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## STUDY ABROAD: SCIENCE PRE-HEALTH

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Science students interested in health professions are involved in international experiences for good reason. An international experience can develop professional skills and the ability to work with an increasingly diverse U.S. population. Graduate schools, professional programs and employers in health care, academia, non-profits, industry and government agencies value the skills and experiences gained by students who go abroad.

### INTERNATIONAL EXPERIENCES CAN HELP YOU...

- ✓ Gain experience and professional skills in different ecosystems, bioregions, and specialties
- ✓ Learn new international perspectives
- ✓ Improve your language skills and cross-cultural communication skills
- ✓ Globalize your world view and prepare for work in a diverse and international workplace

### WHAT TYPES OF INTERNATIONAL EXPERIENCES CAN I PARTICIPATE IN?

- **IE3 Global Internships:** IE3 Global Internships provides opportunities for junior and senior students to gain credit and professional experience in a wide variety of contexts and professional areas. Students earn 12 internship credits per term.
- **Study Abroad:** Students can study abroad in a variety of settings focusing on major requirements, mostly in English. Students can also choose to focus on a foreign language or do an intensive, field-based program which includes a research project and field experiences.

### CAN I AFFORD IT?

Yes! If going abroad is a priority, there is generally a way to make it affordable. When comparing program costs, be sure to look at the total cost of attending OSU including living and tuition (see <http://financialaid.oregonstate.edu/>) as the costs can be comparable and differences can be made up. Students can also apply their current financial aid and scholarships to approved international programs while applying for additional scholarships and aid as needed. Early planning for international experiences also allows cost-effective program decisions.

### SCHOLARSHIPS FOR GOING ABROAD

All OSU programs are eligible for scholarships support <http://international.oregonstate.edu/osugo/finances-scholarships/scholarships>. Students doing OSU research abroad can apply for URISC funding <http://oregonstate.edu/research/incentive/urisc.htm>.

### HOW WILL GOING ABROAD COUNT TOWARD MY MAJOR?

Students can generally finish an undergraduate degree in four years with a term or more abroad. Students must complete 180 credits and all degree requirements to graduate. Most science majors can be completed in less than 180 credits (see MyDegrees for details). This means each student has electives, though numbers will vary. International experiences can count in the following ways:

- IE3 Global Internship credits can be used to satisfy the 180 credits required for graduation and some majors can also use them – see your advisor for details.
- Study abroad courses can be used for major, Baccalaureate Core, minor, elective credits or the 180 credits for graduation – see your advisor for details.

## WHEN SHOULD I GO ABROAD?

Early planning will allow students to integrate international experiences with degrees. Students who go abroad in summer will have to add that to their terms of aid and year costs, while going during the year can often be more cost effective as it avoids adding an additional term.

IE3 Global international internships are offered at many times of year and in some cases in summer. These can be integrated as a break in coursework for the major during the year or as an additional term in summer. Students must have junior standing to do an internship.

Most study abroad programs are not offered in summer. Students planning to study abroad can go for up to a year if they can find appropriate series courses. That being said, health professions students should avoid professional school prerequisites while abroad and many majors do not work for a year. It is most common to focus on a single term, and fall term programs match the OSU quarter well, while going at other times will often result in missing two OSU quarters.

## HOW DO I SELECT AN INTERNATIONAL PROGRAM?

Consider your academic interests and goals and work with your academic advisors and the staff in the Office of (Global Opportunities) to determine the right program. The following steps should help:

### 1. PLANNING

Begin to plan at least six months in advance. You may need to complete major prerequisites or language placements or coursework <http://liberalarts.oregonstate.edu/school-language-culture-and-society/world-languages-and-cultures/students/placement-testing>. Give yourself time to research programs and talk to your advisor about site(s) of interest. The best program for you depends on academic and professional goals, as well as degree requirements. Some important considerations are:

- Talk to OSU Global Opportunities if you want to focus on language courses abroad.
- Studying abroad will provide an international campus experience with students.
- IE3 Global Internship or field-based study abroad will focus on professional experience.
- Studying abroad on exchanges will keep program costs lower.

### 2. GETTING STARTED

- If you are considering studying a language abroad, go to <http://bit.ly/2cFWNEA> to create a Terra Dotta account. OSU GO can follow up about next steps. Discuss timing with your advisor.
- If you plan to focus on major or professional goals, review this document (or online <http://international.oregonstate.edu/sites/international.oregonstate.edu/files/OSUGO/CI/ci-bio-zool-draft.pdf>). Talk to your advisor about program fit and timing. Go to <http://bit.ly/2cFWNEA> to create a Terra Dotta account so OSU GO can follow up on next steps.

### 3. APPLYING

#### **Study Abroad**

- Talk to your advisor and use MyDegrees to determine remaining courses. Look over the offerings abroad to see what is offered the time you plan to go. In some cases, OSU GO advisors have lists of classes taken previously by students.
- Follow up on Terra Dotta and OSU GO items to apply. Note deadlines (typically 6 months ahead). Applications include recommendations, essays, and transcripts - start early!

#### **IE3 Global Internships**

- Talk to your advisor to finalize the timing and questions about how your internship will count.
- Follow up on Terra Dotta and OSU GO items to apply. Note deadlines (typically two terms ahead). Applications include recommendations, essays, resume and transcripts - start early!

#### 4. **PREPARING (AFTER ACCEPTANCE)**

- Complete remaining steps outlined in Terra Dotta.
- For internship credit, work with OSU GO to sign up INTL 410 credit. Check in with OSU GO regarding questions you have related to credit, internship supervision and other issues.
- For study abroad course approvals:
  - Ask OSU GO about the standard course load for the program you plan to attend.
  - Check with [Brock.McLeod@oregonstate.edu](mailto:Brock.McLeod@oregonstate.edu) about lists of courses students have taken.
  - Research program websites for courses of interest.
  - Draft an email of proposed classes with descriptions and how you hope to count them to [Brock.McLeod@science.oregonstate.edu](mailto:Brock.McLeod@science.oregonstate.edu). Once you have interacted by email, make an appointment at <http://ib.oregonstate.edu/advising/appointments> to finalize courses.

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### CONTACT INFORMATION

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#### **OSUGO Ambassadors**

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## DENTAL

### ECUADOR

#### Child Family Health International

**(CFHI)-Sonrie Dental:** Dental interns rotate through clinical experiences while exploring the challenges of dental care in a developing country. Language: 1st year Spanish. Available: all terms. Duration: 10 weeks

### INDIA

**Center for Social Medicine:** Interns experience the challenges of dental care in a variety of settings in rural India. Language: English. Available: calendar year. Duration: 10-12 weeks

## MEDICAL

### ARGENTINA

#### CFHI-Primary Care & Social Medicine:

Interns rotate through a variety of government clinics and hospitals for underserved populations. Language: Intermediate Spanish strongly recommended. Available: all terms. Duration: 10 weeks

### BOLIVIA

**CFHI-Pediatric Health:** Interns rotate through a variety of clinical experiences in pediatric health and infectious disease while also participating in intensive Spanish courses. Language: Intermediate Spanish strongly recommended. Available: all terms. Duration: 10 weeks

### BOTSWANA

**Community Public Health:** Gain a holistic understanding of health and healthcare in Botswana. The program equips you with basic Setswana skills. Language: English. Available: Summer Program Provider: (CIEE)

### DOMINICAN REPUBLIC

#### Community Public Health Study:

Community health through six weeks of language and healthcare courses, clinical field rotations and community service. Language: English. Available: Summer. Program Provider: (CIEE)

### ECUADOR

#### CFHI-Intensive Beginner Spanish & Healthcare:

Interns participate in intensive Spanish courses while working with local non-profits and participating in clinical rotations. Language: Some Spanish helpful. Available: all terms 10 weeks

#### CFHI-Sexual Health as a Human Right:

Interns work with a local non-profit organization to support advocacy and education for sexual health as a human right. Includes Spanish classes and homestays. Language: Intermediate Spanish. Available: all terms. Duration: 10 weeks

#### CFHI-Urban/Rural, Amazon, Andean Health:

Interns rotate through a variety of clinical experiences in urban and rural comparative health care. Language: 1st year Spanish, more recommended. Available: all terms. Duration: 10 weeks

### GHANA

#### CFHI: Pre-Med Rotations and Child Health:

Interns will complete rotations in clinical and community-based institutions focused on maternal and child health, reproductive health, HIV/AIDS, hospital medicine and social determinants of disease. Available: all terms. Duration: 10 weeks

### INDIA

**Center for Social Medicine:** Interns experience rural healthcare in a community-focused environment while shadowing in various healthcare contexts. Language: English. Available: all terms. Duration: 10 weeks

**CFHI-Healthcare Rotations:** Interns rotate through clinical experiences in infectious disease; rural/urban health; traditional medicine; HIV; and maternal and child health. Language: English. Available: all terms. Duration: 10 weeks

### MEXICO

**CFHI- Healthcare Rotations:** Interns rotate through clinical experiences in the diverse region of Oaxaca where cultures and healthcare practices intersect. Language: 1st year Spanish. Available: calendar year. Duration: 10 weeks

## SOUTH AFRICA

**CFHI- Pre-Med Rotations:** Interns rotate through a variety of clinical experiences in HIV/aids and health care. Language: English. Available: academic year. Duration: 10 weeks

## SPAIN

**Medicine, Research, and Biotechnology Internships Spain:** A wide variety of research and medical internship positions in renowned hospitals, labs, and universities in Madrid and Valencia Available: all terms. Duration: 10 weeks

## UGANDA

**PROMETRA:** Interns are involved in traditional medical knowledge research and advocacy. Language: English. Available: all terms. Duration: 10 weeks

## PHILIPPINES

**CFHI Primary Care, Health Justice, and Rural Medicine:** Interns complete rotations in a variety of clinical and non-profit care facilities in Manila and on one or two remote islands. Available: all terms. Duration: 10 weeks

## PHARMACY

### GERMANY

**Pharmacy Internships:** Interns experience work in a German pharmacy. Language: 3rd year German. Available: all terms. Duration: 3-6 months

## SOUTH AFRICA

**CFHI-Pre-Med Rotations:** Interns rotate clinics, hospitals and other facilities observing the impact of HIV and other health issues. Language: English. Available: all terms. Duration: 10 weeks

## STUDY ABROAD UNIVERSITIES

### AUSTRALIA

**James Cook University, Townsville & Cairns (OSU)** Study at a comprehensive university near the rainforests and reefs. Language: English. Available: Summer-fall, winter-spring or year.

## ECUADOR

**Universidad San Francisco de Quito, Cumbay (OSU)** Study biology and health sciences in the Andes at the center of Ecuador's political and cultural activity. Language: Second-year Spanish. Available: Fall, winter-spring or year.

## FRANCE

**4 Universities in Lyon (OSU)** Study diverse areas of biology and health sciences in the second largest French city ideally located along the Rhône and Saône rivers. Language: Third-year French to take science, some English courses. Available: Year.

### University of Poitiers (OSU)

The second oldest in France similar in size to OSU. Students can study a variety of biology courses. Language: Third-year French to take science. Available: Year.

## GERMANY

### Baden-Württemberg Universities (OSU)

Students can study a variety of biology and health sciences electives at one of thirteen universities located in this picturesque. Language: Third-year German to take science, some courses in English Available: Fall, winter or year

## IRELAND

### University College Cork (OSU)

Study biology and health electives in the third largest city in Ireland. Language: English. Available: Fall, winter-spring or summer.

## SPAIN

### Universidad de Cantabria, Santander (OSU)

Study biology in the north of Spain. Language: Third-year Spanish to take science. Available: all terms

## UNITED KINGDOM

**Lancaster University (OSU)** Study biology and health sciences electives in a university located a few miles from Lancaster in the Lake District. Language: English. Available: Term or year