

#AspherASSETS 2019 #ThisisPublicHealth

On July 15-21, 2019, I was attended **Andrija Štampar Summer Education & Tutoring School for Public Health** (ASSETS 2019) in Brussel, Belgium, provided by the Association of Schools of Public Health in the European Region ASPHER.

This course is structured in the way to enhance public health and global health professionals in their early careers through the concept of mentoring at the hand of distinguished and recognized experts in the fields of Public Health and Global Health. During the course, we had opportunity to present our projects in front of our groupmates and professors, list challenges and discuss them intensively. Moreover, we all receive meticulous mentoring and advice from distinguished, iconic Public Health experts, working with WHO Europe, European Commission DG Sante, European Observatory on Health System and Policies, European Health Forum Gastein, National Institutes of Public Health and leading universities in Europe and US. Appointed tutors provided wisdom, knowledge, support and important hints for the respective projects. The concept of mentoring was not univocal and did not follow a rigid pattern but was adopted to each case and what each participants needed for alternative ideas and support.

Overall, course was following up the path of lectures from keynote speakers and group works. We had discussions of many problems in the field of Public Health and Global Health, as Maternal and Children Health / Reproductive Health, Antimicrobial Resistance, Nutrition and Healthy Life Style, Emigration, International Health regulations and Global Health Security Agenda, Global Health Diplomacy, Immunization, etc. We were relatively small group, consisting from 9 participants from different countries (Spain, Poland, Georgia, Ukraine, Netherlands, Nigeria, Bahamas) which gave additional benefit to this course – possibility to follow all of us, share among and between whole information and during the free time – use it for networking, exchanging experience and ideas from other PhD-students, working on different topics. Tutors were too much engaged to the process and their delivery methods were well thought-through — the materials were easy to access and understand. It is good to see that the mentors sought to talk with each participant and many important questions were answered as a result of this communication.

There were some social activities offered by organizers during the evenings and in the weekend. This gave additional positive experience to the course.

I am happy I have participated in the ASSETS 2019. It was challenging and rewarding experience, but lots of fun and a great chance to meet equal-minded students from different fields. Additionally, course gave me chance to hear from prominent, distinguished profesors, welknown in our region and have a real life advice.

To sum up, attending the ASSETS summer school has been a positive experience and I would definitely recommend other PhD candidates to do the same if given the opportunity – highly recommended 😊

Finally yet importantly, I would like to extend my gratitude to the NRS GH for given opportunity and all that support to be part of the ASSETS 2019.

