

Spring 2008

### In Case You Forgot to Bring it Along:

#### The Study Abroad Handbook:

[www.studentaffairs.cmu.edu/oie/sab/Handbook2006.pdf](http://www.studentaffairs.cmu.edu/oie/sab/Handbook2006.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/)

### Inside this issue:

Immerse Yourself! 2

2008 Study Abroad Photo Contest Winners 2

Cinque Terre by Daria Maximov 3

Safety While Abroad 3

Don't Forget! 3

What Will You Bring Back? 4

Useful Information 4

Carnegie Mellon

# 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, *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 summer and fall departures, and reviewing scholar-

ship applications. There are a lot of exciting changes happening in the OIE office this year, and the following items are just a few examples:

Eva Mergner, Senior Coordinator for Study Abroad, had her baby girl Joy on January 31st! We have therefore hired a temporary Study Abroad Advisor, Christine Menand. Chris is excited about this opportunity and looks forward to working with Carnegie Mellon students through study abroad.

We have also recently hired a new receptionist, Tom Justofin. Tom comes to our office from the university bookstore and is a wonderful addition to the OIE office.

Nancy Knezevich's role in OIE has transitioned from our front desk manager to a new role as office manager. Some of her new responsibilities include study abroad

administrative duties and support.

In addition to staff changes, we also have a new option for study abroad. We have developed a university exchange with the Carnegie Mellon Qatar campus for students in Business, Computer Science and Information Systems. We hope students will be eager to study abroad regularly in Qatar.

A number of students took part in short-term organized international travel opportunities this Spring Break. Groups of students traveled to Nicaragua, Ecuador, Qatar, Russia and Estonia.

We invite you to stop by and visit us in the Office of International Education when you return. Check out the OIE general calendar at [www.cmu.edu/studyabroad](http://www.cmu.edu/studyabroad) for our Welcome Back Workshop and fall event dates.

## Immerse Yourself!\*

- 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.

## 2008 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.

With over 200 amazing pictures, it was really difficult to choose our winners. The categories this year were "People", "Landscapes", and "You Abroad". We chose a first place winner in each category and 5 honorable mentions overall.

The winners and honorable mentions will also be featured at a gallery reception on Monday, March 24th in the UC Art Gallery on campus. They will also be featured on notecards which will be sold in the university bookstore. 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 "People":*

**Diana Bush**  
**Puerto Maldonado, Peru**



*First Place "Landscapes":*

**Danielle Saudino**  
**Taupo, New Zealand**



*First Place "You Abroad":*

**Alexandra German**  
**Giza, Egypt**



*Honorable Mention:*

**Brandon Perry**  
**Ronda, Spain**



*Honorable Mention:*

**Jessica Nan**  
**Suzhou, China**



*Honorable Mention:*

**Vivek Raval**  
**Lucerne, Switzerland**



*Honorable Mention:*

**Laura Horton**  
**Simons Town, South Africa**



*Honorable Mention:*

**Katie Menzies**  
**Rock Islands, Palau**



Congratulations to all our prize winners! Photos will be displayed in the University Center through March.

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

## Cinque Terre by Daria Maximov

'Cinqueterre' translates to "Five Lands". The place is magical. Located on the coast of Italy, it is close to Genova (the homeland of Christopher Columbus). Just reading the names makes you think of a romantic hideaway that one dreams about but rarely gets to go. Monterosso al Mare. Vernazza. Corniglia. Manarola. Riomaggiore.

The area is known for the path that links all five of these together and is traversed by both old and young alike. Walking the steep path you are awarded breathtaking views, a workout, random encounters with foreigners as they let you

pass ahead of them, and most importantly a sense of peace. Now I cannot guarantee this last one for all, but it is definitely what I felt. Walking, you suddenly stumble on a small bridge that has been there for decades, you squeeze past grape vines that have been tied neatly with care to the strings that hold them up. You feel a bit as if you are intruding on something personal, but upon meeting eyes with the woman tidying up her backyard, you are greeted with a warm smile and perhaps even a brief conversation of the beauty of the view. Life here is not based on the number of cars and trinkets you

own or what the destination of your next vacation is but rather it is about conversations with people, about the way you live your life. Each day has a meaning, each stone another step to something else.

Taking a break from the beauty of the path, I decided to eat in one of the small outdoor cafes. Overpriced and overcrowded, the place was full of Germans, Russians, and Brits who had come for their day off the cruise that had sailed in. Yelling, screaming, speaking on their cell phones, the café was noisy just like one in New York City. It didn't fit with the scenery. It didn't feel right. Somehow the peace that I had felt on the beaten path was broken in this café.

Wishing for more, at the last minute I decided to prolong my weekend adventure and stay another day. But I guess that's what all the tourists had decided because at 5 pm there was not a place to stay in any of the towns. Beside myself with fear at the prospect of

Cont. as "Cinque Terre" on p. 5



## Safety 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](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 at the end of April.  
Look for an email from the HUB with your registration time.
- 2) Make sure to have your study abroad 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 stay abroad longer make sure to get approval from your academic advisor(s), inform OIE, and complete another SATC form.
- 4) Make sure to update OIE and your advisor on any changes to your abroad coursework.  
You can find a follow-up SATC form on our website <http://www.studentaffairs.cmu.edu/oie/sab/forms.html>



Office of  
International  
Education

## Carnegie Mellon

## Study Abroad

Work Volunteer Research Study

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](mailto:goabroad@andrew.cmu.edu)

[www.cmu.edu/studyabroad](http://www.cmu.edu/studyabroad)

There are plenty of ways to bring your experience back when you return to Carnegie Mellon.

*Attend the Welcome Back Workshop and the International Reception.*

*Help out with Information Sessions and Pre-departure.*

*Serve as an e-peer advisor*

*Publish your journals, short stories, or poetry.*

*Enter the Photo Contest in February.*

*Use your experience to complete a senior thesis.*

*Apply for a Fulbright, Rhodes or Marshall scholarship.*

*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** [www.cmu.edu/studyabroad](http://www.cmu.edu/studyabroad) 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 submit 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, Lisa Dippold

Phone: 412-268-2139

Email: [ldippold@andrew.cmu.edu](mailto:ldippold@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)

UC 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/HotSpots/GayGuide.html](http://www.gaytimes.co.uk/HotSpots/GayGuide.html)

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 Advisors

[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.buddhanet.net/](http://www.buddhanet.net/)

Christianity

[www.uccf.org.uk/students/](http://www.uccf.org.uk/students/)

Hinduism

[www.hinduismtoday.com/](http://www.hinduismtoday.com/)

Islam

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

Judaism

[www.wujs.org.il/](http://www.wujs.org.il/)

## Cinque Terre (cont.)

sleeping outside in the rain, I ventured to the last stand that said “Immobiliari” – real estate. I walked into this cramped little room with no windows, a man was barking rapid Italian on the phone while gesturing even though the person on the phone could not see the gestures! My hope was quite low upon seeing this, but I slowly started speaking with him about a possible room for the night, which he, of course, did not have. On the verge of tears but trying to keep them down by blinking my eyes quickly, I probably looked like an addict of some sort! Pleading with him and giving him

my best puppy eyes, the man said – “sei una brava ragazza, vediamo cosa ti possiamo fare” (you are nice girl, let’s see what we can do for you) – and started calling his friends saying they owed him a favor and whatnot. Long story short, I ended up on a train to another city 5 minutes away to stay with a friend of his that had an apartment available for the night! What I was thinking... nothing. I was just acting with the gut of my stomach, trusting that this man was not like the fast-talking tourists that I had seen earlier in the day, but more like the woman who took each day one at a time.

The decision turned out for the best as I got a clean apartment with breakfast included for 35 euros and was able to stay an extra day. At Carnegie Mellon we forget the purpose of things; too often we are caught up in the hustle and bustle. Being back here I’m back at it (it’s hard and even I’d say close to impossible to escape), but just knowing that there is a place where people wake to see the rising sun and not the number of emails in their inbox was a pleasant change, one that hopefully will not be relegated to just a memory.

