



TalkAbroad Experience #2

in English

Reflection

My second talk abroad was with Yarimar from Costa Rica. While she does not study medicine she found the medical topics for the conversation very interesting. In contrast to the first conversation, the second conversation was about common diseases and common home remedies in our respective countries. In the beginning we discussed our country's healthcare systems. In the US, we have a majorly private healthcare system while in Costa Rica, they have both. After we discussed common illnesses in our respective countries. In the US, common illnesses are heart disease, cancer, and asthma. In Costa Rica however, common illnesses can include heart disease, cancer, and the flu. Yarimar stated that common remedies include tea and honey and the over the counter medicines we use here such as aspirin and tylenol. Yarimar also brought up COVID-19 for discussion. Like the US a lot of people are scared and out of work.

When comparing the two countries, our home remedies are quite similar. While we did not discuss the remedies stated in past reading in our class, it is interesting to note that home remedies often spread by word of mouth. While what we experience is quite similar it is amazing to hear and learn about a different cultural perspective.

TalkAbroad Experience #2

in Spanish