

Spring 2006

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

[www.studentaffairs.cmu.edu/oie/sab/SAB\\_Handbook\\_05-06.pdf](http://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](http://www.umabroad.umn.edu/products/index.html)

**Check out this website for articles on returning home:**

[www.glimpseabroad.org/](http://www.glimpseabroad.org/)

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# Tartan Travels

STUDY ABROAD NEWSLETTER

KANDY TURNER, EDITOR

## Greetings from OIE!

The Study Abroad staff members in the Office of International Education are pleased to bring you Carnegie Mellon University's first ever 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 this 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 Summer and Fall departures. There are a lot of exciting things going on this year,

and the following items are just a few of them.

During the fall we began a pilot project to provide major-specific advising materials to academic advisors and students. Advising sheets were created with scheduling and curriculum considerations specific to each major, and a list of suggested programs was created as well. At present, advising sheets have been created for Music, Mechanical Engineering, and Computer Science. The project will be expanded in the coming semesters to include information for all majors. We are currently in the process of creating an online survey to collect

data for the creation of these additional advising materials.

We also recently announced our Vira L. Heinz scholarship winners for this year. They are: Marciela DeGrace, Breanna Zwart and Amanda Russo. Marciela, who is a Science and Humanities Scholar, is going to Seville, Spain to study and to complete a service project. Breanna, who is completing a Bachelor of Humanities and Arts, is going to Bolivia to study film and culture. Amanda, a music major concentrating on vocal performance, is going to Germany and Austria to study German language and vocal performance.

## New Study Abroad Staff

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

Kate Mussleman completed a practicum with us this fall. She completed a project on major specific advising, as mentioned above. Kate is a graduate student in the Student Affairs in Higher Education program at Indiana

University of Pennsylvania.

Shirley Rodgers is continuing the major specific advising project this semester. Shirley is a graduate student in the College Student Personnel program at Slippery Rock University.

Kandy Turner is the Graduate Program Assistant for Study Abroad and will be working in

the office for two years. She is also a student in the Student Affairs in Higher Education program at IUP with Kate.

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 our Fall Open House dates.

## Stuff to Keep in Mind, from Folks Who Have Been There...\*

- 1) Document your experience: Write in a journal, take photos or video, draw pictures, record music....
- 2) Ingest culture! If there is a dish you really like, learn the recipe so that you can impress your friends when you return home.
- 3) Be a tourist in your own city or neighborhood.
- 4) Meet the natives! You'll improve your language ability and make new friends.
- 5) Take up a new activity or learn a new skill. Or experience an old hobby in a new way by doing it in your host country.
- 6) Listen to local wisdom: Consider different advice about health, love, or lifestyle.
- 7) Make sure to participate in a local festival or attend a cultural performance.
- 8) Make some "me" time: Give yourself time to reflect and soak up your experience on your own.

\*Adapted from *CU Connections*, Fall 2005, Cornell University's Study Abroad Newsletter.

## February 2006 Photo Contest Winners

We had amazing photos to choose from again this year for our annual contest, and we want to thank everyone who submitted a photo for sharing their experiences with us. We hope these photos inspire those of you who are currently abroad to take amazing snapshots for next February's contest.

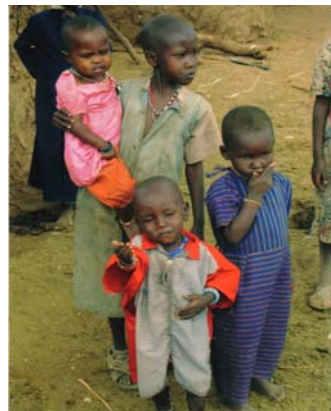
It was really difficult to choose our winners among all the amazing pictures, but we did it. The categories for this year were "People," "Objects," "Urban Landscape," and "Natural Landscape." We chose one winner and one runner-up from each category. The winners are as follows:

People:

Winner: Jenna Laurenzo (Vietnam)



Runner-up: Steven Maher (Kenya)



Object:

Winner: Abdulla Al Shamsi (France)



Runner-up: Meredith Clark (France)



Natural Landscape:

Winner: Sean Houghton (Australia)

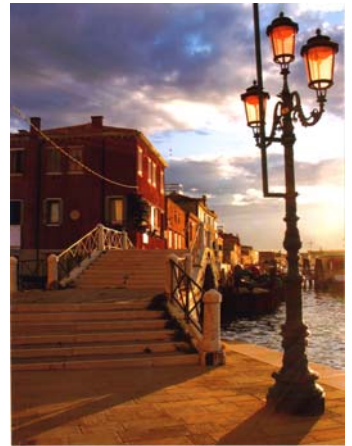


Runner-up: Samantha Laffey (Ireland)

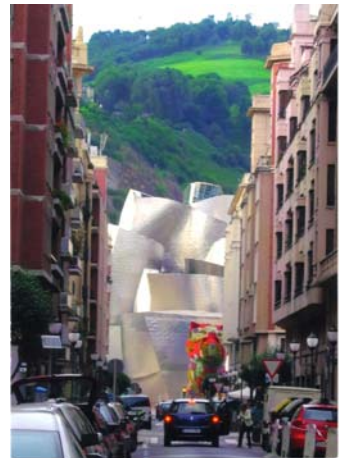


Urban Landscape:

Winner: Geoffrey DiBeneditto (Italy)



Runner-up: Michelle Lopez (Spain)



Congratulations to all our prize winners! Photos will be displayed in the University Center during March, and all photos will be posted to our website under the "Gallery" section.

[www.studentaffairs.cmu.edu/oie/sab/gallery.cfm](http://www.studentaffairs.cmu.edu/oie/sab/gallery.cfm)

## Saying Your Goodbyes\*

"Make sure you tell students to say their goodbyes." ~Sarah Sunday (Spain).

Many people do return to the countries in which they studied abroad. But life's unexpected twists and turns leads others, no matter the intentions, to either remain in the U.S. or to explore new destinations. We don't say this to discourage you; we say this because we don't want you to leave the country with a fantasy that you will return and do the things you did not get a chance to do this time. If it's important, do it this time. If it's not realistic due to lack of time or money, still make sure you say your goodbyes in a

way you can live with... possibly for the rest of your life.

Since time upon re-entry may be scarce, we encourage you to record in your journal your thoughts on these questions to prepare you for returning home:

- 1) In what ways have I changed?
- 2) In what ways might my friends and family have changed?
- 3) How would I like my family and friends to treat me when I return home?
- 4) What am I looking forward to the most? The least?
- 5) What are the lessons I have learned that I never want to

forget?

- 6) What are some skills I have learned?
- 7) Many say that re-entry shock is more challenging than initial culture shock. What are some things I might do to make the transition easier?
- 8) What have been the important things about this study abroad experience that I want to share with my family and friends?
- 9) What do I want to do with the experiences I've had?

\* Quoted from Paige, R. M. et al (2004). *Maximizing Study Abroad*. Minneapolis: University of Minnesota.

## Babushka by Erin Rodgers

I received some interesting advice during our Orientation about what to do if we found ourselves in a bad situation. The police here do more harm than good and are more likely to encourage harassment than stop it. It was suggested that if we are ever having trouble with someone specifi-

cally to go to the nearest Babushka, or grandmother. Those heavy purses and bags they carry aren't just for decoration. They can be quickly turned into a bludgeon weapon of disturbing accuracy when needed. In combination with a shrill scolding, most stalkers will be quickly deterred.

So remember, when in doubt look helpless and hide behind the nearest Babushka.

Erin Rodgers is a Senior in the Modern Languages Department who studied abroad in Moscow, Russia through Middlebury College in the spring of 2005.

## 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](http://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](http://www.travel.state.gov/travel/tips/safety/safety_1747.html) [study-abroad.uchicago.edu/safety.html](http://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) Fall registration begins April 24th, 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) Taxes need to be filed by Monday April 17th. Federal tax information can be found here: [www.irs.gov/index.html](http://www.irs.gov/index.html)
- 4) If you want to live on campus when you return and have not already completed this form, please do so now: [www.housing.cmu.edu/Forms/2006\\_Study\\_Abroad\\_App.pdf](http://www.housing.cmu.edu/Forms/2006_Study_Abroad_App.pdf)
- 5) If you want to stay abroad longer make sure to get approval from your academic advisor(s), inform OIE, and complete another SATC form.



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Education

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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](mailto:goabroad@andrew.cmu.edu). We can't wait to hear from you!

#### CHECK OUT OUR WEBSITE

for helpful information on managing reentry shock. While you are there be sure to check out our Deadline Guide, which has information on university deadlines by department, and upload your photos to our Photo Gallery!

### Useful Information

#### Contact Information:

Office of International Education  
Phone: 412-268-5231  
Email: [goabroad@andrew.cmu.edu](mailto:goabroad@andrew.cmu.edu)  
[www.studentaffairs.cmu.edu/oie](http://www.studentaffairs.cmu.edu/oie)

Counseling & Psychological Services  
Phone: 412-268-2922  
[www.studentaffairs.cmu.edu/counseling](http://www.studentaffairs.cmu.edu/counseling)

Housing Office, Adria Greene  
Phone: 412-268-2139  
Email: [asgreene@andrew.cmu.edu](mailto:asgreene@andrew.cmu.edu)  
[www.housing.cmu.edu](http://www.housing.cmu.edu)

HUB & Financial Aid  
Phone: 412-268-8186  
Email: [thehub@andrew.cmu.edu](mailto:thehub@andrew.cmu.edu)  
[www.cmu.edu/hub](http://www.cmu.edu/hub)

Information Desk  
Phone: 412-268-2107

#### Helpful Links:

Center for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

Disability Travel Resources  
[www.makoa.org/travel.htm](http://www.makoa.org/travel.htm)

GLBT Resources  
[www.gaytimes.co.uk/gt/directory.asp](http://www.gaytimes.co.uk/gt/directory.asp)

Let's Go Travel Resource  
[www.letsgo.com](http://www.letsgo.com)

Pittsburgh Post Gazette  
[www.post-gazette.com/](http://www.post-gazette.com/)

Sexual Assault Advisory  
[www.studentaffairs.cmu.edu/SAA](http://www.studentaffairs.cmu.edu/SAA)

The Tartan  
[www.thetartan.org](http://www.thetartan.org)

Travel Advisory Notices  
[www.travel.state.gov](http://www.travel.state.gov)

#### Women's Resources

[www.4collegewomen.org](http://www.4collegewomen.org)  
[www.journeywoman.com](http://www.journeywoman.com)

#### Religious Groups:

Buddhism  
[www.dharmanet.org/infoweb.html](http://www.dharmanet.org/infoweb.html)

Christianity  
[www.uccf.org.uk/studentsabroad/index.php](http://www.uccf.org.uk/studentsabroad/index.php)

Hinduism  
[www.hindu.org/temples-ashrams/index.html](http://www.hindu.org/temples-ashrams/index.html)

Islam  
[www.islamicfinder.org](http://www.islamicfinder.org)

Judaism  
[www.wujs.org.il/about/links/student\\_groups.shtml](http://www.wujs.org.il/about/links/student_groups.shtml)