

Public Health Postgraduate
Studies
- GREAT EXPECTATIONS -

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What is Public Health ?

- Science
 - Art
 - Movement
- ...dedicated to equitable improvement of health and well-being of individuals, groups, nations, entire world.

WFPHA, 2004

EXPECTATIONS



Individual level:

- Increase knowledge and competence
- Research skills
- Academic growth
- Express creativity
- Personal growth
- Find my personal PH role
- **Join a new community of professionals around the world**

Community /country level

- Better serve my community and country,
- Find a new approach in improving peoples health, quality of life, create a healthy environment
- Contribute in a health-reform process
- Create a network of PH workers (leaders)
in cooperative and collaborative way in the community, country and region
- Influence on others involved in improving peoples' health (professions, settings)
- **Become a catalyst for PH movement**

Global level

- Be prepared to face global health challenges
(reduce the burden of diseases, promote human rights, educate on all aspects of health promotion)
- Address emerging health concerns, help solve some growing human issues facing the world
- Braking down the barriers that stand in the way of promoting and delivering health
- Become a part of amazing world network of PH institutions in a cooperative way
- Keep pace with the modern world
- **Meet all these nice people**

Were my expectations realistic?

- I improved my knowledge and my research skills
- I am expressing my creativity
- I have already made some small results
- I met wonderful, knowledgeable and dedicated persons
- I feel I am a part of something very powerful - PH movement
- I submitted at the 11th World Congress of PH
- I am fulfilled and happier than 2 years ago

What every PH student need to know?

- Be prepared to be continuous life-long learners
- Nature of public health challenges changing rapidly
- Practice of PH need to change
- Learn to work in a world with too much and too little knowledge
- Learn to work in teams, but rely on your own abilities
- Real world will not always be ready to accept you and your ideas, but
- Never give up

What every PH student need to know ?

- Learn how to transform conflicts into challenges
- Be risk-taking
- Create your own working model (based on evidence)
- Work hard, be multi-tasking, use talents and energy
- Reassess the quality of Your work
- Accept the fact that You are changing every day

Prof. T. Tulchinsky:

Opening lecture, 2003

“You will see that after two years you will not be the same persons !”

And he was right.