Go Abroad in Public Health

Public Health has many students involved in international experiences, and for a good reason. An international experience can provide you with necessary skills to work effectively with an increasingly diverse U.S. population and a global job market. Employers in fields related to public health, 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 Public Health student.

INTERNATIONAL EXPERIENCES CAN HELP YOU...

There is much to be gained from understanding the history, practices, cultural traditions and science of another geographic region and people. Some of the potential benefits of going abroad include:

- Learn about international perspectives and gain breadth in study in Public Health majors
- Gain research experience in different perspectives and approaches to Public Health
- Gain new professional 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
- Improve your language skills

What types of international experiences are available?

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

“...It is difficult to encompass everything that I was able to experience in words during my trip. However, I know that it was an experience and adventure that I would never want to change. I am so thankful to have had this opportunity present to me by Oregon State and their partnership with MAMTA. It allowed me to work abroad hands-on with the community in order to set the framework for me to perform international Public Health outreach and awareness to underprivileged children and families...”

Monica D’Angelo
MAMTA internship
India
**Study Abroad:**
Public Health majors 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 with high language proficiency can choose to study Public Health in several other languages around the world.

**International Degree:**
Students planning to study a foreign language may want to consider the prestigious OSU International Degree (ID). The ID is a unique undergraduate major obtainable only as a second degree. In addition to the major requirements in Public Health, 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 project), and (4) complete a senior thesis. The ID affords a student the opportunity to develop a global perspective within the context of their major by completing a research project. ID students can also get special funding for their research abroad. For more information: International.Degree@oregonstate.edu.

**Can I afford an international experience?**
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 for a point of reference. The cost of attendance at OSU for the current school year can be found at: http://oregonstate.edu/financialaid/cost-attendance. Study abroad or international internships can cost almost the same as studying at OSU, more than OSU or even less! Often, the difference in cost can be made up with scholarships or financial aid.

Students who choose to go abroad may also be eligible for additional scholarships:
- Students who participate in international programs recognized by OSU can apply for scholarships through the Office of International Degree and Education Abroad ($500-$1,000). Students who meet certain criteria such as studying specific languages, having financial need or being from a small town in Oregon can apply for additional scholarships.
- All OSU students in the Public Health majors 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 http://oregonstate.edu/research/incentive/urisc.htm for details.
- International Degree students in Public Health can seek additional funding through the International Degree ($1,000-$2,000) for their experience abroad. More information about these scholarships can be found at http://oregonstate.edu/international/studyabroad/finances/scholarships.
- All Public Health students can apply for numerous national awards that offer larger scholarships ($3,000-$20,000). These scholarships are competitive and often have early deadlines so planning ahead is essential. See http://health.oregonstate.edu/students/current/undergraduate/scholarships for more information.

**How will going abroad count toward my major? Will it take me longer to graduate if I go abroad?**
It is likely that some Public Health students could still complete an undergrad degree in 4 years even if they spend a year studying, researching, or working internationally. Students must complete 180 credits and all of their degree requirements to graduate from OSU. Public Health major requirements and Baccalaureate Core can generally be completed in the 180 credits.

International experiences can count toward graduation in the following ways:
- Students who do an IE3 Global Internship may count some of the H310, H410, or H510 Internship credits as part of their degree requirements or towards required electives.
- Students who study abroad can take courses that will count for their Public Health major requirements, Baccalaureate Core, or electives to meet the 180 credits for graduation from OSU.
**When should I do an international experience?**

General rules for when to study abroad:

- Students who wish to study abroad may go their sophomore year or later. Departmental exchanges require junior standing. Students who plan to do an IE3 Global Internship will do so in their junior or senior year.
- Ideally, students who go abroad for one semester try to go at a time when they will miss only one OSU quarter (often during our summer and fall terms).

**How do I select an international program?**

Consider your academic interests and goals. You will need to work with your academic advisor and the staff in the Office of International Degree and Education Abroad to help you identify the program that is right for you. Some important guidelines include:

- **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 Public Health students—there are many 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, focus on courses from your major 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 or a minor, or 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.

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“Do you stay on the same path that you have been walking along up until this point, knowing that you are ignoring what your eyes have been opened to about the world, or do you change your direction and become a person that has a deeper understanding that in this world, we are all human, and we are all connected. Travel the world, learn about the struggles of the people, and as a consequence, learn about yourself.”

- Elizabeth Ragan
  IE3 PROMETRA
  Uganda

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**When should I go abroad?**

**YEAR OR TERM CONSIDERATIONS:**

- **Freshman Year:** Students should begin planning for a future study abroad or IE3 Global Internship.

- **Sophomore Year:** Students are able to study abroad, but should continue to plan.

- **Sophomore/Junior Summer:** Students interested in a single term abroad could participate in a summer session if the school of interest offers summer classes.

- **Junior Year:** Students could do an international experience for a single term or a year. Students planning to do an IE3 Global Internship or study abroad for one term should plan in advance with guidance from their Public Health advisor.

- **Junior/Senior Summer:** Students can study abroad or do an IE3 Global Internship. Consultation with their Academic Advisor prior to participation is strongly recommended. In general, students may determine it is easier to go abroad for a single term over 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 during 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 graduation ceremony as long as they complete their coursework for graduation during the following fall.

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**STUDY ABROAD FIRST STEPS**

1. View the online First Steps presentation to learn the basics of education abroad: types of programs, credits, scholarships and financial aid. [http://oregonstate.edu/instruct/dce/idea/fs/](http://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: [oregonstate.edu/international/](http://oregonstate.edu/international/) 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 bring to your Next Steps meeting in University Plaza (call for availability) or Moreland Hall (Fridays 11am-3pm)

5. After you’ve attended a Next Steps meeting, schedule an appointment with an advisor in the International Programs Office by calling 541-737-3006 or following your Next Steps 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 IDEA application, found at: [http://oregonstate.edu/international/studyabroad/apply](http://oregonstate.edu/international/studyabroad/apply)
   - 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.
   - 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 register for H 410 Internship, OR 510 Internship credit. Be sure to meet with your internship coordinator to complete any paperwork required. Bring all forms with you.

**IE3 GLOBAL INTERNSHIPS FIRST STEPS**

1. View the online First Steps presentation: [http://oregonstate.edu/instruct/dce/idea/fs/](http://oregonstate.edu/instruct/dce/idea/fs/)

2. Research internships
   - Check the list of IE3 Global Internship positions at the back of this brochure.
   - Research the IE3 Global Internships website: [ie3global.ous.edu/](http://ie3global.ous.edu/). 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 your major courses.
   - If you are eligible to use your IE3 experience for your required H 410 Internship, you will also need to meet with the Internship coordinator (Dr. Karen Elliot) for approval.

4. Complete the pre-advising sheet by following the instructions provided in the First Steps presentation and bring to your Next Steps meeting with an International Ambassador in University Plaza (call for availability) or Moreland Hall (Fridays 11am-3pm).

5. Meet with an education abroad advisor (to be scheduled following your Next Steps meeting) in the Office of International Programs located at University Plaza Suite 130, to discuss questions, applications and other information about each program.

6. Fill out the IDEA application, found at: [http://oregonstate.edu/international/studyabroad/apply](http://oregonstate.edu/international/studyabroad/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: [ie3global.ous.edu](http://ie3global.ous.edu). Applications typically include recommendation forms, essays, a current resume and college transcripts. Plan to start your application one month before it is due.

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: [http://oregonstate.edu/international/studyabroad/academic/planning_form](http://oregonstate.edu/international/studyabroad/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.**
International Opportunities for Public Health Majors

IE3 GLOBAL INTERNSHIPS
(Alphabetically by internship region)
Contact International Programs
541-737-3006 or intl.ambassador@oregonstate.edu

These internships are sponsored by IE3 for all OSU students, however many Nutrition and EXSS students have individually designed internships. Contact International Programs for all IE3 internship information. For examples of IE3 Global Internships (see ie3global.oregonstate.edu/ie3/appinfo/appinfohome.html) for full program description.

ARGENTINA
Child Family Health International (CFHI), Argentina: Primary Care & Social Medicine – Cordoba: Interns will rotate in a variety of clinics and hospitals and witness government efforts to provide care to a large percentage of the population without health insurance. Opportunities for involvement with public health outreach and educational campaigns possible. Includes Spanish classes and homestays. Language: intermediate level of Spanish strongly suggested. Available: Calendar year. Duration: 10 weeks.

Individualized Placement 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: minimum two years college level Spanish. Available: any term. Duration: minimum ten weeks.

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: intermediate Spanish recommended. Available: any term, some summer. Duration: 10 weeks.

CAMBODIA
Sovann Komar Children’s Village - Phnom Penh: Interns will provide support to Sovann Komar, a philosophically unique organization committed to improving the lives of children, families, and communities in Cambodia. The health intern will develop materials and develop and deliver curricula to help ensure the safety, health, and welfare of children living in the Sovann. Language: English, but encouraged to learn Khmer (not required). Available: calendar year. Duration: 3-6 months.

ECUADOR


Child Family Health International (CFHI), Ecuador: Sonrie Dental Program – Quito: A rich and diverse experience for pre-dentistry and dentistry students has been created, allowing them to improve their cultural competency, broaden their public health knowledge, and allow them to view local oral health practitioners and provide close to world-class care in a developing country. Ecuadorian dental professionals give context to the real challenges of providing the best possible dental care to the different socioeconomic classes of Ecuador. Language: 1st year Spanish. Available: calendar year. Duration: 10 weeks.

Child Family Health International (CFHI), Ecuador: Urban/Rural, Amazon, Andean Health Options - Quito/Chone or Quito/Puyo: Interns rotate through a variety of clinics and hospitals. Three distinct program option provide interns the opportunity to explore a variety of focus areas. Beginning Spanish required but intermediate Spanish level strongly recommended. Includes Spanish classes and homestays. Language: 1st year Spanish. Available: calendar year. Duration: 10 weeks.

INDIA
Center for Social Medicine - Loni, Maharashtra: Interns will study the health challenges faced in rural India from a systemic and clinical view and are able to tailor their program according to their background and interests. Interns may shadow doctors or nurses in the hospital, tour mobile and e-clinics, engage in trainings for women’s empowerment initiatives, visit HIV/AIDS prevention programs and study health in tribal communities. Using sound training and development principles, this internship meets the learning goals for students interested in public health, pre-med, nursing, dentistry, community health education as well as rural development. Language: English. The regional languages are Hindi and Marathi. Available: calendar year. Duration: 10-12 weeks.
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CHAITANYA – RAIGURUNAGAR: Work with women’s empowerment projects in rural India. Language: English. The regional languages are Hindi and Marathi. Available: calendar year. Duration: 10-14 weeks

CHILD FAMILY HEALTH INTERNATIONAL (CFHI) INDIA: HEALTHCARE ROTATIONS - MUMBAI, DEhra DUN, DELhi, PUNE, TRIVANDRUM: Choose from 5 distinct 10-week rotations in clinics and hospitals, or combine 2 of the 5 for 5 weeks each. Observe healthcare conditions in Delhi, Jaipur, Pune, Mumbai, and traditional medicine in the Himalayas. You may also combine one of these rotations with the new palliative care rotation in the southern state of Kerala. Language: English. The regional languages are Hindi and Marathi. Available: calendar year. Duration: 10-12 weeks

GRASSROOTS COMMUNITY DEVELOPMENT IN INDIA – PEN AND SURROUNDING AREAS, MAHARASHTRA: Learn and work to support local development initiatives in villages in Maharashtra state. Language: English. The regional languages are Hindi and Marathi. Available: academic year. Duration: 10 weeks-6 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: 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

JORDAN

RUWWAD: THE ARAB FOUNDATION FOR SUSTAINABLE DEVELOPMENT - JABAL NATHEEF, AMMAN: Over the past four years, Ruwwad has been providing essential services to Jabal Natheef in several key areas: health, safety, decent living, education, employment, sustainability and legal aid. Ruwwad is a community empowerment organization that helps disadvantaged communities overcome marginalization through youth activism, civic engagement, and education. Join Ruwwad in its unique community empowerment model and help the communities of Amman. Language: most workers do not speak English, so recommended Arabic knowledge. Available: calendar year. Duration: 3-6 months

MALAYSIA

WOMEN’S AID ORGANIZATION (WAO) – SELANGOR: Support programs helping battered women and their children to build new lives free from violence. Language: English. Proficiency in Malay, Mandarin or Tamil helpful, but not required. Available: January, April, June, September start dates. Duration: 3 months minimum

MEXICO

CASA, 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: 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: 1st year Spanish. Available: calendar year. Duration: 10 weeks

JÓVENES ADELANTE - SAN MIGUEL DE ALLENDE: Intern at a community-based organization that provides university scholarships to brilliant, economically-disadvantaged students from San Miguel de Allende. Interns will serve as instructors of an innovative English as a Second Language program that addresses the English training needs of current Jóvenes Adelante students while generating funding for promising new Jóvenes Adelante students. Priority given to OSU students. Language: fluent English. Available: winter and summer terms. Duration: 10 weeks

NICARAGUA

ASOFENIX: RENEWABLE ENERGY AND COMMUNITY DEVELOPMENT - SEVERAL VILLAGES IN THE CENTRAL STATE OF BOACO: Internship offered at Asociación Fénilx (AsoFenix) in conjunction with Green Empowerment. AsoFenix is a NGO based in the capital city of Managua with years of experience in the area of renewable energy. They are seeking interns in the fields of engineering, renewable energy, agroforestry, public health and related majors. A multi-week intensive language training can be arranged for students with less Spanish. Unpaid internship. Language: Intermediate Spanish preferred. Available: academic year. Duration: 6-12 months

ROMANIA

DON’T BUILD WALLS, BUILD BRIDGES PROJECT: A fantastic ten-week summer internship tour in Romania providing participants a chance to explore Romania and it’s unique culture while supporting Romanian youth - from pre-schoolers to young adults. Language: English. Available: leave Jun 15-August 24. Duration: 10 weeks minimum
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: English. Available: academic year. Duration: 10 weeks

SWAZILAND
Cabrinis Ministries - St. Philip’s Mission: Assist the management of the Ministry and care and support of children orphaned by HIV/AIDS. Language: English, but SiSwati would allow conversations with locals. Available: winter term (mid-January to late March) 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: English. Available: academic year. Duration: 3-6 months

STUDY ABROAD OPPORTUNITIES
(By country)
Contact International Programs
541-737-3006 or intl.ambassador@oregonstate.edu

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: English. Available: Summer-Fall (July-Dec), winter-spring (Feb-May), Fall or Spring term or year-long. Contact: International Programs (CIEE)

BRAZIL
PUBLIC HEALTH, RACE AND HUMAN RIGHTS
Study in the most populous Latin American country. Available: Fall, winter-spring. Language: English, but background in Portuguese, Spanish or other Romance language recommended. Prerequisites: Previous coursework in public health, social sciences or related fields. Contact: International Programs. (SIT)

ECUADOR
BINATIONAL LEARNING COMMUNITY ECUADOR AND OREGON
In both Ecuador and Oregon, the group will visit sites of sustainable food production that are integrated into local, regional, national and international markets, as well as programs that highlight culturally important foodways outside of the market system. Particular attention will be given to indigenous foodways and ecosystems: Coastal and Plateau tribes in Oregon and Andean and Amazonian tribes in Ecuador. Language: English. Available: Fall term. Contact: Rebecca Daye dayer@oregonstate.edu

MULTIPLE COUNTRIES
SEMESTER AT SEA
Study public health while traveling around the world on a ship. Language: English. Available: Fall, winter-spring, summer. Contact: International Programs. (SAS)

SOUTH AFRICA
COMMUNITY HEALTH AND SOCIAL POLICY
Examine health care policy, education and practice in this rich context of traditional and Western healing. Language: English. Available: Fall, winter-spring. Contact: International Programs. (SIT)

SWITZERLAND
GLOBAL HEALTH AND DEVELOPMENT POLICY
The program investigates prominent issues dominating the international health and development arena, including: healthcare interventions in complex emergencies; mental health; health security; access to medicines; and vulnerable groups such as migrants. Students also examine critical links between health, the environment, and development, focusing in particular on nutrition and water. Language: English. Available: Fall, winter-spring. Contact: International Programs. (SIT)

THAILAND
KHON KAEN UNIVERSITY
Study community and public health in a country known for its innovative public health system. Language: English. Available: Fall, winter-spring. Contact: International Programs. (CIEE)

I want to stress that I would not have acquired this chance to intern abroad without the support from the staff at International Programs Department and the scholarships I received. I believe that anything is possible if you are proactive in your career aspirations.
-Marissa Uriarte, Center for Social Medicine, India