



Farah Saad, WHO nutrition fellow, October 2019-January 2020

Being able to participate in the WHO fellowship programme provided me with a great learning experience which greatly enhanced my knowledge of public health through my interactions with a range of experts.

I am a nutritionist and graduated from the Lebanese American University with a Bachelor of Science in Nutrition.

One of the things I enjoyed most about my fellowship was being able to work with a diverse group of individuals from all over the world.

The fellowship exceeded my expectations. I was able to engage with many public health experts from WHO's Eastern Mediterranean Region and WHO staff at all levels of the Organization. I felt inspired by the knowledge that the work I was doing was helping to improve the nutrition situation in the Region.

I hope that in the future I will have additional opportunities to work again with the Organization and apply my knowledge and skills to improve the health and nutrition of individuals in the Region.

During my fellowship, I contributed to work on a study entitled "Assessment of vitamin A supplementation practices in countries of the Eastern Mediterranean Region", soon to be published, and to a framework of action on the prevention of obesity for Morocco.

Cairo has a lot to offer. Some of my favourite memories are visiting the pyramids, spending a weekend in Fayoum, enjoying a boat ride on the Nile river, watching a tanoura show and roaming the streets of Khan El Khalili.

Make the most out of your fellowship, it truly is an invaluable learning experience.

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