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## Editor's Letter

Dear Readers,

It is our pleasure to bring you the first issue of our internship bulletin, through which we share the testimonials of interns, mentors, and others who have been involved in our internship program.

After one year of its establishment, the internship program saw 18 interns that worked in multiple departments and came from different scientific backgrounds, it also saw over five members of our team serve as mentors. This is a source of pride for us, and a steppingstone from which we hope to see our internship program grow in the years to come.

In this issue, we also share with you what our past interns had to say about their experiences and some tips from our mentors, and their experiences working with interns. We also share with you success stories from interns who had moved on to join our team, and we also introduce you to the interns who had started their internship with us recently.

This issue also contains tips for interns to make the best out of their internship, as well as words from the Knowledge Exchange and Networking Team Leader, the unit that runs this program, as well as tips on how to make the best of a virtual internship, and how to be a good mentor.

We hope that you find the content of this bulletin beneficial, and we do welcome your feedback.

Editorial Team,



## Message from the Internship Program Team Leader

I have always believed in the value of empowering others in order to achieve their best and in-turn positively influence communities at large. And, with this understanding, I was excited to learn that the internship program was placed under the Knowledge Exchange and Networking unit's leadership.

I have always believed that this program can offer great opportunities for the younger generations of graduate and undergraduate students, as well as fresh graduates. Within this resolve, we designed the program's policy to not only achieve this objective, but to also respond to the organization's ongoing aims to provide opportunities for knowledge exchange. We made it our mission to offer interns a learning experience that can be transformed into a fruitful discourse.

Through this program, we have offered a hands-on experience to interns interested in pursuing a career in public health. While for us at GHD|EMPHNET, we saw the program as an opportunity to learn more about the pool of young talents who can later move on to contribute to elevating the public health practice in the region.

I am very proud to say that the program saw significant growth in its first year of establishment, whereby we received 18 interns from varying universities both from the region and beyond. Those interns have successfully concluded their internships at different times of the year.

We are constantly seeing an increased demand on this program, and a constant interest from more team members who show keenness to become mentors.

Despite this strong start, we are not complacent when it comes to progress. We are thus always looking for ways to raise the profile of this program, to form partnerships with learning institutions, and expand the disciplines in which we offer internships in. Some milestones worth noting in the program's first year include: the expansion of the internship options we offer.

This year, our program started offering students internship opportunities in the fields of HR, Media and Communications, Knowledge Exchange and Networking, and Project Management alongside the various areas of public health practice. We also started accepting graduate students from EMORY University thus announcing our first practicum offerings. Being proactive, and in light of the current COVID-19 pandemic, we also worked towards resuming our internships virtually.

This development was both a challenge and an opportunity for growth as it forced us to re-evaluate the skillset needed for us to succeed.

All in all, this has been a successful first year, and one we can only build on for more achievements to come.

Dana Shalabi  
Knowledge Exchange and  
Networking Team Leader

## Feature Story



### MENTORING UNDER THE SPOTLIGHT

As the writer and philosopher Ralph Waldo Emerson said, “The only person you are destined to become is the person you decide to be.” This quote rings true, as we have learned from the GHD|EMPHNET internship program that a mentor can effectively guide mentees towards being the best versions of themselves. In our internship program, mentors have come to play a crucial role in the progress and educational growth of the interns they work with, so it is only fitting to dedicate this section of the bulletin to their great efforts and to recognize the support they have given our interns throughout the last year.

#### A WIN-WIN RELATIONSHIP

Many of our mentors stated that the internship is not only beneficial for the intern but that it has also been a fruitful experience for them as well. For Example, Researcher at GHD|EMPHNET’s Research and Policy Unit, Ms. Majd Al-Soukhni has mentored two interns in the last year. She said that she has learned a lot from the interns’ questions as she had to do her research before answering them. This meant that she learned something new each time she was asked a question. Similarly, Team Leader of GHD|EMPHNET’s Research and Policy Unit, Dr. Mirwais Amiri said that he was pleasantly surprised each time he mentored someone, as this came with a learning experience for him as well.

Also, Team Leader of the Knowledge Exchange and Networking Unit at GHD|EMPHNET, Ms. Dana Shalabi said that her experience with the interns improved her teaching skills and it taught her how to get the best out of the team she works with. This did not only prove to be positive for her work in the internship program but also in her role as a team leader. She described mentorship as a win-win situation for both the intern and the mentor alike. They learn something new, and the mentor grows as a leader.

Furthermore, other mentors said they received substantial support from the interns on the multiple projects they were working on, as interns offered their fresh ideas and innovative thinking. They often help you see an angle you have never seen before.



**Y**ou always learn new things when you generously share your knowledge with others.

- Research and Policy Team Leader, Dr. Mirwais Amiri.



## HEARTFELT ADVICE FROM THE MENTORS

However, in order to ensure that the experience comes with advantages for both parties involved, the mentors have a role to play. Our mentors encouraged their colleagues to follow in their footsteps and to take on the mentorship experience, however, they said that they should take on this initiative only if they have enough time to give for the interns. Technical Officer, Dr. Moad Rahamneh had mentored three interns in the past year. Drawing from his experience, he stressed the fact that the mentor should never underestimate the ability of the interns and that they should always give them the opportunity to shine. Moreover, other mentors added that it is great to share and exchange knowledge with others, especially with the interns who are still at the beginning of their career paths.

On a different note, Ms. Shalabi said that the most effective way to get the best out of the mentorship experience is to give interns real work to do. *“It is often a misconception that interns might lack experience, but you would be surprised at what they are capable of achieving and how they can really serve as great assets on your team.”* she added.

Mentors have also advised future interns to stay in touch with them and to keep asking questions, they also emphasized the importance of being confident and not shying away. Moreover, the mentors said that two-way communication is crucial and that the mentors and their interns should meet regularly to stay updated.



*always advise the interns to keep asking questions, as sometimes they may ask a question that did not draw my attention so I will learn from their questions, thanks to them.*

*- Technical Officer, Dr. Moad Rahamneh.*



## PROUDEST MOMENTS

Workforce Capacity Team Leader at GHD|EMPHNET and mentor to four students, Dr. Haitham Bashier, and Dr. Amiri both expressed their pride in their interns after they successfully published their work by the end of their internship. While Technical Officer, Dr. Omar Al-Hadeethi; Researcher, Ms. Hind Yousif; and Dr. Rahamneh were proud to see that their interns had submitted reports that were near-perfect, and that their work was in need of minor edits only.

Moreover, the mentors said that they felt happy when they received thank you letters, and when their past interns contact them asking them questions and advice for their careers.



*One of my past interns from the US who finished her internship two years ago, regularly contacts me and asks for my technical advice till now. Which is a great thing for me.*

*-Workforce Capacity Team Leader, Dr. Haitham Bashier.*



## MENTOR TALK

The mentors also shared their thoughts on the mentorship experience and once again, they showed their willingness to have more interns to work with in the future. The mentors also encouraged public health students to apply for the internship program at GHD|EMPHNET.



**S**ome people, by nature, like to share their knowledge with others, the mentorship comes from the person's inner drive to help others. I would be more than happy to share what I have with others, and that was the reason I was interested in being a mentor.

- Research and Policy Team Leader, Dr. Mirwais Amiri.



## FINAL THOUGHTS

Our mentorship of future public health experts has been extremely successful. To this end, we will be working on having more opportunities in different departments at our organization.



### Ten Tips to be a Successful Mentor

1. Set shared objectives from the internship experience early and re-visit these objectives.
2. Give your intern constant and honest feedback.
3. Give your intern real work and prioritize their tasks.
4. Set meetings and communicate regularly with your intern.
5. Celebrate their achievements.
6. Seek out projects related to the skills your intern wants to develop.
7. Lead by example.
8. Encourage your intern to make decisions.
9. Listen to your intern.
10. Maintain a good relationship with your intern.



## From Intern to Employee- Stories Worth Telling

Throughout our internship program, several outstanding interns had the opportunity to secure a permanent job at our organization. They had made this achievement through their dedication and hard work. They proved themselves to be a great fit for GHD|EMPHNET. Therefore, we dedicated this part of the Internship Bulletin to get to know more about their journey from intern to employee.

### FORMER KNOWLEDGE EXCHANGE AND NETWORKING INTERN TO CURRENT COMMUNICATION OFFICER, READ MORE ABOUT JOUMAN BARAKAT'S STORY.



Jouman joined GHD|EMPHNET's internship program within the Knowledge Exchange and Networking unit. She described her experience as one that she will never forget. During her internship, she spent most of her time working on a podcast focusing on the Field Epidemiology Training Programs (FETPs) and their work in the Eastern Mediterranean Region (EMR). Jouman portrayed her experience at GHD|EMPHNET as a fruitful one in which she was able to work in a professional setting and under the guidance of well-skilled mentors who guided her through the internship and gave her the support to learn more about the workplace setting. Jouman said that the internship had a great impact on her current full-time job at GHD|EMPHNET.

“

*I am very appreciative of all the support that Dana (her previous mentor) gave me, I approached her with the idea and my plan, and it was nothing but support. Actually, I hear a lot about other organizations and how they shut anything new and how they refuse change, but what I basically did in the internship is that I created a podcast which was not done at GHD|EMPHNET before, but they welcomed the idea and were very open to my idea's execution. That is the one thing that I appreciate the most, they guided me down the right path in order to achieve what I initially hoped for.*

”

On another note, Jouman said that she was pleased that she had the opportunity to connect with her fellow interns who made her internship journey at GHD|EMPHNET educational. With the different backgrounds and skills they had and their willingness to share their ideas and knowledge, every day brought with it a fun learning experience.

Jouman concluded by expressing how fruitful, thrilling, and unforgettable her experience as an intern was. In addition to that, she advised future interns to share their ideas with their mentors regardless of how big and out of the box they think their ideas are.

*“I want to thank GHD|EMPHNET for giving me this opportunity because I learned a lot and it made me grow as a person. Also, it is something I will carry with me for the rest of my life and I am really proud to hold a working position at the organization, it is such a thrive.”*

## FROM FORMER KNOWLEDGE EXCHANGE AND NETWORKING INTERN TO CURRENT NETWORKING OFFICER, READ MORE ABOUT MERAL AL-GUNAIID'S STORY.



After graduating in June, Meral took on an internship at the Knowledge Exchange and Networking unit at GHD|EMPHNET. Meral said that she found her internship very beneficial as the opportunity enabled her to gain writing, editing, proofreading, and communication skills that helped her to save a place at the organization as a Networking Officer. She received major responsibilities from her mentor. Besides basic skills such as paying attention to details, the ability to work within a team, and other competencies related to her work. Meral was also exposed to the public health work and learned a lot of valuable information about the Field Epidemiology Training Programs (FETPs).

Meral noted how lucky she was that she worked with experts, she thanked her mentor who was supportive, encouraging, and cooperative. She said that the constructive and constant feedback that she

received from her mentor helped her a lot. She described the learning method her mentor adopted as a better learning process than spoon-feeding as her mentor involved her in the working process.

For future interns, Meral suggested that they should be serious, committed, and try to take initiative and communicate their ideas. In addition, she said that interns should try to absorb as much knowledge and information as they can as there is a lot to be learned at GHD|EMPHNET.

Overall, Meral described her internship as fruitful, enriching, and interesting. She said that despite some challenges, she was very proud when she received an email from her mentor telling her that her first article was published.



*I am very thankful for this opportunity and I would like to thank my mentor and my team members for being cooperative and encouraging, special shout out to Dana Shalabi, my mentor, who helped me a lot during my internship and was always there to guide me and offer advice.*



## How to Apply?

To apply for our upcoming internship opportunities, please fill out this [Application Form](#).

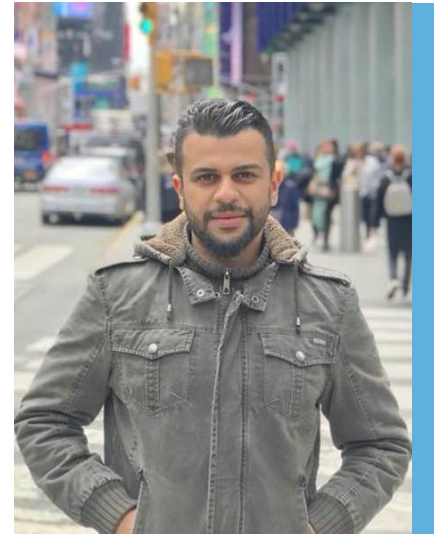
Or Send a resume and a cover letter to [internships@emphnet.net](mailto:internships@emphnet.net)

### FROM HEALTH PROTECTION AND PROMOTION INTERN TO CURRENT TECHNICAL OFFICER, READ DR. OMAR AL-HADEETHI'S STORY.

Dr. Al-Hadeethi commenced his internship with the Health Protection and Promotion unit, thus taking the first step towards a career in public health. He said that throughout his internship, his ultimate goal was to get a job at GHD|EMPHNET, and nothing made him happier than the moment he was informed that he got a full-time job in the organization.

Through his internship, Dr. Al-Hadeethi learned a lot of professional skills from his mentor such as research skills, writing skills, and creating technical reports. Besides, he said that through his internship he attended and participated in a conference where he and his team members got the chance to present a project in front of public health experts and professionals who came from Canada. He said that he was thrilled that their participation was very successful.

Dr. Al-Hadeethi advised future interns to ask a lot of questions. He also said that interns should challenge themselves with new tasks and projects. Moreover, Dr. Al-Hadeethi said that interns should be hard workers in order to get the knowledge and skills they need and realize their ambitions.



“

**T**he internship bridges the academic experience with the career, so this is how I took it. I had a target that by the end of the internship I will get a job, and this is what I achieved.

”

### FROM HEALTH PROTECTION AND PROMOTION INTERN TO CURRENT RESEARCH ASSISTANT, READ MOHANNAD AL-JAGHABEER'S STORY.

Mohannad started his internship journey with GHD|EMPHNET as a Health Protection and Promotion intern. With the support and advice of his mentor, Mohammad's biggest takeaways were that he learned various professional skills such as research, dealing with raw data, drafting reports, and data entry.

Mohannad stated that he was motivated by the duties his mentor gave him. He got the opportunity to assist in a research project on hypertension. He also described his internship as a life-changing experience.

He advised future interns to get the best out of their internship by following-up with their mentors and trying to get the maximum knowledge from them.

“

I am very thankful to my mentor who gave me all the support I needed and helped me become the person I am now; my internship was very rewarding and worthy.

”







## Five Tips to Make the Most of Your Internship

1. Set clear and SMART (specific, measurable, attainable, realistic, and time-bound) objectives with your mentor.
2. Take in the guidance, and knowledge from your mentor.
3. Submit high-quality tasks.
4. Take the initiative – ask for tasks.
5. Be curious, ask questions, and meet your mentor regularly.

## Former Interns' Experiences at GHD|EMPHNET



### HANEEN JAWALDEH

#### Health Protection and Promotion

“My internship at GHD|EMPHNET has been an eye-opening experience and a great opportunity for me to develop and expand on my skillset while working in an area I personally enjoy, which is public health. Overall, the six months I spent at GHD|EMPHNET were tremendously valuable and it was such an inspiring experience for me. As an intern, my work and contributions were valued by the staff and the work I have been given has been engaging and meaningful.”

### MOHAMMAD AL-KHATIB

#### Environmental health

“It was an honor for me to work with the team and I am highly indebted to my mentor for taking the time to mentor me. The workplace culture at GHD|EMPHNET motivated me to do my best and the variety of tasks I worked on gave me an insight into the inner workings of the WASH field. This internship has helped me in my decision to pursue a career in the humanitarian aid and development sector. It will be a pleasure to keep in touch and seek guidance as I plan out my career.”

**MOHAMMAD ALYOUSFI****Center of Excellence for Applied Epidemiology**

“The most interesting part was working on outbreak investigations in Brucellosis and Anthrax projects, as well as developing materials for upcoming workshops with different case studies. Learning how to link between Epidemiology with rapid response during disease outbreaks was valuable, especially through FETPs which GHD|EMPHNET is already working on strengthening and developing. I would highly recommend such a great internship program at reputable GHD|EMPHNET for their professionalism, commitment, academic discipline, warm welcoming, and suitable ergonomics.

The program was flexible and adaptable where you can experience working with multiple teams, being engaged in the real work, and learn how to manage and solve any problem you might face.”

**KAMRYN COLE****Disease Control and Prevention**

“I was able to witness everything first-hand through a field visit shadowing Dr. Moad Rahamneh in Eastern Amman and gain a better understanding of what epidemiological fieldwork is in rural areas. I was given the opportunity to work with brucellosis data collected by GHD|EMPHNET, and hone in on my data analysis skills. Although my time with GHD|EMPHNET was short, I have gained skills that will last me a lifetime. I am excited to bring everything I have learned back to my home university and into my career moving forward. I am beyond grateful for the opportunity to work with such an amazing public health organization that goes above and beyond in helping all of the communities it serves.”

**ADI MITTAL****Workforce Capacity**

“I really enjoyed my time working at GHD|EMPHNET. I gained a lot of skills that you cannot get in the classroom. These skills will be really useful in my future career as a medical professional and hopefully as a public health policymaker.”

**STAY INFORMED**

***We will be announcing new internship opportunities in February 2021***



## Meet Our Graduate Student Interns from the Emory University Rollins School of Public Health

This year, and for the first time, we accepted interns from Emory University Rollins School of Public Health. They completed a 400-hour field placement requirement, with the tasks they completed during their internship going towards their graduation requirements.

Due to the COVID-19 pandemic, they completed their internships virtually, this is what three MPH students had to say about the experience.



### VIENNA MADRID

Master of Public Health in Global Health, Rollins School of Public Health, Emory University.

Interning at EMPHNET this semester was an overall great learning experience. I improved on various competencies such as understanding family planning norms, qualitative data analysis, and technical skills. My time in the Public Health Protection and Promotion Unit with Wessam gave me better knowledge of the family planning norms within the cultures of the countries that EMPHNET works within. Creating family planning items showed me many differences between how my home country addresses these issues compared to countries like Jordan. I was grateful to further see how others learn about their reproductive health and what is considered culturally acceptable.

Secondly, I gained more experience with qualitative data analysis by working with Dr. Amiri and other Emory students in the Research and Policy Unit. I enjoyed being able to read the information from the focus group discussions of the adolescent boys and adult women discussing family planning and reproductive health. Conducting analysis first-hand was a beneficial experience that taught me both about the life experiences of the participants but also a deeper understanding of the cultural norms within these populations. I recognized my strengths and weaknesses as I continued to work on my qualitative research skills with this task.

Lastly, working as an intern at EMPHNET gave me helpful practice on technical skills for my future jobs as a public health professional. I learned more about structures of documents such as policy briefs and how to write work plans. I was given creative freedom in designing graphics such as family planning facts to be used later for the website. Editing PowerPoints aided me to see presentations from the audience's view and try to tailor slides to be more fitting for that purpose. Building on all of these skills also strengthened my ability to work in a team and coordinate on deadlines and edits if needed. My overall experience at EMPHNET was valuable in building my competencies for the future positions I will have, and I am very grateful for this opportunity.



## ABBIE SHERVINSKIE

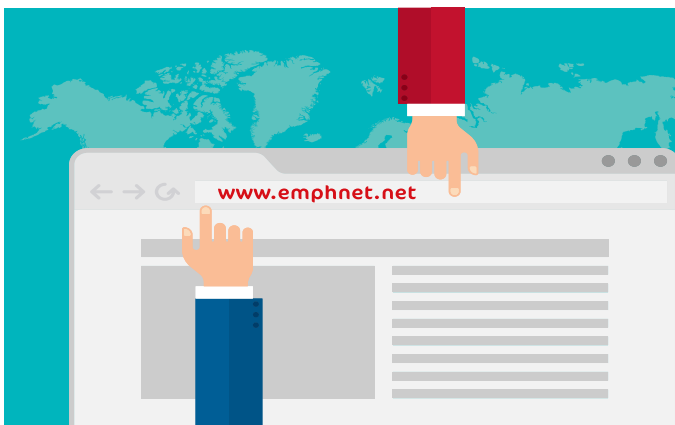
Master of Public Health in Global Health, Rollins School of Public Health, Emory University.

Holding an internship with EMPHNET and working on the IDRC Family Planning Project has been a very enjoyable and valuable learning experience. This internship provided me with an opportunity to gain experience in qualitative research, public health policy, and public health communication. Along with the practical public health skills that I acquired such as creating a thematic analysis, developing project specific policy briefs, and writing public health messages. I also gained valuable knowledge about refugee health, family planning advocacy, and the importance of recognizing cultural norms of health practices.

During this placement, there were many occasions to work on a team with other students as well as EMPHNET staff. This provided me with many opportunities to learn from other public health professionals and practice effective communication within the workplace. The project leaders and supervisors with whom I had the pleasure to work with did not only provide me with guidance but also shared their experiences of working in public health.

EMPHNET created a healthy work atmosphere for myself and the other interns, which allowed us to ask questions and receive feedback regarding assigned tasks as well as guidance for working on a dynamic public health project. I was able to enjoy a collaborative partnership with our team of interns and EMPHNET staff, and this made me feel that my work and my ideas were valued.

One of the biggest takeaways from my experience as a Research and Policy Intern on the Family Planning Project has been learning about conducting research and providing services to individuals in extremely challenging situations with limited resources. The experience exposed me to creative problem solving guided by the beneficiaries. I am impressed by the work that EMPHNET has done for the health and advocacy of refugees and host communities in Jordan, and I am proud to have played a small role in their work. I am appreciative of EMPHNET for hosting me as an intern, for all that I have learned, and for continuing the partnership between EMPHNET and the Rollins School of Public Health at Emory University.



**Read more about our internship program on our new website**

[www.emphnet.net](http://www.emphnet.net)



## ELLEN HENDRIX

Master of Public Health in Global Health, Rollins School of Public Health, Emory University.

Working as an intern within EMPHNET's Research and Policy team was highly beneficial to me. I was able to apply the skills I have gained in my studies towards a Master of Public Health, such as creating a questionnaire for dissemination and creating concept notes and presentations on qualitative and quantitative research methods. I appreciated the flexibility given to me by my mentor to complete my deliverables, as this was especially helpful given the time difference between myself and the other members of the Research and Policy team, as well as the full course load I was taking at school. The virtual nature of this internship also allowed me to work as an intern despite my physical location, which was a major strongpoint.

I also appreciated being invited to and attending EMPHNET's webinars which allowed me to gain a better picture of the work EMPHNET does globally as well as the partners EMPHNET engages with regularly. Overall, my internship was a rewarding experience, and I am thankful for the opportunity to have worked on the Research and Policy team.



Read more about our internship program  
on our new website [www.emphnet.net](http://www.emphnet.net)



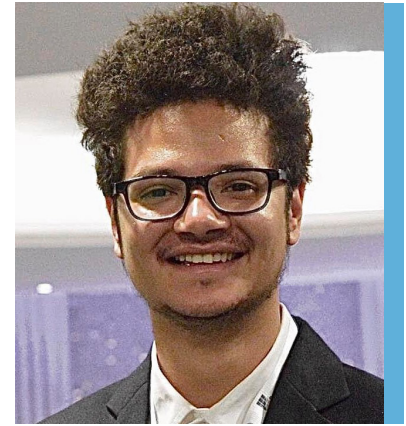
## Meet Our New Interns, and what their aspirations are for the three months to come

On December 6, 2020, we welcomed nine new interns to our internship program. We asked them to share with us what they hope to achieve from the three months to come and this is what they had to say:



DR. LUJAIN AL-OMARI

"I hope to learn more about Public Health and improve my research skills." Health Protection and Promotion Intern - Medicine and Surgery graduate from the University of Jordan



HAITHAM DAHBOUR

"I joined GHD|EMPHNET in hopes of improving my technical skillset, learn how to work with a dynamic team, and improve my design and data analysis skills." Media and Communication Intern, Business Information Technology graduate from the University of Jordan



ZAINAH ASSAF

"In this internship, I would like to gain knowledge about the practical side of working in public health, enhance my knowledge and skills in professional and technical writing, enhance my note-taking and organization skills, improve my research-related skills, and improve my presentation-related skills."

Intern within the Executive Office, MA in Public Health from the University of Jordan

AYA SHATNAWI

"It is a big honor for me to join GHD|EMPHNET, one of the best organizations working to strengthen public health system and improve health outcomes, which will give me a chance to learn more, add new skills, and enhance my experience in the field of public health. I appreciate this opportunity." Public Health Emergency Management Center Intern, MA in Public Health from the Jordan University of Science and Technology





### MONA QANDEEL

“I would like to build on my experience and strengthen my CV by being a part of this internship program, this will help me unlock new opportunities for future jobs.”

Intern within the Center of Excellence for Applied Epidemiology, Clinical Pharmacy and Therapeutics Master's Student at the University of Jordan



### RABEE ASSAF

“What I want to achieve from this internship is to put my knowledge and skills to test, so I can grow and help make this world a better place.”

Knowledge Exchange and Networking Intern, English Language and Literature student at the University of Petra



### SHAYMAA KHRAISAT

“From this internship, I want to know how to deal with coworkers and managers, to deal with problems that may face them in the future and develop my skills in the work.”

Technology and Innovative Solutions Intern, Business Information Technology graduate from the University of Jordan

### HANEEN DAGHER

“What I want to achieve from this internship is to increase my experience with this type of work, be familiar with other types of E-learning techniques, explore new things.”

Technology and Innovative Solutions Intern, Industrial Chemical Engineer graduate from Al-Balqa Applied University



## Virtual Internships at GHD|EMPHNET



In our efforts to continue the progress of the internship program despite the COVID-19 pandemic, GHD|EMPHNET transitioned the face-to-face internships to virtual internships as a means to ensure the safety of interns and employees.

At first, the virtual internship experience brought some challenges with it for both interns and their mentors. As is the case with anything new, the virtual internship experience came with communication being lost due to the lack of face-to-face interaction, delays due to technical issues, and lapses in time management. However, these challenges helped us in identifying the program's strengths and weaknesses, and it offered the interns the additional skill of managing their own time. The transition took some getting used to but with time the interns demonstrated great agility.

The Knowledge Exchange and Networking team implemented bi-weekly meetings to help the interns stay connected and to prevent them from feeling lost. As the unit responsible for the program, the Knowledge Exchange and Networking Unit made this meeting a fixture in the internship program in order to ensure that the interns were given an informal setting to discuss concerns or raise issues they may have. These meetings also helped interns stay connected to one another and the organization, they were also encouraged to share what they are working on. Spaces like these allowed the interns to build and maintain relationships with their peers and their mentors.

The unit also continued to follow up with mentors, in order to ensure that they are able to carry out their mentorship duties. Although mentoring virtually comes with its own set of challenges, especially when trying to give feedback. *"The most important principle of a virtual internship is to look at it as a new challenge to accumulate new work experiences"*. Says Health Protection and Promotion Specialist - Wessam Qarqash. *"You need to set specific meeting times with interns, especially if you are working with interns who have different time zones."* Added Researcher- Majd Al-Soukhni.

Despite COVID-19, the internship program welcomed nine new interns in November and December of 2020. We hope they find this experience enjoyable, meaningful, and get hands-on experience from their mentors. We will continue to improve our internship program, respond to the needs of our mentors and interns, and learn from challenges in order to provide opportunities for continued success and development.



## Tips to Get the Most Out of your Virtual Internship

1. Dress as you would for work.
2. Have a defined workspace.
3. Plan ahead.
4. Connect with your mentor regularly.
5. Track your time.
6. Take breaks.
7. Be self-motivated.

## Frequently Asked Questions

### 1. What is an internship program?

An Internship program is a unique opportunity offered to undergraduate students or fresh graduates. It is designed to enable them to integrate and apply practical skills and training learned through coursework and prior experiences in a professional work environment. At GHD|EMPHNET we provide students with opportunities to fulfill this requirement in a not-for-profit environment.

### 2. Will I be hired by GHD|EMPHNET after the internship?

Although we do not promise interns an opportunity for employment at the end of the internship. However, interns who show outstanding performance may be eligible for employment.

### 3. Will I get a certificate?

Upon the ending of the internship term, interns will be granted a recommendation letter and an opportunity to get an article published in the GHD|EMPHNET newsletter.

### 4. How long is the internship program?

The duration of GHD|EMPHNET's internship can range from a minimum of one month to a maximum of three months.

### 5. Is it a paid internship?

Our internship opportunities are unpaid.

### 6. What are the benefits of the internship?

- The interns will be allowed to play an active role in GHD|EMPHNET's teams while enabling them to understand the practical side of working in the field of public health.
- The interns will be offered a hands-on experience that enables them to expand their career and their work.
- The interns will be exposed to the work of GHD|EMPHNET and enhance their capabilities.

### 7. When should I apply?

You can apply once every three months, GHD|EMPHNET will announce opportunities on its [website](#) and other social media channels.

### 8. How can I apply?

Interested candidates should send their CVs' and cover letters' to [internships@emphnet.net](mailto:internships@emphnet.net).

### 9. How many hours should I work?

Each intern is expected to work 8 hours a day, five days a week.

### 10. What areas does GHD|EMPHNET offer internships in?

We offer internships in HR, Project Management, Knowledge Exchange and Networking, Media and Communications, Applied Epidemiology, Research and Policy, Disease Control, Emergency Response, Health Protection and Promotion, and Polio and Immunization.

### 11. What if my questions were not answered by these FAQs?

If you have other questions that were not answered by the FAQs, please contact:

[internships@emphnet.net](mailto:internships@emphnet.net)



## Mark your calendars !

***We are excited to announce EMPHNET's Regional COVID-19 Operational Research Symposium, with the theme***

***“COVID-19: Epidemiology, Challenges and Lessons Learned”, to be held on April 7 and 8, 2021.***

## Contact Us



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