

Study Away Options For HERS MAJORS

The following is a list of programs which offer HERS courses. HERS students have a choice to study abroad for a summer, semester or academic year. To determine the best time to go abroad, consult your academic advisor. Additionally, short term faculty-led programs may be offered with specific WSU HERS coursework for 3-6 credits and vary term to term.

This list is not meant to be exhaustive, but only a sampling of programs that highlight this major. For a complete list of approved program offerings, please see <https://www.winona.edu/studyabroad/>

Africa

Botswana

Gaborone - [CIEE Community Public Health Program in Gaborone, Botswana](#)

Botswana has one of the most vibrant health care systems in Africa. With CIEE, you'll explore the country's healthcare delivery system and learn the successes and challenges from firsthand experience. Courses include Public and Environmental Health Issues in Botswana, Parasitology, Traditional and Alternative Medical Systems, and more.

Senegal

Dakar - [University of Minnesota: MSID Senegal](#)

This unique program allows you to explore the real world of international development in Senegal, a French-speaking country seen as a bridge between Africa and the West. The program includes a six-week internship or research project with a grassroots organization focused on entrepreneurship, health, human rights, or sustainability. If you choose the health track, you will examine health care systems, the management and prevention of disease, and the philosophical approaches to health care, including the role of traditional medicine, through this theme. Specific topics for discussion may include holistic health, women's and children's health, public health, animal health, and rural vs. urban health care facilities. Must speak French.

Asia

China

Hong Kong - [University of Hong Kong - Exchange](#)

The University of Hong Kong is the territory's oldest institute of higher learning and an internationally recognized, research led, comprehensive university. They offer a variety of HERS courses such as Intro to Nutrition, Biological Science, and Human Physiology, in addition to others.

South Korea

Seoul - [Chung-Ang University - Exchange](#)

Established in 1918, CAU has taken a leading role in nurturing intellectuals of the nation. Chung-Ang is fully committed to helping Korean and international students realize their life goals and achieve their greatest potential. HERS majors can take courses such as Biology, Microbiology, and Medical Life Science.

Europe

England

Manchester - [University of Salford - Exchange](#)

The Duke and Duchess of York (who later became King George V and Queen Mary) opened the University, formerly the Royal Technical Institute, in 1896. With two cities on your doorstep, you'll never be short of things to do or places to go while you're studying at Salford. Some possible courses include Principles of Training, Intro to Sports Science, and Exercise Physiology. The University of Salford exchange began as an exchange only for HERS students, although it is now open to all students.

Scotland

Edinburgh - [CIS Abroad Semester in Edinburgh - Edinburgh Napier University](#)

Edinburgh Napier University is rapidly becoming the most modern and advanced university in Scotland. Some of the courses available include Foundations of Sports and Exercise Science, Intro to Exercise Psychology, and Intermediate Biomechanics.

Spain

Salamanca - [API Health Studies in Salamanca](#)

This program is aimed at students who wish to pursue the study of health sciences while studying abroad in Salamanca. Possible courses include Bioethics and Health Communication.

Sweden

Kristianstad - [Kristianstad University - Exchange](#)

Kristianstad University, in southern Sweden, was founded in 1977, but can trace its roots way back for teacher's training (1835), nurses (1893) and engineers (1912). Kristianstad is a beautiful city with easy access to larger cities and mainland Europe. Coursework includes Global Health, Health Economic Evaluation, and Perspectives on Health and Society.

Oceania

Australia

Lismore - [Southern Cross University - Direct Enroll](#)

Southern Cross University is a vibrant, contemporary Australian University located in Lismore and very close to the beach. They offer classes like Motor Control, Exercise and Sport Psychology, and Applied Biomechanics.

FACULTY-LED PROGRAMS

Faculty-led programs are short-term study abroad programs led by WSU faculty. These programs take place over breaks (winter, spring, or summer) and students earn 3-6 WSU credits. The following faculty-led programs are recommended for students in this major.

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England and Ireland

Manchester, London, Dublin - [Health, Exercise, & Medicine: An International Perspective](#)

3 credits for HERS 305. HERS 305 counts toward **Goal Area 8**. Takes place during Summer (16-21 days in June/July). Students will learn about medicine, health, and exercise in a society outside of the United States.

Peru

La Merced, Lima, Cusco - [Health, Exercise, & Medicine: An International Perspective](#)

6 credits for HERS 396. HERS 396 counts toward **Goal Area 8**. Takes place during Summer (21-23 days in May). Students will learn about cultural awareness, cultural sensitivity, healthcare in a developing country, and personal reflection through hands-on experiences.

United States

Hawaii - [Exploring Health and Food Systems in Hawaii](#)

3 credits for HERS 396. HERS 396 counts toward **Goal Area 8**. Takes place during Summer (13 days in May). Students will be exposed to the unique traditional and contemporary health practices and food culture of Hawaii through a public health lens.

INTERNSHIPS

Interning abroad is an exciting opportunity to gain valuable cross-cultural work experience, understand international perspectives in your field, and live in another country for a summer or semester. All internships are taken for credit, allowing financial aid to be used.

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API INTERNSHIPS

API will coordinate an internship placement with an international organization that meets your professional, academic and personal goals, and our programming will support your success and engage you in activities designed to refine specific skills. Our on-site staff will orient you to the international workplace culture and guide you through in-person and virtual cultural workshops and local visits.

Australia: Brisbane	Australia: Gold Coast	Australia: Sydney	Chile: Santiago	Ireland: Dublin
Italy: Florence	Italy: Rome	New Zealand: Auckland	Portugal: Lisbon	Spain: Barcelona
Spain: Madrid	Spain: Seville	UK: Edinburgh	UK: London	

BARCELONA SAE INTERNSHIPS

An internship in the cosmopolitan city of Barcelona offers hands-on professional experience paired with new cross-cultural communication skills and your proven ability to actively participate in the global workforce. Placement examples include: a physical preparation center using advanced technology to solve problems in the sports field (injury prevention, rehabilitation, performance improvement, etc.); a startup phone/tablet app that offers self-assessment, self-knowledge, exercises and guidance, follow-up and motivation for self-care of women's health; a company that helps people understand the consequences of poor compliance by showing the real effect of their daily habits, personalized to their situation.

Academic Study Center (SIS) + Internship Semester Program	In-Person Internships
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CEA INTERNSHIPS

Interns will serve in a multifaceted role with responsibilities ranging from hands-on patient work to the business development of the exercise and sport science industry. Some duties can include but are not limited to:

- Supporting marketing campaigns to expand visibility and business development
- Assisting with the teaching and coaching of visitors and teams
- Researching industry benchmarks from the local region as they relate to US organizations
- Assisting in occupational and physical therapy sessions
- Designing and developing training and nutrition programs

Italy: Rome	Spain: Seville
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