

# HOW TO GET AN INTERNSHIP IN PUBLIC HEALTH

Internships are an effective way to connect your academic experience with the professional work arena. It allows you to gain valuable exposure to the workplace, skill development and gives you an edge in the job search.

## CONSIDER YOUR INTERESTS AND STRENGTHS

Think about your previous work experience, and which roles it might prepare you for. Think about specific public health careers that interest you, for example health administration, non-profit work, reproductive health.



## LOOK UP INTERNSHIPS RELATED TO THE FIELDS THAT YOU'RE INTERESTED IN

There are many programs that are tailored to train public health professionals and get involved in public health research. They often involve workshops and trainings on public health fields. Click [here](#)

## APPLY FOR THE INTERSHIP

Most applications require a transcript, personal statements, letters of recommendation, cover letter and a resume. It's important to build relationships with your professors so that they know you well enough to write you a letter.



## PREPARE FOR YOUR INTERVIEW

Interviews are an important part of the selection process. You can practice with a friend or a family member and go over common interview questions to feel more confident during your interview. Click [here](#)

## MAKE A CHOICE

If you get more than one internship - awesome! Now you have to make a choice, take into consideration financial support, training and your interests when making a decision. Internships may lead to jobs so choose wisely!

