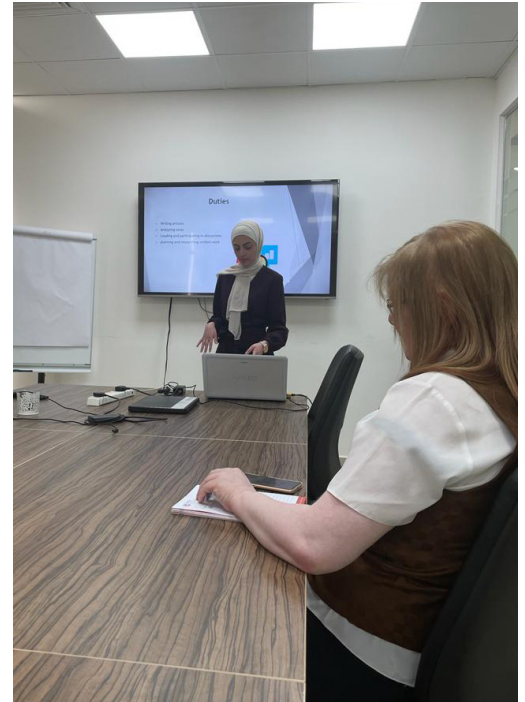


## Activity Three: Knowledge Exchange and Networking Intern, Mais Al-Hasan Practices her Public Speaking Skills

As part of realizing her objectives to enhance her presentation skills, Mais Al Hasan, who did her internship in the Knowledge Exchange and Networking Department, did a presentation on mental health before the team, and other employees from GHD|EMPHNET.

Following the presentation, she received feedback from everyone present in the session. The tips she was given will benefit her in future presentations.

In conclusion, there are pros and cons to face-to-face internships, as such internships allow for more face-to-face interactions, more hands-on training, and more feedback from mentors. Furthermore, the interns feel more like part of the team. However, this is not to negate the benefits of virtual internships, as these internships also offer opportunities for people to benefit from the program, even if they are unable to travel.



## EMPHNET's Internship Program ENGAGE will Receive Students from the Erasmus Mundus Joint Master's Degree in Public Health in Disasters (EMJMPHID)

We are happy to announce that EMPHNET will be one of the organizations to receive interns who are students within the Erasmus Mundus Joint master's degree in public health in Disasters (EMJMPHID).

This joint academic program is offered by the Unit for Research in Emergency and Disaster of the University of Oviedo (Spain), the Center for Research on Health Care in Disaster at the Department of Global Public Health, Karolinska Institute (Sweden), and the Department of Primary Care and Population Health of the University of Nicosia Medical School (Cyprus).

The Master's program is designed to reduce disaster risks and contribute to better and more targeted public health-based response following disasters. The first batch of students started their studies in 2019 and students will be accepted yearly until 2024.

EMJMPHID is sponsored by the European Union under the Erasmus+ actions and involves associated universities and institutions, as well as health and emergency aid organizations around the world.

Within this program, students complete core modules at the University of Oviedo. Then, they carry out three months, internship at an educational institution, international organization, or relevant private company. The aim of the internship is to provide the student with a first contact to the work field of "public health in disasters" and an opportunity to practice gained knowledge.

EMPHNET will be amongst the consortium of organizations receiving interns from this program through its internship program ENGAGE.

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## Success Stories

### Past Interns who are Now GHD|EMPHNET’s Employees

We are very proud that this corner of ENGAGE newsletter always has new talents who end up joining the GHD|EMPHNET Team. In this quarter, we feature two of our past interns who became employees.

#### Research Assistant - Sara Abu Khudair

With a Bachelor’s degree in Dentistry and a Master’s degree in Public Health, Sara followed her passion for public health and she joined the ENGAGE internship program in December 2021. After her internship, she became a Research Assistant within the Research and Policy Unit.

Within a span of three months, Sara gained experience in assessing public health needs and she also acquired an understanding of various health challenges in different settings.

She learned a lot from her mentor, Dr. Yousef Khader who taught her the importance of enjoying what you do.

She concluded that the internship was very diverse and allowed her to meet other interns from different cultural backgrounds. Additionally, she said that she found the internship program very flexible and tailored to each intern’s expectations and goals.



“ GHD|EMPHNET is a great place to interact with experts in the field and improve professional self-awareness and gain experience that will help improve professional competence. ”

*Research Assistant - Sara Abu Khudair*



**TIPS**

### Eight Ways to Turn an Internship into a Job Offer

1. Research the company, and find out everything you can about the company before you start.
2. Ask questions. Employers like to see interns who are engaged and eager to learn.
3. Set clear goals with your mentor.
4. Work hard.
5. Be professional.
6. Get to know everyone
7. Be positive.
8. Learn from others.

## Technical Consultant - Rachel Chan

Rachel Chan has recently become a Technical Consultant at GHD|EMPHNET. She joined us three years after she completed her internship with the Polio and Immunization team. Rachel said that during her one-month internship, she got exposed to numerous areas of public health within the Eastern Mediterranean context. This exposure allowed her to excel in her position and broaden her public health knowledge.

Rachel said that the biggest challenge she faced during the internship was that it was very short. She mentioned that one of the challenging, yet interesting experiences was that the internship was her first experience in a non-American setting and within a different work culture.

For her, it was very difficult to adapt to work in a very short period, yet the networking and connecting part with people made her tasks easier for her.

Rachel was very excited about her new career challenge especially. She said that it felt great to come back to Jordan and to work with the organization she interned with. The experience she gained from her internship was very helpful in her current position as she has some background in public health within the Eastern Mediterranean Region’s (EMR) context.



Rachel said that her passion for public health came from her mentor who was very inspiring. “Having met my mentor Workforce Capacity Team Leader Dr. Haitham Bashier really solidified my interest and passion in public health,” she added.

Rachel now contributes to analyzing qualitative data and assists in developing a curriculum for a new field of study for primary health care.

We look forward to their growing further with GHD|EMPHNET and supporting their career progression.

“ Rachel’s advice to interns is to be open-minded and to take on as many things as they possibly can. She also encourages interns to take the internship opportunity to grow their professional network. ”

*Technical Consultant - Rachel Chan*

## Mentorship Corner

Our mentors for this quarter share their experiences

### Public Health Specialist - Dr. Ekhlis Hailat

Coming from her dedication and devotion to teaching the young generation, Dr. Ekhlis said that she enjoys sharing her knowledge and experience with others. She said that her motto is, “the more you share your knowledge, the more you grow.”

She described her experience in mentoring as very fruitful and beneficial for both herself and - her intern - Jack. She added that Jack was an asset to the team “dedicated, innovative, and hardworking. Jack’s relentless drive to constantly deliver the best results made his experience very impactful.”

The communication between Dr. Ekhlis and Jack was open where she encouraged him to ask questions and where she gave him advice and feedback

Jack, in turn, was very cooperative and acted positively towards Dr. Ekhlis’s feedback. She added that her passion for teaching made it easier for her to take part in mentoring.

She said that the success of the interns’ experience depends on many factors. These factors include having an interest in the area of internship and a willingness to learn more about it. She added that interns should also be eager to learn more, have clear objectives, and take advantage of their mentors’ expertise. For mentors, her advice is to maintain open communication. A mentor should give interns advice that will help their growth both professionally and personally.



Dr. Ekhlis said that she was very proud when Jack talked about how his experience was worthwhile. She felt that hard work did pay off. His reflection on the experience showed the benefits and the advantages of his internship with the Disease Control and Prevention unit.

Lesson learned: the intern’s background and interest in a specific area make the experience easier and more valuable.

In conclusion, Dr. Ekhlis said, “when the intern shows enthusiasm, the mentor will be encouraged to offer more. Seeing how much time and effort the intern puts into every task assigned to them makes the mentor want to do their best to support them.”



**Keep Checking our Social Media Channels for New Internship Opportunities**



## Networking Officer - Ms. Meral Al-Gunaid

In the first issue of this newsletter, we featured Meral Al-Gunaid as one of the success stories who went from intern to full-time employee. In this issue, Meral continues to shine with us, and we feature her as a mentor.

We interviewed Meral and asked her about her experience from intern to mentor, and here is her story.

According to Meral, being a mentor for the first time was somehow challenging. It took Meral time to learn how to give constructive feedback, how to manage her time, and how to give the right guidance that will motivate her intern and help her achieve her goals.



Although it has been less than two years, Meral was pleased that she had the opportunity to mentor someone and to be part of the kick start of her intern’s career.

Meral said that this experience enriched her knowledge and helped her apply the skills she learned throughout her internship. She added that this opportunity allowed her to improve her communication and time-management skills.

Although Meral believes that being a successful mentor requires a mixture of skills, however, time management is a vital one for her.

*“ I encourage interns to always be curious and learn to unlock their potentials further. ”*

*Networking Officer - Ms. Meral Al-Gunaid*



TIPS

### Here is How to Write an Effective Testimonial:

- Determine what story you want to tell
- Ask specific questions
- Keep it short and conversational
- Use pictures, if possible



## Testimonials – From our Former Interns

### Mais Al-Hasan

“I have boosted my self-confidence by making presentations multiple times and by doing many challenging tasks. I found the internship experience fruitful as I learned how to be responsible and committed to work. I am glad that I had this face-to-face experience, and I would like to thank GHD|EMPHNET for allowing me to practice actual work and to be part of the Knowledge Exchange and Networking team.”

**(Intern with the Knowledge Exchange and Networking – Applied English Student at the University of Jordan)**



### Jack Carew



“My experience with GHD|EMPHNET has shown me that I would likely enjoy spending more time working with the national health apparatus in Jordan and that there may be opportunities to pursue here in the future. Furthermore, I have had the chance to develop my professional network in Jordan and have connections I might be able to rely on for future collaborations. Finally, my co-workers at GHD|EMPHNET have inspired me daily with their kindness and commitment to their work, and I hope that in my career going forward I am able to bring the same degree of character to public health issues.” **(Disease Control and Prevention Intern - Master’s Student of Public Health at the University of Vermont)**

### Majd Ali

“My three-month internship at GHD|EMPHNET and specifically at the Research and policy unit was a valuable experience that further developed my skills and prepared me well for my professional experience. During the internship, I was assigned multiple tasks that focused on the objectives and goals I wanted to achieve. Every task was a chance for me to learn a new skill or acquire more knowledge.”

**(Research and Policy Intern – Bachelor’s Degree in Pharmacy from the University of Jordan)**



### Lara Samain

“The internship program at GHD|EMPHNET was extremely beneficial. It gave me a memorable opportunity to learn more about research in the domains of public health and epidemiology. I also had the opportunity to explore a new area for my career paths.” **(Research and Policy Intern – Master’s Degree in Public Health from the University of Debrecen – Hungary)**



### Tala Odeh

“My internship in the Fundraising and Business Development department offered a very welcoming environment where I had the ability to gain immense information about stakeholders and how to find probable partners who share with me the same vision to reach a certain goal.” **(Fundraising and Business Development Intern – Doctor of Pharmacy Student)**



TIPS

### Five Skills You Need to Succeed in Your Internship

- Good listening, writing and speaking communication skills
- Problem solving abilities
- Teamwork
- Initiative
- Professionalism, work ethics

## Meet our New Interns

We are excited to welcome our new young talent who joined GHD|EMPHNET in June. We look forward to welcoming more interns throughout July.



### Tasnim Ali

Workforce Capacity Intern - Master of Healthcare Innovation (MHI) from Edson college of nursing & health innovation - Arizona State University

*I would like to enhance my skills and knowledge as a medical practitioner to advance health and well-being while creating and maintaining a noticeable impact on the region.*



### Jumana AlQudah

Workforce Capacity Intern – Master of Public Health from the Jordan University of Science and Technology

*I'm excited to take advantage of this internship opportunity to improve my skills and apply them in the field of public health, specifically in the aspects of data collection, analysis, and policy creation.*



### Ahang Kareem

Workforce Capacity Intern - Master of Public Health School of Public Health from Tehran University of Medical Sciences

*I hope that the Workforce Capacity Internship will be a remarkable professional development approach to improve my career and performance in field epidemiology and public health capacity building scheme.*



## A Regional Public Health Library Launched by EMPHNET

On May 11, 2022, and after months of preparation, EMPHNET launched its Electronic Library (EEL), thus adding another milestone in its journey to spread public health knowledge across the Eastern Mediterranean Region.

EEL is a free digital resource dedicated to empowering field epidemiologists and public health professionals in the region, by providing them with access to resources and tools that benefits their research and practices. It also serves as a space for enhancing the region's reservoir of public health education and information, which, in the long run, would contribute to bridging the information-to-action gap in the region.

EEL contains multiple resources, including e-journals, e-books from different publishers, and a section dedicated to documents

published by EMPHNET and its partners. This section includes guidelines, manuals, webinar briefs, reports, abstracts, and other literature that is not published in journals. This unique content, or grey literature, is now made open to EEL's users, thus serving to offer a wider scope of content set to enhance users' research and work.

As part of GHD|EMPHNET's aims to ensure that the e-library does in fact offer resources of relevance to the region's public health professionals, EEL was also designed to include a "Request a Resource" form which users can fill to request e-books, e-journals, and articles, amongst other resources. This form will also help library administrators to determine the needs of the users and to expand EEL's collections accordingly.



*We aim to improve public health practice and research by providing access to information through this library. We aim for EEL to be a comprehensive resource in the EMR, supporting field epidemiologists and public health professionals.*



*Dr. Mohannad Al Nsour, GHD|EMPHNET Executive Director*

Off to a good start, EEL already has 191 active users from 49 countries across the region and beyond, with a collective number of logins exceeding 1564. Within these logins users accessed a total of 785 resources. At this rate, GHD|EMPHNET can only anticipate an increase in these figures in the months to come, thus further bringing the library closer to realizing its vision for becoming the region's comprehensive

public health resource in the near future. EEL's team will build partnerships with institutes and libraries to further enhance its resource portfolio and create more opportunities for users and researchers in the region to advance their work.

You can access EEL [here](#)

### 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.