



# Workshop Report

## Career Development Retreat

### Participants & Facilitators

**Facilitators:** Andreas Deckert & Myo Chit

**Participants:** Khaleda Daudzai, Andrezza Bertoli, Blessing Oluwadare, Deepali Kulkarni, Sahar Shadi, Sinta Kusumastuti, Gudina Taye, Ansgar Adler, Htain Lin Aung, Mariela Gallardo

### A Look Back at What Happened in Bammental

In the quiet village of Bammental, just outside Heidelberg, a group of freshly graduated Master's students in International Health gathered for a three-day retreat. The setting was serene, the kind of place where the pace of life seemed to slow down, leaving room for reflection and connection. Over those days, the students stepped into a career development workshop that blended personal reflection with lively group discussions and thoughtful coaching sessions. What unfolded was more than just a program—it was a shared journey of looking back at how far they had come and imagining the paths that lay ahead.

*Come along with us as we journey back to those days!*

# Day 1

We arrived at the Hotel Elsenzthal, a cozy place that quickly felt like home. After settling into our rooms and unpacking, we gathered for the first workshop.

Curiosity filled the room when Andreas placed a mysterious, confidential contract before us. It was the starting point for our journey together, as he introduced the plans for the coming days and guided us to reflect on the steps that had brought us here.

That evening, the group came together again for a shared meal. Everyone brought a dish, and the table soon turned into a colorful potluck. We ate, laughed, and enjoyed the simple joy of being in each other's company.







# Day 2

Our journey continued with deep discussions about our priorities and our dreams. The conversation grew more focused as we were challenged to create a SWOT analysis, exploring our own strengths, weaknesses, opportunities, and threats. By the end, many of us felt we had a clearer picture of where we stood and what we aspired to achieve.

All these ideas left our minds buzzing, and we really needed to recharge. Luckily, a wonderful lunch was waiting for us, completed with ice cream that made the break feel even sweeter.

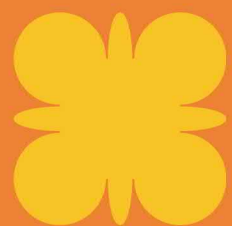
In the afternoon, we were pleasantly surprised by the visit of Felipe Mejías, an active alumnus with an impressive career in consulting after his time at the WHO. He shared his experiences with us, speaking about his first steps and how he shaped his professional path.

Together with him, we joined a lively fishbowl conversation, where we exchanged thoughts on corruption, reflected on our own experiences, and discussed how we might face ethical dilemmas in our careers. It was a meaningful moment that left us thinking deeply.

To close the day, we turned inward for a final exercise of self-reflection, imagining our own utopias and picturing where we would like to be in our dream futures.







# Dinner with the Alumni

One evening we gathered in a small Greek restaurant in Bammental, the tables crowded with plates of food and the sound of lively conversation. Alumni joined us and began sharing their first steps after graduation. Their stories were honest and inspiring, and we found comfort in knowing that the uncertainty we felt was something they had also faced.

As the evening went on, laughter and encouragement filled the room. Again and again, the name of Andreas Ruppel came up, spoken with deep warmth. Alumni remembered his kindness and steady guidance, and it was clear that his spirit still brought people together, supporting new generations as they set out on their own paths.







# Day 3



On the last day, we were invited to exercise the left side of our brains. Andreas and Myo challenged us to draw our utopia, encouraging us to dream big and imagine the future we truly wanted. Next, we sketched our current situation and thought about three steps we could take right now to move closer to that vision. It was a quiet, reflective moment, full of meaning, as we connected our dreams with the actions we could take today. What a meaningful moment!





## Our Career Development Workshop Experience

This retreat was a wonderful chance to find direction again after the uncertainty of graduation. The combination of self-reflection in a supportive group, guided by facilitators and enriched by alumni insights, was truly invaluable.

We are truly grateful to the Town Hall and the wonderful community of Bammental for kindly offering the facilities and rooms that allowed us to enjoy this retreat together.



**Htain Lin Aung**, participant

"I think the 'Career Development Workshop at Bammental' is a stepping stone for all of us to be ready for the next chapter of our careers. It really was helpful to sketch mind-mapping pictures of our lives. We really enjoyed the participation. No heated discussion! And having fun with our classmates during the workshop"



**Mariela Gallardo**,  
participant

"I'm really thankful to Andreas and Myo for putting this retreat together and to the Andreas Ruppel Fund contributors for supporting it. It gave me space to reflect, set clearer goals, and also connect on a personal level. Sharing experiences with friends felt supportive and uplifting, almost like group therapy. I'm truly grateful!"



**Gudina Taye**, participant

"After completing my Master's in International Health, the career retreat provided clarity and direction. Learning from experts and alumni gave me valuable guidance, and I now feel prepared and motivated to pursue my next steps."