

Mathilda Rudén's reflections on an internship at the EUPHA Office

Late August of 2018 I boarded a flight from Stockholm that were to take me to the Netherlands. Before me waited a two-month long internship at the EUPHA Office in Utrecht, that in the end would give me a lifetime of experience and memories that I will carry with me forever.

I graduated from my master's degree in Environmental Science with specialization in Infectious Disease Control in June 2018. Afterwards I wanted to gain more experience within the field of public health and EUPHA was the perfect fit for that. During the internship my main focus was on the health-related sustainable development goals (SDGs), where I produced country profiles of 45 European countries' progress towards the health-related SDGs. The project induced a dialog with the EUPHA associations that will expand over to the EPH Conference in Ljubljana during November 2018, and thereafter continue further into 2019. The project was very fun to work on and I got to use my research and analytical skills. The project also gave me a better understanding of how advocating for public health can be done. Furthermore, Dineke Zeegers, the Executive Director of EUPHA was a great supervisor that possess a tremendous amount of knowledge and experience about public health that I could learn from. Along with the productive projects I was assigned, I really appreciated that Dineke went the extra mile to set up a visit for me at the National Coordination Centre for Communicable Disease Control in the Netherlands, just for me to gain more knowledge about the work they do and how they operate.

Overall, the internship at EUPHA was a great experience that allowed me to gain more confidence as a young professional, which will strengthen me as I move towards new challenges. Finally, I want to thank the lovely colleagues at the EUPHA Office for their hospitality and friendship. I would without a doubt recommend a EUPHA internship to any student who is considering it.