

Chamonix, France

Elizabeth Strom



Program: Wilderness Medicine in the Alps, Summer 2019

Major: Health, Society, and Policy

Earning the Career Development Badge:



As part of earning the Career Development Badge, I had the opportunity to interact with local experts to explore the dynamics of emergency medical care in remote areas.

This helped me gain valuable insights into crisis response and prevention that can be applied not only in a wilderness setting but also in a clinical setting as well. Additionally, I was grateful to meet and work with educators, students, and professionals from a variety of countries and cultures. To earn the Career Development badge, I had to attend the lectures held by the instructors and other experts on wilderness medicine.

Our classes covered the basics such as the appropriate gear you should pack when traveling into different back country areas, including which tents are applicable for certain weather conditions and what fabrics are best suited for particular activities or temperatures. The lectures also involved teaching more intensive information such as how to identify different forms of altitude sickness and the best way to treat them, how to treat common bites and stings, how to treat water, and how to evacuate an injured person from a remote area. This experience has shown me how to succeed in a variety of medical careers and can be highlighted on résumés, graduate school applications, and during job interviews.

Transferable Skills:



The skills I have learned will be essential for me in my upcoming classes, I am taking anatomy this semester and am sure that what I have learned on my study abroad will help me better understand my course work. I am also excited to exercise my new knowledge during future camping and backpacking trips so that I am more prepared for an emergency situation. I am encouraged to continue my learning of wilderness medicine and hope to even take an advanced wilderness medicine course. This experience will be applicable in a variety of medical careers and I plan on highlighting it on resumes, graduate school applications, and during job interviews.

“This program was exactly everything I wanted, I learned so much valuable information and loved meeting all of the instructors. Chamonix was beautiful and I am so glad that I had the opportunity to study abroad with a program that really spoke to my interests. I can officially say now that I have hiked the Alps!”