

# KUMASI, GHANA & PARIS, FRANCE



## Rebekah Ess

**Program:** Global Public Health in Ghana and Paris, Summer 2017

**Majors:** Public Health, MS; Health, Society, and Policy, BS

### Earning the Research Experience Badge:



For the Masters of Public Health, it is required to do a research project. I knew what I wanted to do but I didn't know how to accomplish it so when the opportunity arose for me to perform my project in Ghana, I couldn't say no. I worked hard before, during, and after to complete my project but my time in Ghana was the best. Going out into small rural communities put meaning

behind my research and allowed me to see the difference I could make. Working in the field was an amazing experience; it gave me a new perspective on what it means to work in global health.

### Earning the Community Engagement:



While in Ghana, I had the privilege of running a team of 10 consisting of University of Utah medical, pharmacy, and public health students as well as Ghanaian medical students.

Everyone worked well together and by the end of the trip, everyone was sad to say goodbye and many were brought to tears. We all had a dandy time with each other but most of us connected through community engagement.

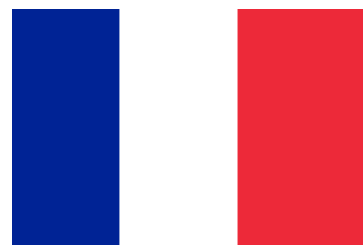
While working in the field, we were all dependent on each other. Talking to locals and going to different communities gave us the chance to open up with others while feeling like we were at home. Community engagement is what made Ghana a second home to many of the team members.

### Transferable Skills:



I am making a poster and writing a paper on both the research collected and my experience in Ghana. I have a new perspective on many things and the longer I am home, the more my experience is influencing my decisions. The largest difference for me is my perspective on different SES classes and how they differ between countries. I hope to work with low SES communities and I have learned that means very different things in different

communities. As I continue to learn how to articulate all my experiences, my children are learning with me and hope to also pursue a career in global health.



***“Global Public Health is my passion. My learning abroad trip to Ghana gave me my first opportunity to actually work and perform research in my field in a different country. I was able to go into communities and work with locals while learning their customs and language. It’s hard to understand how others feel when they come from other places for school and have to collaborate.”***