International Opportunities for Health Studies Students: Scandinavia

Recruitment Day: September 20, 2022

What is in it for me in Scandinavia?
An informal chat with Dr. Z, Lisa and academic advisors. Enjoy Scandinavian snacks.
  - Drop in from 11:00 a.m. – 1:00 p.m.: FNB 2210

Let’s talk about money!
Global Skills Opportunities and other scholarships and funding are available for international activities
  - Presentation from 11:30 – 11:50 a.m.: FNB 2210

Global & Intercultural Engagement Honors
  - Presentation from Noon – 12:20 p.m.: FNB 2210

General Information Session
Learn about internships, academic exchanges, summer programs, Global Skills Opportunities funding
  - Presentation from 1:30 – 2:20 p.m.: FNB 2210

Meet and Greet: Students and Interns
Informal 1:1 chat with Aging Globally students, interns, Dr. Z, Lisa and academic advisors. Scandinavian snacks.
  - Drop in from 2:30 – 4:00 p.m.: HSB 232

Online Information Session
Learn about internships, academic exchanges, summer programs, Global Skills Opportunities funding
  - Presentation from 4:30 – 5:30 p.m.
  - Online via ZOOM
  - https://westernuniversity.zoom.us/j/94680528901

Presented in partnership with

School of Health Studies
SCHOOL OF HEALTH STUDIES

INTERNATIONAL EXPERIENTIAL LEARNING OPPORTUNITIES IN SCANDINAVIA
Health professionals in Canada have much to learn about innovative health-related solutions. Scandinavian countries have progressive health systems and learning about them while developing global competencies is vital in preparing YOU for your future careers.

In 2021 the School of Health Studies secured more than $450,000 in federal grants to support students’ international learning experiences in Scandinavia until 2024. The objective of the Global Skills Opportunity project is to increase the number and diversity of Health Studies students studying and working internationally.

Four activities for building global skills:
1. Course *Aging Globally: Lessons from Scandinavia*
2. Internships
3. Summer programs
4. Academic exchanges
Our collaborators include higher education institutions and community partners in:

- Sweden
- Norway
- Denmark
- Iceland
- Finland
1. AGING GLOBALLY: LESSONS FROM SCANDINAVIA

An international course that introduces students to healthcare systems in three Scandinavian countries: Norway, Sweden and Denmark.

- Third year, 0.5 FCE Winter 2022-23, regular tuition fees apply
- Blend of in-class collaborative online international learning Jan-Apr 2023 and international study tour May 7-17, 2023
  - Lectures Wednesdays 8:30-10:30 am
  - Trans-Atlantic tutorials with OsloMet students Tuesdays 8:30-9:30 am
- Enrollment by permission, max 30 students
- Must complete both Winter prep & travel to get course credit
- Perfect to connect with traveling around Europe
Aging Globally: Lessons from Scandinavia

OsloMet - Oslo Metropolitan University
Western International
Summer
Oslo, Norway (Map)
Stockholm, Sweden (Map)
Copenhagen, Denmark (Map)

Type:
Faculty Led Program

Language of Instruction:
English

Subject Area:
Health Sciences

Program Provider
Name
Western International
Website
http://www.gobroad.uwo.ca

Partner Institution
Name
OsloMet - Oslo Metropolitan University
OBJECTIVE: WHAT CAN WE LEARN FROM THE BEST HEALTHCARE SYSTEMS IN THE WORLD?

Norway ranks second on the Index overall. It ranks consistently high across all domains.

Sweden ranks third overall in the Index and ranks consistently high on all domains.

The country ranks highest in the capability domain (7) with an employment rate (75.8%) and levels of educational attainment (68.2%) among older people above the regional averages.

Switzerland ranks highest in the health domain (11), with quality of life expectancy at 65 (24) and healthy life expectancy at 65 (27) close to regional averages.
OSLO, NORWAY

- Faculty of Health Sciences
  Occupational Therapy & Physiotherapy
- Faculty of Technology, Art and Design
  - Computer Sciences Department
- Case study
- 48 hrs Innovation Challenge
• Opera house
• Nobel Peace Center
• Royal Castle
• Vigeland Sculptures Park
STOCKHOLM SWEDEN

- Socialstyrelsen
- Karolinska Institute Nursing, OT, PT
- Solna Stad
- Silvia Hemmet

Historien bakom Silviahemmet
COPENHAGEN, DENMARK

Cycling without Age
• UN city
• WHO European office
AGING GLOBALLY COURSE OBJECTIVES

Upon completion of this course students will be able to:

1. **Differentiate** between Scandinavian and Canadian approaches to health and aging
2. Critically **examine complexity** of health and aging globally
3. **Reflect** on how this international experience influenced their worldview on aging and health care
4. **Apply** their cross-cultural competencies
5. Become **global-ready graduates** capable of knowledge transfer between communities around the world
6. **Advocate** for health-related quality of life for older adults worldwide
COST IN 2022

TOTAL $5,500

Included: $3,600 CAD

• 10 nights accommodation (quad share)
• 8 dinners, 7 breakfasts, 6 lunches
• Entry tickets (most)
• Coach transportation
• Local guides
• Public transportation passes

Not Included:

• Flight ticket ($1,200-$1,500)
• 2 dinners, 3 breakfasts and 3 lunches ($150)
• Medical and travel insurance
• Vaccination, COVID testing, visas, passports

Spending money:

• Approximately $500
2. SUMMER INTERNSHIPS

• Summer 2023- minimum 5 weeks
• Internships may be paid or unpaid (depending on the organization)
• Students may find own opportunity for summer 2023 and qualify for funding
  • Requires approval from Health Studies coordinator
• HS4995F Intersession course credit
  • 2023 intersession course (May to June)
  • 0.5 credit
  • Enrollment by permission with approved internship
Why an Internship In Scandinavia?

WOW MOMENTS

SCANDINAVIAN WORK LIFE BALANCE

The Scandinavian work life balance is nothing like it is in Canada, for the better. Here, they try not to go overtime in work, ensuring that people enjoy the rest of their day, living life to the fullest. For example, Kada and I have been told countless of times by our supervisors to stop working, so that we can go around and explore Oslo.

By taking part in an internship that is not in Canada, I have made INTERNATIONAL connections not just local. I can take these connections back with me to Canada, and introduce a global perspective to my studies and professional career. This internship in Norway has brought me MUCH closer to what my professional dreams are, providing me with invaluable skills, making me very excited for what the future will bring.

My Firsts

Meet my Swedish family
Live on my own in an apartment
Travel solo
Work in an office
See a princess
Participate in midsommar
Conduct research
See the Silver Bible
Sail the Swedish Archipelago
Participate in the National Day of Sweden

If you have the opportunity to learn how healthcare works from one of the world’s leader’s in healthcare, Why not take that opportunity? By taking part in this internship in Norway, I got to experience a great work life balance, gain valuable skills that will help me in my professional career, and create a global network of colleagues.
## Task Breakdown

<table>
<thead>
<tr>
<th>Week 1: Gathering resources and creating content for the Global Health Course (Supervised by Lisebet). The resources found were organized into a notion page.</th>
<th>Week 2: Completing 2 literature reviews on the mental well-being of youth in refugee camps and mobile apps for suicide prevention (Supervised by Anne). Submitted organized resources.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 3: Utilizing physical condition simulators to create case study videos of daily activities (Supervised by Bjorg). Submitted an organized PowerPoint with all videos and short descriptions of each.</td>
<td>Weeks 4&amp;5: Present at Alma’s House on universal/dementia-friendly design in Canada vs. Norway (Supervised by Sigrid). Worked on the development of the DIKU project website (supervised by Lisebet &amp; Anne).</td>
</tr>
</tbody>
</table>
S.M.A.R.T. Goals
Specific, Measurable, Achievable, Relevant, Time-Based

My Tasks at K.I.

Screen 18,000 scientific articles in five weeks to help select relevant articles for the systematic review

Complete a flow chart of the screening process

The focus of the systematic review is infection in older adults receiving home care

Attend meetings with Madeleine Barboza to go over articles of potential importance to the study

Goals

1. I will gain not only academic knowledge but cultural knowledge. To achieve this, I will take advantage of the opportunity to learn in Stockholm, not only by participating fully in my internship but taking to opportunity to learn about Stockholm. I will participate in seminars of interest, research group meetings, PhD defenses and ask pertinent questions. I will complete all assigned tasks to the best of my abilities. I will ask questions when an assignment is beyond my abilities and learn from my mistakes.

2. I will learn and understand the differences and similarities between the Swedish and Canadian approaches to health research, including the working environments. To accomplish this, I will collaborate with co-workers, remain curious and ask questions. By the end I hope to gain global connections and friendships while networking with diverse communities. In achieving this goal, I will become a global ready graduate.

3. I will ask my coworkers about their schooling and line of work to discover help what my passions are. As a part of expanding my knowledge of other countries I will attend work and school related events and soak in the information received. I hope to absorb as many cultural competencies as possible and in the end, reflect on how this experience changed my personal worldview and altered my career path.
THE ORGANIZATION, TEAM AND PROJECT

The Aging Research Center (ARC)

ARC was established in 2000 by Karolinska Institutet and Stockholm University. It is a multidisciplinary center devoted to the study of aging and health. The center is a division at the Department of Neurobiology, Care Sciences and Society (NVS) at KI.

The Team

The team comprised of my supervisor, Dr. Amaia Calderón-Larrañaga and two PhD students, Giorgi Beridze and Mariam Kirvalidze. At every interaction with this team, I was blown away by their expertise, genuine passion for their work, and kindness.

The Project

My study’s objective was to determine if there were any positive outcomes of caregiving, by comparing non-caregivers to caregivers. I used data from the Swedish National Study on Aging and Care in Kungsholmen, and used R programming for analysis. It also involved a small literature review.
3. SUMMER PROGRAMS

Short-term summer courses and programs in Scandinavia, earning credits towards your degree. Min 5 weeks.

Western currently offers summer programs in Denmark:

- Aarhus University
- University of Copenhagen.

More to come…

Seek your own summer program opportunity anywhere in Scandinavia!
4. ACADEMIC EXCHANGES

The GSO funding supports academic exchanges to Scandinavia, for one term. Courses taken on exchange are transferred back to your degree.

Western currently has exchange partnerships with:

<table>
<thead>
<tr>
<th>School</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aarhus University</td>
<td>Denmark</td>
</tr>
<tr>
<td>University of Copenhagen</td>
<td>Denmark</td>
</tr>
<tr>
<td>OsloMet</td>
<td>Norway</td>
</tr>
<tr>
<td>Stockholm University</td>
<td>Sweden</td>
</tr>
<tr>
<td>Umea University</td>
<td>Sweden</td>
</tr>
</tbody>
</table>

GLOBAL SKILLS OPPORTUNITY (GSO)

All Health Studies students are eligible

Special funding is allocated to:
  indigenous students
  students with disabilities
  low-income students
Students who identify as an **Indigenous** person, that is, First Nations, Métis or Inuk (Inuit).

Students with **disabilities** report to have a difficulty or impairment due to a long-term condition or health problem and/or experiences a limitation in their daily activities.

**Low income** students report to be in receipt of a Canada/Provincial Student Loan, Canada Student Grant, or similar non-repayable student financial assistance in their province or territory for their current program of study.

**Other** - all other students
## SHS Students 2021-24

<table>
<thead>
<tr>
<th>Students</th>
<th>Aging Globally</th>
<th>Summer internships</th>
<th>Summer programs</th>
<th>Academic Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td>2022</td>
<td>30</td>
<td>12</td>
<td>18</td>
<td>6</td>
</tr>
<tr>
<td>2023</td>
<td>30</td>
<td>12</td>
<td>18</td>
<td>6</td>
</tr>
<tr>
<td>2024</td>
<td>30</td>
<td>12</td>
<td>18</td>
<td>6</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>90</strong></td>
<td><strong>36</strong></td>
<td><strong>54</strong></td>
<td><strong>18</strong></td>
</tr>
</tbody>
</table>
### GSO Funding Amounts

<table>
<thead>
<tr>
<th>Students</th>
<th>Aging Globally</th>
<th>Summer internships</th>
<th>Summer programs</th>
<th>Academic Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indigenous</td>
<td>$3,000</td>
<td>$2,500</td>
<td>$2,500</td>
<td>$4,000</td>
</tr>
<tr>
<td>Disability</td>
<td>$3,000</td>
<td>$2,500</td>
<td>$2,500</td>
<td>$4,000</td>
</tr>
<tr>
<td>Low-income</td>
<td>$3,000</td>
<td>$2,500</td>
<td>$2,500</td>
<td>$4,000</td>
</tr>
<tr>
<td>Other</td>
<td>$1,500</td>
<td>$1,500</td>
<td>$1,500</td>
<td>$2,500</td>
</tr>
</tbody>
</table>
OTHER SCHOLARSHIPS AND FUNDING

- International Learning - $1,000
- Global Opportunities Award - $1,000-2,000
- SHS Student Opportunities Fund - 70% airfare

[https://international.uwo.ca/learning/go_abroad/funding.html](https://international.uwo.ca/learning/go_abroad/funding.html)

APPLY FOR ALL!
Welcome to Atlas, Western's international experience portal

For a list of our partners and international opportunities, simply click on the Search Programs tab above. A login is required to apply for a program and to return to an application in progress.

To login, please click on the link to the right to log in with your Western username and password. Once your credentials are verified, you will be redirected to Atlas, Western's international experience portal where you can complete your application process.

*For technical assistance within Atlas, Western's international experience portal please contact atias@uwo.ca

**Technical Issues at Login

POSTED ON JUL 28, 2022 8:49 PM

TROUBLESHOOTING

If after the Western login screen you are experiencing “An error has occurred. Please close your browser,” please try the following:

1. Go to the login page and use your Western id only, not email (e.g. atias2).
2. If the problem persists, then close the current browser and try using a different one.
3. Last resource, clear your history, passwords, and cache from the browser you will like to use. Use a force browser cache clearing by doing the keyboard shortcut Ctrl-Shift-R (Cmd-Shift-R on Mac).

For more technical support contact: atias@uwo.ca
HOW TO SEARCH FOR A PROGRAM

Search Programs

Keywords: aging globally

1. Search Filters
   - Provider
   - Language of Instruction
   - Destination
   - Institution

2. Search
   - Apply Search
   - Clear

3. RESULTS
   - Items 1-1 of 1
   - Show 20

Provider
- Western International
  - Program Info: Aging Globaly: Lessons from Scandinavia
  - Host Institution: OsloMet - Oslo Metropolitan University
  - Language: English
  - Term: Summer 2022
Application deadline **October 21, 2022 @ 4 pm**

- Competitive process
- All applications reviewed
- Waiting list

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Aging Globally: Lessons from Scandinavia

OsloMet - Oslo Metropolitan University
Western International
Summer
Oslo, Norway (Map)
Stockholm, Sweden (Map)
Copenhagen, Denmark (Map)

Type: Faculty Led Program
Language of Instruction: English
Subject Area: Health Sciences

Program Provider
Name: Western International
Website: [http://www.qabroad.uwo.ca](http://www.qabroad.uwo.ca)

Partner Institution
Name: OsloMet - Oslo Metropolitan University

Description
Previously named as University College in Oslo and Akershus (HØA)

Aging Globally: Lessons from Scandinavia is an international course that will introduce 30 students to healthcare systems, public health policies, homecare delivery practices, hospitals, long-term care homes, aging research and exemplary community initiatives in three Scandinavian countries: Norway, Sweden and Denmark. The objective of the course is to explore and identify what we can learn from arguably the best healthcare systems in the world when it comes to disease prevention, management of chronic disease, wellbeing and health-related quality of late life.

<table>
<thead>
<tr>
<th>Term</th>
<th>Academic Year</th>
<th>Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer 2023</td>
<td>2022 - 2023</td>
<td>Login To Apply</td>
</tr>
</tbody>
</table>
Internships, academic exchanges & summer programs

First contact academic advisors and internship coordinator to express interest
HOW TO START, RESUME & SUBMIT YOUR APPLICATION

**Announcements**

**Technical Issues at Login**  
POSTED ON JUL 26, 2022 5:45 PM

TROUBLESHOOTING if after the Western login screen you are experiencing "An... Read More

**My Applications**

**Aging Globally: Lessons from Scandinavia (Western International) Summer 2022**  
**Application Status:** Incomplete  
**Accept Status:** Not Started

- [ ] Step 1  TERMS AND CONDITIONS
- [x] Step 2  FILL OUT APPLICATION
- [ ] Step 3  SUBMIT YOUR APPLICATION
- [ ] Step 4  COMPLETE ACCEPTANCE INFORMATION
- [ ] Step 5  FILL OUT TRAVEL REGISTRY

[View Full Application]  [Withdraw Application]
WHO DO I GO TO FOR MORE INFORMATION?

**Aging Globally course**  
Dr. Aleksandra Zecevic, Professor  
azecevi2@uwo.ca

**Summer internships**  
Lisa Metselaar, Experiential learning coordinator  
experiencefhs@uwo.ca

**Summer courses**  
Lauren Alicia Dodd, Academic advisor;  
lauren.dodd@uwo.ca

**Exchanges**  
Irene Templeman, Academic advisor  
itemplem@uwo.ca

**Western International Atlas applications**  
Pin Sun, Faculty-led study abroad coordinator  
facultyled@uwo.ca
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Recruitment Day: September 20, 2022

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