

Tania Diaz

Gilman Program Alumni Ambassador
Italy, 2023



“Going abroad is a great way to expand your knowledge and get involved in a new culture. You can’t grow without being in situations where you test yourself and do things that you wouldn’t normally do. Get outside your comfort zone for the better version of you.”

Tania’s time in Italy allowed her to become fully immersed in a new culture and practice the Italian language. Before going abroad, she studied the Italian language for a semester, which helped her thrive in her language study abroad. Becoming trilingual has opened many doors for her, specifically for her personal and academic goals.

- Research assistant internships for Scripps Research
- Associate of Science in biology from San Diego Mesa College
- Recent transfer student to the University of California – San Diego

Being abroad for the first time and seeing the differences in health care inspired her to switch her major to public health. She has become more passionate about health care accessibility and affordability. Her experience deepened her understanding and appreciation for the health care system. Tania credits her Gilman Program experience for opening her eyes to new career pathways in health care.

She is excited to be a Gilman Alumni Ambassador and help expand the Gilman Program’s presence throughout community colleges and universities. As a community college student who transferred to a four-year institution, she is eager to share the opportunity with other community college students. She strives to help other students realize that their study abroad dreams are within reach.

