

Spring 2007

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

www.studentaffairs.cmu.edu/oie/sab/Handbook2006.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

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 study abroad newsletter, *Tartan Travels*! We hope you find this bi-annual newsletter informative and fun.

This newsletter is packed full of pictures and great stories from returned students and helpful information for you that we hope will make your experience a more memorable and fulfilling one. We welcome your feedback and suggestions to improve future issues. 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, preparing for fall departures, and reviewing scholarship applications. There are a lot of exciting things going on this year, and the following items are just a few examples:

We updated our study abroad handbook to include up-to-date information and new sections of interest for minority students,

GLBT students, and women.

We also developed a new database for our office with the help of Quihan "Emily" Yan, a Master's degree student in the Information Systems Management program. We are excited about this change and hope that it will make our office run more smoothly.

An online version of the SATC update form will soon be up and running. This form will allow students to notify OIE and their advisor of changes in their study abroad courses while abroad.

We are also doing some new programming initiatives including a session on Gift Giving Traditions around the World, which we cosponsored with the International Student Services side of our office. At this event the returned study abroad students and international students got together to talk about gift giving traditions in their host or home country.

We are very excited about this year's Vira Heinz Winners. Andrea Cinkovic, a Sophomore

Business major, plans to study business in Italy. Vanessa Vansickle, a Junior Music major, will be in Germany studying German and the bassoon. Nicole Hallinen, a Sophomore Science and Humanities Scholar, will be studying culture and doing psychology research in France.

I would also like to take this time to announce a few new additions to our office. First, I would like to announce our new student employees, Courtney Thompson and Svetlana Sandler. Courtney is a Junior Business major and was with us in the fall semester. Svetlana Sandler, our current student employee, is a Senior Business major who studied abroad at the Sorbonne in France through AIFS last year. I would also like to mention Jessica Kaercher, a Sophomore Design student who has been designing our advertising material. We have been keeping her busy with all of our programs!

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

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.

2007 Study Abroad 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 will inspire those of you who are currently abroad to submit your photos for next year's contest.

It was really difficult to choose our winners among all the great pictures, but we did it. We chose a First, Second and Third place winner along with five Honorable Mentions.

The winners and honorable mentions will also be featured on notecards which will be sold in the university bookstore. This is a new initiative which we hope to continue in the future. So look for these notecards in the bookstore when you return and think about how wonderful your photo will look as a part of this eight card set!

And the Winners are...

First Place: Matt Sware
"View from Rialto Bridge"
Italy



Second Place: Ken Lau
"Chinese Boy"



Third Place: Andrew Park
"Playing Rugby with the Natives"
Fiji



Honorable Mention: James Kelly
"South African Woman"



Honorable Mention: Pei-Yi Kuo
"Pigeons in St. Mark's Square"
Italy



Honorable Mention: Jessica Liu
"Deli Meat"

Australia

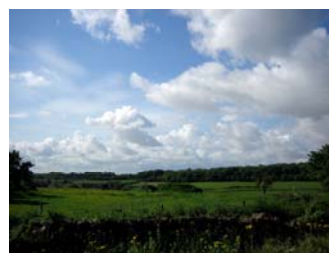


Honorable Mention: Ken Lau
"Hong Kong Cityscape"



Honorable Mention: Matt Sware
"Roman Ruins"

Wales



Congratulations to all our prize winners! Photos will be displayed in the University Center during March and in H&SS during April.

To look at more study abroad photos by Carnegie Mellon students check out the photo gallery on our website at:
www.studentaffairs.cmu.edu/oie/sab/gallery.cfm

Traveling Through Your Frames of Mind by Pei-Yi Kuo

After being an international student for only a short time, I stepped off on my adventure to Bologna, Italy in October 2006. I had no idea that this would actually become an adventure of “mindsets” – a series of changes resulting from cultural shock and exposure to differences. As I look back, it is interesting to discover that my study trip accorded partly

with what Eric J. Leed mentions in his book, *The Mind of the Traveler: From Gilgamesh to Global Tourism*, which happened to be one of my textbooks in Italy. I love his concept of dividing travel into three stages: Departure, Transit and Arrival. I have found that my points of view toward a country, a culture, and its people change from stage to stage. Time is a key

issue in traveling. As time went by, I started to discover the small beauties and messages a city was conveying to me wherever I went.

During my travel, I found that my mindset changed naturally as my role changed from tourist to student to resident. Since there are different degrees of obligations in

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What is a Biergarten by Matthew Sware

What is a *biergarten*? Is this simply a place for flowers and cold brews? I think I have an answer to all of your questions. ...

I don't know the history of *biergartens*-you'll have to check it out in your encyclopedia. I can, however, describe everything I have

seen thus far in Munich.

Firstly, most *biergartens* are named or run by a particular brewery, i.e. Loewenbrau, Augustiner or Paulaner. A basic *biergarten* is an outdoor area with picnic tables and benches for beer drinking. Most have some sort of tree coverage,

and the ones that do not have large umbrellas. Sometimes *biergartens* are connected with a park. For instance, both the Englischer Gärten and the Hirsch Gärten have *biergartens* within. Nonetheless, the only real requirement

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Fromage by Sophia Berman

So there I was, sitting, waiting... one city after another on my quest to discover the world. It sounds crazy, right? It's funny how easily a place can become home; how the internet café on the corner can become so familiar, such a comforting mark of where you are. And it's funny, too, how you learn to look like a local, when you forget what you

knew previously as you begin to blend in. When you are approached by a tourist asking for directions, but all you can do is respond “*je ne sais pas. Je ne viens pas d'ici...*” in French, not even realizing it isn't your first language. It's funny, amazing, actually, when a second language, at first a struggle, an obstacle, can later become natural in a foreign

country. All this is funny, as I put it, because it just doesn't even feel real to have accomplished all that I have done, and to have seen all that I have seen.

You learn a lot about being alone, too. You learn that eating in restaurants alone can be fun,

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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 Department 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) Fall registration begins soon. 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: www.housing.cmu.edu/Forms/2006_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.
- 5) Make sure to update OIE and your advisor on any changes to your abroad coursework.



CARNEGIE MELLON UNIVERSITY

Office of International Education
Warner Hall, 3rd floor
Pittsburgh, PA 15213

Phone: 412-268-5231
Fax: 412-268-7832
E-mail: goabroad@andrew.cmu.edu

www.cmu.edu/studyabroad

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. 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
www.studentaffairs.cmu.edu/oie

Counseling & Psychological Services
Phone: 412-268-2922
www.studentaffairs.cmu.edu/counseling

Housing Office, Adria Greene
Phone: 412-268-2139
Email: asgreene@andrew.cmu.edu
www.housing.cmu.edu

HUB & Financial Aid
Phone: 412-268-8186
Email: thehub@andrew.cmu.edu
www.cmu.edu/hub

UC Information Desk
Phone: 412-268-2107

Helpful Links:

Centers for Disease Control
www.cdc.gov

Disability Travel Resources
www.makoa.org/travel.htm

GLBT Resources
www.gaytimes.co.uk/gt/directory.asp

Let's Go Travel Resource
www.letsgo.com

Pittsburgh Post-Gazette
www.post-gazette.com/

Sexual Assault Advisory
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.dharmanet.org/infoweb.html

Christianity
www.uccf.org.uk/studentsabroad/index.php

Hinduism
www.hindu.org/temples-ashrams/index.html

Islam
www.islamicfinder.org

Judaism
www.wujs.org.il/about/links/student_groups.shtml

Exchange

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each role, I discovered I had different traveling moods and saw things from different angles.

The good news is that as an exchange student, I played all the three roles during my stay – a complete process of experience. When departing the place where we have stayed for a long time, we usually carry the mood of a tourist, full of energy and excitement. Then we make the transition to student, full of questions and dealing with the culture shock. Finally we

begin to see ourselves as residents, totally integrated into the culture and thinking from that perspective.

About a year and a half ago, I came to Pittsburgh from Taiwan, then to New York City for the summer. Right after that, I left the States for Italy. Experiencing and adjusting to different cultures or ways of living within a short period of time became a major initiative for me at Carnegie Mellon. This is an important part of everyone's lifelong learning in the global

village – learning through sharing, observing, compromising, recognizing, and appreciating the cultural differences between Western and Eastern culture, as well as the different values Americans and Italians have toward their lives. The point is not to compare what is good or bad but to appreciate and learn from each culture. It is the latter that makes the study abroad trip invaluable.

Bier

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I have seen is an outdoor area with places to sit and drink beer.

Most *biertagens*, of course, have some sort of food offered. At the very least, you can always find a large soft pretzel to accompany your liter or half liter of beer. You can also probably find some sort of *Wurst* (German sausage) and maybe potato salad.

As far as beer goes, you can always find a *Helles* or Pilsner beer. Next, you will probably see a wheat beer. Wheat beers are sweeter. Another interesting and commonly served beverage is *Radler*. *Radler* is a mix of lemonade or Sprite with *Helles* beer. (You can also mix Sprite with wheat beer, but it's not as common).

Where does the word *Radler* come from, you ask? I'll tell you! A "*rad*" in German is a wheel. "*Fahren*" is a verb in German that is used for driving something or riding a train. So, a "*fahrrad*" is a bicycle. *Radler* is a drink made for the bicycle riders, as using a bicycle is more popular than using a car (especially in Munich). A *Radler* obviously has less alcohol than a regular beer, and it also has that extra sugar for energy. The Germans think of everything...

After *Helles*, *Wei*, and *Radler*, you might also find a *Dunkles* or dark beer. These usually have more alcohol and are not as popular in *biertagens* for whatever reason.

As for sizes, there are really only two: *klein* (half liter) and *ein Ma* (1 liter). Sometimes, you can

only order a liter which is basically the equivalent of three American cans. It's a lot of beer, but you get used to it... especially when you are thirsty.

Another interesting *biertagen* cultural practice is the *pfand*. A *pfand* is a deposit you pay with your beer for the glass stein. In the more touristy *biertagens*, you are definitely going to have to pay this as more people (like me) steal the steins. The *pfand* is usually 1 euro, though I have paid 2 euros on a few rare occasions. Sometimes, you even pay a *pfand* for your silverware and plates if you eat at the *biertagen*. Besides the theft problem, it makes everyone bring their steins right back to the dishwasher so that they can get their money back. This way, they always have steins clean and ready.

French

Continued from p. 3

especially when all you can do is point at a menu and pick an interesting word off of the list and pray that it is edible. I went to a flamenco concert, sat in the front row, and realized that you don't talk during a concert anyway, really. You learn that to do what you want to do, you have to believe in yourself, or else it will never happen.

My favorite thing to do while traveling alone is to wander – to look at the map, put it away and then just walk. I learned that a city isn't always as big as it seems. Sometimes, though, when I got lost for hours, I learned that it can be a lot bigger. Every tiny detail in a place adds

to the spirit and the feeling. I learned other things, too, like not to get lost in Cordoba at 3pm when the temperature is 46°C, because the Spanish actually do have a good reason for their siestas and amazing nightlife. Weather determines a lot about a place.

I learned that I could make friends no matter where I went, most of whom I got along with surprisingly well. Maybe this is because they were the same as me: floaters and explorers. I also realized that friends will be friends no matter where they are, and family will always be there. Different cultures have different ways of thinking, and although studying in another language can be trying, but you will only benefit. As the only American in a French school, I

had no previous learning to fall back on. In my first week of classes at L'Ecole de Design, Nantes Atlantique, I was assigned a project with Belen, an exchange student from Valencia. Through our broken French, we managed to communicate.

What I'm trying to say is that going abroad will change your life. And I am not trying to be cheesy, or even romantic. I am trying to inspire you. I was scared to go home because I had gotten so used to life in Nantes and the amazing opportunity I took to travel throughout Europe. But I guess you just take life as it throws itself to you, and don't look back. And if you do, it is *only* to look back at the experiences you had that allowed you to grow.