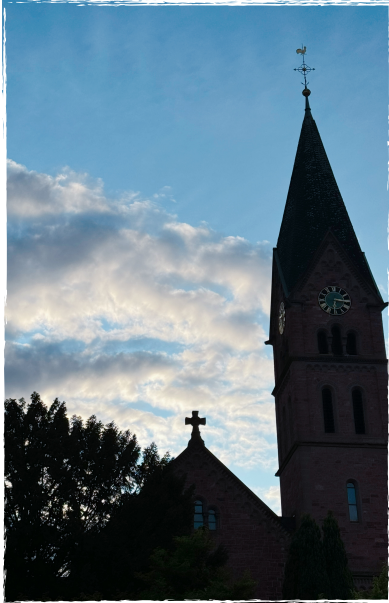


2024
SEP
13-15



Career Development

Rathaus - Bammental Workshop Report

A three-day retreat was held in Bammental, a tranquil village near Heidelberg, for the newly graduated Master's students in International Health from the Heidelberg Institute of Global Health. The career development workshop is designed to provide opportunities for personal reflection, group discussions, and coaching sessions.

- **Participants:**

Alihaji, Caini, Luana, Marwan, Sarah, Sekine, Trupti, Zauraiz

- **Facilitators:**

Andreas Deckert, Yanfei, Li

Three-day Review

A highly beneficial retreat focused on self-discovery & career planning for recent graduates



Organized by Andreas, we gathered in a relatively private space of the attic of Bammental town-hall to reflect on the insights and experiences from last year's intensive learning, share our current feelings, and discuss our future goals.

A close and trusted space developed among us as we spent a year studying together. Away from Heidelberg, the peaceful environment of Bammental offered a refreshing change. In this workshop, we worked so closely together that it felt like being back in school. Andreas and Yanfei made sure we were well taken care of with perfectly timed coffee breaks. Andreas guided us through every step of the career development process—first, helping us better understand our strengths and weaknesses, then inspiring us to envision our future, and finally, assisting us in creating actionable plans to achieve our dreams.

1

REFLECTION

On *what* we have accomplished this year & *how* our plans moving forward

2

SWOT ANALYSIS

Individual & Group
Know ourselves better

3

PATH TO UTOPIA

Develop a plan to achieve ideal *personal* & *professional* life



An Atmosphere of Mutual Trust

Perspectives with each other shared openly and compassionately



Well Structured Agenda

Goals and plans for the future gradually took shape as we came to know ourselves better



Group Therapy

Anxiety alleviated once realizing that we weren't alone in facing uncertainty about the future

Day 1

We began by collecting and discussing the questions and expectations for the workshop. Reflecting on our experiences over the past year, we shared insights from our journey as recent graduates of the Master's program in International Health. The day ended on a nostalgic note as we exchanged food from our home countries, reminiscent of school days. :)



Day 2

The second day was an intense and fulfilling one, focused on sharing and listening. We revisited the SWOT analysis for self-assessment, exploring our strengths, weaknesses, skills, and personal traits based on our professional experiences. This exercise helped us gain deeper self-awareness.

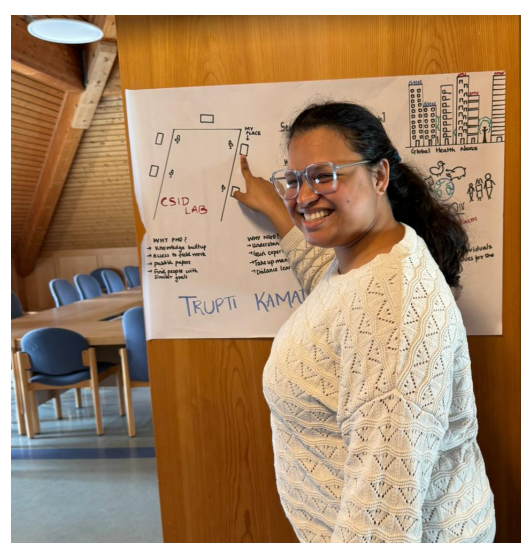
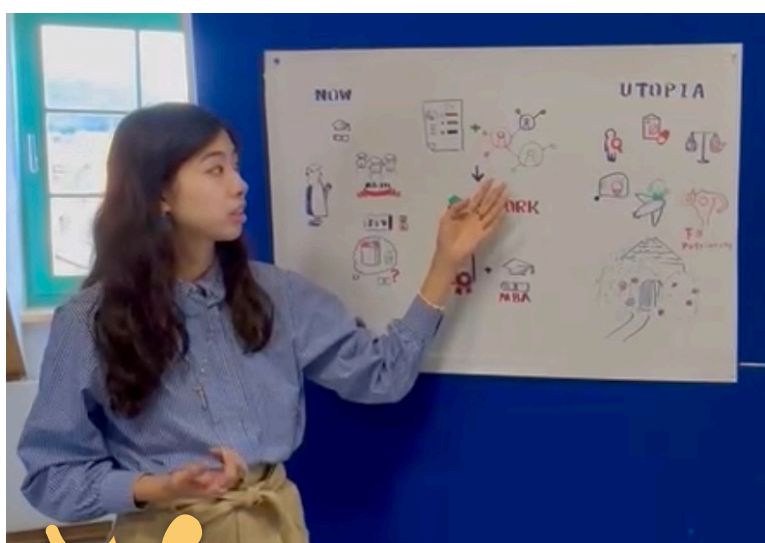
Having classmates as a supportive group was invaluable, as we had all observed and learned from one another throughout the year. Many of us received feedback on strengths and weaknesses that we hadn't noticed ourselves. The atmosphere of mutual trust fostered openness to constructive feedback and objective critiques.



As we opened up about the challenges of moving to a new country and studying abroad, along with our anxieties and uncertainties about the future, the session felt like a form of group therapy. It was reassuring to realize that we weren't alone—almost everyone shared the same feelings of uncertainty about the next steps in their careers. This shared experience brought us closer and highlighted why we had come to this workshop: to figure out our future plans. The facilitators' insights and suggestions were especially helpful in clarifying some of our confusion.

We also appreciated the presence of HIGH alumni during our discussions and later at dinner at a Greek restaurant. Over delicious meals, we listened to their experiences and tips, which gave us valuable perspective. Having been through the same period of uncertainty, their stories shed light on our own paths as newcomers in the field of international health.





Day 3

We took on the role of artists, using posters to illustrate our journey from our current position to our ideal future. Afterward, we spent a few minutes presenting our plans and discussing their feasibility. In contrast to the anxiety and uncertainty of the first two days, the plans we developed on the third day felt much more organized and structured.

By the end, all the questions we had raised on the first day were answered—either through our own reflections, advice from the facilitators and alumni, or through group discussions.





It was an incredible experience for us to regain our direction after feeling somewhat lost following graduation. The model of exploring ourselves within a supportive group, guided by facilitators and informed by suggestions from experienced alumni, proved to be invaluable.

Heartfelt thanks to the Bammental Town Hall for its generosity, and to Dr. Andreas Ruppel, the founder of this workshop, whose legacy has impacted us even though we never met him. We also extend our gratitude to his successor, Dr. Andreas Deckert, who has taken over to guide us.



- Attending the career retreat following my completion of the International Health Master's Program couldn't have come at a better time. This experience not only minimized my confusion but also honed my focus on one direction. The invaluable insights acquired have equipped me to chart a clear path for my future. Engaging with experts and alumni has provided essential guidance, enhancing my preparedness for opportunities post-graduation. Reflecting on my strengths and areas for growth, I now feel confident and determined to pursue my future goals. - Marwan*
- I am very grateful to Andreas Deckert for organizing this event and to the Andreas Ruppel Fund for sponsoring it. The retreat was an incredible opportunity to not only reflect on our professional paths but also to gain deeper insight into our personal lives, priorities, and goals. It helped clarify important decisions and provided clear direction on how to achieve our aspirations. For me, it felt like a group therapy session, where interacting with peers, sharing experiences, and feeling supported by everyone was truly transformative. Thank you again! - Sekine*

