

As I was eager to develop practical competency for solving Global health challenges, I applied for NORPART student exchange program and got selected for the following courses:

1. Applied economic evaluation in health care
2. Experimental Epidemiology
3. Observational Epidemiology

After reaching Norway on New Year's night, I found it to be a very peaceful and organized country. I had no problem in communication as it is a country where there is no communication barrier, and everyone can understand English. The administration of Centre for International Health was helpful on a personal level and they were directly involved in solving our individual problems. I found Bergen to be an epitome of natural beauty with mountains on one side and the sea on the other. The weather, however, was very unpredictable. University of Bergen had an excellent faculty of teachers who were involved not only in theoretical work but were also in touch with the practical aspects and clinical experiences.

The first course that I took was applied economic evaluation in healthcare. That was my most difficult course as I was lacking in basic knowledge of economic evaluation. I was exposed to many new concepts. I learned about working on large models with treeage software. Initially, my score was not up to my expectation but as I progressed with the course, and attained more understanding, my scores improved accordingly.



The next course was Experimental epidemiology, which was the most interesting course for me. I found it to be more comprehensive as compared to what I have studied at Institute of public health, Lahore. I was very grateful to have an opportunity to study from a teacher who had both theoretical and practical experience of conducting Randomized control trials. However, as we had experimental epidemiology course scheduled before observational epidemiology, it was difficult to understand the basic concepts without studying observational epidemiology first. Moreover, in Pakistan SPSS System is used in the analysis of statistical data, but in Norway, they use STATA Software, so for us, it was initially difficult to grasp the basics.



The last course was Observational epidemiology. The material that was taught was same as that which we studied at IPH, Lahore but, the perspective of viewing the core content was refined as the teachers were themselves involved in research trials so we had a good insight about the practical aspects of observational epidemiology.

Observational epidemiology was the most relaxed of all the three courses that I took, so in the last week I found time to travel and explore the city. I hiked on mountains Ulriken and floyen, which are among the highest seven mountains surrounding the city of Bergen. Fjord cruising around the mountains was an unforgettable experience. Visiting Bryggen made me see the cultural heritage of Bergen. I also visited the art museums and the Bergenhuss fortress.

The residence at Montana provided excellent opportunity to interact and bond with international students from different cultures and ethnicities. The group work projects enhanced our learning experience. Involving the perspectives of all the students in our study provided deeper understanding and opened doors to creative thinking.



I am really looking forward to implement what I studied in my own country. I will share my experience with my institute as much as I can and I will encourage and guide more students to participate in this program.

I will suggest the involvement of young students in the program, those who have the energy and time to implement what they have learned.

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Kind Regards  
Ali Raza