

Go Abroad in Nutrition and Kinesiology

Program Contact

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International Degree

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Ambassador Hours:

[international.oregonstate.
edu/ea/students](http://international.oregonstate.edu/ea/students)

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Many exciting options are available for you to add an international component to your degree. An international experience can provide you with necessary skills to work effectively with an increasingly diverse U.S. population. Employers in fields related to Nutrition and Kinesiology, including sports medicine, future leadership, allied health sciences, dietetics, teaching and research, as well as local, state, federal and international agencies value the skills and experiences gained by students who go abroad. There is an international experience that will work for almost every Nutrition and Kinesiology student.

What types of international experiences can I participate in?

• Study Abroad:

Students can study abroad at a variety of international English-speaking schools where they can focus on their major requirements and interests. Students can also elect to study abroad for intensive terms to work on a foreign language. Students who achieve a high enough proficiency in another language can choose to study Nutrition and Kinesiology in several other languages around the world.

• IE3 Global Internships:

IE3 Global Internships facilitate international internships for students around the world in such areas as medicine, nutrition, teaching, and health & wellness. Students can generally do an internship starting in their junior year, and most financial aid and scholarships can be used to pay for these internships. During internships, students can earn up to 12 credits per term at OSU.

• International Degree:

Students planning to study a foreign language may want to consider the prestigious OSU International Degree. The International Degree (ID) is a unique undergraduate major obtainable only as a second degree. In addition to the students' major requirements, the ID candidate must: (1) take an additional 32 credits; (2) demonstrate proficiency in a foreign language equal to the completion of the fourth year; (3) spend a minimum of one ten-week term abroad on an approved program (IE3 Global Internships, study abroad, or independent research projects can count for this), and (4) complete a senior thesis. International Degree students can also get special funding for their research abroad.



"You will never have this type of opportunity again in your life. The people you meet and the relationships you build will open up countless doors in the future. Being submerged in a different culture than your own will change the way you look at life in ways you have never imagined."

Colton Hubler

INTERNATIONAL EXPERIENCES CAN HELP YOU...

- Gain research experience
- Learn about international perspectives and gain breadth in study in NUTR & Kinesiology majors
- Gain new professional skills
- Improve your language skills
- Expand your cross-cultural communication and problem-solving skills
- Globalize your world view and prepare for work in an increasingly diverse and international workplace

Can I afford an international experience?

Yes! If going abroad is a priority, there is generally a way to make it affordable. Early planning for international experiences helps students make cost-effective program decisions, and it also helps them prepare their finances through savings, scholarships, and financial aid. There is a great deal of variation in costs between programs, and students should carefully consider all of their options before making a decision. Students can apply financial aid and scholarships to approved international programs and, in some cases, financial aid eligibility will increase to cover additional expenses. When comparing the cost of programs abroad, be sure to look at the estimated costs of attending OSU for living and tuition. In many cases the cost of an international opportunity can be comparable or not much more than attending OSU, and the difference can be made up with scholarships or financial aid. The latest estimates for attending OSU can be found at <http://oregonstate.edu/financialaid/cost-attendance>

Will it take me longer to graduate if I go abroad?

With planning, students can complete an undergraduate degree in four years which involves up to a year of study abroad.

STUDENTS WHO CHOOSE TO GO ABROAD MAY ALSO BE ELIGIBLE FOR ADDITIONAL SCHOLARSHIPS:

- Students can apply for scholarships through the International Programs Office (\$500-\$1,000).
- Students who meet certain criteria such as studying specific languages or being from a small town in Oregon can apply for additional scholarships.
- All OSU students can apply to the OSU Research Office for URISC (Undergraduate Research, Innovation, Scholarship, & Creativity) grants to support their undergraduate research abroad (\$1,000 for 1 term; \$1,800 for 2 terms; and \$2,300 for the full academic year). See the URISC Website oregonstate.edu/research/incentive/urisc.htm for details.
- International Degree students can seek additional funding through the International Programs Office (\$1,000-\$2,000) for their experience abroad. More information about these scholarships can be found at <http://oregonstate.edu/international/degree/scholarships>
- All OSU students can apply for numerous national awards that offer bigger scholarships (\$3,000-\$20,000). These scholarships are competitive and often have early deadlines so planning ahead is essential. Contact the [International Programs Office](#) for more information.

When should I go abroad?

- **Freshman Year:** Students should begin planning for a future study abroad or IE3 Internship.
- **Sophomore Year:** Students can study abroad, but should continue to plan. The Australia, Finland, and Taiwan exchange programs require students to have Junior standing.
- **Sophomore/Junior Summer:** Students interested in a single term abroad could participate in a summer session.
- **Junior Year:** Students could do an international experience for a term or a year. Students planning to do an IE3 Internship or study abroad for one term should plan in advance with guidance from their academic advisor.
- **Junior/Senior Summer:** Students can study abroad or do an IE3 Global Internship.
- **Senior Year:** Students can study abroad or do an IE3 Global Internship. Consultation with their advisor prior to participation is strongly recommended. In general, students may determine it is easier to go abroad for a single term or the year. It is generally not a good idea to go abroad the last term of senior year.
- **Senior Summer:** Some students choose to go abroad in their senior summer. In particular, students have done an IE3 Global Internship to cap off their undergraduate career. Students can still walk in the Spring as long as they complete their coursework for graduation over the summer.

How do I select an international program?

- **Start planning now.** Begin to plan at least six months in advance of going abroad. Give yourself time to research programs and talk to advisors and students who have gone abroad to the site(s) you are interested in. It is never too early to start planning.
- **Set goals.** There is not one program best suited for Nutrition or Kinesiology students -- there are good study abroad programs and international internships -- the best one for you depends on what you want. If you plan to study abroad, one important consideration is whether you want to study a language or focus on major, minor, elective, or Baccalaureate Core courses.
- **Prioritize your goals.** Consider your long-term academic and professional goals, as well as your on-campus degree requirements. Study abroad courses may count toward courses in your major, while internships give you elective credits that count toward the 180 required for graduation, as well as giving you a valuable professional experience.
- **Prepare academically.** You may need to take language or other prerequisite courses for your chosen program. You should also talk to your academic advisor about the timing of when you take sequences or single-term courses related to progress in your major. IE3 Internships are open to juniors and seniors, while students can study abroad as sophomores.

What are my first and next steps?

IE3 GLOBAL INTERNSHIPS STEPS

1. View the online First Steps presentation:

oregonstate.edu/instruct/dce/idea/fs/

2. Research internships

- Check the list of IE3 Global Internship positions at the back of this brochure.

- Research IE3 Global Internships: international.oregonstate.edu/ea/students/international-internships/ie3-global-internships

Use the descriptions to find out more about the internship site – type and size of organization, position requirements, length and timing, etc.

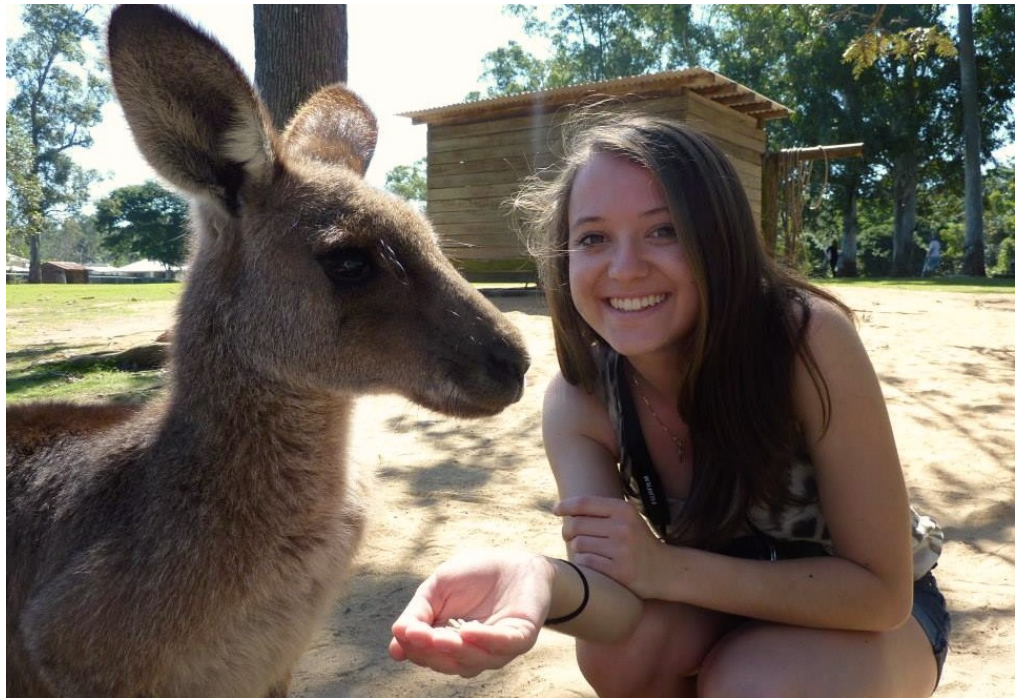
- Come up with a list of several internship options that look good to you.

3. Talk to an academic advisor in your department

- Make a plan for the timing of your internship, based on your program requirements and availability of Nutrition and Kinesiology courses.

4. Complete the pre-advising sheet by following the instructions provided in the First Steps presentation and [email](#) with your availability or bring to your Pre-advising meeting with an International Ambassador.

5. Meet with an education abroad



“Studying abroad was the best experience of college by far. I learned not only about Australia but also about the rest of the world. I unraveled my passion for travel and learning about foreign cultures and learned so much more about myself than I expected. Leaving your comfort zone is hard at first, but you gain so much from it, including lifelong memories and friends to share them with. If you are contemplating whether or not to go, wait no more- just say yes and go for it! You won't regret it!”

-Erika Cooley, Deakin University, Australia

advisor (to be scheduled following your Pre-advising meeting) in the Office of Global Opportunities (OSU GO) to discuss questions, applications and other information about each program.

6. Fill out the OSU GO application, found at: international.oregonstate.edu/ea/students/apply

7. Application: Take note of application deadlines. Deadlines for IE3

Global Internships are generally two terms prior to departure. Application deadlines can be found at website referred to in step two.

Applications typically include recommendation forms, essays, a current resume and college transcripts. Plan to start your application one month before it is due.

You will also need to apply for Kinesiology or NUTR 410 Internship credit. Be sure to meet with your internship coordinator to complete any paperwork required. Bring all forms with you.

STUDY ABROAD STEPS

1. View the online First Steps presentation to learn the basics of education abroad: types of programs, credits, scholarships and financial aid. oregonstate.edu/instruct/dce/idea/fs/
2. Check the list of study abroad options in this document, research programs you are interested in at the International Programs website: international.oregonstate.edu/ and/or come to University Plaza for any questions to be answered by ambassadors.
3. Talk to an academic advisor in your department
 - Make a plan for the timing of your study abroad, based on your program requirements and availability of your major courses.
4. Complete the pre-advising sheet by following the instructions provided in the First Steps presentation and [email](#) with your availability or bring to your Pre-advising meeting in University Plaza.

5. After you've attended a Pre-advising meeting, schedule an appointment with an advisor in the International Programs Office by calling 541-737-3006 or following your Pre-advising meeting with the help of an ambassador. The advisor can answer your questions regarding further site specific information, financial aid and scholarships, and the application process.

6. Application

- Fill out the OSU GO application by clicking the 'apply now' button on your OSU GO program page.
- Take note of application deadlines. Each program has a specific application deadline. Deadlines are typically six months before the start of the program. Application deadlines can be found on each program webpage. Plan to start your application one month before

it is due.

- To apply for your program, follow the application link listed on the program page on the OSU study abroad website. Follow the instructions outlined on the Mandatory Application Checklist for your chosen study abroad program in order to ensure that you complete all parts of the application.

7. Final Course Selection

- Research specific courses that would be offered at the foreign university during your time abroad. Find out what an average course load is for students at the foreign university.
- Fill out an Academic Planning form found at: international.oregonstate.edu/ea/academic-resources/academic-planning-form and make an appointment with your Academic Advisor to discuss what you have come up with.

Finalize your course plan before you leave and keep in contact with your Academic Advisor if you have any questions while abroad.

DEFINITIONS:

Program provider: Company providing international experiences to US college students

examples: CIEE, IFSA-Butler, AHA, API, SIT, SFS

Exchange: OSU students trade places with an international student; classes are taken with host-country students; these can be more competitive, but allow Oregon-residents to pay in-state tuition while studying abroad

Direct Enrollment: OSU students enroll in university courses with host country students

DEPARTMENTAL EXCHANGES

Contact Carey Hilbert

541-737-8900 or carey.hilbert@oregonstate.edu

AUSTRALIA

[University of Sydney](#)

The University of Sydney campus where exercise and sport science is taught is called the Cumberland Campus and is located in Lidcombe, one hour from downtown Sydney. Sydney has an excellent transportation system, so there is easy access to the spectacular harbor and beaches, botanical gardens and parks, museums, cinemas, and theatre. Language requirement: English. Available: Summer– fall or winter-spring Contact: Carey Hilbert, PHHS.

FINLAND

[University of Jyväskylä](#)

Jyväskylä is the only teaching and research university in Finland with a program in Physical Education and Sport Science. It offers curriculum in sport pedagogy, sport and exercise psychology, adapted physical education, dance pedagogy, sports planning and administration, sport sociology, biomechanics, exercise physiology, science of sports coaching and fitness testing, gerontology and public health, physiotherapy, sports medicine, health education, and occupational therapy. Jyväskylä is situated in the heart of Finland, approximately 300 km from the capital, Helsinki. It is a city rich with culture and arts, sporting events, education and business. Language Requirement: English. Available: Fall, winter/spring term, or full-year. Contact: Carey Hilbert, PHHS.

TAIWAN

[Fu Jen University](#)

This program is designed to allow students to be independent while at the same time have access to the host faculty member from Fu Jen University. Located in bustling Taiwan, Fu Jen campus is centrally located with easy access to the downtown shopping district and cultural sites. Course work will be primarily focused on electives and Bacc. core requirements and is a perfect opportunity for first and second-year students who often are not eligible for

other programs that require Junior/Senior standing. Language requirement: English. Available: Fall term . Contact: Carey Hilbert, PHHS.

STUDY ABROAD OPPORTUNITIES

Contact International Programs

541-737-3006 or study.abroad@oregonstate.edu

AUSTRALIA

[Charles Sturt University](#)

Charles Sturt University is a regional university system with a network of campuses located throughout the state of New South Wales in smaller inland communities. CSU has campuses in the cities of Albury-Wodonga, Bathurst and Wagga Wagga. CSU offers Nutrition and Food Management and kinesiology classes and an opportunity to experience a regional lifestyle. Available: Summer-fall (July-Nov), winter-spring (Feb-June), or year-long.

[Deakin University in Burwood; Melbourne; Geelong; Warrnambool](#)

Students can pick from 4 campuses to study in a metropolitan area or a smaller community. Students can study nutrition and exercise and sport science among other subjects. Language requirement: English. Available: Fall (July-November), winter-spring (February-June), or year-long.

[James Cook University](#)

James Cook University offers quality academics in a unique tropical setting and is especially suited for students interested in marine biology and environmentally related fields. The program is open to students in diverse majors as JCU offers a wide variety of subjects. Study exercise and sport science and other health related fields. Please refer to the James Cook University website for a more complete listing of subjects: <http://www.isc.jcu.edu.au/studyabroad.cfm>. Available: Summer-fall (July-November), winter-spring (February-June), or year-long.

BOTSWANA

[University of Botswana](#)

Through coursework, Setswana language learning, a community health practicum, and homestays, in a rich and challenging social environment, Community Public Health in Gaborone gives you the opportunity to critically appraise the issues developing nations face in their efforts to provide their citizens with sustainable public healthcare. Language requirement: English. Available: winter-spring (Feb-May), fall term, summer term or year-long

“I fell in love with the world and humanity. The more places I go, the more beautiful this world seems to be... If there is one piece of advice I could give any incoming student, it is to go abroad. We are young and the world has much to teach us.”

-Gorretti Pham



CANADA

[University of British Columbia](#)

One of the world's most beautiful cities, situated between the Pacific Ocean and the Coast Mountain Range, Vancouver has something to offer everyone. Study Exercise and Sport and Nutrition Science. Language requirement: English. Available: Summer-fall, winter-spring, or academic year.

COSTA RICA

[Universidad Nacional](#)

Study Sports Science in the warm university city of Heredia. The University Nacional has approximately 15,000 students. Language requirement: 2 years college level Spanish. Available: Fall, winter-spring, or year-long.

ECUADOR

[Universidad San Francisco de Quito](#)

Nestled high in the Andes Mountains, Quito is the center of Ecuador's political and cultural activity. The University is a dynamic institution and has garnered a reputation for academic quality, innovation, and a diverse curriculum. Coursework is available for intensive Spanish study, as well as enrollment in nutrition and food management with other Ecuadorians. Available: Summer-fall or winter-spring Language requirement: 2 years of Spanish

FRANCE

[University Claude Bernard, Lyon 1](#)

Lyon, the third largest city in France, has an ideal location along the Rhône and Saône rivers with easy access to nearby European countries and various regions within France. Students can study French, as well as Exercise Science and courses at Lyon 1, a premier science institution, are most appropriate for Nutrition and Kinesiology majors. Language Requirement: Three years of French to take Nutrition and Kinesiology courses, two years of French for French language courses. Available: Summer-fall, winter-spring, or year-long.

IRELAND

[University College Cork](#)

The University has four colleges. Engineering and Food Science is one of them., Including Nutrition, UCC attracts a large number of international students with more than 2,400 students from 98 countries. The campus is situated along a riverside garden setting, radiating a warm, personal charm, which greatly enhances the learning environment. Language Requirement: English Available: Fall-winter, spring-summer, or year-long.

[University of Limerick](#)

Study Sports Science at this beautifully landscaped university of 12,000 students. Located on the River Shannon, Limerick is the largest city on the west coast of Ireland. Language Requirement: English. Available: Fall, winter-spring, or year-long.

QATAR

[Qatar University](#)

Students who elect to study abroad in Doha with API at Qatar University (QU) choose from courses in the science, engineering, and sports management fields open to international and Qatari students through the Direct Enrollment Track. Arabic language courses may also be available. Contact the API office for details. Language Requirement: English Available: Fall-winter Semester (Sep-Jan), winter-spring Semester (Feb-June), or year long.

UNITED KINGDOM

SCOTLAND

[University of Stirling](#)

Known as the “Gateway to the Highlands,” Stirling is a busy commercial and tourist area, as well as the center of key events in Scottish history. The University of Stirling, offering Sports Science courses in addition to a full curriculum is an innovative university, with strong academics and a diverse student body of 9,000. Language: English. Available: Fall (Sept - Dec), Winter-Spring (Jan-June), Summer, Full year (Sept – June).



IE3 GLOBAL INTERNSHIPS

Contact International Programs
541-737-3006 or study.abroad@oregonstate.edu

These internships are sponsored by IE3 for all OSU students, however many Nutrition and Kinesiology students have individually designed internships. Contact International Programs for all IE3 internship information. For examples of IE3 Global Internships (see: <http://ie3global.org/school/oregon-state-university/>) for full program description.

ARGENTINA

[Individualized Placements in Argentina - Buenos Aires:](#)

Professional experience in a broad range of fields is available through an individualized placement in Buenos Aires, Argentina. Fields include, but are not limited to opportunities in public health and physical therapy. Language requirement: minimum two years college level Spanish. Available: any term. Duration: minimum ten weeks.

AUSTRALIA

[Australian Learning Group – Sydney:](#) be a part of a new start-up business unit within the Australian learning group to develop an online education platform for delivering health, fitness and natural therapy certification programs remotely. Language requirement: English. Available: early part of each term. Duration: 6 months preferred.

BOLIVIA

[Child Family Health International \(CFHI\) Bolivia– La Paz \(and Tarija\):](#) interns rotate through a variety of clinics throughout La Paz and the surrounding area. Focus on pediatrics, including adolescents. Includes Spanish classes and homestays. Language require-

You can accomplish many things while abroad:
“Not only did I learn to swim after twenty years of life, but I overcame my fear of the water”

Jennifer Smith: Chillan, Chile

ment: Minimum completion of 1st year Spanish. Available: any term, some summer. Duration: 10 weeks.

ECUADOR

[Child Family Health International \(CFHI\) Ecuador: – Quito:](#)

Interns participate in intensive Spanish language courses while working with local non-profits and participating in clinical rotations. Homestays offered. Language Requirement: little to no Spanish required. Available: calendar year. Duration: 10 weeks

GERMANY

[Individualized Internships in Germany - Primarily Cologne and surrounding areas:](#)

Internships in Germany in a variety of fields suitable for students with previous experience studying in Germany or have a strong German language foundation. Participants have access to a wide variety of German internship opportunities in business, engineering, education, culture, international studies, political science, and liberal arts. Opportunities in other fields can be arranged. Language Requirement: 3rd year German. Available: calendar year. Duration: 3-6 months

IRELAND

[Jampa Ling Tibetan Buddhist Centre -Organic Gardening Option - Bawnboy, County Cavan:](#)

Live and Work at Jampa Ling, a Tibetan Buddhist retreat Centre in the country side of the northern part of the Republic of Ireland. Jampa Ling has a large walled garden in which vegetables and flowers are grown organically. The intern would be given necessary tasks to continue the upkeep of the vegetable garden. This is a self-sustaining community and all food is grown on the Jampa Ling property. Typical tasks include: Preparation of the vegetable plots for the growing season, sowing and cultivation of seedlings in the polytunnel, harvesting the vegetables, maintenance of the gardens space. Language Requirement: English. Available: April/June. Duration: 3-4 months

[Jampa Ling Tibetan Buddhist Centre- Organic Meal Design and Cooking - Bawnboy, County Cavan](#): Live and Work at Jampa Ling in the country side of the northern part of the Republic of Ireland. The interns gain hands on experience designing and producing organic, vegetarian menus for the residents and guests of the Centre. Specific guidelines must be respected with regards to when certain types of meals should be prepared and all menus are vegetarian (but not vegan). Great opportunity to learn to design seasonal and local meals. Language Requirement: English. Available: academic year. Duration: 3-4 months

JAPAN

[Run for the Cure Foundation – Tokyo](#): Gain experience in nonprofit fundraising and event planning at one of the few organizations in Japan focusing on breast cancer. In a multicultural environment you will learn about outreach and project management while improving your Japanese skills. Language Requirement: English fluency with conversational Japanese or Japanese fluency with conversational English. Available: April-August, July-August, July-December, or September-December. Duration: 1-2 terms

MEXICO

[C.A.S.A. Centro para los Adolescentes - San Miguel de Allende](#): CASA is a nonprofit public health organization that has been serving the poor, particularly adolescents and rural women, through health, social service and environmental outreach programs since 1981. Programs include: Rural Outreach Health Education, Advocacy and Civic Participation Training, Sex Education, Theater Troupe, and a Youth Radio Program. Language Requirement: Intermediate-advanced Spanish. Available: academic year. Duration: 10 weeks minimum

[Child Family Health International \(CFHI\) Mexico: Healthcare Rotations - Oaxaca City, Oaxaca](#): 10 weeks of observation in a variety of clinics, public and private and urban and rural environments. Three programs offer opportunities to focus on Tropical Medicine and Rural Health in Puerto Escondido, Cultural Cross Roads in Health in Oaxaca. Programs can be combined to have 5 weeks in each location. Includes homestays. Language Requirement: 1st year Spanish. Available: calendar year. Duration: 10 weeks

MONGOLIA

[Asral NGO Mongolia - Gachuurt, near Ulaanbatar](#): Work hands-on in subsistence gardening in Mongolia. This is an ideal site for those interested in sustainable agriculture/horticulture, food production and food security in the developing world. Housing and board provided free of charge in Ulaanbatar. Asral NGO Mongolia is a project of Jampa Ling, a non-governmental organization in Ireland working with local partners in Mongolia and India to reduce suffering, promote and develop life supporting, self-sustaining projects, provide training, health care and education, and achieve improvements in

the lives of people living in poverty. Language Requirement: English, but Mongolian or Russian may be helpful. Available: start April-end of September. Duration: 3-6 months

SOUTH AFRICA

[Child Family Health International \(CFHI\) South Africa: Pre-Med Rotations - Durban and Cape Town](#): Rotate through a variety of clinics, hospitals and other health care facilities in Durban and Cape Town. Observe the impact of HIV and other health challenges on the health care system and South African society in general. Language Requirement: English. Available: academic year. Duration: 10 weeks

SWAZILAND

[Cabrini Ministries - St. Philip's Mission](#): Assist the management of the Ministry and care and support of children orphaned by HIV/AIDS. Language Requirement: English, but SiSwati would allow conversations with locals. Available: winter, spring, summer terms. Duration: 10 weeks-6 months

UGANDA

[PROMETRA Uganda – Kampala](#): PROMETRA Uganda promotes traditional medical knowledge and practices for improved health. Interns are involved in research, advocacy and training. Language Requirement: English. Available: academic year. Duration: 3-6 months

REMEMBER!

This document highlights just a few of your options. If you prefer to do an intensive language program or work on back core and elective credit for a term, there are many other OSU sponsored programs. Visit the OSU Study Abroad Website for a complete list of international opportunities <http://international.oregonstate.edu/>