Rebecca’s Major: Biology, Global Health Certificate

Program: UW Global Health Community Health and Health Disparity, Summer

Academic Life: The course was a field experience, so our education was not in a traditional classroom. Instead we spent our time touring hospitals, NGOs, and other organizations to talk with doctors and community leaders about different aspects of health. We also participated in a village homestay and contributed to the community through manual labor. Students from Kathmandu participated in the homestay with us. There were about 15 total UW students in the program.

Advice for Someone Considering This Program: Expect the unexpected! Adaptability is key in Nepal since the extreme terrain and unpredictable weather can lead to unplanned fun. You will find that people will constantly challenge your preconceived ideas of what an “undeveloped” nation means. You will discover innovation and determination wherever you look.

How Study Abroad Changed Rebecca: I am more confident in my ability to handle unexpected and difficult situations. There were more than a few times when our leader would be telling us we would have to do something and I would be thinking, “I don’t know if I can do that.” But I did them all! It’s a really powerful feeling to get through something you weren’t sure was possible.

“I think in the bubble of campus life it can be easy to forget that there’s so much more out there. There are many, many people in the world living very different lives.”