Go Abroad in
Food Science and Technology

Program Contact

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Ambassador Hours:
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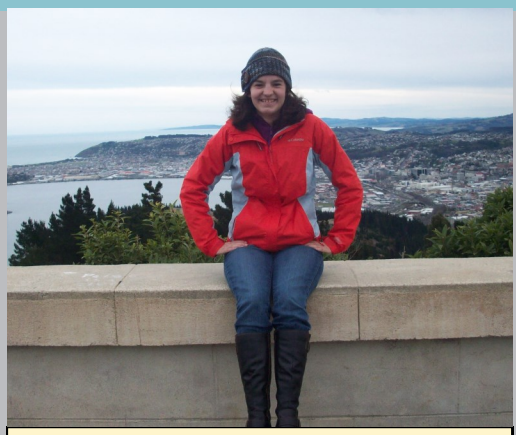
FST offers hands-on science learning opportunities covering real-world applications of engineering, chemistry and microbiology while working for an industry feeding this nation and the world. Including an international experience provides an opportunity to see them applied in a food production system of interest to you while directly experiencing other cultures. The latter will help you acquire a competitive edge by developing skills needed to work effectively with an increasingly diverse U.S. population and a food industry with a global market and source of ingredients. Employers in food business, non-profits, teaching and research, local, state, federal, and international agencies value the skills and experiences gained by students who go abroad. There is an international experience that works for every FST student.



Food Science and Technology Major Sarah Tensa during her study abroad at Otago in Dunedin, New Zealand

What types of international experiences can I participate in?

- **Study Abroad:**

SFST 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 their major in several other languages around the world.

- **IE3 Global Internships:**

IE3 Global Internships facilitate international internships for FST students around the world. Students can generally do internships starting in their junior year. During internships, students can earn up to 12 upper-division credits per term at OSU.

- **International Degree:**

FST 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 students' FST 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.

INTERNATIONAL EXPERIENCES CAN HELP YOU…

- Use your science-based professional skills by mastering food production technologies not covered at OSU
- Assess the impact of food processing systems on natural resources, a critical issue in Oregon and across the globe
- Gain personal living experiences in different societies with different needs and demand for foods
- 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: financialaid.oregonstate.edu/review_costofattendance

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

With planning, students can complete an undergraduate degree in four years which could involve up to a year of education abroad experiences.

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

• Students can apply for scholarships through the International Programs Office.

• 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. See the URISC Website research.oregonstate.edu/incentive/undergraduate-research-innovation-scholarship-creativity-urisc for details.

• International Degree students can seek additional funding through the International Programs Office for their experience abroad. More information about these scholarships can be found at international.oregonstate.edu/degree/scholarships

• All OSU students can apply for numerous national awards that offer larger scholarships. 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. Summer after freshman year is the earliest time.
- **Sophomore Year:** Students can study abroad for the entire year or for a single term.
- **Sophomore/Junior Summer:** Students can study abroad, taking courses that will satisfy Specialty Option course requirements or elective credits, or do an IE3 Global Internship for elective credits.
- **Junior Year:** Students could do an international experience for a single term or a year. Students planning to do an IE3 Internship should plan in advance with 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. 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 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 all FST students. The best one for you depends on your specific needs and wants. If you plan to study abroad, one important consideration is whether you want to study a language, focus on your major, minor, electives, 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 upper-division credits and 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. 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 your major courses.

4. Complete the pre-advising form by following the instructions provided in the First Steps presentation and email with your availability or bring to your Next Steps meeting with an International Ambassador.

5. Meet with an education abroad advisor (to be scheduled following your Next Steps meeting) in the Office of Global Opportunities 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.

"Traveling abroad is important as it allows us to be aware of different cultures and cuisine, it helps us build our networking skills, and it opens the mind to new ideas. Now, I have friends across the world that I continue to keep in touch with, a firmer grasp on my career path, and memories that I will never forget."

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 form by following the instructions provided in the First Steps presentation and email with your availability or bring to your Next Steps meeting in University Plaza

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 OSU GO application by clicking 'apply now' 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 and pay host university tuition

IE3 GLOBAL INTERNSHIPS

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

AUSTRALIA

Professional Pathways Australia: Individualized Placements - Victoria and New South Wales: Explore your career down under through individualized placements primarily in the Sydney and Melbourne areas of Australia in almost any field! Other cities may be available depending on your career interest. Language: English Available: Fall, Winter, Spring, and Summer terms. Duration: 10-12 or 13-26 weeks

CAMBODIA

The Trailblazer Foundation - Siem Riep and surrounding areas: Be a part of a sustainable development organization working in in and around Siem Riep, Cambodia. Intern as an Agricultural Assistant or Data Analyst for The Trailblazer Foundation, which works to provide clean water, support food security and provide technical training to rural villages around the town of Siem Riep. This is an excellent opportunity to learn about grassroots, non-profit program management. Interns will have an opportunity to support extraordinary community based projects while experiencing Cambodia's rich culture and complex history. Located about 15 miles from infamous Angkor Wat, interns will be well placed to explore the ruins of one of the greatest human creations in history. In the role as intern you will assist The Trailblazer Foundation in its mission to build local capacity to alleviate the poverty and hardship that remains from the devastation of the Khmer Rouge Regime. Language Requirement: English, but encouraged to learn Khmer (not required). Available: calendar year. Duration: 3-6 months

CHINA

The Schoolhouse at Mutianyu (Eco-lodge and Restaurant) - Mutianyu (near Beijing): Interns with varied backgrounds provide support to this award winning sustainable lodge and restaurant business in the historic village of Mutianyu at the base of the Great Wall of China. Stipend, room and board and weekend getaways to Beijing provided. Language Requirement: Basic proficiency in Mandarin helpful, but not required. Available: Spring, Summer, or Fall. 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: Any term. Duration: 3-4 months

Jampa Ling Tibetan Buddhist Centre- Organic Meal Design and Cooking - 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. 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

SOUTH AFRICA

Cape Town Wineries - Cape Town or surrounding area: Work in the vibrant wine industry around Cape Town. The viticulture internship position is for an applicant interested in wine making. As a viticulture intern, you will participate in the grape harvest and experience the wine making process from vine to bottle. Since the harvest season takes place between January and April, this is a seasonal internship position. Similar to the marketing internship description, expect to gain a unique understanding of the wine making process that the normal wine aficionado will never experience. Language Requirement: English. Interns should also be willing to learn some basic Afrikaans to communicate with farm workers. Available: The marketing and business internship is available year-round. The viticulture internship is only available January through April, when the Cape's grape harvest occurs. Duration: 10-12 weeks

Alyssa Heath, a Food Science major, studied abroad at University College in Cork, Ireland

SPAIN

Neiker-Tecnalia - Basque Institute for Agricultural Research and Development - Bizkaia, Bilbao area: Be a part of cutting edge research to improve productivity, competitiveness and management technologies in agricultural and animal production systems. Protect and enhance our food systems and the agri-food industry. Language Requirement: Minimum second year Spanish, more preferred. Available: mid-September, early January, or early April. Duration: 6 months strongly preferred.

****This is just a brief example of available internships. Visit the IE3 website to view a complete list of options**

STUDY ABROAD OPPORTUNITIES

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

AUSTRALIA

Charles Sturt University, New South Wales
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. Courses: Viticulture Available: summer-fall, winter-spring, or year-long. Requirement: Sophomore standing; Minimum 2.75 GPA. Language requirement: English.

Deakin University, Melbourne
Deakin University is located in the state of Victoria on the south-eastern tip of Australia. Deakin is situated in the greater Melbourne area with campuses in Melbourne, in the suburb of Burwood; Geelong, which is set on Corio Bay; and Warrnambool, which is located at the end of the Great Ocean Road. Students can choose to study in a metropolitan area or a smaller community. Courses: Food Science Available: Summer-Fall, winter-spring, or year-long. Requirement: Sophomore standing; Minimum 2.75 GPA. Language requirement: English.

University of Adelaide
This innovative and forward-looking university has major strengths in wine and food, health sciences, biological sciences, physical sciences, information technology and telecommunications, environmental sciences and social sciences. Located in South Australia, Adelaide is a safe and affordable place to live. Food Science is under the School of Agriculture, Food and Wine, which represents a world-class concentration of scientific research, education and product conferring capability. Courses: Food Science and Nutrition, Viticulture and Enology, Wine making. Available: Summer-Fall, winter-spring, or year-long. Requirement: Sophomore standing; Minimum 2.8 GPA. Language requirement: English.

CANADA

University of British Columbia, Vancouver BC
One of the world's most beautiful cities, situated between the Pacific Ocean and the Coast Mountain Range, Vancouver has something to offer everyone. The Food, Nutrition, & Health (FNH) Program offers a number of areas of study, which span the continuum from the production and processing of food to its marketing, consumption, and impact on the health of individuals and the community Available: summer-fall, winter-spring. Language requirement: English.

ECUADOR

Universidad San Francisco de Quito

Located in a suburb of Quito, the main campus of the Universidad San Francisco de Quito (USFQ) provides a quiet haven from the hustle and bustle of urban Quito. Neoclassical buildings, courtyards and a Japanese tea house provide a snapshot of the innovative and eclectic culture of the USFQ. Located about 40 minutes by bus from central Quito, the USFQ is home to about 2700 undergraduate and 125 graduate students. Because of its size and program structure, USFQ offers many opportunities for students to integrate into Ecuadorian academic life. Courses: Food Science, Food Management and Nutrition. Available: Summer/Fall, Winter/Spring Semester. Requirement: Sophomore or above. Minimum 2.75 GPA. Language requirement: Spanish, two years of college level, or equivalent.

GERMANY

Baden-Württemberg – University of Freiburg

The University of Freiburg is considered one of Europe's most prestigious universities and is amongst its top research and teaching institutions. It has approximately 19,000 students including an estimated 3,000 international students. The university offers a wide range of courses in the liberal arts and the sciences. Set in a beautiful valley at the edge of the Black Forest, Freiburg is known as the sunniest and warmest city in Germany. It has a population of about 214,000. From Freiburg, it is just a short hop to both Switzerland and France. Courses: Food Science and Biotechnology GPA: 2.75 Available: Fall, fall-winter, winter-spring, spring-summer, or year-long. Language requirement: Two years of German (with 3.0 GPA)

GHANA

University of Ghana

The University of Ghana is located in Legon, approximately 10 miles from Ghana's capital city, Accra. Because of its close proximity to Accra, students have the opportunity to experience first-hand the challenges of a large urban environment within an African context. Noticeably friendly, the people of Ghana make this experience one of the best opportunities for students to learn about the complexities of the African continent. Courses: Food Science. Available: Fall term, Winter-Spring Semester, Summer term, or Academic Year. Requirement: Minimum 3.0 GPA. Junior standing and above. Coursework with African content recommended. Language Requirement: English.

IRELAND

University College Cork

The University College Cork is a major research-intensive university delivering world-class research in academic departments and in research centers of national and international significance. The university has a beautiful and cosmopolitan campus with the Gothic revival style main quadrangle building, modeled on a typical Oxford College, at its centre. The campus is within easy walking distance of Cork city centre where cafes, restaurants and night life combine to create a vibrant European city atmosphere. Cork is the second largest city in Ireland, and the people of Cork are friendly, talkative, and incredibly welcoming. Music is a fundamental part of the city's culture, with international jazz and choral festivals taking place every year. Courses: FST. Available: Fall term, Winter/Spring Semester, Academic year. Requirement: Minimum 3.0 GPA. Language requirement: English.

University of Limerick

Study Food Science and Engineering program 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. Don't miss the opportunities to watch rugby, soccer, rowing, and hurling, or you can go swimming, mountain biking, rock climbing, and horseback riding. Thanks to its location on the west coast, Limerick also is a great spot to try windsurfing or sea kayaking. University of Limerick offers courses in food science. Available: Fall/Winter Semester, Summer/Fall, or Academic year, Requirement: Minimum 2.9 GPA. Language requirement: English.

NEW ZEALAND

Lincoln University

The campus, 13 miles from Christchurch (pop. 300,000), is a short distance from skiing and hiking in the mountains of the Southern Alps. The campus, with 4,000 to 5,000 students, is a small, close-knit community. GPA requirement: 3.0 Available: Summer-Fall, Winter–Spring, or year-long Language Requirement: English Contact: Paul Dorres, Paul.Dorres@oregonstate.edu

Massey University

The University of Massey is one of New Zealand's largest universities. Located on the southern end of the North Island of New Zealand, it has campuses in the cities of Palmerston North and Wellington. The main campus at Palmerston North is a beautiful 400-acre site adjacent to the Manawatu River. The Institute of Food, Nutrition and Human Health (IFNHH) is a leading provider of knowledge for food and health innovation in New Zealand. IFNHH offers integrated research and education across the entire food and health value chain which includes Food - Science, Technology, Engineering and Business. Available: summer-fall, winter-spring, or academic year. Requirement: Sophomore or above. Minimum 2.75 GPA. Language requirement: English. Contact: International Programs (IFSA-Butler).

University of Otago

The University of Otago is in the city of Dunedin, a coastal city on the southern part of the South Island of New Zealand that sits on a harbor surrounded by rolling hills, mountains and natural beauty. One of the most extensive relics of prehistoric Maori rock drawings in New Zealand is within reach of Dunedin. Courses: Food Science, Consumer Food Science and Food Innovation. Available: winter/spring Semester, summer/fall Semester, or academic year. Requirement: Sophomore or above. Minimum 3.00 GPA. Language requirement: English.

MEXICO

Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM)

The Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM) is Mexico's largest and most diversified private university system with over 96,000 students on 33 different campuses. Its main campus is located in Monterrey, Nuevo León, a vibrant industrial center and a modern city with excellent infrastructure. Students on the OUS program may study at one of four campuses in the ITESM system: the main campus in Monterrey; the Guadalajara campus; the Queretaro campus; or the Cuernavaca campus either for a semester or an academic year. Each campus offers Spanish language coursework from basic to advanced levels, a variety of courses designed for foreigners, and regular university courses in a wide range of disciplines for those with sufficient Spanish language proficiency. Campus Monterrey was the first campus in the network initiated in 1943. With over 19,000 students, Campus Monterrey is the flagship campus hosting the widest array of academic coursework, research centers, and facilities of the 33 campuses. Courses: Food Science & Engineering, Nutrition and Food Management. Available: Fall term, Winter/Spring Semester, Summer, or academic year. Requirement: Sophomore or above. Minimum 2.75 GPA. Language requirement: Spanish, two years of college level, or equivalent.

SOUTH AFRICA

University of Stellenbosch

The University of Stellenbosch is located in the Jonkershoek Valley near Cape Town. The valley is surrounded by mountain scenery and just 25 miles from ocean beaches. University of Stellenbosch is one of the oldest and most recognized research universities in South Africa. Historically a multilingual institution teaching in Afrikaans, University of Stellenbosch now teaches in English. The university offers variety of courses on food and wine production. Courses: Food Science, Viticulture, and Enology. Requirement: 3.0 GPA. Available: summer-fall, winter-spring Language requirement: English.

SOUTH KOREA

Yonsei University, Seoul (English)

Yonsei University is the oldest private university in South Korea and is often cited as one of the top three universities in the country. It has 29,000 students and 4,000 of them are international students. The Department of Food and Nutrition Science is under the College of Human Ecology. The curriculum is focused on the basic and applied sciences relating to Food Sciences, Nutrition Science, and Food service Management. Available: Fall, Winter-Spring, Summer, or year-long. Requirement: minimum 2.75 GPA.

TAIWAN

Fu Jen University (English)

Fu Jen Catholic University is the largest private university in Taiwan with nine colleges and 23,000 students. Situated on the outskirts of the ultra-modern city of Taipei with a population of 6.7 million, the university has access to countless cultural and architectural treasures including the National Palace Museum, Chiang Kai-Shek Memorial Hall, parks, performing arts, night markets, and Taipei 101- the world's tallest building. The Food Science department has historically strong linkages to OSU and established programs in fruit and vegetable processing, food chemistry, sensory science and food product development. Its 10-week exchange program offers a unique experience to study and live with Fu Jen students, group travel within the country and the potential to study the Chinese language. Available: Various terms. Requirement: minimum 2.75 GPA.

UNITED KINGDOM

ENGLAND

University of Nottingham

The University of Nottingham is a public research university which is renowned for its innovative teaching. It is located in the city of Nottingham, which is one of the most vibrant and cosmopolitan cities in Britain. With a population of about 270,000, the city has a reputation for contemporary arts, with around 400 practicing artists - more per square foot than any other European city. Nottingham, also known as "Queen of the Midlands", has been home to three of the most significant writers of the 19th and 20th centuries - Lord Byron, DH Lawrence, and Alan Silitoe. Courses: Food Science. Available: Winter/Spring or Academic year. Requirement: Minimum 3.0 GPA. Language requirement: English