

Go Abroad in Public Health

Public Health Program Contact

College of Public Health and Human Sciences
Women's Building 105
Corvallis, OR 97331-5109
541-737-8900

International Degree

1600 SW Western Blvd
Suite 130
Oregon State University
Corvallis, OR 97333-4188
541-737-3006
International.Degree@oregonstate.edu

International Programs

1600 SW Western Blvd
Suite 130
Oregon State University
Corvallis, OR 97333-4188
541-737-3006
intl.ambassador@oregonstate.edu

Website:

oregonstate.edu/international

Ambassador Hours:

<http://oregonstate.edu/international/studyabroad/students>



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 can I participate in?

- **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.
- **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.
- **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.



"I am so thankful to have had this opportunity presented 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

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>

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.

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.



“Travel the world, learn about the struggles of the people, and as a consequence, learn about yourself.”

-Elizabeth Ragan, Uganda

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 for the entire year. Planning or for a single term.
- **Sophomore/Junior Summer:** Students can study abroad for the entire year or a single term.
- **Junior Year:** Students could do an international experience for a single 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 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 as long as they complete their coursework

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 all Public Health 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:
<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:
<http://ie3global.org/school/oregon-state-university/>
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.
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 advisor (to be scheduled following your Pre-advising meeting) in the Office of International Programs to discuss questions, applications and other information about each program.
6. Fill out the OSU GO application, found at:
<http://international.oregonstate.edu/osugo/international-internships/ie3-global-internships/ie3-application-process-and-timeline>
7. Application
Take note of application deadlines.

IE3 application deadline

Summer term internships	-	Jan. 25th
Fall term internships	-	April 15th
Winter term internships	-	Sept. 1st
Spring term internships	-	Nov. 15 th

Deadlines for IE3 Global Internships are generally two terms prior to departure. Application deadlines can be found at: <http://ie3global.org/school/oregon-state-university/internships/internships-faqs/#2>

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

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. <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: <http://international.oregonstate.edu/osugo/study-abroad-programs> 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 or the IRC
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 'apply now' on your OSU 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: <http://international.oregonstate.edu/osugo/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

STUDY ABROAD OPPORTUNITIES

Contact International Programs

541-737-3006 or intl.ambassador@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 smaller class sizes, a hands-on approach to applications, easy access to teachers, and an opportunity to experience a regional lifestyle. Available: Winter-Spring, summer-fall, or academic year.

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:* Fall, winter-spring (Feb-May), Summer term or year-long.

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.

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:* Rebecka Daye dayer@oregonstate.edu

ENGLAND

[UNIVERSITY OF WESTMINSTER](#)

The University of Westminster, with 20,000 students, is divided into four campuses. Every campus has its own individual character and is home to a significant international student body, its own library and catering facilities. The central campuses are all just a short distance from many famous London landmarks. *Available:* Fall, winter-spring, summer, academic year.

MULTIPLE COUNTRIES

[SEMESTER AT SEA](#)

Study public health while traveling around the world on a ship. *Language:* English. *Available:* Fall, winter-spring

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.

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.

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.

IE3 GLOBAL INTERSHIPS

Contact International Programs
541-737-3006 or intl.ambassador@oregonstate.edu

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 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: 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, at least first year completion. Available: any term, some summer. Duration: 10 weeks.

ECUADOR

[CHILD FAMILY HEALTH INTERNATIONAL \(CFHI\) ECUADOR: INTENSIVE BEGINNER SPANISH & HEALTHCARE – QUITO:](#)

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

[CHILD FAMILY HEALTH INTERNATIONAL \(CFHI\) ECUADOR: SEXUAL HEALTH AS A HUMAN RIGHT – QUITO:](#)

Interns work with a local non-profit organization to support advocacy for sexual health as a human right. A focus in public health; specifically sexual health and community education. Includes Spanish classes and homestays. Language: intermediate Spanish. Available: calendar year. Duration: 10 weeks

[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 options 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 weeks

[CHAITANYA – RAJGURUNAGAR:](#)

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 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: Two years of university level Arabic since most workers do not speak English. Available: calendar year. Duration: 10 weeks

MALAYSIA



“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,

[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

[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: academic year. Duration: 10 weeks

NICARAGUA

[ASOFENIX: RENEWABLE ENERGY AND COMMUNITY DEVELOPMENT - SEVERAL VILLAGES IN THE CENTRAL STATE OF BOACO:](#)

Internship offered at Asociación Fénix (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

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

[CABRINI 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, spring, summer. Duration: 10 weeks-6 months

UGANDA

[PROMETRA Uganda:](#) 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

REMEMBER!

This document highlights just a few of your options. If you prefer to do an intensive language program or work on baccalaureate core and elective credit for a term, there are many other OSU sponsored programs. Visit the OSU Study Abroad Website for a complete