



A GUIDE TO STUDYING PRE-MED ABROAD

Studying pre-med abroad is an excellent way for undergraduate students to not only experience another country, but to also develop their personal and academic education in preparation for medical school or a future career in healthcare. Preparing yourself for a future medical career through pre-med study abroad helps you step out of your comfort zone and learn essential problem solving skills that will be paramount as a medical professional.

WHY STUDY PRE-MED ABROAD?

The differences in medicine and healthcare throughout the world provide a multitude of opportunities for pre-med students to explore practices from a completely different point of view. A basic check-up in the United States typically only includes the patient, whereas other parts of the world (such as Mexico, India, or Tanzania) may include a family. Adjusting to the specific needs of each patient is key in delivering quality care, and studying pre-med abroad provides you with cultural tools that a textbook cannot teach you. Study abroad programs often provide opportunities for students to gain hands-on experience through serving and learning in their international communities from healthcare professionals and local clinics.

LOCATIONS

Both study abroad institutions and universities offer pre-med study abroad options either for a summer, semester, or year abroad in a number of locations. For example, **Denmark** places an emphasis on studying medicine through the lens of public health policy. This is an incredible chance to study the economics and practices of European healthcare systems, which differ greatly from those in the United States. As the United States continues to revamp its healthcare system, academic experience in Denmark will make you invaluable to medical schools and potential employers alike. **Chile** offers students the option to gain practical knowledge of medicine and healthcare in a Spanish-speaking, immersive environment. Aside from studying the historical, social, and cultural aspects of Chile's health care, students may be given the unique opportunity to participate in local service in the community. This hands-on learning process will also afford you with a glimpse into Chilean culture and the chance to become a part of local communities through your work.

COURSES & PROGRAMS

While the pre-med academic track is very structured, it is easy for students to study abroad with the appropriate amount of planning. Most pre-med students study abroad throughout the summers or during their junior year, as senior year is crucial for medical school applications and interviews. Pre-med study abroad allows students to expand their worldview and discover new avenues for their academic goals, such as identifying their desired specialty and focus to strengthen their goals in medical school admissions essays. Pre med courses abroad typically approach medicine from the point of view of the hosting country, which allows students to explore the role of health professionals in their day-to-day procedures. As the world becomes increasingly globalized, seeing how health and medicine are perceived under different conditions will make you a far more competitive medical school candidate.

BENEFITS

Studying pre-med abroad is an excellent opportunity for students to expand both their knowledge and their skills while learning from another country's medicine and health care system. This experience not only provides students with a culturally immersive experience, but also builds a competitive and diverse resume for the competitive pool of medical school applications. Studying and living abroad demonstrates to future employers and medical school admissions boards that students are capable of learning from other cultures' scientific approaches to medicine while adapting to challenging situations. Medical schools are ever more searching for students with a combination of hard skills (science knowledge) and soft skills (working with people) to strengthen and diversify their student pool. Pre-med study abroad gives you the advantage of applying both in one context. Most importantly, studying abroad places you outside of your comfort zone both personally and academically, making it a life-changing experience that can solidify the path you decide to take in medicine.

SJU SEMSTER ABROAD PROGRAMS

Please note the list of programs and courses are only listed as a guide and does not guarantee automatic approval of courses counting for SJU academic credit. You will work with both your Academic Advisor and Study Abroad Advisor to determine the program and courses to best meet your needs. All courses **must be approved** by the appropriate SJU Department Chair or Associate Dean prior to studying abroad.

➤ Danish Institute for Study Abroad

- *Sample Courses: European Clinical Psychology, Health Delivery & Prioritization, Complexity of Cancer, Diabetes: Diagnosis and Diseases, Epidemiology: Danish Case Studies, Health Beyond Borders, Medical Anthropology, Medical Exploration of HIV/AIDS, Pregnancy, Birth & Infancy in Denmark*

➤ Saint Louis University in Madrid, Spain

- *Sample Courses: Introduction to Interprofessional Health Care, Health Care Systems & Health Promotion, Human Development through the Life Span Health Promotion, Health Assessment*

In addition to courses above, you may also be able to take some of SJU's GEP courses while abroad, including but not limited to: Art/Lit, Social Science, Religious Difference & Philosophical Anthropology.

Can't find a program or university on our approved list that appeals to you? You can always petition to attend another study abroad program of your choosing with more information can be found on our [website](#).

NEXT STEPS

- Meet with the Study Abroad Advisor** | Learn about your options
- Meet with your Academic Advisor** | Discuss course selection
- Apply for a passport** | <http://travel.state.gov/passport>
- Apply to study abroad!** | Applications are due to the CIP office by: March 1st for the Fall semester abroad, and October 1st for the Spring semester abroad