



## ALINA SABITOVA

### PhD Bolashak - Newton Fund scholarship recipient



Kazakhstan



Newton-Al-Farabi Programme



Universities UK  
International

Alina Sabitova is a Bolashak PhD scholarship recipient from Kazakhstan currently studying at Queen Mary University of London (QMUL). Bolashak is the national scholarship programme offered by the Ministry of Education and Science of the Republic of Kazakhstan.

Alina studied Paediatric Dentistry at Astana Medical University. After graduating, she worked at a public dental hospital in Astana. There she began struggling with symptoms of stress and depression.

In her search for information about what was happening to her, she developed an academic interest in what motivates employees, work morale, stressors and the psychological wellbeing of healthcare professionals in Kazakhstan.

Alina realised that she was not the only one affected by these symptoms. The support system in Kazakhstan and other low- and middle-income countries is not as robust as it could be.



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## ‘DO NOT BE SCARED AND USE THIS GREAT OPPORTUNITY TO BROADEN THE HORIZONS OF YOUR PROFESSIONAL LIFE!’

She told us:

‘My growing interest in this matter led me to want to do a PhD. I hope to make a positive impact on the healthcare system. My objective is to provide evidence-based research that will help shape future policies and public interventions on mental health care in the medical sector in Kazakhstan.’

Alina got in touch with Universities UK International (UUKi) in August 2016 to request the support of our Student Support Service team to apply for the full PhD scholarship offered by Bolashak in agreement with the Newton-Al-Farabi programme.

‘When the call for PhD scholarships opened for my country, I completed the Expression of Interest Form on UUKi’s dedicated website. The Student Support Service team helped me find a potential supervisor and research groups in my subject area. First, UUKi staff identified academics who would be in position to host me in their research group. Then they paired my interests with Queen Mary University of London - Wolfson Institute of Preventive Medicine. They directly connected me with a potential supervisor and after a few interviews I got accepted to the university!’

Alina’s advice to potential students who wish to study in the UK:

‘Do not be scared and use this great opportunity to broaden the horizons of your professional life! UUKi Student Support Service and the Newton Fund helped me realise my dream.’



QMUL

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