

What's the best advice you can give future students to maximize their experience abroad?

"Be ready to have a culture shock, but love every minute of it. Keep your eyes, ears, and heart open at all times to soak up as much knowledge as possible. This adventure will prepare you for the rest of your life."

"Just spend time getting to know the other students as soon as possible because it makes the whole experience so much better. I would definitely recommend a GroupMe."

"I would suggest students treat every day in Sweden like it's their last day abroad. Take advantage of every opportunity and don't take anything for granted."

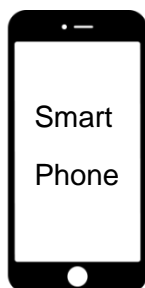
What items did you not bring that you wish you had?

- Chacos
- Heavy jacket
- Rain jacket
- Band-Aides
- Sweatshirt
- An extra converter

What items did you pack and NOT need while abroad?

- Shorts
- Tank tops
- Heels
- Too many business casual clothes

Which devices would you recommend others take in the future?



Most common ways to communicate with family and friends back home:

#1. Through WiFi-enabled smart phones apps

- Skype
- Whatsapp
- iMessage

#2. International calling/text plan with U.S. cell phone

Health Teams Abroad Sweden

"There's a beauty to their silence. They fully believe in the concept of 'legum' which translates to 'just enough'. They speak, eat, socialize, drink, and do as much as they need to and nothing more. They know when to draw the line and do so very well. I plan to bring that concept with me wherever I go!"

"This program helped rekindle my passion for health care and spark new interest in how to fix our system. We are the generation that will change it, and this program puts me on the correct path."

Approximately how much did you spend out of pocket during the program (in USD)?

	Max Value	Average Value
Communication (cell phone, Internet charges, etc.):	120.00	23.00
Food:	500.00	280.25
Going out/free time:	500.00	165.79
Lodging:	60.00	5.00
Other:	100.00	5.26
Personal travel/excursions:	1,000.00	95.00
Program related travel/excursions:	100.00	5.00
Souvenirs/gifts:	200.00	107.00

What advice do you have for students to budget and spend money wisely?

"Plan out shopping and free time to take advantage of free experiences. Buying food at the grocery store and preparing your own meals will save a lot of money."

"I would not exchange US currency for the local currency. A debit/credit card has the best exchange rate by far."

"Think about souvenirs carefully and don't shop at the first store you see. Most money will go to food so think about investing in cheaper snacks for during the day."

How might students best get to know the people and culture of your host country?

“They have an endless amount of information on the country and all you need to do is ask to find out what the country is about. Make sure to respect others though; the Swedes are not known for being outgoing, so if they appear that they want their own space you need to respect that and not bother them.”

“We took the time to go and hang out with our Swedish buddies from the School of Health as well as meeting up with some friends we met in Sweden. I think it was fun to get to know the culture from a peer’s perspective, because they can relate to both us and their country.”

“For this program, students should really utilize their time with the SUSHIs (Swedish student guides). They should also try to get to know their roommates in Raslat in order to better get to know the culture in Sweden and the other countries from where the foreign exchange students come.”

What do you wish you had known more about before you left?

“I wish I had known more about the US SS system and more about US healthcare in general. I feel like I know more about Swedish healthcare than US healthcare at this point.”

“I wish I had known better what clothing to pack. The consensus was that everyone packed too many business clothes and warm weather clothes, without heavy enough jackets.”

“The weather is a lot colder than you think! The laundry and dryers aren’t as good as what we are used to, so I would stick to bringing clothes that are easy to wash and dry.”

“Learn a little bit of Swedish so that ordering and getting around is easier (even though it is really easy to get around town in Sweden). Learn how to use the UARK bus system so that the Jonkoping system comes easily.”

Which credit cards were most widely accepted?



“Discover card is NOT accepted in most places, and it is important to get a card with a chip in it.”

Did this program deepen your interest in your academic field of study?

“Studying health care systems as a whole was a really eye-opening experience. It prepares me in a unique way to enter the medical field.”

“It really made me realize that going into the health care field is where I belong. It was the spark I needed to light my passion to become a doctor!”

“This program and the courses I received credit for were geared very directly to my major and career path. The knowledge I gained from this experience will help strengthen my medical foundation. I had a great deal of interest in the subject prior to the trip, but this chance to study abroad strengthen that interest.”