Master of Science in
Global Urban Health

Module Handbook
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in collaboration with
Other Faculties at the University of Freiburg and Partner Universities in Freiburg:
Freiburg Protestant University of Applied Sciences
Catholic University of Applied Sciences Freiburg
Freiburg University of Education
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1. Programme

1.1 Purpose and characteristics of the MSc Global Urban Health

The following module handbook holds for the postgraduate programme Master in Global Urban Health (MSc GUH) at the University of Freiburg, Germany. After successful completion of this Master programme the academic degree Master of Science (abbreviated MSc) is awarded. The internationally oriented, English-language Master programme offers students a broad interdisciplinary training in the field of urban health. It is designed as an intensive, full-time postgraduate programme and has a focus both on practical interventions and on operational/implementation research.

With the establishment of the MSc Global Urban Health the Philosophical Faculty at the University of Freiburg together with the University Centre For Medicine and Society: Global Health (ZMG) offers professionals from different backgrounds – medical, social sciences, municipal planning, anthropological, psychological and others – the opportunity of a high quality practice-oriented postgraduate training which opens career opportunities at national and international level. All major institutions working in development cooperation (such as GIZ, KfW, MsF, Red Cross) and international organizations (including WHO, Global Fund, World Bank, UNEP, UNICEF) require a postgraduate Masters Degree in Public Health, International Health, Global Health and related areas. Likewise academic institutions with emphasis on Public Health, International Health, Global Health, Environmental Sciences, Urban Planning, Health Economy, Health Policy and similar areas will select and maintain staff with a relevant Masters training. Ministries of Health, Social Security, Environment, Transport, Public Services and related areas in Low and Middle Income Countries (LMICs) prefer staff with post-graduate training for solving the enormous health problems in urban environments. In all professional areas mentioned above a certain amount of research skills is required – mainly in the field of Operational/Implementation Research and Intervention Research – in order to develop innovative evidence based intervention strategies. Participants coming from research institutions will have the opportunity of strengthening their skills and competences in these areas while the others will learn the basics which enable them to conduct with the appropriate tools relevant studies in their professional area and/or to assess the relevance and quality of studies conducted by others (see below).

The overall goal of the intensive MSc programme is to strengthen participants’ competence in the following areas:

- To develop analytical and management skills to meet the challenges of urban health
- To identify and quantify biological-psychological-social threats to health and risk factors in urban areas
• To develop knowledge and skills in the field of prevention, control, programme development, monitoring and evaluation for improving urban health
• To design and conduct research projects in the field of urban health
• To make proactive evidence-based decisions and to gain leadership qualities and effective working skills according to the professional background
• To enhance independent and reflective thinking and inspire an interest for lifelong learning.

The expected learning outcomes are:

Knowledge
After the successful completion of the programme, the participant will be able to:
• Understand the current issues and priorities in the field of urban health, social determinants and interconnectivity
• Use relevant research methods and understand how the methods can be applied to address particular research questions
• Apply epidemiological/statistical and social science research tools to design an operational research study and to analyse and interpret research questions
• Use appropriate skills related to the prevention, control and management of health problems and health services problems related to the challenges of urbanization

Cognitive skills
After the successful completion of the programme, the participant will be able to:
• Analyse, synthesize and evaluate information from a variety of sources in a critical manner
• Apply knowledge in a variety of contexts to analyse and reach evidence-based conclusions on complex situations, health problems and opportunities in the field of urban health
• Put into practice the principles and values of ethical practice with regard to the design and implementation of operational research studies, consent and confidentiality in the collection, analysis, presentation, publication and dissemination of data
• Demonstrate creativity, innovation, inspiration and originality in the application of knowledge

Practical skills
After the successful completion of the programme, the participant will be able to:
• Formulate research questions, develop an appropriate research strategy and implement a systematic approach to urban health project planning and quality management
• Undertake research studies in an ethical and responsible manner and accurately record the data collected
• Efficiently and effectively collect, analyse, manage and disseminate data collected in the field
• Inform policy-makers about short-, medium- and long-term policy options for urban health systems design and preparedness in an increasingly interconnected urban health context in a global environment.
1.2. Conceptual framework of the MSc Global Urban Health

Determinants of Urban Health
(ideas by Vlahov et al. 2007 incorporated)
The “urban setting” is shaped by an infinite number of conditioning factors or determinants. Many of them have a direct or indirect health impact. In the diagram these have been ordered into different layers which belong to the global and national level (shaping legislation and depending on macro-economic variables), to the municipal level (where many interventions are being initiated) as well as to the urban environment including individual living conditions and work. Enabling and limiting “intermediary” factors that rest in the community and/or the individual are also mentioned. The social and political conditions in the “Urban Global South” and the Urban Global North” are not stable but in a continuous transformation, a process that appears to be faster in the South compared to the North. These features (see diagram below) will be analysed in the MSc GUH.

**Urban South & Urban North: Social and political characteristics**

<table>
<thead>
<tr>
<th>URBAN GLOBAL SOUTH</th>
<th>URBAN GLOBAL NORTH</th>
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<tbody>
<tr>
<td>Absence of the State</td>
<td>Decline of the Welfare State</td>
</tr>
<tr>
<td>Uncontrolled growth</td>
<td>Slow expansion or even shrinking</td>
</tr>
<tr>
<td>Urbanization</td>
<td>Poverty and social exclusion</td>
</tr>
<tr>
<td>Poverty and Fragmentation</td>
<td>«Urban regeneration»</td>
</tr>
<tr>
<td>«Urban Generation»</td>
<td></td>
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</tbody>
</table>

Source: Eberhard Rothfuss

The Master programme will facilitate the dialogue and interface between the urban South and the urban North. There are numerous common concerns in urban environments of the South and the North which have been addressed in different ways due to contrasting economic, political, social and environmental conditions:
Learning from each other does not mean that the same solution can be adopted in every setting, but the wealth of approaches both in poverty driven, intermediate and better-off settings will stimulate new ideas about what can be done and where more evidence has to be collected. This environment of dialogue, exchange of experiences and networking between South and North will be provided by the MSc GUH:

2. Structure and Organization

2.1 Interdisciplinarity and collaborating institutions

The Master programme is a truly interdisciplinary undertaking at Freiburg University; it is cross-cutting disciplines and faculties. The programme is under the responsibility of the Philosophical Faculty (Humanities, see below) but organized by the Centre For Medicine and Society: Global Health (ZMG, see below). The University of Freiburg has along ZMG fifteen such interdisciplinary academic centres one of them being the Centre for Transcultural Asian Studies (CETRAS). It is dedicated to interdisciplinary research on Asia bringing together five different faculties. One of its three research foci, „Metroplitan growth, health and environment“ is closely related to the contents of the GUH master
programme. Most of the CETRAS research staff is teaching at the MSc GUH. Thus, teaching and research are closely interlinked.

**Faculty of Humanities (Philosophical Faculty)**
The Faculty includes a number of disciplines such as Archaeology, Ethnology, European Ethnology, History Sciences, Oriental Studies, Sociology and others. They are all contributing to the teaching of the MSc GUH using the “city” as a cross cutting topic. Examples are: Urban development in the Islamic world; urbanization in a historical perspective; the devastating effect of urban epidemics in the past; displaced families, migrants and refugees in the urban context; urban geography; sustainable development in Iran. External lecturers will broaden the analysis of “urbanity”. Examples are: Health in Megacities; City and global South; Health governance in cities; urban malaria.

**Centre for Medicine and Society (ZMG)**
The Centre has been founded in 2014 as a central unit of the University of Freiburg. It is committed to research and training in the field of Global Health with a special focus on urban settings. The Centre is hosted by the Department of Anthropology (Prof. Ursula Wittwer-Backofen) and is responsible for the organization of the MSc GUH on behalf of the Philosophical Faculty.

**Freiburg Academy of Continuing Education**
The Freiburg Academy of Continuing Education (FRAUW) coordinates continuing education programmes for those already working in a full-time job. These programmes include certificate courses designed to provide further theoretical grounding for practical work experience and a selection of master programmes, which can also be taken as distance learning programmes.

**2.2 Responsible Persons**

**Dean of Studies**
Prof. Dr. Sabine Dabringhaus
Department of History, University of Freiburg
Rempartstr. 15-KG-IV
D-79085 Freiburg

**Director of Studies**
Prof. Dr. Ursula Wittwer Backofen
Centre for Medicine and Society (ZMG)
Hebelstr. 29
D-79104 Freiburg

**Scientific Advisor**
Prof. Dr. Axel Kroeger
Liverpool School of Tropical Medicine (UK)
Part time at: Centre for Medicine and Society (ZMG)
Hebelstr. 29
D-79104 Freiburg
2.3 Prerequisites and selection criteria of the MSc GUH

The Master course is open to professionals in health, social sciences including economics, urban planning and others, holding a higher academic degree with a minimum 4 years of academic full time training (225 ECTS; see below). Candidates are expected to have at least 1 year of working experience in a relevant field.

The medium of instruction is English. Proficiency in reading and speaking English is required (TOEFL (550 paper / 213 computer / 72 - 94 online), IELTS (5+), DAAD (a, b or c in all categories), GER-Level B2 or more).

20 participants will be accepted each year, drawn from a wide range of countries. We aim to achieve a balance in gender, discipline and between participants from industrialized and LMICs (Low and Middle Income Countries).

2.4 European Credit Transfer System (ECTS)

ECTS is a learner-centred system for credit accumulation and transfer, based on the principle of transparency of the learning, teaching and assessment processes. Its objective is to facilitate the planning, delivery and evaluation of study programmes and student mobility by recognizing learning achievements and qualifications and periods of learning.


According to the European Credit Transfer and Accumulation System (ECTS) one Credit Point corresponds to an average workload of 25-30 hours.

In Continuing University Education of the University of Freiburg, one Credit Point corresponds to an average workload of 25 hours (student effort). MSc students follow 47 CP
(ECTS) of taught modules plus 28 CP (ECTS) in the Research Project module, **total 75 CP (ECTS)**.

The programme consists of 40 working hours per week.

### 2.5 General information on structure

The MSc GUH is a modular programme consisting of three major parts

- **Core Module**
  - 20 ECTS
- **Advanced Module I**
  - 9 ECTS
- **Advanced Module II**
  - 9 ECTS
- **Advanced Module III**
  - 9 ECTS
- **Research Project and Thesis**
  - 28 ECTS

Duration and ECTS: See duration of the core module and advanced modules in table 2.

Language: English

Participants: 10 to 20

### Study performance

The various elements of a module are made up from formal contact time (lectures, tutorials, discussions, practical exercises, excursions and others), assessment (preparing and completing assignments and examinations) and self-studies.

### Examination regulations

To pass examinations associated with the different modules participants need to achieve at least the grade 4.0 (sufficient).

The final grade is calculated from the grade for the taught modules (core module and advanced modules 1 to 3 where the arithmetic mean of the core and advanced modules represent the overall grade for taught modules) and the master module (oral examination and master thesis). The taught courses count for 60% and the master module for 40% of the overall grade. Grades are awarded according to the German grading scale (1-5) specified on Table 1.

<table>
<thead>
<tr>
<th>ECTS system</th>
<th>German system</th>
<th>Definition</th>
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<tbody>
<tr>
<td>A</td>
<td>1</td>
<td>very good</td>
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<td>B</td>
<td>2</td>
<td>good</td>
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<td>C</td>
<td>3</td>
<td>satisfactory</td>
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<tr>
<td>D</td>
<td>4</td>
<td>sufficient</td>
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<tr>
<td>F</td>
<td>5</td>
<td>fail</td>
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</tbody>
</table>

Table 1: Grades according to the German and ECTS grading system and their definition.
For being awarded credit points requirements are the following:

- Students take active part in each course/seminar/hands-on of the module and in its course.
- Self-study and independent preparation and reworking of the lectures and reading materials
- Completing the examinations during and after the sub-modules, presentation at seminars and participation at discussions.

Methodologies: In the morning sessions usually formal teaching (lectures) and group work; in the afternoon usually exercises, excursions, group work and self-study.

The postgraduate programme M.Sc. Global Urban Health starts in winter semester. The courses offered within this programme are repeated annually. This fulltime-programme leads participants to a Master's degree usually in one year (for more details see the document “study- and examination regulations”).
3. Module Overview

**CORE MODULE**
Research methods, epidemiology/statistics/ social sciences methods, health services, and other general issues of health and risk factors in urban settings
Module conveners: Prof. Dr. Axel Kroeger, Prof. Dr. Sabine Dabringhaus, Dr. Berit Lange

**ADVANCED MODULES**

**MODULE 1:**
Environmental Management and control of NCDs in urban areas
1.1 Environmental determinants of health in urban areas: magnitude, measurement and interventions
   Convener: Dr. Richard Gminski
1.2 Social determinants and behavioural risk factors of NCDs (Non Communicable Diseases) in urban environments: Identification and preventive programmes
   Convener: Prof. Dr. Ursula Wittwer-Backofen

**MODULE 2:**
Communicable diseases and quality assured programmes in urban settings
2.1 Managing communicable diseases and outbreaks in urban environments
   Convener: Prof. Dr. Winfried Kern
2.2 Needs assessment, planning tools and quality assurance in health systems for the urban poor
   Convener: Dr. Sonia Diaz-Monsalve

**MODULE 3:**
Migration, violence and mental health among the urban poor
3.1 Mental health in urban environments: Diagnosis, treatment and programme management
   Convener: Dr. Peter Scheib
3.2 Migration in urban environments: Social-political determinants and search for solutions
   Conveners: Prof. Dr. Anna Lipphardt, Prof. Dr. Katrin Töns, Prof. Dr. Cornelia Helfferich

**RESEARCH PROJECT:**
Conveners: Prof. Dr. Sabine Dabringhaus, Dr. Sonia Diaz-Monsalve
### Table 2: Structure of the Master program

<table>
<thead>
<tr>
<th>Week</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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<tbody>
<tr>
<td>Induction</td>
<td>Administrative issues</td>
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<td>Topic areas</td>
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<td>Epidemiology</td>
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<td>Statistics</td>
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<td>4</td>
<td>Core Module: (12 weeks)</td>
<td>Special Topics</td>
<td>Qualitative studies</td>
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<td>5</td>
<td>Research Methods</td>
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<td>Social Science methods</td>
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<td>Economical appraisals</td>
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<td>Urbanization</td>
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<td>8</td>
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<td>Health systems</td>
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<td>Urban planning</td>
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<td>Traditional Medicine</td>
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<td>11</td>
<td></td>
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<td>Social mobilization</td>
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<td>12</td>
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<td>Prosocial behaviour</td>
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<td>13</td>
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<td>Excursions</td>
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#### Core Module: (3 months)

- 1. Environmental determinants of health in urban areas (2 weeks)
- 1.2 Noncommunicable diseases in urban environments (2 weeks)

#### Advanced Modules (6 months including breaks)

1. Environmental Management and Control of NCDs in urban areas (9 ECTS)
2. Communicable diseases & quality assured programmes (9 ECTS)
3. Migration, violence and mental health among urban poor (9 ECTS)

#### Overall Course assessment (Core Module & Advanced Modules) through oral examination including external examiner (4 ECTS)

### Research Project (15 weeks)

(24 ECTS)

### Graduation

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Table 2: Structure of the Master programme
3.1. CORE MODULE

Research methods, epidemiology/statistics/social science methods, health services and other general issues of health and risk factors in urban settings (12 weeks)

The core module (12 weeks duration) includes formal lectures, group exercises, outdoor exercises, excursions and self-directed-studies plus integrated written and oral assessments.

The core module has different teaching blocks: A) The basic knowledge of epidemiology, statistics, research design (qualitative and quantitative studies), research implementation and analysis will be taught and practiced. B) Concepts of Global Health applied to cities and urban living will be explored including the rural-urban interface, the challenges of Megacities, characteristics of middle-sized cities; C) A better understanding of demographic, social, psychological, cultural and environmental determinants of urban health will be generated or strengthened; D) Processes of urbanization will be illustrated from a historical perspective; E) The role of formal and non-formal health care systems and health programmes as well as health policy and governance aspects will be analysed and linked to Urban Health.

The written and oral assessment of different components of the core module are integrated (see coloured parts in the timetables).

The core module is designed by lecturers from the following disciplines:

**Faculty of Humanities:** Qualitative social research, history of urbanization, sociology of living in communities, governance, cultural aspects, traditional healers, gender issues, policy analysis.

**Faculty of Medicine:** epidemiology, statistics, demographic factors, health education, international cooperation, evidence-based medicine, drug supply.

**Faculty of Economics and Behavioural Sciences:** Pro-Social Behaviour, Economic measurements (cost-effectiveness, etc), cost analysis.

**Learning objectives**

At the end of the module, participants are able to:

A1) Define key terminology, concepts and different perspectives of global health and urban health including Global Health Concepts applied to the city and North-South interface.

A2) Analyse urban health and risk factors from different perspectives: Social sciences view (historical, political, behavioural and others), biological-medical view (environmental contamination, toxic substances, mental stress, transmission dynamics of infectious diseases and others), health systems view (governance, financing, equity, access issues and others).
A3) Measure and analyse health, disease, risk factors, economic issues, health services and social phenomena.
A4) Summarize major health interventions in urban areas, particularly of LMICs (low and middle income countries), as well as the role of international organizations.
A5) Write a research protocol and be aware of ethical issues.
A6) Describe the main aspects for responding effectively to global and urban health challenges through improved health governance, international laws and other forms of international cooperation.

**Topics to be covered:**

1) Concepts and challenges in Global Urban Health:
   - Key terminology and conceptual frameworks
   - Theory of the city and urban society
   - Determinants of health

2) Research Methods and Evidence Base for Global Urban Health:
   - Principles of epidemiological study designs (details below)*
   - Basic statistical and epidemiological concepts
   - Qualitative research and other social sciences research tools
   - Critical appraisal skills
   - Systematic literature reviews
   - Translating research into policy

3) Governance in Global Urban Health:
   - History (from rural to urban; from Primary Health Care to MDGs and SDGs)
   - Key stakeholders in the Global Urban Health Arena
   - Issues of governance

4) Health Systems in Global Urban Health:
   - Key elements of health systems
   - Economic appraisals. Performance based funding
   - Caring for the elderly; palliative care
   - Policy responses for promoting equity, quality and sustainability
   - Health systems research

The module includes practical exercises, field trips as well as study tours to World Health Organization (WHO) and UN Environmental Programme (UNEP) in Geneva, Swiss Tropical Institute (STI) in Basel and Freiburg- Vauban.

Module conveners: Axel Kroeger, Sabine Dabringhaus, Berit Lange

F. Brüggemeier (Dpt. History), J. Schlehe & G. Dobler (Cult. Anthropol), J. Gaertner (Palliative Care), Jörg Lindenmeier (VWL).
External experts: N. F. Drevs (Winterthur), E. Alfonso Sierra, HC Stahl (economics), R. Schumacher (GIZ), F. Konold (Food security), Ch. Knauth (European Commission), E. Rothfuss (Bayreuth), A Krämer (Bielefeld), Jung (Frankfurt), M. McLaren (Freiburg/Zürich).

*More detailed information on the sessions on Epidemiology, Statistics and quantitative research methods are given in the text box below.

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### General structure of the epidemiology sessions

The sessions will be structured into 3-hour units, separated by two breaks of about 15 minutes each. Usually, the first part will be lecture-based and the two following parts will be practical exercises. Session 8 will not have a lecture but a presentation of all student groups of their study design. Additionally, in week 7 and 8 there will be complementary sessions in the second half of the week with practical indoor and outdoor exercises on sampling, household surveys and questionnaire design. Also, the lectures and exercises on demographic indicators in week 3 will be complementary to the epidemiological and statistical sessions.

### Learning objectives

After this unit students will be able to understand and explain:
- The difference between association and causation.
- Use and calculate measures of disease frequency, of effect, and of population impact.
- Systematic errors and where they come from in epidemiological studies.
- Bias in epidemiological studies and suggest measures to minimize its impact.
- The concept of effect modification and indicate examples.
- The basic epidemiological study types.
- What type of systematic error each study type is prone to and how to avoid it.
- The design of an epidemiological study and for which problem which design is most appropriate.
- The merits and limitations of a scientific paper.

### Contents of sessions

1. Introduction to Epidemiology, measures of disease frequency
   a. Basic concepts: Outcome, exposure, intervention
   b. Association and causation
   c. Prevalence and incidence
   d. Risk, odds and rate
2. Measures of effect and population impact
   a. Risk ratio and odds ratio
   b. Population attributable risk, Population attributable risk ratio
   c. Number needed to treat, number needed to harm
3. Confounding/Interaction
a. Bias (Selection bias, Information bias)

4. Disease dynamics
   a. Study designs 1 (Cross sectional/surveys, ecological study, sampling)
   b. Study designs 2 (Case control study, cohort study)
   c. Study designs 3 (Intervention study)

5. Practical study design
Timetable CORE MODULE
Research methods, epidemiology/statistics/social sciences methods, health services and other general issues of health and risk factors in urban settings

*The headline of each box indicates the number of the corresponding objective.*

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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>A3 Introduction to Freiburg and the course (Dabringhaus, Wittwer, Wirsching, Diaz)</td>
<td>A3 Preparation of self-presentation with posters (Diaz)</td>
<td>Introduction to the University Library Poster preparation</td>
<td>A1 Introduction to the core module: Concept of Global Health and Urban Health (Kroeger)</td>
<td>A1, A2 Urbanization: A global &amp; historical view (Dabringhaus, Wittwer)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Guided tour Evening: Reception</td>
<td>Poster preparation</td>
<td>Poster preparation</td>
<td>Poster presentation (Diaz)</td>
<td>Self-study</td>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td><em>Public holiday</em></td>
<td>Statistics (1) (Berner, Köner)</td>
<td>A1, A2 The sociology of urban living (Brüggemeier)</td>
<td>A5 Introduction to the Research Project: Diaz Dabringhaus, Kroeger</td>
<td>A3, A4, A5 International cooperation; MDG/SDGs (R. Schumacher) Medico Internat. (Jung)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td><em>Public holiday</em></td>
<td>Self-study</td>
<td>Self-study</td>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Statistics (2) (Berner, Körner)</td>
<td>Epidemiology (1) (Lange)</td>
<td>A1, A3 Demographic indicators and their relevance in urban health (Witzler)</td>
<td>A1, A2, A3 City and global South Rothfuss, Bayreuth</td>
<td>A1, A3 Urban governance (M. MacLaren) Introd. to Indicators (S. Diaz)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Epidemiol.(2) (Lange)</td>
<td>Self-study</td>
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<tr>
<td>Week</td>
<td>Monday</td>
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<td>4th</td>
<td>17.10.</td>
<td>18.10.</td>
<td>19.10.</td>
<td>20.10.</td>
<td>21.10.</td>
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<td>Afternoon</td>
<td>Self-study</td>
<td>Self-study</td>
<td>Self-study</td>
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<tr>
<td>5th</td>
<td>24.10.</td>
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<td>27.10.</td>
<td>28.10.</td>
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<tr>
<td>6th</td>
<td>31.10.</td>
<td>1.11.</td>
<td>2.11.</td>
<td>3.11.</td>
<td>4.11.</td>
</tr>
<tr>
<td>Morning</td>
<td>Statistics (5) (Berner, Körner)</td>
<td>Public holiday</td>
<td>A1, A3, A4 Urban history, urban development and religious infrastructure: A case study from the Muslim world (Pink)</td>
<td>A1, A3, A4 Alternative medical systems (Kroeger, Schlehe, Dobler)</td>
<td>A1, A3 Megacities (Krämer)</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Epidemiology (5) (Lange)</td>
<td>Self-study</td>
<td>Visit to Traditional Medicine Dpt. (IUK)</td>
<td>Self-study</td>
<td>Self-study</td>
</tr>
<tr>
<td>7th week</td>
<td>Monday 7.11.</td>
<td>Tuesday 8.11.</td>
<td>Wednesday 9.11.</td>
<td>Thursday 10.11.</td>
<td>Friday 11.11.</td>
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<tr>
<td><strong>Morning</strong></td>
<td>Statistics (6) (Berner, Körner)</td>
<td>Epidemiology (6) (Lange)</td>
<td>A3 Sampling; sampling exercises (Kroeger)</td>
<td>A1, A3 Household interview surveys (Kroeger)</td>
<td>A1, A3 Practical of HH interview surveys (Kroeger)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Self-study</td>
<td>Outdoor practical exercise</td>
<td>Group analysis of survey</td>
<td>Questionnaire analysis</td>
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<tr>
<th>8th week</th>
<th>Monday 14.11.</th>
<th>Tuesday 15.11.</th>
<th>Wednesday 16.11.</th>
<th>Thursday 17.11.</th>
<th>Friday 18.11.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Statistics (7) (Berner, Körner)</td>
<td>Epidemiology (7) (Lange)</td>
<td>A1, A3 Questionnaire analysis (by group)</td>
<td>A1, A3 Questionnaire analysis (by group)</td>
<td>A1, A3 Group presentation &amp; assessment of survey analysis (Kroeger) (Course work)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Self-study</td>
<td>Questionnaire analysis (by group)</td>
<td>Questionnaire analysis (by group)</td>
<td>Self-study</td>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Statistics (8) (Berner, Körner)</td>
<td>Epidemiology (8) (Lange)</td>
<td>A1, A2, A4 Dealing with emergencies (Steiger Stiftung)</td>
<td>A5 Introduction to the Research Project: Diaz Dabringhaus, Kroeger</td>
<td>Health Promotion, Social mobilization. NN</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Introduction to the Research Project: Possible topics, arrangements etc. (Dabringhaus, Diaz)</td>
<td>A5 Steiger Stiftung continued</td>
<td>Self-study</td>
<td>Self-study Evening: Puppet show (Wittwer, Schwank)</td>
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<tr>
<td><strong>Morning</strong></td>
<td>Review Statistics (9) (Berner, Körner)</td>
<td>Review Epidemiology (9) (Lange)</td>
<td>A1, A2, A3 Qualitative research (D. Niermann)</td>
<td>A1, A2, A3 Qualitative research (D. Niermann)</td>
<td>A1, A3 Qualitative research: Observational studies &amp; dialogue (Schlehe, Dobler)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Self-study</td>
<td>Self-study</td>
<td>Assessment Qualitative research methods (Niermann, Kroeger)</td>
<td>Self-study</td>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Evidence based Medicine, systematic reviews; translational research (Antes, Lang)</td>
<td>Preparation of ppt presentations on last day</td>
<td>A1, A3 Economic appraisal (Alfonso, Stahl)</td>
<td>A1, A3 Economic appraisal (Alfonso, Stahl)</td>
<td>A1, A3 Urban financing (Jörn Meier, KfW)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Self-study</td>
<td>Self-study</td>
<td>Self-study</td>
<td>Assessment Economic appraisal (MCQs, short answer questions)</td>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Evidence based Medicine, systematic reviews; translational research (Antes, Lang)</td>
<td>Evidence based Medicine, systematic reviews; translational research (Antes, Lang)</td>
<td>A 4 Caring for the elderly and palliative care (Gärtnert).Visit to Basel</td>
<td>Module Assessment Epidemiology, Statistics (MCQs, short answer questions)</td>
<td>Assessment of urban health issues through ppt presentations</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study</td>
<td>Self-study</td>
<td>A2, A4 Visit to Basel (urban living, Natural History Museum) (Wittwer, Hotz)</td>
<td>Module Assessment Epidemiology, Statistics (MCQs, short answer questions)</td>
<td>Assessment of urban health issues through ppt presentations</td>
</tr>
</tbody>
</table>

**Comment** Overall assessment of the core module will be done in the oral examination after completing the specific modules.
Module assessment: Core Module

The assessment will be done in the following way:
- Week 11: In-class assessment of a) qualitative research methodologies and b) economic appraisals will be done through short answer questions (weighting factor 4 and 2).
- Week 11: The assessments of the understanding of urban health concepts will be done through power point presentations with a written summary (weighting factor 9).
- Week 12: In-class assessment with short answer questions related to terminology, concepts, use of epidemiological/statistical methods (weighting factor 9).
(NB: Total weighting factor for the Core Module assessment = 24. This means that the mark of the core module contributes 24% to the total mark of the MSc)

Recommended reading for Epidemiology and Statistics:

Recommended reading for Urban Health:
- W. H. Baumgartner, E. Creative Inequality in the Mid-sized University City -- Socio-spatial Reflections on the Brazilian Rural-urban Interface. (2016, in preparation)

Compulsory reading for Qualitative Studies (copies provided on ILIAS):
3.2. Advanced Modules 1 – 3

MODULE 1:
Environmental Management and Control of Non-Communicable Diseases in urban areas

The first part of the module focuses on the assessment and measurement of environmental risk factors and health impact. These are: air and water pollution, noise exposure, heat (in relation to climate change), environmental modifications within urban development and local legislations, building plans as a threat or as a positive determinant to health. The second part of the module addresses the impact of unhealthy environments and unhealthy behaviour (eating, physical inactivity) on health and analyses model solutions from healthy city programmes and shows possible mitigation and solution strategies.

The module is conducted by the following faculties:
Faculty of Environment and Natural Resources: urban geography, regional concepts of urban development, land use and development, microclimate, climate change
Faculty of Medicine (IUK): air pollution, noise pollution, toxicology, water, sequelae
Faculty of Economics and Behavioural Sciences: lack of physical activity and motivational training
WHO Geneva: pandemic of cancer

SUB-MODULE 1.1:
Environmental determinants of health in urban areas: magnitude, measurement and interventions

Learning objectives:
11.1. Define the major types, sources and spatial distribution of environmental agents and stressors
11.2. Recognize and use environmental indicators
11.3. Describe how the agents and environmental conditions (e.g. heat) interact with systems and describe the mechanisms by which they exert adverse effects
11.4. Use models for predicting the magnitude of adverse effects in biological systems
11.5. Identify gaps in current knowledge concerning health effects of environmental agents
11.6. Describe current legislation and regulation regarding environmental issues in different settings
11.7. Formulate practical interventions to improve environmental problems in the risk-assessment process

1 This number stands for “Objective number 1 of the Sub-Module 1.2”. These numbers appear in the timetable of each module so that the corresponding objectives for each session can be identified.
Topics to be covered

1) Concepts and challenges in environment and urban health:
   - Key terminology and conceptual frameworks and models
   - Sustainable development
   - Current debates in environment and human health
   - Regional concepts of environmental protection
   - Urban Geography

2) Key environmental and human challenges in urban health:
   - Environmental pollution (air, water and soil)
   - Noise
   - Housing conditions
   - Microclimate in urban environments
   - Biodiversity, climate change and resilience
   - Human health policies

3) Measuring environmental factors and health effects:
   - Environmental pollution (air, water): Measurement and health effects
   - Noise: Measurement and health effects
   - Environment-related syndromes (MCS, IEI, SBS, CFS, CS, BS)

4) Interventions at micro and macro level:
   - Healthy housing
   - Indicators for healthy housing
   - Fauna and Flora in urban environments

Module convener: Richard Gminski

### Timetable MODULE 1.1: ENVIRONMENTAL DETERMINANTS OF HEALTH IN URBAN AREAS

The headline of each box indicates the number of the corresponding objective.

<table>
<thead>
<tr>
<th>1st week</th>
<th>Monday 9.01.</th>
<th>Tuesday 10.01.</th>
<th>Wednesday 11.01.</th>
<th>Thursday 12.01.</th>
<th>Friday 13.01.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>11.1., 11.2.</td>
<td>11.1., 11.3., 11.4.</td>
<td>11.1, 11.3, 11.4.</td>
<td>11.3., 11.6., 11.7.</td>
<td>11.1, 11.3., 11.7</td>
</tr>
<tr>
<td>Environmental determinants of health in urban areas: Introduction (Mersch-Sundermann, Gminski, Nazarenko), air pollution (Gminski), noise pollution (Schmidt)</td>
<td>Weather, climate, climate change (Matzarakis)</td>
<td>Urban climate &amp; micro-climate (Matzarakis)</td>
<td>Visit to TREA (waste burning plant Heitersheim)</td>
<td>Water &amp; soil pollution (Garcia-Käufer, Gminski)</td>
<td>Contribution of environmental factors to cancer risk (Nazarenko)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Measuring environmental determinants of health: practical aspects: (Schuster)</td>
<td>Workshop: Climate change (Matzarakis)</td>
<td>Urban climate walk (Freiburg city centre) (Matzarakis)</td>
<td>Introduction to student presentation for the following week (Friday)</td>
<td>Visit to IUK laboratories; visit to Kommunale Kläranlage Forchheim</td>
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<tr>
<th>2nd week</th>
<th>Monday 16.01.</th>
<th>Tuesday 17.01.</th>
<th>Wednesday 18.01.</th>
<th>Thursday 19.01.</th>
<th>Friday 20.01.</th>
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<tr>
<td><strong>Morning</strong></td>
<td>11.1., 11.3., 11.6., 11.7.</td>
<td>11.1., 11.3.</td>
<td>11.1., 11.6., 11.7.</td>
<td>11.6., 11.7.</td>
<td>Summary of environmental factors through student presentations (Course Work)</td>
</tr>
<tr>
<td>Environment-related diseases (Naumann, Schultz)</td>
<td>Urban development and planning (Freytag, Hackenbroch)</td>
<td>Environmental justice (Mattissek)</td>
<td>Sustainable development &amp; the conceptions of nature in the contemporary Islamic Republic of Iran (T. Epkenhans)</td>
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<tr>
<td>Intervention at macro and micro level (Gminski)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Environmental determinants of health in urban areas (exercises) (Gminski, Nazarenko, Schuster, Garcia-Käuf)</td>
<td>11.6., 11.7.</td>
<td>Visit to Freiburg waste disposal plant (Uni Klinikum plan)</td>
<td>Fauna and Flora in urban environments (Peerenboom)</td>
<td>Summary session continued</td>
</tr>
<tr>
<td>Environmental determinants of health in urban areas (exercises)</td>
<td>Urban planning in Freiburg (Freiburg city council: Green City presentation), Visit to Vauban</td>
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Recommended reading:


SUB-MODULE 1.2:
Social determinants and behavioural risk factors of NCDs (Non Communicable Diseases) in urban environments: Identification and preventive programmes

Learning objectives
At the end of the module participants are able to:
12.1. Define the complex nature of urban NCD risk factors
12.2. Perform a situation analysis of social determinants, risk factors and non-communicable diseases (NCDs) including identifying data sources and data constraints
12.3. Determine and quantify the different behavioural risk factors for obesity, hypertension, other causal factors for cardiovascular diseases and for cancer
12.4. Detect the complex of child growth and developmental risk factors
12.5. Assess risk behaviour and possible causal factors including public policies
12.6. Design locally adapted response mechanisms including community based advocacy initiatives aimed at advancing healthy environments that promote physical activity and healthy eating and discourage alcohol abuse and smoking particularly in vulnerable, marginalized populations

Topics to be covered
1) Concepts and historical aspects in Global Urban Health:
   - Key terminology
   - Burden of NCDs
   - Political issues
2) Social determinants of NCDs:
   - Urban Inequalities and NCDs risk factors

2 This number stands for “Objective number 1 of the Sub-Module 1.2”. The numbers appear in the timetable of each module so that the corresponding objectives for each session can be identified.
- Qualitative social research
- Quantitative research
- Data management and analysis
- Ethical issues

3) Policy in NCDs:
   - Healthy eating
   - Enhancing physical activity
   - Surveillance of child growth and development, detecting growth and developmental disorders

4) Putting healthy life in urban contexts into practice:
   - Intersectorial approach
   - Community based initiatives

Module conveners: U. Wittwer-Backofen, A. Lagia

Lecturers: U. Wittwer-Backofen, R. Fuchs, A. Lagia, R. Mumm, E. Lamy
External experts: A. Ullrich (WHO, NCDs), N. Witte, G. Knieps
Timetable MODULE 1.2: Non-communicable diseases and risk factors

_The headline of each box indicates the number of the corresponding objective._

<table>
<thead>
<tr>
<th>1st week</th>
<th>Monday 23.1.17</th>
<th>Tuesday 24.1.17</th>
<th>Wednesday 25.1.17</th>
<th>Thursday 26.1.17</th>
<th>Friday 27.1.17</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>12.1</td>
<td>12.3; 5.6</td>
<td>12.2, 5.6</td>
<td>12.6</td>
<td>12.1</td>
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<tr>
<td>NCD burden and its complexity.</td>
<td>Nutrition</td>
<td>Enhancing physical activity</td>
<td>Motivational factors for enhancing physical activity</td>
<td>Global health agenda &amp; NCDs; WHO strategies to reduce NCD risks; NCD management: Ca, diabetes, CVD, CO=PD. The burden of Cancer (A. Ullrich, WHO)</td>
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<tr>
<td>Introduction to Group Project: “Food diary” (Wittwer)</td>
<td>(Mumm)</td>
<td>(Fuchs)</td>
<td>(Fuchs)</td>
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<td>Visit to TCA and osteology laboratories</td>
<td>Self-study on prevention of NCDs</td>
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<td>International Night</td>
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<table>
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<tr>
<th>2nd week</th>
<th>Monday 30.1.17</th>
<th>Tuesday 31.1.17</th>
<th>Wednesday 1.2.17</th>
<th>Thursday 2.2.17</th>
<th>Friday 3.2.17</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>12.2, 12.3, 12.5</td>
<td>12.1, 2, 5</td>
<td>12.6</td>
<td>12.1</td>
<td>12.1, 12.2</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Exercises: NCDs in model cities (Cape Town, Pune, Freiburg) (NN)</td>
<td>Preparation of the Friday presentation (Self-study)</td>
<td>Social Marketing/Health Behaviour Change – Case Studies in Public Health Campaigns (Lindenmeier, Liberatore)</td>
<td>Preparation of the Friday presentation (Self-study)</td>
<td>Assessment: Ppt presentations by students on NCDs &amp; risk factors (course work)</td>
</tr>
</tbody>
</table>
Recommended reading:

Module assessment, 1.1 Environmental determinants of health in urban areas
i) Short summary presentation by each student on the final day (course work, no marks)
ii) Essay type assessment in-class: The participant can select one example from several case studies about environmental issues in urban areas and has to write about the steps of analysis and control/treatment. Particular emphasis will be on the correct use of environmental indicators. (Part of the Module exam after completing Module 1.2., weighing factor = 6).

Module assessment 1.2 Non-communicable diseases and risk factors
i) Short ppt presentations at the end of the module (course work, no marks)

ii) Analysis of a practical exercise: Participants do an observational study in supermarkets or food chain restaurants about consumption of unhealthy food and (observed) obesity. Participants analyse the results and write an essay at home. Not more than 3000 words. (Part of the Module exam after completing Module 1.2. Weighing factor = 6)

(NB.: Total weighing factor for Module 1 assessment = 12. This means that the mark of the module contributes 12% to the total mark of the MSc)
MODULE 2.
Communicable diseases in urban environments and quality assured health programmes

The first sub-module focuses on pathogens, transmission dynamics and early outbreak detection of communicable diseases as well as disease control strategies and epidemic responses including social mobilization and inter-sectoral approaches for vaccination programmes, antimicrobial resistance management and special challenges like sanitation systems in urban areas.

The second submodule provides technical skills for designing, implementing and promoting the quality of health systems in urban contexts as well as assuring, monitoring and evaluating quality using concrete examples and case studies. Current challenges such as the unequal distribution of healthcare professionals result from a lack of delivery of quality health services and care to under-served regions of the world. These critical shortages, inadequate skills, and uneven geographic distribution of health professionals pose major barriers to achieving the preferred state (i.e. quality) of the global health care system.

Together the two sub-modules will link crucial basic knowledge of endemic/epidemic disease control with knowledge about practical strategies to improve health services with the existing resources in low and middle income countries. It will help participants to apply tools and models for quality improvement through team work and creative approaches.

The module is conducted by the following faculties/institutions:

**Faculty of Humanities:** The history of epidemic diseases

**WHO Geneva:** Urban malaria, HIV / AIDS in the urban context

**Faculty of Medicine:** Infectious diseases, vaccination, antibiotic resistance, public health aspects including notifiable infections and control programmes

SUB-MODULE 2.1:
Managing communicable diseases and outbreaks in urban environments

**Learning objectives**

At the end of the module participants are able to:

21.1 Recognize the magnitude and transmission dynamics of communicable diseases in urban environments

21.2 Explain principles of early identification, management and control of communicable diseases in urban environments

21.3 Interpret key indicators related to the control of communicable diseases in urban environments

21.4 Develop a proactive and creative approach in controlling infectious diseases

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This number stands for “Objective number 1 of the Sub-Module 2.1”. These numbers appear in the timetable of each module so that the corresponding objectives for each session can be identified.
21.5 Implement in their work environment epidemiological investigations and formulate strategies for effective control of communicable diseases with community involvement.

21.6 Understand the role of different national and international institutions as well as of different professionals and apply the concept of inter-sectoral collaboration in their work environment.

**Topics to be covered:**

1) Understanding communicable diseases in urban environments
   - Pathogens and transmission routes

2) Transmission dynamics and outbreak detection
   - Disease surveillance and burden
   - Vector surveillance
   - Dengue fever: transmission dynamics and interventions
   - Tuberculosis: transmission risk in crowded environments and migrants
   - Urban malaria: determining the magnitude and interventions
   - HIV-AIDS and other sexually transmitted infections in urban environments

3) Establishing disease control and epidemic response
   - Social mobilization
   - Vaccination programmes
   - Resistance management

Module conveners: W.V. Kern, H. Hengel

# Timetable MODULE 2.1: COMMUNICABLE DISEASES IN URBAN ENVIRONMENTS

*The headline of each box indicates the number of the corresponding objective.*

<table>
<thead>
<tr>
<th>1st week</th>
<th>Monday 13.2.</th>
<th>Tuesday 14.2.</th>
<th>Wednesday 15.2.</th>
<th>Thursday 16.2.</th>
<th>Friday 17.2.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>21.1, 2</td>
<td>21.1, 2</td>
<td>21.1, 2</td>
<td>21.1, 2, 3, 4</td>
<td>21.1, 2, 6</td>
</tr>
<tr>
<td></td>
<td>The history of urban epidemics (Brüggemeier). Introduction, pathogens, infection and infectious disease epidemiology (Kern, Lange)</td>
<td>Important pathogens and infections for urban planning: Malaria &amp; TB (Haecker), Influenza etc. (Hengel)</td>
<td>Transmission routes, infection surveillance (Kroeger) Urban epidemics: gastrointestinal infections (Kist)</td>
<td>Urban epidemics: tuberculosis and other respiratory infections (Kern, Wagner, Lange)</td>
<td>Urban epidemics: Dengue and other emerging viruses, alarm signals and response (Kroeger) Emerging viral diseases (Panning)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study on epidemiology</td>
<td>Self-study</td>
<td>Self-study</td>
<td>Self-study</td>
<td>Visit to diagnostic laboratory</td>
</tr>
</tbody>
</table>

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<thead>
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</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>21.6</td>
<td>21.1, 6</td>
<td>21.2</td>
<td>21.1, 4</td>
<td>21.1-6</td>
</tr>
<tr>
<td></td>
<td>HIV/AIDS pandemic (Callejas) Other STIs &amp; scabies (Rieg)</td>
<td>Urban malaria &amp; community involvement in control (Pagnoni)</td>
<td>Vaccination strategies (Hengel)</td>
<td>Antimicrobial resistance as a global threat (Kern, Mischnik)</td>
<td>Ppt. presentations in pairs on communicable diseases in urban areas (Course work)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Preparation for ppt. presentation on Friday</td>
<td>Preparation for ppt. presentation on Friday</td>
<td>Preparation for ppt. presentation on Friday</td>
<td>Preparation for ppt. presentation on Friday</td>
<td>Continued</td>
</tr>
</tbody>
</table>
Recommended reading:


SUB-MODULE 2.2:
Quality assurance, needs assessment and planning tools in health systems for the urban poor

Learning objectives
At the end of the module participants are able to:

22.1 Apply the elements of planning and quality assurance in health programmes taking notice of social planning.
22.2 Initiate the process of monitoring through quality defined indicators for their own institutions, including data collection, data analysis, interpretation and dissemination.
22.3 Use the information as a quality assurance tool to aid local decision making.
22.4 Encourage a multidisciplinary approach and team work in solving problems related to quality of health service delivery.
22.5 Create a "culture of quality", sensitive to clients’ needs (urban poor/displaced).

Topics to be covered
1) Concepts, QA models and management tools:
   - Key terminology and conceptual frameworks and models
   - QA cycle
   - Management tools
2) Applying tools at local urban level:
   - Nine epidemiological questions
   - Risk Approach
   - Causal models
3) Identifying areas for quality improvement and measuring progress at urban level:
   - Developing and monitoring defined quality indicators
   - Sources of Information, how to analyse and present data

---

4 4 This number stands for “Objective number 1 of the Sub-Module 2.2”. The numbers appear in the timetable of each module so that the corresponding objectives for each session can be identified.
- Barriers and enabling factors when establishing QA systems

Module convener: S. Diaz Monsalve

Lecturers: S. Diaz, M. Körner, A. Kroeger; K. Toens.
External experts: N. Dreesch (WHO), X. Bosch (Basel), V. Doyle (Liverpool), UAEM team Freiburg, A. Kuesel (WHO)
Timetable Module 2.2: Needs assessment, planning tools and quality assurance in health systems for the urban poor

*The headline of each box indicates the number of the corresponding objective.*

<table>
<thead>
<tr>
<th>1st week</th>
<th>Monday 27.2.</th>
<th>Tuesday 28.2.</th>
<th>Wednesday 1.3.</th>
<th>Thursday 2.3.</th>
<th>Friday 3.3.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>22.1, 3 Needs assessment and planning tools (Díaz, Kroeger)</td>
<td>22.1, 3 Needs assessment and planning tools (Díaz, Kroeger)</td>
<td>22.1, 3 Needs assessment and planning tools (Díaz, Kroeger)</td>
<td>22.1, 2, 3, 4 Policy implication of Social Planning (Töns)</td>
<td>22.1 Drug availability and management (UAEM, Kuesel)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Self-study on Situational Analysis</td>
<td>Self-study on indicators</td>
<td>Preparation of a poster on needs assessments</td>
<td>Exercise on QA</td>
<td>Continued</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2nd week</th>
<th>Monday 6.3.</th>
<th>Tuesday 7.3.</th>
<th>Wednesday 8.3.</th>
<th>Thursday 9.3.</th>
<th>Friday 10.3.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>22.1, 2, 4 Human resources: Assessment and planning (Dreesch)</td>
<td>22.1, 2, 4 Human resources: Assessment and planning (Dreesch)</td>
<td>22.1, 2, 3, 4 Introduction QA tools planning tools (ZOPP, SWOT, etc.), matrix local level (Kroeger, Diaz)</td>
<td>22.1, 2, 3, 4 Quality Assurance vertical health programmes (Bosch)</td>
<td>22.4, 5 Measuring QA progress, establishing QA systems in urban settings (Doyle, Diaz)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Continued (Dreesch)</td>
<td>Poster presentation needs assessment</td>
<td>Self-study on Quality Assurance</td>
<td>Self-study</td>
<td>Preparation of a QA plan for their institution</td>
</tr>
</tbody>
</table>
Recommended reading
- Diaz S., Kroeger A. Needs Assessment and Planning Tools. A Workbook. (will be provided on ILIAS)
- Further reading materials to be presented at the beginning of the module.

Assessment Module 2.1 and 2.2: Communicable Diseases & Needs assessment, Planning tools and Quality assurance in health systems

Module: 2.1:
i) Power point presentation about a key problem of communicable diseases in urban environments (Course Work at the end of module 2.1; no marks)

ESSAY (covering 2.1 and 2.2)
Participants write an essay (homework) about the following case study:
You are the health manager of an urban district with about 150,000 inhabitants. Take a real example which includes important communicable diseases and work through the following questions:

Describe the health risks, health services and health in your district in a tabular form.
How would you improve the health and health services situation of your district?
How would you like to reduce health inequalities?
How would you show to the political actors that you are a “good” manager?

Critically present and analyse the current situation of your urban district and develop your plan for the next year.
The essay should not have more than 3,000 words (weighing factor 12)

(NB. Total weighing factor for Advanced Module 2 assessment = 12. This means that the mark of the module contributes 12% to the total mark of the MSc)
MODULE 3.
Migration, violence and mental health issues among the urban poor

In the first part of the module of the global burden of mental illnesses, diagnosis at primary healthcare level and the management of treatment and care of affected patients in resource poor settings is illustrated and discussed. Particularly the problems of rural-urban migration, disintegration of families, increase of population density and other phenomena of urbanization are discussed. The second part focusses on different aspects and influencing factors of migration illustrated with practical examples from Freiburg and surrounding areas. Strategies of management and prevention of specific issues such as children without parents, adolescents and intercultural conflicts and violence among heterogeneous groups are discussed.

The module is conducted by the following faculties/institutions:

**Faculty of Humanities:** Cultural and ethnical aspects of migration, religious and cultural challenges, solutions from an ethnological point of view.

**Protestant University of Applied Sciences and University of Education:** Migration research and contributions to conflict resolution.

**Faculty of Medicine:** Global Mental Health, basic health care for mental health, health programmes for Urban Mental Health.

SUB-MODULE 3.1:
Mental health in urban environments

**Learning objectives:**
At the end of the module participants are able to:

31.1 Understand psychosocial problems and needs in Urban Health in different cultural contexts.

31.2 Recognize psychic and psychosomatic problems by applying the Bio-Psycho-Social Model and anamnesis of psychosomatic medicine.

31.3 Know and measure the burden of disease in an urban context related to mental health caused by: environmental threats, occupational stress, poverty, migration, life style and eating behaviour.

31.4 Explain the concept of Family Systems Medicine and the systems approach to mental health. Apply practical skills in health related helpful professional communication, deriving from psychosomatic medicine and the Bio-Psycho-Social Model.

31.5 Understand ways of cooperation and networking in the medical care system, mental health care and professional psychosocial support systems and the related health

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55 This number stands for “Objective number 1 of the Sub-Module 3.1”. The numbers appear in the timetable of each module so that the corresponding objectives for each session can be identified.
care professionals such as psychiatrists, medical and psychological psychotherapists, psycho-social consultants, social workers and others.

31.6 To develop strategies for establishing primary mental care in urban settings.

**Topics to be covered:**

1) Concepts and challenges of Global Urban Mental Health:
   - Key terminology and conceptual frameworks and models
   - Critiques and challenges in Global Mental Health

2) Models for primary mental care in urban settings:
   - Common mental disorders and diagnostic criteria relevant for Urban Health Care
   - Culture and mental health

Module convener: Peter Scheib

Lecturers: M. Wirsching, P. Scheib, A. Zeek, E. Wetzler-Burmeister, T. Bay, C. E. Scheidt, E. Waller, A. Sandholz, S. Schlegel, S. Schmidt.

External experts: N. Witte, W. Geigges
Timetable MODULE 3.1: MENTAL HEALTH IN URBAN ENVIRONMENTS

*The headline of each box indicates the number of the corresponding objective.*

<table>
<thead>
<tr>
<th>1st week</th>
<th>Monday 20.3.</th>
<th>Tuesday 21.3.</th>
<th>Wednesday 22.3.</th>
<th>Thursday 23.3.</th>
<th>Friday 24.3.</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Morning</em></td>
<td>31.1, 2, 3</td>
<td>31.1, 2, 4, 5</td>
<td>31.3</td>
<td>31.3</td>
<td>31.3</td>
</tr>
<tr>
<td><em>Afternoon</em></td>
<td>Practice: Problem-oriented group work exploring psychosomatic aspects of urban living</td>
<td>Practice: The bio-psycho-social anamnesis</td>
<td>Practice: Stress-related mental health consequences</td>
<td>Practice: Mindfulness based psychotherapeutic interventions</td>
<td>Practice: Strategies for dealing with disordered eating behaviour in specific subgroups</td>
</tr>
<tr>
<td>2nd week</td>
<td>Monday 27.3.</td>
<td>Tuesday 28.3.</td>
<td>Wednesday 29.3.</td>
<td>Thursday 30.3.</td>
<td>Friday 31.3.</td>
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</tbody>
</table>
| **Morning** | 31.4, 5, 6  
Family Systems Medicine I: Changing family structures in modern societies  
Family relations and health (Scheib, Bay) | 31.4, 5, 6  
Family Systems Medicine II: Psychological wellbeing: determinants, needs and helpful strategies  
- Collaborative (Mental) Health Services  
- Psychosocial health care networks: Systems approach in a multi-problem context (Geigges, Scheib) | 31.1  
Attachment, early childhood and social relationship in urban living (Scheidt, Waller, Scheib) | 31.6, 7  
Cross - Cultural Mental Health Care  
Culture and its influence on the individual and the families  
Migration as a health risk factor (Wetzeler-Burmeister, Scheib) | 31.6, 7  
Resources and solutions for a better health care system in an urban living context  
Assessment: Ppt. presentations by students |
| **Afternoon** | Practice: Family therapy techniques | Practice: Family therapy techniques | Practice: Self experience and reflection on attachment development | Practice: communication styles from different cultures | Assessment continued |
Recommended reading

- Levold T, Wirsching M. Systemische Therapie und Beratung. Das große Lehrbuch. Heidelberg 2014. (selected chapters to be summarized in English)
- Scheib P. Global Mental Health. Does the ‘Global South’ need Psychotherapy? Lecture 2015. (ppt; to be provided on ILIAS)

**SUB-MODULE 3.2:**
**Migration in urban environments: Social-political determinants and search for solutions**

**Learning objectives**
At the end of the module participants are able to:

32.1 Understand the key aspects of the relationship between migration, politics, inequalities, and health related issues at global, regional, national and local levels.
32.2 Differentiate the terms of migration in terms of motives and dynamics.
32.3 Recognize the interplay of migration with social mobility, poverty, violence, identity, gender, urban space and health.
32.4 Apply relevant interdisciplinary research methods.

**Topics to be covered**

1) Concepts, history and challenges of global migration:
   - Key terminology, definition of “migrants”
   - Migration flows and processes (including economic, demographic and ethnographic approaches)
   - Brain drain and migration in the public health arena

2) Institutional frameworks: Models for primary mental care in urban settings:
   - State Policy, legal and institutional framework
   - Culture and Identity
   - Trauma therapy for migrants

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6 This number stands for “Objective number 1 of the Sub-Module 3.2”. The numbers appear in the timetable of each module so that the corresponding objectives for each session can be identified.
3) The effects of migration:
   - Change in fertility, mortality and other health indicators
   - Violence and its determinants

4) Interventions at macro and micro level:
   - Options
   - Raising public awareness
   - Addressing irregular migration
   - Challenges in research on health problems of migrants

Module conveners: Katrin Töns / Cornelia Helfferich/ Anna Lipphardt

External experts: T. Karakut (City Council, Freiburg), NGOs working for migrants
**Timetable MODULE 3.2: Migration in urban environments: Social-political determinants and search for solutions**

*The headline of each box indicates the number of the corresponding objective.*

<table>
<thead>
<tr>
<th>1st week</th>
<th>Monday 3.4.</th>
<th>Tuesday 4.4.</th>
<th>Wednesday 5.4.</th>
<th>Thursday 6.4.</th>
<th>Friday 7.4.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>32.1, 2 Introduction: Characteristics of “migrants”. Migration, urbanization and social inequality. Germany as a case Study (Töns)</td>
<td>32.4 Transnational and translocal perspectives on migration (Lipphardt)</td>
<td>32.4 Governing migration: Local politics and municipality (FREINEM, Schwarz, Karakut)</td>
<td>32.3 Causes, reasons and forms of forced migration (Scherr)</td>
<td>32.3 Methodological challenges in research on migrant health (qualitative studies, inter-cultural perspectives), introduction (Töns, Helfferich, Lipphardt)</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Walking Tour with BLEIBERECHT on locations for migrants</td>
<td></td>
<td>Visit at “Büro für Migration” (City of Freiburg)</td>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>32.2, 3 Migration, Health and Violence: Migrant Health; experience of violence: The case of human trafficking &amp; exploitation (Helfferich)</td>
<td>32.3, 4 Religious responses to implications of labour migration in post-Soviet Central Asia (Single-Mother-HHs, STDs) (Epkenhans)</td>
<td>32.3 Reproductive health of migrants, especially asylum seekers (Wägerle)</td>
<td>32. Case studies on migration (Lipphardt, Zinn-Thomas, Rohrer)</td>
<td>32.1-4 Conclusions and current state of the art, interconnections to students’ research project</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Visiting Freya, Centre for trafficked women</td>
<td>Visiting Medi-Net, a voluntary service organisation</td>
<td>Visiting SKF-Counselling Reproductive health</td>
<td>Visiting hospital / medical practitioner with special focus on migrant health</td>
<td>Group assessment: Dialectic debate: round table to argue about health related issues of refugees/ migrants; Summing up, Get Together</td>
</tr>
</tbody>
</table>

Manual „Global Urban Health“ 43
Recommended reading:
- Castles S. Towards a Sociology of Forced Migration and Social Transformation. 2017. (will be provided at Online-Platform ILIAS).

Betts A. What History Can Teach Us About the Worst Refugee Crisis Since WWII. September 2015 (http://www.huffingtonpost.com/entry/alexander-betts-refugees-wwii_55f30f7ce4b077ca094edaec).

Module assessment 3.1 Mental health in urban environments
Participants, in groups of three or four, will receive links to relevant articles (from the web) about mental health issues in urban areas. They have to analyse them critically and do a group presentation (weighting factor 2). Each of them has also to write a short summary of different aspects of the central issue (weighting factor 4).

Module assessment 3.2 Migration in urban environments: Social-political determinants and search for solutions
Debate: pro and contra in a round table (4 participants per table) to discuss and argue about health related issues for refugees and migrants (weighting factor 2). Each individual has also to submit a concept note of his/her arguments (which will be marked together with the impression from the round table (weighting factor 4).

(NB.: Total weighing factor for Module 1 assessment = 12. This means that the mark of the module contributes 12% to the total mark of the MSc)
3.3. RESEARCH PROJECT

The research project offers the opportunity to apply the methods and skills acquired during the training to a concrete project. First information and possible topics of the research project will be introduced during the core module at the beginning of the course (possible topics, arrangements, requirements, marking) and will be followed throughout the whole course. By this way the participants have sufficient time to choose a theme and to become familiar with the field. The students also get the opportunity to propose own topics and research ideas for example questions from their individual professional background. Each student will be guided by a personal tutor who will determine or help to define the research question and accompany and support the project throughout the whole process. The students will have three months for the preparation, data collection, analysis and writing. The format and the regulations for subsequent marking of the Master's thesis are described in the study and examination regulations.

The tutors come mainly from the Faculty of Humanities (for social sciences subjects), Faculty of Medicine (for subjects with a focus on health) and Economics and Behavioural Sciences (cost analysis, economic analysis and behavioural change).

Conveners: Prof. S. Dabringhaus (for social sciences topics), Dr. S. Diaz-Monsalve (for public health topics)

Assessment of the master thesis
As described in the Study and Exam Regulations for the MSc GUH Programme.

Recommended reading
Reading materials will be discussed with the thesis tutor of each individual participant.
### 3.4 OVERVIEW OF THE OVERALL TIMETABLE (2016-17)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>26/09/2016</td>
<td>Start</td>
</tr>
<tr>
<td>26/09/2016 – 16/12/2016</td>
<td>Core Module</td>
</tr>
<tr>
<td>17/12/2016 – 08/01/2017</td>
<td><em>Christmas Holidays</em></td>
</tr>
<tr>
<td>09/01/2017 – 20/01/2017</td>
<td>1.1 Environmental determinants of health in urban areas</td>
</tr>
<tr>
<td>23/01/2017 – 03/02/2017</td>
<td>1.2 Non communicable diseases in urban environments</td>
</tr>
<tr>
<td>06/02/2017 – 10/02/2017</td>
<td>Revision + Assessments of Module</td>
</tr>
<tr>
<td>13/02/2017 – 24/02/2017</td>
<td>2.1 Communicable diseases and outbreaks</td>
</tr>
<tr>
<td>27/02/2017 – 10/03/2017</td>
<td>2.2 Quality in urban health programs &amp; systems</td>
</tr>
<tr>
<td>13/03/2017 – 17/03/2017</td>
<td>Revision + Assessments of Module</td>
</tr>
<tr>
<td>20/03/2017 – 31/03/2017</td>
<td>3.1 <em>Mental Health in urban environments</em></td>
</tr>
<tr>
<td>03/04/2017 – 07/04/2017</td>
<td>3.2 <em>Migration Week 1</em></td>
</tr>
<tr>
<td>10/04/2017 – 23/04/2017</td>
<td><em>Easter Holidays</em></td>
</tr>
<tr>
<td>24/04/2017 – 28/04/2017</td>
<td>3.2 <em>Migration Week 2</em></td>
</tr>
<tr>
<td>01/05/2017 – 05/04/2017</td>
<td>Revision + Assessments of Module</td>
</tr>
<tr>
<td>08/05/2017 – 27/05/2017</td>
<td><em>Overall Course assessment</em></td>
</tr>
<tr>
<td>29/05/2017 – 08/09/2017</td>
<td>Research Project and submission of Thesis</td>
</tr>
<tr>
<td>11/09/2017 - 20/09/2017</td>
<td>Marking of Thesis and overall marking</td>
</tr>
<tr>
<td>22/09/2017</td>
<td>Graduation</td>
</tr>
</tbody>
</table>
Annex:

**Lecturers and external experts of the MSc GUH (Master of Science Global Urban Health)**

**FACULTY OF HUMANITIES, UNIVERSITY OF FREIBURG**

**Prof. Sabine Dabringhaus**  
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Dr. Sonia Diaz-Monsalve
Prof. Dr. Hartmut Hengel
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Dr. Berit Lange
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Dr. rer. nat. Richard Gminski
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Priv. Doz. Dr. Jan Gärtner
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