

Fall 2007

In Case You Forgot to Bring it Along:**The Study Abroad Handbook:**

www.studentaffairs.cmu.edu/oie/sab/SAB_Handbook_05-06.pdf

Check out this website for great travel products:

www.umabroad.umn.edu/products/index.html

Check out this website for articles on returning home:

www.glimpseabroad.org/

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Tartan Travels

STUDY ABROAD NEWSLETTER

REBECCA ZABEL, EDITOR

Greetings from OIE!

The Study Abroad staff members in the Office of International Education are pleased to bring you Carnegie Mellon University's study abroad newsletter! We hope you find this bi-annual newsletter informative and fun. We welcome your feedback and suggestions to improve future issues of the newsletter. We will also be looking for stories and photos from students like you to include in future issues.

We have been busy finalizing your study abroad paperwork, welcoming back returning students, and preparing for Spring departures. There are a lot of exciting things

going on this year, and the following items are just a few of them.

We are continuing to work on major specific advising sheets that will assist academic advisors and students in finding opportunities that fit with their course schedules. It provides a list of programs where students have been successful in completing coursework in the past.

Another large project we have recently completed is our new website. We have revised the format and added additional resources for students planning on studying abroad, students

currently abroad, and for students upon return. Please check it out and let us know your thoughts!

This fall we also offered an exciting interactive information session, Travel Challenge. STA Travel came to campus with resources and information for traveling abroad. Students present had numerous chances to win travel items!

On behalf of our office we would like to wish you all safe travels, and we look forward to seeing you at the Welcome Back Workshop this spring!

New Study Abroad Staff

We have added a few new staff members to our office this year that we would like to introduce in this newsletter.

Emily Half is joining the team this year as a part-time study abroad advisor for Tepper and H&SS students. She also works with international programming through the Office of the Dean of Student Affairs and plans the International Festival. She also serves as a Housefellow to Boss

and McGill Houses and the Global Studies House Program.

Rebecca Zabel is the Graduate Assistant for Study Abroad Programs for the 2007-08 school year. She is a student in the Student Affairs in Higher Education program at Indiana University of Pennsylvania.

Michelle Forkosh joins the team as a student Study Abroad Assistant. She is a senior design student and she studied in Italy in

the Spring of 2007.

Justine Lee is the Intern for International Programming. She is a professional writing major and she studied in London in the Spring of 2007.

We invite you to stop by and visit us in the Office of International Education when you return. Check out the OIE general calendar for opportunities to talk about your experience and learn about others' experiences as well.

Top 10 Study Abroad Tips*

- 1) Take courses that reflect your interests and the culture of the country in which you are living.
- 2) Speak as much of the language as you can.
- 3) Take some risks. Get to know the locals!
- 4) Try not to leave school work until the last minute. Get your work done early so your weekends are free to travel.
- 5) Keep an open mind while you travel. Don't feel the need to put down America at every turn or always praise it as something perfect and superior to the country you are in.
- 6) Be patient and remember to ask for help if you need it.
- 7) Take advantage of being taught things from a non-American perspective.
- 8) Make friends with people in your classes.
- 9) Balance your time between class and soaking up the culture!
- 10) Keep a good sense of humor and go with the flow!

*Adapted from *Top Ten Abroad Tips*, The George Washington University's Study Abroad website <http://www.studyabroad.gwu.edu/>

A Blog on Culture and Coffee excerpts by Conrad Woodring

Some of you may now be experiencing culture shock, and some may not experience it the entire time you are abroad. The more integrated into the culture of your host country, the more likely you are to experience some aspects of culture shock. To get a better understanding of culture shock, you may be interested in reading a perspective from a former Carnegie Mellon study abroad participant. Conrad Woodring was a Mechanical Engineering student who graduated in 2006. He studied in Switzerland while attending Carnegie Mellon and is now working in Turkey. He has been in contact with the office as he is now experiencing culture shock for the very first time. Following are several excerpts from his blog which can be found at <http://www.blog.conradwoodring.com/wordpress/> in the culture folder. Feel free to explore his observations, comments, and experiences and think about how they may relate to your experience abroad.

Focus on Understanding

"Culture shock stems from an in-depth encounter with another culture in which you learn to the contrary that there are different ways of doing things that are neither wrong nor inferior....one's own

culture does not possess the single right way, best way or even a uniformly better way...Believing it does is a kind of imprisonment..." (Carnegie Mellon Study Abroad Handbook)

"It is very easy to sit back and say the US is better because of this, this and this. But that means closing one's mind and learning nothing. It is not easy. When people ask me what my impressions of Turkey are, and how it compares to the US, I stop them, and simply respond that it's just different. I try to not focus on the differences so much and instead I try to understand all that I do not understand here without making comparisons to my own culture." - Conrad Woodring

Wrong Impressions

"This entry isn't meant to talk about Turkish culture so much, but to point out how Turkish culture is interpreting me....I see myself as good at making a positive impression on people. It appears however, that this is becoming less and less true. I have had four people now tell me that at first they thought I didn't like them, that I was giving off hostile energy. I am not aware of doing this, which leads to one of two conclusions: I am not myself lately (possible), or I am missing some key cultural cues (equally possible).

How to figure out which of these two it is, I am not sure. I can only try and learn more about the culture, learn more about myself and ask my friends for feedback...." - Conrad Woodring

Coffee tells your Future

"Turkish coffee came to Istanbul in the middle of the 16th century. It quickly grew in popularity. By the mid 17th century, Turkish coffee had become a measure of a woman's merits. Prospective husbands and their parents would drink coffee prepared by the potential bride as a measure of her house keeping skills....The coffee has some particulate matter floating in it, but for the most part, all of the coffee powder sinks to the bottom like silt in a river bed. Because of the silt at the bottom of the cup, not all of the coffee can be drunk....After you have finished your Turkish coffee, the cup's saucer is placed on top of the cup, and together they are turned upside down. It is then left that way until it dries. Some of the dark coffee grinds stick to the white cup and form a pattern of light and dark. It is from this pattern that a fortune teller can tell your fortune. This practice is known as "fal" in Turkish." - Conrad Woodring

"Halve kilo wortels, alstublieft" by Dan Tasse

The first time I tried to buy carrots, the market woman recognized my discomfort with Dutch and replied in perfect English. Fair enough; if she decided it'd be easier for us both to speak English, I wasn't going to argue. Then I asked her about Hutspot,

a common Dutch mashed stew dish. She told me how to make it, and also that I was asking for the wrong kind of carrots. Apparently, for this dish, "bospeen" would be more appropriate. I didn't even know there were two kinds of carrots.

I didn't know when I came to Maastricht that there was a market in the center of town (in the "Markt" square, no less!), but it quickly became my favorite part of the charming little city. Twice weekly, they'd set up at some
Continued as "Dutch Market" on p. 4

How will Studying Abroad benefit my Career?*

Not only does the study abroad experience allow you to see another part of the world, it also impacts your future. A survey conducted by The Institute for the International Education of Students (IES) found that many students' future career plans are impacted by their experience abroad.

Many employers are looking for more culturally aware individuals who can work competently in an increasingly global workplace. As the world becomes more interconnected, skills gained from studying abroad are increasingly important in the workplace. However, you need to learn how to showcase the skills learned abroad and how

they relate to the position for which you are applying.

Depending on the position you are applying for, St. Cloud State University's International Experience for Students offers some examples of skills learned abroad are:

- Awareness of global economic and political issues and realities
- Understanding of others' cultural views of the United States
- Gained independence in taking risks and dealing with unfamiliar situations
- Practiced ability to problem-solve and handle difficult situations

- Improved skills and knowledge in [your] discipline such as...

When explaining the skills you gained through Study Abroad, remember to always support your statements with concrete examples. Anyone can say they understand other cultural views, you need to be able to explain HOW you acquired understanding.

So while your time overseas is flying by, take a moment to reflect on the experience and what skills you are gaining while abroad.

**Adapted from Study Abroad: a lifetime of benefits, IES Abroad View, Spring 2004. and St. Cloud State University's International Experience for Students website.*

Stay Safe While Abroad*

Know your surroundings, and be alert. People-watching is part of the pleasure of foreign travel. It's also part of keeping safe.

Observe political demonstrations from a distance, and if the demonstration has an anti-American theme or tone, don't let your wounded pride lead you to shed your anonymity.

Register with the US State Dept at: www.travelregistration.state.gov/ibrs/home.asp

Taxi tips: Nighttime rates are higher in many cities. Make sure that your taxi is properly licensed and your driver's identification is in view. In meterless cabs, you may wish to reach a preliminary understanding with the driver about

what constitutes a reasonable fare to your destination.

For more safety tips check out: www.travel.state.gov/travel/tips/safety/safety_1747.html
study-abroad.uchicago.edu/safety.html

**Compiled from the State Department website and the University of Chicago's Study Abroad website.*

Don't Forget!

- 1) Spring registration begins November 12th, be looking for an email from the HUB with your registration time.
- 2) Make sure to have your transcript sent to OIE. We will make sure that all relevant persons receive a copy, and we will notify you upon its arrival.
- 3) If you want to live on campus when you return and have not already completed this form, please do so now:
http://www.housing.cmu.edu/Forms/Study_Abroad_App.pdf
- 4) If you want to stay abroad longer make sure to get approval from your academic advisor(s), inform OIE, and complete another SATC form.

Dutch Market

Continued from p. 3

absurd hour in the morning and sell all sorts of food and other useful things until noon or so. The whirlwind of Dutch grocery shopping was difficult to become accustomed to, but little by little, I began to understand parts of it.

For example, the guy shouting "Hollandse Nieuwe, Vijf voor vijf!" was selling herrings at the bargain price of 5 for \$5. They're quite tasty, really. No, seriously. I couldn't convince any of my friends to try them, but every week, I'd buy one and eat it Dutch-style, sliding it down my throat like a cartoon character.

One guy had a trailer full of dried fruits, nuts, and spices. Once I

asked if he had peanut butter and he sold me a small container of it. Every week thereafter, I'd ask the same question, but he never had peanut butter again. He began to laugh whenever I asked. He probably explained it at some point, but the Dutch flew right over my head.

Brightly colored Easter-style eggs cost 19 cents each. Why the coloring? It marked which ones were hard boiled. Cheese was simple, yet brilliant, as well. If you wanted a fancy variety of cheese, you could ask for it, but most people bought "jonge kaas" (young cheese), a mild cheese that we would probably call Gouda. It came in big wheels.

I learned the names of the produce dealers and found my favorites. I bought bread at the mill, because it was the freshest. A small shop in a back alley sold all sorts of intriguing varieties of tea and coffee. It was like in the proverbial "good old days"; I bought most of my food from friendly specialists who really cared about what they sold, instead of giant industrial supermarkets. Maybe it's because I had time to shop instead of worrying about classes constantly, and maybe I could find the same sort of market back at home. But it opened my eyes to the fact that, somewhere in the world, people care about what sort of food they buy, and maybe I should pay more attention to it myself.

Famous People who Studied Abroad

- Theodor Suess Geisel (Dr. Suess) - author
- Oscar Wilde - author
- John F. Kennedy - 35th U.S. President
- Pope Benedict XVI
- Ernest Rutherford - nuclear physicist
- W.E.B. DuBois - author & civil rights spokesman
- Bill Clinton - 42nd U.S. President
- John Irving - author
- Sylvia Plath - author
- Theodore Roosevelt - 26th U.S. President
- Harrison Ford - actor
- Milton Friedman - Nobel Prize winning economist
- Anthony Kennedy - U.S. Supreme Court Justice
- Gene Wilder - actor

Where in the World are Carnegie Mellon Students in Fall 2007?



Argentina



Germany



Poland



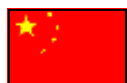
Australia



Hungary



Russia



China



Ireland



Senegal



Cyprus



Italy



Spain



Denmark



Japan



Switzerland



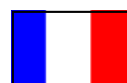
Ecuador



Madagascar



Tanzania



France



New Zealand



United Kingdom

Compiled from:

www.abroadco.com Fun Facts,
The Center for Global Education
PLATO project, and Allegheny
College IO Flyer: *Notable People
Who Studied Abroad.*



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What Will You Bring Back?

There are plenty of ways to bring your experience back when you return to Carnegie Mellon. You can attend the Welcome Back Workshop and the Welcome Back Reception. You can help out with Information Sessions and Pre-departure. Enter the Photo Contest in February. Publish your journals, short stories, or poetry. Use your experience to complete a senior thesis. Apply for a Fulbright, Rhodes or Marshall scholarship, or continue your experience with an international internship. For more details on how to further your study abroad experience when you return, to submit writings, photos or advice for publication in the next edition of *Tartan Travels*, or to share your suggestions on how to make this newsletter better, please send an email to goabroad@andrew.cmu.edu. We can't wait to hear from you!

CHECK OUT OUR WEBSITE

For helpful information on:

- Managing reentry shock
- University deadlines for Spring semester
- Send in your photos and stories for our Photo Gallery

Useful Information

Contact Information:

Office of International Education

Phone: 412-268-5231

Email: goabroad@andrew.cmu.edu

www.studentaffairs.cmu.edu/oie

Counseling & Psychological Services

Phone: 412-268-2922

www.studentaffairs.cmu.edu/counseling

Housing Office

Phone: 412-268-2139

Email: rmassign@andrew.cmu.edu

www.housing.cmu.edu

HUB & Financial Aid

Phone: 412-268-8186

Email: thehub@andrew.cmu.edu

www.cmu.edu/hub

Information Desk

Phone: 412-268-2107

Helpful Links:

Center for Disease Control

www.cdc.gov

Disability Travel Resources

www.makoa.org/travel.htm

GLBT Resources

www.gaytimes.co.uk/HotSpots/GayGuide.html

Let's Go Travel Resource

www.letsgo.com

Pittsburgh Post Gazette

www.post-gazette.com/

Sexual Assault Advisors

www.studentaffairs.cmu.edu/SAA

The Tartan

www.thetartan.org

Travel Advisory Notices

www.travel.state.gov

Women's Resources

www.4collegewomen.org

www.journeywoman.com

Religious Groups:

Buddhism

www.buddhanet.net/

Christianity

www.uccf.org.uk/students/

Hinduism

www.hinduismtoday.com/

Islam

www.islamicfinder.org

Judaism

www.wujs.org.il/