



Cody Ritz

Gilman International Scholarship Alumni
Ambassador
Rwanda, 2018

“It’s important for us to remember that not everyone shares our beliefs, customs, or traditions – and that’s okay. We have to step outside of our own bubble and try to understand the world from different perspectives.”

Cody interned abroad, working with medical professionals and public health organizations to focus on infection prevention and control. He spent time working on health and hygiene awareness to reduce the risk of hospital-acquired infections, and he collaborated with community health workers to provide nutrition programs for mothers and children as well as general health education and disease prevention.

Cody’s internship emphasized institutional and community health, inspiring him to look at healthcare on a grander scale. The experience taught him that a complex system can only function if all its pieces are working in harmony. His time in Rwanda encouraged him to pursue a master’s degree in public health alongside a medical degree in preparation for a career in international medicine.

- ★ Biology and interdisciplinary humanities major at Brigham Young University
- ★ Advanced French skills to better establish meaningful connections and work in settings that would not otherwise be possible
- ★ Developed an understanding of the public health perspective and systems approach to healthcare
- ★ Inspired to obtain dual MD/MPH degree with global health concentration

 Gilman Scholarship[★]

