

Case Western Reserve University

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Pre-Meds CAN Study Abroad!

Why Study Abroad?

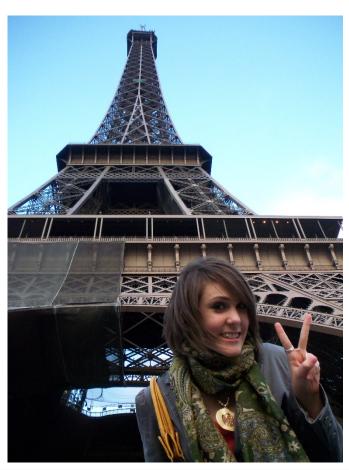
- Meet CWRU degree requirements
- Set yourself apart on medical school applications.
- Experience a different culture and ways of thinking and/or problem-solving
- Gain confidence, independence, resourcefulness
- Increased ability to work in teams, communicate with others, and development of valued "soft skills"
- Travel, explore, enjoy—yes, it's fun!

How To Study Abroad as a Pre-Med?

- Follow one of the <u>pre-med study abroad pathways</u> to ensure courses required for medical school applications are on a US transcript (PPSP students planning to attend CWRU Med School can disregard):
 - Take a Gap Year and go spring semester third year (Bonus: you become a more competitive applicant for medical schools because of study abroad *and* the extra year of experience!
 - Move classes around and go spring semester second year (Semester study abroad is usually less expensive than the same semester would be here at CWRU—except you're abroad!)
 - Move nothing and go summer after second year (Summer study abroad is usually cheaper than summer at CWRU)
- 2. Participate in a study abroad program with medical options! Highlighted here are programs that offer (usually one, sometimes more) classes with a health component. All other study abroad classes can be for the student's major and/or minor requirements.

Types of Study Abroad at CWRU

- CWRU Faculty-Directed Study Abroad Courses
- Semester or Year-Long Programs
- Summer Programs
- Other Considerations for Pre-Health Students



Faculty-Directed CWRU Study Abroad Courses

"Short Term": Travel for one to three weeks during the academic year



- Travel over school break times:
 - Winter Break, Spring Break, Spring (May Abroad) or May Term
 - 3 credit CWRU class
 - Tied to Fall, Spring or Summer registration with a program fee
 - No extra tuition for fall or spring
 - Program fee covers in-country housing, transportation, others
- Available to freshman seniors and graduate students
- Meet degree requirements
 - Global and cultural diversity
 - Social science, humanities, and other general education requirements

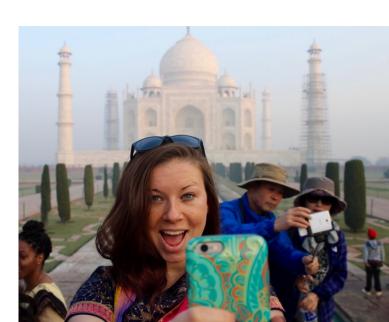
SHORT-TERM PROGRAMS: WINTER BREAK

- Health, Human, & Social Development in Rural and Urban Ecuador
- 2. Global Health and Social Development in India
- 3. Health and Health Care: A Comparative Perspective (Costa Rica)
- ❖ 10 15 days abroad
- Fall registration and tuition (flat rate tuition)
- Pay additional program fee
- Travel <u>after</u> the holidays
- Apps due by fall drop/add date
- The above list is just a sampling



SHORT-TERM PROGRAMS: SPRING BREAK

- 1. French Connections: A Cross-Cultural Comparison of Medical Ethics (France)
- 2. Mental Health Issues & Practice (Netherlands)
- 3. Social Justice: Health and Violence Prevention (Netherlands)
- 4. Public Health in the Netherlands: Sex, Drugs, and Public Health Ethics (Netherlands)
- 5. Global Health Design (Uganda)
- ❖ 5 7 days abroad
- Spring registration and tuition (flat rate tuition)
- Pay additional program fee
- Apps due by spring drop/add date
- The above list is just a sampling



SHORT-TERM PROGRAMS: SPRING (MAY ABROAD)

- 1. Global Issues, Health & Sustainability (India)
- 2. Pits and Pitas: Optimizing Health through the Mediterranean Diet from Production to Consumption (Greece)
- 3. Spanish & American Perspectives on Health, Wellness, Medicine & Culture (Spain)
- 4. Narrative Medicine: Aging, Mental Illness & Cancer (Norway)
- 5. Women's Health and Public Health Ethics (Netherlands)
- 15 days abroad
- Spring registration and tuition (flat rate)
- Pay additional program fee
- Apps due January 22 (drop/add)
- The above list is just a sampling

Summer Programs

- Study Abroad for 3 weeks or longer
- Two options:
 - 1. Enroll in a Faculty-Directed CWRU course
 - 2. Take classes independently at an overseas institution

Faculty-Directed

- CWRU credit
- Take one class
- Pay program fee and CWRU summer tuition
- Travel with CWRU faculty and students
- Defined options

University Abroad

- Transfer credit approved in advance
- Take one three classes
- All expenses paid to overseas institution
- Meet friends at orientation
- Many options



SUMMER PROGRAMS: Faculty-Directed

- Past programs in:
 - China and South Africa (Engineering)
 - France, Greece, Italy, and New Zealand (Arts and Humanities courses)
 - Nicaragua (Child Welfare)
- One month abroad
- CWRU summer tuition (half price for undergraduates)
- Pay additional program fee (incl. housing, entrance fees, etc)



SUMMER PROGRAMS: University Abroad

- 1. Cape Town Health Studies (South Africa)
- 2. Public Health in China at Peking University (China)
- 3. Community and Public Health Practicum in Botswana (Botswana)
- 4. DIS Abroad (Copenhagen and Stockholm)
- 5. King's College London (UK)
- 6. Health Studies in Santiago (Chile)
- One three months abroad
- Tuition to university abroad
- Pay housing abroad



Semester or Year-Long Programs

"Long Term": Study Abroad for one • to two semesters



New Zealand: University of Otago

- Take classes at an overseas institution, transferring credits back to CWRU
 - Courses approved in advance to meet degree requirements—major, minor
 - Option of hands-on medical experience: one class which includes shadowing, public health, medical research, and others
- Semester and yearlong programs are cost neutral:
 - Continue to pay CWRU tuition (keeping all aid and scholarships)
 - Housing and meals paid to overseas institution (often cheaper than CWRU)
 - Many <u>scholarships</u> available!
- Sophomores, juniors, & seniors eligible

SEMESTER PROGRAMS: University Abroad

- 1. Medical Practice & Policy Options
 - King's College London (UK)
 - DIS Abroad (Copenhagen and Stockholm)
- 2. Public Health Options
 - University of Botswana (Botswana)
 - University of Cape Town (South Africa)
 - Manipal Global and Public Health (India)
 - Health Studies in Santiago (Chile)
 - DIS Abroad (Copenhagen and Stockholm)
 - Maastricht University (Netherlands)
- 3. Engineering/STEM Options include
 - Universidad Carlos III de Madrid (Spain)
 - National University of Singapore (Singapore)
 - University of Sydney (Australia)
 - King's College London (UK)



OTHER CONSIDERATIONS

- Undergraduates can work on cadavers at Queen's University Belfast (N. Ireland) and the University of Sydney (Australia)
- Research programs exist for a summer or a semester and can focus on health issues (ex: EuroScholars, STEM Summer, etc.)
- Medical volunteering
 - Carefully consider the program. Can be a negative on your medical school application if you choose an unethical program
 - Some we recommend are:
 - AMSA (Fellowship, Internship, Volunteer)
 http://www.amsa.org/AMSA/Homepage/EducationCareerDevelopment/
 t/IntlHealthOpps.aspx
 - Case Global Medical Initiative http://filer.case.edu/org/gmi/about.html
 - Foundation for International Medical Relief of Children http://www.fimrc.org/ghvp/
 - Unite for Sight http://www.uniteforsight.org/volunteer-abroad
 - Child Family Health International https://www.cfhi.org/
 - The Atlantis Project https://joinatlantis.com/

HOW TO GET STARTED

- Schedule an advising appointment:
 - Email studyabroad@case.edu
 - Automatic reply will give the link to the Meet the Advisors page →
- Recommended to come in a year in advance of long-term study abroad
- Applications due for long-term:
 - Fall: Feb. 1 March 1
 - Spring: August 1 September 15
 - Summer: Feb. 1 March 15
- Applications due for short term:
 - Winter Break: fall drop/add
 - Spring Break and Spring (May Abroad): spring drop/add
 - May Term and Summer: summer drop/add



Angela Miller, EdD

- · Advises for: Australia and New Zealand
- Specialties: Advising diverse students who are typically under-represented in study abroad (STEM, students of color and non-traditional students)

Make a Virtual Appointment with Dr. Miller

Dr. Miller's Relevant International Experience



Autumn Beechler Stebing

- Advises for: The United Kingdom, Ireland, Italy, France, and Spain
- Specialties: Advising pre-health and nursing students, "study abroad plus" programs (research, intern, and/or volunteer abroad programs) and students undecided on location or major

Make a Virtual Appointment with Autumn

> Autumn's Relevant International Experience



Cami Ross

- Advises for: Austria, China, Denmark, Germany, Greece, the Netherlands, Russia, Spain, Sweden, and all countries in Africa, Asia, the Middle East and Latin America
- Specialties: Advising for non-traditional locations, helping students study abroad repeatedly, and the returned student experience

Make a Virtual Appointment with Cami

> Cami's Relevant International Experience

Virtual Drop In Hours

Students can also ask quick questions during our virtual drop-in hours Tuesdays and Thursdays from 1 - 3 pm. Register here.