

International Health Development

2024-2025

Term

Spring semester

Period 3 + 4 (preparation phase during period 1 and 2)

General information

Do you want to challenge yourself by conducting a research project or developing a product in a low-/middle income country?

The aim of this minor is to provide students with a better understanding of the health care system in low-/middle income countries and elaborate in local initiatives to enhance health care (systems).

Students will travel in pairs abroad, ideally with a mix of educational backgrounds, to a developing country of their choice to perform research or be involved in the development of innovations in the field of public health.

In semester 1, during the months September 2024 till February 2025 a preparatory period takes place, in which you will have 5 evening classes (approximately once in every three weeks) to work on your project proposal, that needs to be handed in and approved by the end of this semester. You will also take care of project choice, travelling, visa and insurances

In semester 2 a four week intensive training program will get you started to execute an innovative research project.

In these four intensive training weeks, you will be involved in classes for approximately four hours a day, three/four days a week. The subjects of the minor are among others: Intercultural awareness, inclusive development, nutrition, health care systems, primary health care and community based rehabilitation. Directly after the end of this 4 week program you will travel to the intended country to execute your research plan in the field of Public Health for the duration of three months.

The expertise of the international professional 'IHD'

After the minor you are able to plan, execute and evaluate (part of) a project adding to the quality of healthcare. Furthermore you are able to investigate and use different cultural and socioeconomic factors that contribute to the (non)inclusion of disabled people in low-/middle income countries. This knowledge and skills contribute to a better understanding of and practise in a multicultural setting, both in low-/middle income countries and western healthcare.

Programme

<u>Period 1+2 Preparation</u> Period: during the months September 2024 to February 2025 you take care of project choice, proposal writing, travelling arrangements, visa application and insurances. At the end of period 2 your proposal will have to be approved. Your active participation in these classes that take place on 5 Tuesday evenings approximately every three weeks, are compulsory. The schedule will be communicated before the start of this period.

<u>Period 3+4 Basic Program</u>: a four week intensive training program at the start of period 3 will get you equipped to execute an innovative research project. In these four weeks, you will be involved in classes for approximately four hours a day, three/four days a week. This can be morning and/or afternoon sessions. The rest of the time you will be preparing for your project and finetuning the research proposal.

After this Basic Program, you will travel to the intended country for 3 months to execute the research and hopefully implement a (small) innovation in the field of public health.

During your stay in the country of your choice, the amount of time spent on the project is approximately 32 hours a week for 13 weeks, including all administrative work.

After returning, you have to incorporate the last remarks in your final research paper, prepare and do an oral presentation (in English) for your fellow students, tutors, family, friends and other interested people and finish your reflection on action (individual process report). This will all take place in one week.

The examination at the end of period 4 thus consists of 2 written reports (research report and reflection report) and 1 oral presentation.

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Entry requirements / level

- Submit your motivation letter before 1st of April 2024.
- 3rd* or 4th year full time students of Physiotherapy, 4th year students of Arts Therapy or 4th** year students of Nursing.
- Undergraduate level.
- * Conducting a 'seniorstage' is a prerequisite for 3rd year students of Physiotherapy to apply for this minor.
- ** PLP3 needs to be marked sufficient.

Literature (subject to changes)

Skolnik R, Global Health 101, Fourth edition, Jones & Barlett Learning, 2019.

Examination

With this minor a total of 30 ECs can be obtained; divided as follows:

- Research paper (16 EC);
- Reflection report (10 EC);
- Presentation (2 EC);
- Active participation (2 EC).

All grades must be marked 5.5 or more to pass.

Application form

Interested? Please fill in the required application form, which can be downloaded from our website: http://www.hsleiden.nl/english
Submit your motivational letter (in English) to the minor coordinator (see mail address below) plus two references (tutors).

Application deadline

1 April 2024

Tuition fees

There are no tuition fees required for students from partner institutions.

Accommodation

Our university does not have its own student accommodation. A local student housing corporation offers temporary, furnished rooms and apartments to international students. You can find more information about accommodation on our website.

Contact

If you have questions about the content and/or the organization of the minor please contact Margriet Lambregtse.

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