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Nursing Brazil: Health Promotion and Community Engagement

STUDY ABROAD EARLY FALL 2026

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University of Washington

UW Global
School of Nursing

Study Abroad
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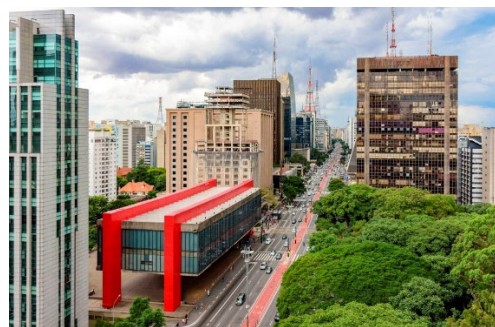
Nursing Brazil: Health Promotion and Community Engagement

Program dates: 09/05/2026 - 09/27/2026

Destination: Londrina, Brazil; São Paulo, Brazil



Londrina



São Paulo

Nursing Brazil: Health Promotion and Community Engagement

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Jan Flowers

State University of Londrina faculty

Rafael Deminice

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Student cohort

Alana Geylani

Jenifer Hernandez-Luna

Lydia Alemu

Angelika Austria

Joanna Torres

Sam Cortes Dolores

Emi Gunning

Katherine Brewer

Tamara Glasgow

Grace Njoki Gitome

Lanisha Sherwood

Isabel Azarcon

Luke David

Program Director

Vitor Oliveira, PhD

Dr. Oliveira is a Research Assistant Professor at the University of Washington School of Nursing. As an exercise scientist, his work centers on lifestyle interventions, physical activity, and health promotion across clinical and community settings, with a strong emphasis on global health, equity, and innovative interventions. With deep personal and professional ties to Brazil—including a decade living in Londrina, research conducted within Brazil’s public health system (SUS), teaching experience, and long-standing collaborations with the State University of Londrina—he brings exceptional local knowledge and academic partnerships to the program. He currently leads UW-funded research in Brazil and supports active collaborations with faculty at both UEL and the University of São Paulo, ensuring strong institutional connections and program sustainability.



Dr. Oliveira is a native speaker of Brazilian Portuguese, which will facilitate communication, student support, and local collaboration. While this will be his first time leading UW students abroad, he has lived in different countries, mentored students from diverse backgrounds, and organized group activities and excursions in Brazil. These experiences position him well to support students in cross-cultural, community-based learning environments.

A Word from the Program Director, Dr. Oliveira

Brazil offers an extraordinary setting for students to understand health beyond the classroom. Through direct engagement with universities, healthcare professionals, community organizations, and the Brazilian Unified Health System, students will explore how culture, social conditions, and public policy shape health and well-being. Just as importantly, they will be challenged to reflect on their own assumptions and to approach unfamiliar communities with curiosity, humility, and respect.

This program is especially meaningful to me because Brazil is where I was born and where I began my own journey as an educator and health researcher. I designed this experience to connect students with the people and institutions that have shaped my work while introducing them to Brazil’s remarkable cultural and regional diversity. My hope is that students return home with a broader understanding of global health, stronger intercultural skills, and a clearer sense of how they can contribute to healthier and more equitable communities.

Program Co-Directors

Suha Ballout, PhD, RN, FADLN, FAAN

Dr. Suha Ballout is the Associate Dean for Diversity, Equity, Inclusion, and Belonging and an Associate Professor at the University of Washington School of Nursing. A nationally and internationally recognized nursing scholar, educator, and equity strategist, her work advances health equity, mental health, and workforce transformation through research, leadership, and systems change. Her career spans clinical practice, academic leadership, and health systems innovation. She began as a registered nurse and clinical nurse educator at the American University of Beirut Medical Center, contributing to Magnet designation efforts, and later served as a nurse scientist in a U.S. hospital setting. A Fellow of the American Academy of Nursing and the American Academy of Diversity Leaders in Nursing, Dr. Ballout co-led a major workforce initiative and leads equity-centered programs addressing behavioral health disparities. Her research program focuses on equity-centered leadership, trauma and mental health, behavioral health workforce development, and the well-being of LGBTQ+ individuals, immigrants, and refugees, resulting in widely adopted frameworks that inform nursing education, leadership, and health systems transformation.



A Word from the Program Co-Director, Dr. Ballout

This program resonates with my personal and professional journey as a nurse, educator, and global health scholar. Having trained and worked across diverse health systems, from Lebanon to the United States, I am continually inspired by how communities design culturally grounded, prevention-focused approaches to health and well-being. Brazil's commitment to community-based care and health promotion reflects values that have shaped my own work in advancing equity, access, and workforce transformation. Experiences like this offer an opportunity to broaden perspectives and deepen our collective understanding of how health systems can center dignity, resilience, and community strength in advancing health equity.

I hope students come away with a deeper understanding of health as a social, cultural, and structural experience, not just a clinical outcome. I want them to appreciate the strengths within communities, recognize how different systems approach equity and prevention, and develop the humility and curiosity needed to work across cultures. Most importantly, I hope they begin to see themselves as professionals with a responsibility to advance dignity, justice, and belonging in whatever paths they pursue. My advice is to stay open and present. Listen more than you speak, engage with intention, and lean into discomfort as a space for growth. The most meaningful learning often happens outside the classroom, through relationships, reflection, and a willingness to see the world through a different lens.

Program Co-Directors

Jan Flowers, MS

Jan Flowers is Faculty Director of the Digital Initiatives Group (DIGI) at the University of Washington School of Nursing, a digital health and health informatics implementation science center, and Chair of the Board and Chief Operating Officer of the OpenMRS foundation that stewards a global open-source electronic health records platform supporting care for over 22 million patients across 80+ countries. Her work sits at the intersection of health informatics, global health systems, and implementation science. She leads distributed, cross-cultural teams developing digital health tools that strengthen health systems for underserved populations and resource constrained environments. Her organizations have deep partnerships spanning international health organizations like WHO, CDC and Africa CDC, and PAHO, and with national Ministries of Health in the Caribbean, across Africa, and Eastern Europe and Central Asia, as well as, U.S. domestic health programs like Washington State Department of Health.



A Word from the Program Co-Director, Ms. Flowers

Brazil's public health system is one of the most ambitious in universal health coverage in the world, and this program empowers students to learn alongside community health practitioners, researchers, and nursing faculty at two of Brazil's leading universities. What excites me most is the integration of community health, movement science, and aging research in real clinical, academic, and community settings. These are not abstract concepts in Brazil as they are embedded in how universities extend care into communities through programs like the long-standing strength training program for older women at UEL. For someone whose work lives at the intersection of health systems, implementation science, and community-based care across very different resource contexts, watching how Brazil makes health promotion work on the ground is exactly the kind of learning I find most energizing and useful.

My one piece of advice to the students: resist the urge to compare. Instead, practice the discipline of understanding first. It's natural when you encounter a different health system such as Brazil's SUS, the community outreach models at UEL, and the urban health complexity of São Paulo, to immediately frame it against what you know from the U.S. That reflex can short-circuit deeper learning. Instead, try asking "how does this work, and why did it evolve this way?" before reaching for comparisons. The most valuable insight from any global health experience isn't "their system is better or worse", but the realization that the problems are often shared, and the solutions are wonderfully varied based on all of the contextual factors. Carry a journal, talk to locals, and pay attention to what surprises you.

Nursing Brazil: Health Promotion and Community Engagement

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About the Program

This immersive study abroad program blends global health education, physical activity, and aging research with rich cultural engagement. It will focus on health promotion, community health, and exercise, with particular attention to the application of lifestyle interventions in both community and clinical populations. Students will learn alongside international experts while exploring how health, movement, equity, and Brazil's public health system intersect in real-world community and clinical settings.

This program aligns closely with the priorities of the UW School of Nursing (SoN) and the broader UW Health Sciences and global health mission. The SoN strategic research priorities—Health Equity, Symptom Science, Innovative Interventions, and Lifespan Health—are directly reflected in the program's focus on lifestyle interventions, prevention, and community health across diverse populations.

Through partnerships with the State University of Londrina (UEL) and the University of São Paulo (USP), both public universities in Brazil, the program fosters a rigorous academic environment in which students apply classroom knowledge to real-world settings. The program also complements the mission of the Center for Global Health Nursing, which promotes innovative, sustainable improvements in health through cross-cultural collaboration. Students will analyze how Brazil's public health system (SUS) prioritizes prevention and community-based care, compare it with the U.S. system, and reflect on the implications for nursing and health sciences practice.

By combining rigorous coursework, writing-intensive assignments, and experiential learning in diverse cultural and clinical contexts, this program will help prepare health professionals to lead in global health, equity-focused practice, and interdisciplinary innovation. We expect students to be able to:

- Analyze how community-based and clinical programs in Brazil promote health through lifestyle interventions, with emphasis on exercise and prevention.
- Compare health promotion and public health strategies in Brazil and the United States, identifying cultural, structural, and policy differences.
- Communicate effectively on global health issues.
- Demonstrate cross-cultural awareness by integrating local perspectives and ethical considerations into written work.

Our Institutional Partners

We are deeply grateful to our international partners, who are committed to providing our students with the best learning experience.

The program will begin in Londrina (12 nights), a large city in southern Brazil and home to the State University of Londrina (UEL). Academic activities will be based at UEL's Health Sciences Center and the Center for Physical Education and Sports (CEFE), which houses one of Brazil's most respected sports science programs and state-of-the-art laboratories for exercise physiology, biomechanics, and body composition. Students will learn from various research projects designed for clinical populations, including a long-standing strength training program for older women and an exercise program for breast cancer survivors. In addition, they will interact with UEL students from the English language degree program.

The second portion of the program will take place in São Paulo (10 nights) and will be hosted by the University of São Paulo (USP), one of Latin America's leading universities. Activities will be organized through USP's School of Nursing. Students will engage with nursing researchers and urban health projects that address prevention, chronic disease management, and social determinants of health in a large metropolitan setting.

This program will also be an opportunity to consolidate and strengthen the partnerships between the UW School of Nursing and these institutions. UEL has been a research partner since 2025, with one study funded by UW Global and another funded by the Brazilian government. This study abroad program has motivated the establishment of a Memorandum of Understanding between the two institutions, which will open the doors for additional collaborations. The USP School of Nursing has been a partner since 2012, with many academic activities developed throughout the years. This study abroad program will help strengthen that relationship and to re-establish activities that were paused during the COVID pandemic.

The State University of Londrina (UEL)

- Founded in 1970, UEL is a public, tuition-free university located in Londrina, southern Brazil.
- UEL is a major research institution, with more than 250 laboratories and 1,300 ongoing research projects. It is also home to one of Brazil's most respected sports science programs, with state-of-the-art labs for exercise physiology, biomechanics, and body composition.
- UEL is strongly committed to community engagement, providing healthcare, education, cultural programs, and other services to Londrina and the surrounding region.

A word from UEL's International Relations Faculty Representative, Dr. Deminice

At UEL, we are excited to create and support international academic experiences by strengthening partnerships with universities around the world and facilitating collaboration between institutions. Our office works closely with students, faculty, and international partners to ensure that participants have a meaningful academic and cultural experience at UEL. Through this program, we aim to provide an inclusive environment where students can develop academically while gaining valuable intercultural perspectives.

Some tips for your stay in Londrina

Dr. Deminice: Welcome to Brazil! Brazilian people are friendly, open, and always willing to help. Although not everyone speaks English fluently, learning a few basic Portuguese expressions will make your experience even more enjoyable. Be open to new cultures, make friends, and enjoy every opportunity to learn. The best of Brazil can be experienced through its people and cuisine. Take every opportunity to meet local people, explore regional traditions, and try Brazilian food. These experiences will make your stay memorable and help you better understand our culture.

Dr. Brener: A warm welcome to you all! We hope you enjoy this academic experience, with engaging activities, interesting discussions, and the opportunity to learn more about current research. The university is a space for exchange, so bring your ideas, questions, and curiosity. We look forward to sharing knowledge and experiences with you, both on and off campus. Enjoy Lake Igapó at sunset, explore the UEL campus, and take time to chat with students and experience campus life. Try local food, explore Londrina, and don't be afraid to ask questions.

Rafael Deminice

I am a Professor in the Department of Physical Education at the State University of Londrina (UEL), Brazil, and currently serve as the Head of the UEL's International Relations Office. My academic background is in exercise physiology and sports science, with a particular focus on the role of physical exercise in health and disease. In my current position, I work to strengthen UEL's international partnerships, promote academic mobility, and support internationalization initiatives that foster global collaboration in teaching, research, and innovation.



Fernanda Machado Brener

I am a professor in the Department of Modern Foreign Languages at the State University of Londrina (UEL), where I currently serve as coordinator of the faculty committee for the English Language Teacher Education program. My research interests include foreign language teaching, with a particular focus on multiliteracies, multimodality, and English-language literature. I also coordinate *Paraná Fala Idiomas* (PFI), a state-level English language teaching program that supports the internationalization efforts of the State Universities of Paraná.



The PFI Program offers general, academic, and task-specific English courses to help the UEL community improve their English skills. The program helps participants publish in high-impact journals, take part in international events, and communicate with people from different cultural and academic backgrounds. By building confidence in English, PFI helps reduce language barriers and makes international exchanges more accessible and rewarding.

The University of São Paulo (USP)

- Created in 1942, the School of Nursing of USP marked the beginning of modern nursing in Brazil.
- Ranked #1 in Latin America for nursing by the QS World University Rankings by Subject 2024, as part of USP, which is also ranked #1 in Latin America overall.
- EEUSP (USP's School of Nursing) is home to the largest nursing-related library in Latin America, and offers programs focused on Primary Health Care, Maternal and Infant Care, Mental Health, Nursing Management, Nursing Workforce, Patient Safety, Acute and Chronic Care, among others.

A word from the Coordinator of the USP Graduate Program in Nursing, Dr. Vattimo

The School of Nursing at the University of São Paulo is truly honored and enthusiastic to welcome the delegation of undergraduate and graduate students from the University of Washington. We see this visit as a valuable opportunity to strengthen academic dialogue, intercultural exchange, and collaborative perspectives between our institutions. The University of São Paulo, one of the leading universities in Latin America, offers a vibrant academic environment. At the School of Nursing, students and researchers are engaged in cutting-edge teaching, research, and extension activities that address health challenges with scientific rigor, social commitment, and global vision. São Paulo is one of the world's most diverse and cosmopolitan cities, known for its warmth, creativity, and hospitality. We are delighted to welcome you to the University of São Paulo and look forward to sharing an unforgettable academic and cultural experience together.

A message to the students from the USP faculty

The University of São Paulo is recognized internationally for its excellence in teaching and research. The School of Nursing is located on the campus Quadrilátero Saúde-Direito, near hospitals and different health facilities. We look forward to welcoming you to USP and sharing meaningful moments of learning, collaboration, and cultural exchange.

A must-do experience in São Paulo is visiting Paulista Avenue on a Sunday. The avenue transforms into a vibrant cultural space filled with music, art, cafés, museums, and people from all over the world, making it a perfect opportunity to experience the city's energy, diversity, and creativity.

USP Faculty collaborating with the study abroad program

Maria de Fatima Fernandes Vattimo, RN, MsC, PhD

Full Professor at the School of Nursing, University of São Paulo. Master's degree in Biological Sciences (Molecular Biology) from the Federal University of São Paulo (1993) and PhD in Health Sciences from the Federal University of São Paulo (1998). She conducts studies in the areas of kidney diseases, focusing on the pathophysiology of chronic kidney disease, diabetic kidney disease, physical exercise, kidney disease progression, and acute kidney injury, as well as nursing care for critically ill adult patients. She is leading a multidisciplinary project on the impact of non-pharmacological interventions in diabetic and chronic kidney disease, and a project on the use of renal biomarkers in cancer patients undergoing chemotherapy, with an experimental design that mirrors the clinical one. She is the coordinator of the League of Nursing in Nephrology and Diabetes Care (LENAD). She maintains international partnerships with the University of Florida and the University of Washington.



Filipe Utuari de Andrade Coelho, RN, MsN, PhD

Associate Professor of the Medical Surgical Department of the School of Nursing of the University of São Paulo. Certified in Intensive Care Nursing by the Brazilian Association of Intensive Care Nursing (ABENTI) (2019). Training in Extracorporeal Membrane Oxygenation (ECMO) by Stollery Children's Hospital and the Heart Institute of the Clinics Hospital of the University of São Paulo (INCOR) (2015). Specialist in Intensive Care Nursing from the Teaching and Research Institute of the Albert Einstein Israelite Hospital (2014). He has experience in the field of Nursing, with an emphasis on Intensive Care Nursing, mainly working on the following topics: ECMO, Point-of-Care Ultrasonography (POCUS), and Nephrointensive Care.



Thatiane Facholi Polastri, RN, MsC, PhD

Associate Professor of the Medical Surgical Department of the School of Nursing of the University of São Paulo. Head of the Simulation Center (CELAB-EEUSP). She holds a PhD in Sciences from the Postgraduate Program in Nursing Management (PPGen-EEUSP). Professor at the Postgraduate Program in Adult Health Nursing (PROESA-EEUSP), developing research in the area of nursing education, with an emphasis on simulation-based teaching and training for care in critical situations, articulating teaching, research, and innovation. She develops and evaluates educational technologies, with a focus on cardiopulmonary resuscitation training and the use of feedback devices to improve clinical performance. She is an instructor and faculty member of Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) courses, accredited by the American Heart Association, of which she is a volunteer member, serving on the institution's translation committee. She leads the A3CN Aging, Critical Care and Cardiac Nursing research group (CNPq), is the scientific coordinator of the Academic League of Nursing in Cardiology (LECA) at EEUSP. She conducts research in the areas of clinical simulation, cardiology nursing, and cardiovascular emergencies, with an emphasis on performance evaluation, improving health education, and producing evidence applied to clinical and educational practice.



Lucas Cardoso dos Santos, RN, MsN, PhD

Associate Professor of the Department of Public Health of the School of Nursing, University of São Paulo. Master's degree in Public Health (2015) and PhD in Nursing (2022) from the São Paulo State University "Júlio de Mesquita Filho". Professor in undergraduate Nursing courses in the area of public health and in Graduate Programs: Professional Master's in Nursing in Primary Health Care in the Unified Health System and Postgraduate Studies in Nursing. Member of the Research Group "Vulnerability, Adherence and Needs in Public Health". Adjunct Staff of the Brazilian Center for Evidence-Based Health Care: JBI Center of Excellence. Has experience as a nurse in management and care roles in Primary Health Care and as a professor in technical, undergraduate and graduate education in different institutions. Areas of interest: public health, primary health care, health vulnerabilities, sexually transmitted infections, and sexual and gender diversity.



Lislaine Aparecida Fracoli, RN, MsN, PhD

Full Professor of the Department of Public Health Nursing of the School of Nursing of the University of São Paulo. Postdoctoral fellowship at the University of Toronto - Canada (2006), where she deepened her knowledge of quantitative and qualitative research methodologies and health promotion. In 2012, she deepened her knowledge of health promotion and strengthened international research partnerships through a senior research internship at King's College London (England). She has theoretical and practical experience in the field of Nursing in Primary Care and has been directing her research towards the study of Nursing practice in Public Health, working on the following themes:

public health, nursing work, training of human resources for primary care, evaluation of programs and services, promotion of maternal and child health and "parenthood". She coordinates the Professional Master's Program - Nursing in Primary Health Care in the SUS (Brazilian Unified Health System). She was Head of the Department of Nursing in Public Health at the USP School of Nursing, from May 2020 to May 2024. She currently works as a researcher at CISM-USP (Center for Innovation in Mental Health) and NCPI-FMCSV (Center for Science in Early Childhood).



Meet Our Student Cohort

Our student cohort reflects a wide range of ages, life experiences, and academic backgrounds. This diversity will enrich the program by bringing different perspectives to discussions of health, culture, education, and social equity in Brazil. Students will be encouraged to learn from one another, connect their disciplinary knowledge to the program's activities, and recognize how their individual experiences shape their understanding of and engagement with unfamiliar communities.

The program directors bring extensive experience supporting students from diverse and historically underrepresented backgrounds. Dr. Oliveira's mentoring approach is grounded in equity, inclusion, and cultural humility, while Dr. Ballout has advanced diversity, equity, inclusion, and belonging through her leadership as an Associate Dean and through initiatives expanding educational pathways in nursing and the health sciences. Before departure and throughout the program, the directors will help students navigate questions of identity, cultural difference, and power through orientation activities, country-specific resources, structured reflection, and group dialogue. Students' unique identities and perspectives will be valued as strengths and incorporated into the program's cross-cultural learning environment.

Alana Geylani

My name is Alana, I'm 19 years old, and I grew up overseas in Turkey, Italy, and Spain. My mom was a teacher for military kids on bases, so I got used to people coming and going, and eventually making friends from all different places. I'm passionate about global health and how we can improve our local community. I'm hoping to major in public health- global health to learn about how communities are affected by socioeconomic status and what the average person can do to make a change for better living.



This study abroad program fully supports my interests with learning about what foods people eat, what exercises actually work, and what lifestyle habits can manifest a longer and healthier life. I'm looking forward to creating a whole new community within the program and also locally in Brazil. I'm excited to learn about healthcare policies and talk to locals about what they do day-to-day to remain happy and healthy.

Angelika Austria

I'm a Filipino American, first-generation nursing student from SeaTac, Washington. Growing up in a diverse community shaped my interest in culturally competent care and addressing health disparities. I'm especially interested in critical care, rural health, and pediatrics, where I hope to support communities with limited access to care. As a nursing student, I've enjoyed working with children and learning how early care impacts long-term health. This program fits my goals by helping me build my clinical skills and gain experience in settings that reflect my interests. I look forward to interacting with an unfamiliar healthcare system and its customs. I'm excited to continue growing and work toward becoming a nurse who can support underserved populations.



From this program I expect to learn how to respectfully interact and adapt to a culture and people I am unfamiliar with. I also hope to step outside of my comfort zone, gain new perspectives, and grow both personally and professionally. Overall, I hope that the experiences I have abroad contribute to my global perspective and enrich my abilities to provide care as a nurse in the US.

Emi Gunning

I'm a pre-nursing student, and I am working towards being a pediatric or labor and delivery nurse. Because this program is nursing focused, it will help me to achieve my goal of getting into the nursing program and becoming the nurse I want to be. This program will also expand my perspective by enriching me in a new culture. I hope to come back from this program a better healthcare worker and person.

I expect that this program will widen my knowledge of nursing as a whole, and further my passion to be a nurse. Additionally, I hope to serve the people we encounter - from breast cancer survivors to the nursing students we meet. I'm excited for an opportunity as unique and special as this, and am hopeful it will catalyze an even stronger desire to pursue my goals.



Grace Njoki Gitome, DNP, ARNP, AGPC

I am a Doctor of Nursing Practice (DNP) student specializing in Adult-Gerontology Primary Care at the University of Washington School of Nursing. I bring over 12 years of nursing experience across acute care, long-term care, and community health settings, where I have developed a strong foundation in patient-centered care, chronic disease management, and health education. My academic interests focus on global health, preventive care, and addressing health disparities among underserved populations. I am particularly passionate about integrating culturally responsive care into clinical practice and improving access to healthcare for vulnerable communities. My previous experience in global health outreach through volunteer work in Kenya has further strengthened my commitment to serving populations with limited resources and complex health needs. This study abroad program in Brazil aligns closely with my academic and professional goals by providing an opportunity to explore healthcare delivery in a different cultural and systemic context. It will allow me to expand my understanding of global health systems, strengthen my clinical and cultural competencies, and apply evidence-based practices in resource-variable environments. Ultimately, this experience will support my goal of becoming a well-rounded nurse practitioner who advocates for health equity both locally and globally.



I expect this program to provide an immersive learning experience that expands my understanding of global health and exposes me to different models of healthcare delivery. I hope to gain firsthand insight into how healthcare systems in Brazil address challenges such as access to care, chronic disease management, and the impact of social determinants of health on patient outcomes. Through engagement with local healthcare providers and communities, I expect to strengthen my clinical skills, cultural competence, and adaptability in resource-variable settings. I am particularly interested in learning how culturally tailored interventions are used to improve patient engagement and health outcomes. I also expect this experience to challenge my perspectives, enhance my critical thinking, and deepen my commitment to health equity. By stepping outside of my usual clinical environment, I hope to grow both professionally and personally. Ultimately, I expect this program to help me integrate global health principles into my future practice as a nurse practitioner and to better serve diverse and underserved populations in my community and beyond.

Isabel Azarcon, Nursing Student, Certified Nursing Assistant

I am a dedicated nursing student with a strong interest in pediatric nursing and urban population health. I currently work at Seattle Children's Hospital as a patient care technician in the Cardiac, Pediatric, and Neonatal Intensive Care Units, where I support children and families during complex and vulnerable moments. This experience has strengthened my passion for working with children and deepened my understanding of their unique physical, emotional, and developmental needs, especially in high-acuity care settings. As an AHEC Scholar through the Washington Area Health Education Center, I am expanding my understanding of health care beyond the bedside. The program allows me to explore topics related to underserved communities in both urban and rural areas, including health disparities, access to care, cultural humility, and interprofessional collaboration. Through this experience, I am learning how social, economic, and environmental factors shape health outcomes for children and families. My goal is to combine pediatric nursing with a population health perspective so I can provide compassionate, equitable, and family-centered care. I hope to continue learning how nurses can advocate for children with complex needs while supporting healthier communities.



As a nursing student, I hope to gain a deeper understanding of how culture, community, and health systems shape patient care through the Nursing Brazil: Health Promotion and Community Engagement study abroad program. During the program in Londrina and São Paulo, I expect to learn about Brazil's public health system in both community and clinical settings while exploring topics such as health promotion, equity, aging, and movement. Through site visits, faculty seminars, reflection, and learning from international experts, I hope to compare Brazil's approach to health care with my experiences in the United States. I am especially interested in understanding how nurses and health professionals support underserved communities and promote wellness across different populations. This experience would help me grow in cultural humility, strengthen my perspective on global health, and prepare me to provide more compassionate, equitable, and culturally responsive care in my future nursing practice.

Jenifer Hernandez-Luna, Nursing Student

My academic interests focus on healthcare and serving the community. This program will give me the opportunity to learn about different healthcare systems and approaches to care, while gaining a better understanding of how culture and community needs shape health outcomes. I hope to use this experience to strengthen my ability to provide compassionate, effective care in diverse settings.

I hope to gain experience working directly with underserved populations, learn how social determinants of health affect care, and develop stronger communication and cultural competence skills. I also expect to build confidence in community engagement and apply these experiences to improve patient care in my future nursing practice.



Joanna Torres

I am a Bachelor of Science in Nursing student at the University of Washington with a strong interest in public health, health promotion, and health equity. My academic focus is on understanding how social and environmental factors influence health outcomes and how nurses can address these through education and community-based care. The Brazil study abroad program aligns with my goals by emphasizing health promotion and community health in a global context. I am interested in learning how Brazil integrates lifestyle and public health strategies into daily life. This experience will strengthen my cultural awareness and support my goal of providing equitable, patient-centered care.

I expect this program to expand my understanding of health promotion and community health within a global context. I hope to learn how Brazil approaches prevention, lifestyle interventions, and public health in ways that are integrated into daily life, and to compare these approaches to those used in the United States. Through this experience, I want to deepen my understanding of how social, cultural, and environmental factors influence health behaviors and outcomes. I also expect to develop stronger cultural awareness and communication skills by engaging with diverse communities and learning directly from local perspectives. This program will challenge me to think more critically about how to provide care that is both culturally responsive and accessible.



Katherine Brewer

This program immediately appealed to me because it aligns closely with my academic goals and personal passions. I am majoring in Medical Anthropology and Global Health with a minor in Chemistry, a path shaped by my interest in both medicine and the humanities. What draws me to this field is its ability to integrate science and biomedicine with global and cultural perspectives on health, healing, and wellbeing. Athletics-particularly soccer-has been central to my identity. I played competitive soccer for ten years, traveling throughout the United States and Ireland and earning several accolades. My relationship with sports deepened when I returned to my former club as a part-time coach. Coaching solidified my desire to pursue a career in sports medicine, especially focused on supporting female athletes. I was immediately drawn to this program's emphasis on sports science and wellbeing, particularly its focus on women's health. I am passionate about addressing the under-education and under-research surrounding female athletes and hope to help young women become strong, informed, and healthy competitors. This program offers a unique opportunity to combine my interests in global health, exercise, and cultural immersion.



I expect this program to provide an immersive understanding of how health promotion and exercise are integrated into public health systems, research, and everyday life in Brazil. I look forward to engaging with research on strength training for older women and exercise programs for breast cancer survivors as it aligns directly with my interest in sports medicine and improving health outcomes for women across the lifespan. I also hope to better understand how universities contribute to public health outreach and promote community wellbeing. I expect to gain insight into addressing both clinical and community health needs in urban centers. Beyond academics, I anticipate that experiences such as public parks to coffee to soccer matches, will deepen my understanding of Brazilian culture and its relationship to wellbeing. Overall, I look forward to experiencing a brand new country and seeing how this program strengthens my foundation in exercise science, global health, and new approaches to healthcare.

Lanisha Sherwood, BSN, RN, CCRN-CMC

I am a DNP-Population Health and Systems Leadership student who is focused on advancing equitable access to health resources and building a diverse, inclusive nursing workforce. My training continuously emphasizes multidisciplinary collaboration to address systemic health challenges and implement upstream, population-level interventions. Over the past nine years as a bedside nurse in the Burn and Pediatric Trauma ICU at Harborview Medical Center, I have developed a systems-level perspective through leadership in unit and hospital-wide committees, participation in strategic planning, and co-development of a Nursing Equity Council. My roles as an ENPC and TeamSTEPPS instructor, along with experience in critical care transport, have strengthened my ability to lead, educate, and respond across complex care settings. Studying in Brazil directly aligns with my academic and professional goals. I am particularly interested in how Brazil's universal health system integrates social justice, community-based prevention, and social determinants of health into care delivery. Observing models in Londrina and São Paulo will deepen my understanding of population health strategies and system-level interventions. This comparative experience will enhance my ability to analyze health systems, inform equitable practice in the U.S., and prepare me for leadership focused on dismantling structural barriers and advancing inclusive, prevention-focused care.



I am excited to embark on this experience alongside students with diverse backgrounds and perspectives, and I value the opportunity to learn collaboratively. I expect this program to broaden my global perspective on health by immersing me in environments beyond my own and deepening my understanding of how culture, systems, and policy shape the health of people living in Brazil. I seek support in pursuing learning opportunities that align with my graduate studies in population health and systems leadership. I look forward to engaging with diverse communities and embracing vulnerability as I communicate with limited Portuguese, recognizing this as an important part of cultural humility and growth. I am especially eager to immerse myself in observational learning by visiting hospitals, health organizations, universities, and community-based programs to understand better how health systems operate across settings and to inform my future practice.

Luke David

I'm currently a pre-medical student looking to become a physician in the future. I want to be the kind of doctor that people can trust and enjoy talking with. I grew up in Nebraska, where diversity isn't as strong as it is in most places, but I think limiting one's self to only the perspectives you know is an unproductive way to live life. I want to meet as many different people as I can so all types of people are comfortable with me as their doctor.



I expect to gain new perspectives from this program. I know very little about healthcare systems outside of the U.S.'s, so this is an opportunity for me to learn how Brazil's healthcare system differs. I love meeting new people, and helping them in any way that I can. This opportunity provides me with interactions I wouldn't get to make in the U.S. and I can apply the knowledge I learn over the course of the trip to my future patients.

Lydia Alemu

I am a sophomore at the University of Washington with a strong interest in healthcare and a growing focus on health informatics. My academic journey has led me to explore how patient care, data, and healthcare systems work together to improve outcomes. While I am interested in the technical side of healthcare, I value direct patient care and understanding health on a human level. The Brazil nursing study abroad program aligns closely with my goals because it emphasizes hands-on learning in community health and patient-centered care. I am especially interested in how nurses play a critical role in promoting health, preventing disease, and supporting diverse populations. Observing Brazil's healthcare system will allow me to better understand different approaches to care and the impact of cultural and social factors on health outcomes. This experience will strengthen my foundation in healthcare by giving me real-world insight into nursing practices and public health. It will also help me become a more well-rounded future professional, allowing me to combine clinical understanding with my interest in health informatics to improve healthcare systems and patient experiences.



I expect this program to be a meaningful opportunity to expand both my academic and personal perspectives. I am especially excited to learn more about Brazil's culture, including its values, traditions, and approach to healthcare. Immersing myself in a new environment will help me better understand how culture shapes patient care and health practices. I also look forward to building connections with students and teachers in Brazil, learning from their experiences, and sharing my own.

Sam Cortes Dolores

I am a first-generation college student at the University of Washington pursuing a degree in Public Health-Global Health. Growing up in a low-income, Spanish-speaking household shaped my interest in health equity after witnessing how language barriers, access limitations, and systemic inequalities influenced when and how people sought care. My academic interests focus on understanding health across multiple levels from biological mechanisms of disease to the social and structural determinants that shape population health outcomes. Through my coursework, community engagement, and research experiences centered on prevention, lifestyle interventions, and community-based health education, I have developed a strong interest in integrating medicine with public health approaches. The Nursing Brazil: Health Promotion and Community Engagement program aligns closely with my goals of exploring prevention-centered healthcare systems and culturally grounded health promotion strategies. By studying how community health, exercise science, and clinical care intersect within Brazil's public health system, I hope to deepen my understanding of equitable healthcare delivery. Long term, I plan to pursue an MD/MPH and work as a physician engaged in both clinical and public health research, serving underserved communities.



Through this program, I hope to gain a deeper understanding of how prevention, community engagement, and lifestyle-based interventions function within a universal public health system. I am particularly interested in observing how Brazil integrates exercise, rehabilitation, and health promotion into both clinical and community settings, and how these approaches address disparities across urban and regional populations. I expect to learn how academic research translates into real world health programs that support chronic disease prevention, recovery, and long-term wellness. Comparing Brazil's health promotion strategies with those in the United States will broaden my perspective on how social determinants of health, cultural context, and policy influence access to care. Equally important, I hope to grow personally through cross-cultural exchange, collaboration with peers and local students, and immersion in a new healthcare environment. This experience will strengthen my ability to work across languages, cultures, and disciplines. Ultimately, I expect this program to help me become a more thoughtful future healthcare provider, one who integrates research, community partnership, and clinical practice to advance equitable healthcare systems and improve outcomes for underserved populations.

Tamara Glasgow, RN, BSN, CEN

My name is Tamara, and I am a nurse to my core. My journey started 18 years ago in the emergency department, and I have never really left it. Throughout my career, I have worked in critical care, transport nursing, education, and, eventually, pediatrics, where I now care for children and adolescents experiencing behavioral health crises in Tacoma, Washington. I work closely with hospital leadership to build staff skills in verbal de-escalation, because fewer restraints mean less trauma, and that matters deeply to me. I once read that we never fully recover from our childhood, and I took that to heart. Three years living in England and working within the National Health Service taught me there is more than one way to deliver care, and those lessons pulled me toward system-level thinking. I am now pursuing a DNP in Population Health and Systems Leadership, focused on health equity, prevention, and the policies that shape health long before patients reach my door. Brazil is the next chapter in that education. I am eager to learn about how Brazil approaches prevention, movement, and healthy aging within communities, and I want to bring those lessons home. By learning from one another, we can make our global community stronger.



I expect this program to deepen my understanding of how prevention and health promotion are built into the fabric of a community, and I am genuinely curious to see it up close. Brazil's constitution declares healthcare a human right, and I want to understand what that means in practice. How does that founding commitment shape the way care is delivered, funded, and prioritized? Where does it succeed, and where does reality fall short of the promise? I am particularly interested in how public and private health systems coexist, and the role community health workers play within that structure. In the United States, that model is underdeveloped, and it is a great missed opportunity. I want to see how trust is built, how prevention is sustained, and how health is supported where people actually live. I am also drawn to the program's focus on movement, aging, and quality of life. Coming from a pediatric emergency department, where I see daily what happens when prevention fails, I am eager to study what success looks like. I come to this program as a learner, ready to ask better questions and bring something meaningful home.

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Obrigado. Thank You.

To our partners at UEL and USP, and to our incredible cohort of Husky nurses — obrigado por essa jornada.



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