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**“I totally recommend this program for other nursing students...**

**While the plane ticket may be costly it is 200% worth it!”**

*Ashley Berlin, Nursing Student, Semester Abroad, Curtin University, Australia*

# Study Abroad in Nursing & the Health Sciences



“It is most important for the nursing and health science students to experience health care across the world. Global health exposes our students to interdisciplinary practice, diversity, cultural influences, health care delivery models, and new ways of delivering health and illness care. International experiences also broaden the students' perceptions of health care by allowing the students to critically examine care delivery systems in other countries, employ a trans-cultural approach to solving health care problems, and apply best practices across the globe.”

*Susan H. Davis, EdD, RN, Dean, Lansing School of Nursing and Health Sciences*

## *Study Abroad as a Nursing or Health Sciences major and. . .*

- Gain international perspectives in the field
- Explore new ways of practicing nursing and physical therapy
- Understanding global scientific issues
- Experience research methods in another country
- See world events through the perspective of another culture
- Build your résumé by demonstrating your independence, flexibility, and willingness to take on new challenges
- Acquire skills to succeed in research, medical school or other post-graduate opportunities



**“Seeing the world through studying abroad has been one of the best experiences I think I could have ever done. It has been such a challenging and eye opening experience.... I have learned so much about the differences between the US and other countries healthcare systems. I have had a blast getting to know so many people from all over the world and learning many new things about myself. I would encourage anyone to study abroad and learn from a different perspective.”**

*Kelly Shoulders, Nursing Student, Semester Abroad, Edith Cowan University, Australia*

## *Plan ahead . . .*

All nursing and health science students can easily incorporate a summer or winter study program while a student at Bellarmine. Most students chose to take general education courses in these programs. For students who wish to spend a semester abroad they will need to carefully plan for the experience. The best time for physical therapy students to spend a semester abroad is spring of sophomore year; for nursing students the best time is fall of senior year. Other health science majors may have limited semester options.

- Begin planning at least a year in advance of your study abroad program. It is never too early to start planning!
- Set some goals. There are many partners and programs abroad that offer health science courses. The best one for you depends on what you plan to gain from your experience.
- Prioritize your goals. See the IPO handout on this subject and consider your long-term academic and professional goals, as well as your on-campus degree requirements.
- With proper planning, study abroad can help you prepare for the next step after college whether it is graduate school or starting a career in health sciences.
- Start saving now! Consider saving for your time abroad when setting your spending priorities now.

## *Can I afford it?*

**YES! Now is the most cost-effective time in your life to spend an extended period of time abroad.** Most undergraduate students do not have to balance a job, mortgage, family and car payments when saving for study abroad.

- Studying abroad for a semester on exchange will cost about the same as attending Bellarmine and living on campus.
- For exchange programs, financial aid and scholarships can be applied toward your semester or academic year abroad.
- There are many short-term programs with a wide range of prices to accommodate various student budgets.
- Bellarmine also offers scholarships for study abroad! For more information visit:  
<http://www.bellarmino.edu/international/scholarships.asp>



*Katie Sipple,  
Exercise Science  
Student,  
Semester Abroad,  
Chinese  
University of  
Hong Kong,  
China*

## *Next steps?*

### **Study Abroad Information Meetings**

Not sure how to start? There are general information meetings held weekly in the fall. See the BU student calendar or contact [hholler@bellarmine.edu](mailto:hholler@bellarmine.edu) for dates.

### **The Study Abroad Fair**

This annual fall event held in October is a great place to talk to program providers and students who have studied around the world on Bellarmine's programs. It is a wonderful time to ask returned students about their experiences abroad.

### **Browse Our Website**

Find information on all Bellarmine study abroad programs, as well as application procedures and tips on preparing for your time abroad. <http://www.bellarmino.edu/international/>

### **What happens next?**

Visit the International Programs Office in Miles Hall Suite 149 to learn more about the program and application deadlines. Talk with your Academic Advisor and the Faculty Liaison for study abroad. Learn what courses you will be able to take abroad, and plan ahead. Research the country and site where you wish to study. Find out as much as you can about your host site.

## *When should I go?*

Summer programs are available to all students starting the summer after freshman year. Depending on a student's major and minor, certain times may be better than others for long-term study abroad. See below for tips on deciding when you should go.

### *Freshman*

The best time to start planning for study abroad is your freshman year. If you hope to have two international experiences, it is a great idea to do a summer program after freshman year and then plan for a semester or year abroad junior year.

### *Sophomores*

There are limited semester sites available for sophomores. For physical therapy majors, the most appropriate time to do semester study is spring of sophomore year. The application to study abroad sophomore year is due in the fall of freshman year. Please work closely with the Study Abroad Coordinator and your Academic Advisor to see what plan is best for you.

### *Juniors*

Nursing and health science students who wish to study abroad junior year will want to explore summer and winter program options. In some instances semester study may be possible at this time; students will need to consult with their advisor to see if this is a possibility for them.

### *Seniors*

Nursing students who wish to spend a semester abroad should do so during the fall semester of their senior year. Students should complete the application during the fall of their junior year.

## How do I select a program?

Bellarmino has more than 150 international program sites. When selecting a program that will work best for you, consider your geographic interests and academic goals. Use this sheet, talk with your advisor, talk to past participants of study abroad programs, and work with the IPO to identify the best program for you. These highlighted programs offer excellent options for you to earn credit in your major; however, **depending on your flexibility, you may also want to explore other BU sites and programs.** As the Nursing & Health Sciences departments and the IPO work together, specific recommended programs may change. Check with the Study Abroad Coordinator for the latest information.

## Can I fulfill graduation requirements?

**General Education:** General education credits can be fulfilled on almost all study abroad programs. Some excellent courses to take abroad include: Fine Art requirement, English Literature requirement, Social Science requirement and the IDC 301 Trans-cultural Experience requirement. There are always options for this course in the semester programs as well as in the summer and winter programs. Occasionally approval is granted for the Theology elective requirement.

**Major requirements:** Exercise science, nursing and physical therapy courses are offered in English at several of our partner universities. Some institutions have a broader selection than others and they are listed on this page. With advance planning, you may be able to earn credits for your major. If possible, plan on taking general education courses or elective credits in your major that are not offered here so that you can enhance courses you have taken at BU.

**Minor requirements:** Depending on your minor, you may also be able to take courses to fulfill these requirements abroad. Please consult with the Department Chair.

## Study for a semester or an academic year at partner universities abroad

The links on this page are available for you to view course catalogs and/or titles courses offered at BU partner universities abroad. Most links provide access to a course description. You should review this with your advisor to see which institution will provide you with the courses you need. If necessary, you will also want to discuss substitutions or waivers with the department chair. For most sites, you can access course catalogs for these institutions online or in the IPO resource room.

There are additional sites where you can take general education courses, courses for your minor or electives. Please consult with the IPO as to which site would be best for your needs.



Ashley Heister, Physical Therapy Student, Semester Abroad, Curtin University, Australia

“Studying abroad was an amazing experience for me. Living with people from all around the world was a great experience in and of itself. I learned so much from my suitemates. They helped me learn about their cultures, about my culture and myself. I feel so privileged to have these memories as well as the many lessons that came along.”

## Bilateral Exchange Partners\* with Excellent Nursing & Health Science Options:



Chinese University of Hong Kong (CUHK):  
View from a dorm room

### Chinese University of Hong Kong: Hong Kong, China

<http://www.cuhk.edu.hk/oal/>

### Curtin University: Perth, Australia

<http://handbook.curtin.edu.au/unitSearch.html>

### Edith Cowan University: Perth, Australia

<http://www.ecu.edu.au/links/structure/>

### Leeds Metropolitan University: Leeds, England

<http://prospectus.leedsmet.ac.uk/main/list.htm?p=35&level=1>

### University of Birmingham: Birmingham, England (TBA)

<http://www.bham.ac.uk/>

### University of Western Sydney: Sydney, Australia (TBA)

<http://www.uws.edu.au/>

## ISEP Exchange Partners with Excellent Nursing & Health Science Options:

[www.isep.org](http://www.isep.org)

### Brock University: St. Catharines, Ontario, Canada

[www.brocku.ca/international/](http://www.brocku.ca/international/)

### Malardalen University: Västerås, Sweden

[www.mdh.se/](http://www.mdh.se/)

\* For the most updated partnership options please check with the International Programs Office.

## Short Term Program Options

For students interested in spending a summer or winter break abroad there are many excellent options. Students can choose to do major requirements, general education or elective courses. The course selection for summer and winter break programs will vary from year to year.

## International Internships and Service

In addition to the summer/winter options listed on this page, there are many international internship and service learning opportunities available. Please consult the IPO for more information on these programs.



**“I had a wonderful adventure in the villages and learned a vast amount about the people and their culture. The clinics gave me insight about the challenges the people of Romania face when trying to access healthcare. From the experience I have gained a greater appreciation of the people in the world...”**

*Deanna Gordinier  
Bellarmine Nursing Service Program in Romania*



*Delegation of CUHK Nursing students at Bellarmine with BU Nursing students and faculty*

## Top summer and winter destinations specifically for Nursing and Health Science majors:

### **Bellarmino Nursing Program in Ecuador**

Organized by the IPO and the BU Nursing Department, this three week program takes place every other year typically in May.

### **Bellarmino Nursing Service Learning in Romania**

Organized by the IPO and the Nursing Department with Mission Connect, this program offers nursing students the opportunity to practice their profession in an international environment.

### **Bellarmino Physical Therapy Program in Australia**

Organized by the BU Physical Therapy Department, this three week program takes place every year in May.

## Consortium Programs

### **CCSA**

[www.ccsa.cc](http://www.ccsa.cc)

CCSA offers summer and winter programs in English speaking countries. Students may choose from courses in a variety of disciplines including business.

### **CIEE**

[www.ciee.org](http://www.ciee.org)

CIEE has summer programs in English around the globe. The academic focus will vary by program.

### **KIIS**

[www.kiis.org](http://www.kiis.org)

KIIS offers summer programs in non-English speaking countries. Most are conducted in English. The academic focus will vary by country.

