



# Education Abroad in PRE-HEALTH

## Steps to go abroad

- Get a passport
- Complete the online Education Abroad Workshop
- Talk with your department about timing and course requirements
- Meet with an ISO education abroad advisor and explore opportunities
- Learn about funding resources (financial aid, scholarships)
- Research programs and apply online
- Participate in cross-cultural seminars (CORE)

For major or minor course approvals, contact: the Director of Undergraduate Programs for your specific major/minor. A complete list can be found on the CLAS website.

For more information on program options, make an appointment online with an education abroad advisor according to your country or region of interest.

International Studies Office  
208 Minor Hall  
[studyabroad@virginia.edu](mailto:studyabroad@virginia.edu)  
[educationabroad.virginia.edu](http://educationabroad.virginia.edu)

Interested in other disciplines?  
Explore additional major advising sheets online at [educationabroad.virginia.edu/your-major](http://educationabroad.virginia.edu/your-major)

## Benefits of International Experience for Pre-Health

Health professional admissions committees have expressed the opinion that study abroad offers students an opportunity to broaden their undergraduate experience, especially by developing a student's maturity and cultural awareness.

There are numerous education abroad programs that offer a tailored curriculum to the health fields, as well as the chance for practical experience, such as clinical observations and hospital visits that will augment your understanding of another country's healthcare system as well as your own country's system.

## Student Testimonial

"The reason I have chosen to major in Spanish instead of Chemistry or Biology is because I am interested in working with underserved groups- such as the rapidly growing Hispanic population. Therefore, the UVA Hispanic Studies Program was perfect for my interests; I was able to enroll in a course called Comparative Healthcare Systems, as well as Spanish for Healthcare Professionals. I never thought I would find a way to combine my passion for Spanish with my desire to help people through healthcare.." -*Jeffery Roberson, UVA in Valencia, summer, Spanish Major*

## Academic and Timing Considerations

Planning ahead is key to identifying a study abroad program that meets your goals as a pre-health student, particularly if you want to participate in a semester-long program. Students are encouraged to take advantage of opportunities to study and engage in service opportunities or clinical environments in foreign cultures.

### Coursework

When planning your coursework abroad, Pre-Health Advisors do NOT recommend taking your pre-health pre-requisite courses unless they are for direct-UVA credit. However, you are encouraged to take non pre-requisite science or non-science coursework that will broaden your knowledge and skill set. Additionally, while there are circumstances when science pre-requisite coursework during the summer can be justified, Pre-Health Advisors most commonly discourage taking science pre-requisite coursework during the summer if you plan to study abroad during the academic year.

### Timing

Every student has a unique personal and academic timeline. Some students go directly to health professional programs after finishing their undergraduate degree while other students choose to take a bridge year between undergraduate and health professional school. If you plan to matriculate directly to your health professional program, the most opportune time to study abroad would be during the summer. Otherwise, it would be feasible to study abroad during the summer or academic year.

### Next Steps

Every student has a unique set of circumstances which should be discussed individually. Speak with your academic advisor and a Pre-Health Advisor in the Career Center to discuss your academic course plan and timeline. Then, meet with an education abroad advisor to discuss program options.

# International Opportunities with a Health Studies or Medical Focus

This list is a starting point; you are *not* limited to these options.

## Africa

- [Senegal: University of Minnesota: Studies in International Development](#)\*
- [South Africa: UVA in South Africa: Cape Town: Public Health Sciences](#)§
- [South Africa: SIT: Community Health and Social Policy](#)§

## Asia

- [India: Alliance for Global Education: Contemporary India -Development, Economy, Society](#)\*§
- [Singapore: UVA Exchange: National University of Singapore](#)
- [Vietnam: CET: Public Health and Service-Learning in Ho Chi Minh City](#)\*

## Europe

- [Cyprus: Global Semesters: Health Sciences](#)
- [Denmark: DIS: Biomedicine](#)
- [Denmark: DIS: Medical Practice and Policy](#)
- [Denmark: DIS: Neuroscience](#)
- [Denmark: DIS: Public Health](#)
- [Denmark: DIS: Summer](#)
- [Netherlands: UVA Exchange Radboud University](#)
- [Scotland: UVA in St. Andrews: Science for Health Professions](#)
- [Spain: UVA in Valencia](#)
- [Spain: IES: Madrid](#)
- [United Kingdom: UVA Exchange: University of Nottingham](#)§
- [United Kingdom: IFSA-Butler: University of Sussex Summer School](#)

\*Internship available

§Fieldwork/field study available

## Latin America

- [Brazil: SIT: Public Health, Race, and Human Rights](#)§
- [Chile: IES: Health Studies](#)\*§
- [Chile: SIT: Public Health, Traditional Medicine, and Community Empowerment](#)

## North America

- [Canada: UVA Exchange: McGill University](#)

## Oceania

- [Australia: UVA Exchange: University of Queensland](#)
- [Australia: The Education Abroad Network: Monash University](#)
- [New Zealand: UVA Exchange: University of Auckland](#)§
- [New Zealand: UVA Exchange: University of Otago](#)

## West Indies

- [St. Kitts and Nevis: UVA in St. Kitts and Nevis](#)
- [St. Kitts and Nevis: Public Health Sciences](#)§



Helen Dawson Global Public Health major, Pre-Health track, *The Alliance: Contemporary India-Development, Economy, Society*