

Fall 2008

The Study Abroad

Handbook:

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

Follow-Up SATC:

www.studentaffairs.cmu.edu/oie/sab/forms.html

Websites to explore

Great travel products:

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

Articles on returning home:

www.glimpseabroad.org/

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Carnegie Mellon

Tartan Travels

STUDY ABROAD NEWSLETTER
BRYNN ESTELLA CUNNINGHAM, EDITOR

Greetings from OIE!

Dear Students:

Hello! The Office of International Education (OIE) is pleased to bring you the fall 2008 study abroad newsletter.

At the beginning of the fall semester, I joined the OIE staff as a study abroad graduate assistant. I am in the first semester of a two-year program to earn a master's degree in student affairs in higher education from Indiana University of Pennsylvania. My assistantship with OIE is part of my master's program. I am excited to join the OIE staff because of my interest in travel and study abroad. As an undergraduate, I completed several study abroad programs. During the summer of 2002, I studied Spanish in Cuernavaca, Mexico. From September 2002 to June 2003, I participated in a national student exchange and spent my sophomore year at California State University Polytechnic Institute, Pomona, Calif. As a senior, I took a two-week tour of Italy to earn three credits. In addition, I will be traveling to Rome and Florence, Italy, in January 2009 to earn three credits toward my master's. I am taking a course titled "Design and Delivery of Study Abroad." to learn how to implement study abroad programs. I have always loved to travel, and plan to continue to do so through my education and career. I am happy to be an OIE staff member and look forward to working at Carnegie Mellon University for the next two years!

In the newsletter, please enjoy stories about studying abroad from students who are currently overseas or who have recently been abroad. Look inside for Erica Larson's French food journeys, Jessica Wille's climb to the top of Saharan dunes, and Andy Hafenbrack's night at a Russian theater. We hope their stories inspire you to seek educational opportunities accompanied with memorable adventures in new cultures!

In addition, we are currently busy meeting with students interested in studying abroad and helping them plan their trips, processing study abroad applications and planning our pre-departure meetings for those going abroad next year.

Once you return from study abroad, please submit photos for the 2009 photo contest! Details are on page five.

We thank those of you who contributed to the newsletter or helped with its creation. Furthermore, we welcome anyone who has stories, photographs or ideas to submit them to goabroad@andrew.cmu.edu for the spring 2009 newsletter. Please visit our website at www.cmu.edu/studyabroad for updated study abroad news and events.

Sincerely,
Brynn Estella Cunningham
Graduate Assistant for Study Abroad

Morocco: Climbing the Sahara with Jessica Wille

As we sat on the bus, silently suffering through the crowdedness and heat, I tried to process the weekend that had just come to a close. Had I really just been in the Sahara? As hard as it was to believe, I had the mild dehydration to prove it. That weekend, I experienced many things that I would never have imagined could happen to me. The trip is one of my favorite memories from my summer study abroad trip to Al Akhawayn University in Morocco.

Although summer temperatures can climb high in many parts of the country, Moroccan tour buses—at least, the ones I had the opportunity to ride—are not equipped with powerful air conditioners. Instead of getting upset, I looked at the drive to the Sahara (the Arabic word for desert) as training for whatever kind of weather would be waiting for me at the end of the day. As we drove, we passed camps of nomadic families, whose distinctive tents dotted the hillsides of the Middle Atlas Mountains. Helped along by more than a few prayers, our bus valiantly climbed narrow, winding roads until the landscape suddenly opened up. It was easy to tell we were getting close to the Sahara.

Once we arrived and dropped things off in our rooms, one of our professors got a group of people together to take a “short, one-hour walk into the desert” before dinner. I jumped at the chance to go. I was having lots of fun walking with friends and taking lots of pictures when we started to approach a huge sand dune. I cannot put into words just how giant this mountain of sand was. At first, I thought it would be our turn-around point—but then I saw the people in front of me begin to climb.

Living Routes' Virtual Presence at Study Abroad Fair

Living Routes (LR), a non-profit educational organization, presented its overseas programs via a laptop computer at Carnegie Mellon University's Study Abroad Fair in Rangos Ballroom Friday, Oct. 10.

LR Executive Director Daniel Greenberg, appearing live from Amherst, Mass., on an Apple MacBook, told students about LR overseas opportunities alongside the approximately 40 study abroad providers at the fair, sponsored by the Office of International Education (OIE), from 4 to 7 p.m.

Greenberg chose a virtual presence to reduce carbon dioxide emissions that would have resulted from the travel to Pittsburgh.

"Virtual tabling at Carnegie Mellon saved close to a ton of CO₂ that would have otherwise been released into the atmosphere - not to mention staff time and being away from

my family," said Greenberg. "While studying abroad really needs to be done in person, we feel this is yet another way we can reduce our impacts and hopefully inspire other program providers to do likewise."

At one point, two Jack Russell Terrier dogs, pets of Greenberg's colleague, accompanied Greenberg to entertain students by barking and playing on top of his desk.

Living Routes' mission is to provide future leaders with the skills, knowledge, and wisdom needed to repair the earth after 200 years of industrialization, according to its website.

To achieve this goal, LR offers for-credit sustainability education programs on every continent during the fall and spring semesters as well as during the January and summer terms. At each LR site across the world, faculty and students combine their academics with experiential learning within an ecovillage.

Ecovillages are ecological communities that strive to create a more sustainable environment through habitat restoration, community-based food systems, renewable energy systems, and other methods.

Students at the fair were invited to sign up for information and to take LR informational brochures and one-inch dolls created by fishermen in South India, an LR site, to signify hope and love.

Living Routes' academic programs are accredited by the University of Massachusetts at Amherst. For more information, please visit www.livingroutes.org, email LR Admissions Director Gregg Orifici at gregg@livingroutes.org, or visit OIE's study abroad library, located on third floor, Warner Hall. Library hours are 8:30 a.m. to 5 p.m., Monday through Friday.

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Students speak to Daniel Greenberg, Living Routes executive director, from Amherst, Mass., at the 2008 annual Study Abroad Fair, via a laptop computer. (Photo credit by Sue Jean Koh, '10)

Russia: From the blog of Andy Hafenbrack

I saw a 2-hour show of etudes the other night put on by the fourth year students that convinced me that the Russian cohort of the Moscow Art Theater School is the best theater school in the world. Hands down. Etudes are physical theater pieces that Russians do all the time in acting class in which they play an event in the life of a person or object in which the primary means of communication is physical. One of the highlights of the night's show of more than 20 etudes was of two speed skaters that looked like they were in the Olympics. They dressed the part, stretching and walking to the starting lines, and then a gun went off. They circled around each other kind of in place but also keeping the physicality of skating on ice until they had made a circle, at which point Whitney Houston's "I Will Always Love You" started blasting on the PA system, and they started "ice dancing" with spins and lifts,



Moscow Art Theater School

while still keeping the honest physical miming of moving on ice. Eventually the song stopped, and they started racing again – one guy won and the other was dejected, etc. There was another one where a despondent housewife day-dreamed of winning Miss Universe, and the pageant played out on stage. It was one of the most satisfying nights of theater that I can remember, and it was free.

Andy is studying at the Moscow Art Theater School, Moscow, Russia.

**Transfer Credit:
Follow-Up SATC's**

If you have made changes to your course registration abroad and have not already made arrangements with your academic advisor(s), please use this Follow up SATC Form to update your courses. This form can be found online at <https://www.studentaffairs.cmu.edu/oie/sab/satc/> and is ISO protected.

Please complete all categories, including URLs for specific courses. You will automatically receive an email with the changes you are proposing. Once we receive the completed form we will send it to relevant academic advisors. Advisors will review courses and send you confirmations of approval where appropriate.

VISIT OUR WEBSITE AT
www.cmu.edu/studyabroad

TO SEE THE FOLLOWING:
-Helpful information on managing re-entry shock.
-Deadline guide, which has information on university deadlines by department
-Photo Gallery, where you can submit your photos!

**Carnegie Mellon 2007-08
Study Abroad Statistics**

Top 10 Destinations

1. United Kingdom
2. China
3. Italy
4. Spain
5. Russia
6. France
7. Australia/Japan
8. Nicaragua
9. Ecuador
10. Germany

When students study abroad:

- | | |
|-----|-------------|
| 42% | Summer |
| 22% | Spring |
| 17% | Fall |
| 13% | Mini Spring |
| 5% | All year |
| 1% | Mini Winter |

Top 5 outcomes from study abroad:

1. Knowledge of the country or culture where I studied abroad
2. Personal Development & Growth
3. Global Understanding
4. Cross-cultural skills
5. Foreign Language skills

Advice from returnees:

- Go!
- Do it. It will allow you to put school, friends, and life in perspective.
- Travel, travel, travel!
- Go with an open mind. Be kind, considerate, be yourself. And be ready for an amazing experience.

Morocco: Climbing the Sahara with Jessica Wille (con't. from page 2)

The idea was to get to the top to watch the sun set which, as it turns out, is one of the only things that would motivate me to climb a giant dune in the Sahara with sub-optimal amounts of water. For the next hour or so, I was trapped on Mother Nature's Stairmaster. Sometimes it felt like I was stepping in place or walking down the mountain backwards because of all the sand that gave way beneath my feet. When I finally did get to the top, though, the view was incredible; rumor had it that we could see Algeria from our spot on the dune, although I don't know how anyone would be able to tell. Even though

the sunset was hidden behind the clouds and very anti-climactic, the experience of the climb was one I will always remember.

That night we went to sleep around midnight, exhausted. At 4am there was a knock on our door—time to get up! We went outside and, finally, had a chance to enjoy a cool breeze. The group gathered around rows of camels, and one by one people were helped onto them. As we slowly rode towards the dune we climbed the day before, I looked up to see the sky filled with stars and shooting stars. It was an amazing sight

(although I haven't yet decided if the obnoxious braying of over fifty camels added or detracted to the moment). About forty-five minutes later, we stopped and climbed another, mercifully smaller sand dune and waited for the sun to rise. I'll admit that this early-morning adventure was a bit contrived and obviously catered to the tourist within all of us. But as my friends and I sat and quietly watched the sun creep over the horizon, I didn't care one bit.

Jessica studied at the Al Akhawayn University, Morocco, North Africa, June/July 2008.

A Taste of France: from the blog of Erica Larson

The French are often stereotyped as a wine-drinking, cheese-loving people with a tradition for culinary excellence. Although I might be slightly biased because my host dad is a chef at a high school here in Avignon, so far I have no evidence to disprove this. About a year or so before coming to France, I took up cooking as a hobby and have acquired a passion for not only good food, but the friendship and memories that it inspires. Because the French are so passionate about their food as well, I have discovered that it has become my tool for experiencing the culture at its fullest.

I am in the south of France, so the food here isn't necessarily

what is thought of as the typical French food with copious amounts of butter and cream, because it is highly influenced by the Mediterranean climate. The reverence for food and tendency to spend hours gathered around the table is still the same, although it is becoming less and less common. Going to a restaurant with French friends or even just sitting in a café in the afternoon can take over two hours, even though the quantity of food or coffee being consumed is at times ridiculously small. Family events are always centered around elaborate meals. At a family reunion here, our dinner lasted nearly four hours from the appetizers to the dessert, although we did have to pause in the middle to

enjoy a local fireworks show on the Rhône, the river that passes by Avignon.

I am very intrigued by the simplicity of the food that I have found the most interesting and satisfying here. I've become a pastry addict because there is a bread and pastry shop on nearly every corner. My favorite, the *pain au chocolat*, is an extremely common pastry that is basically a croissant with chocolate inside. I am also a big fan of the *mille-*



Erica Larson, middle, and friends wine tasting at the Palais des Papes, France.

feuille, which is layers of puff pastry and cream topped off with glaze.

But the best part is really eating and sharing time with others, and of course speaking in French. So far, my favorite memories of eating with my host parents, Claire and

con't. page 5

Useful Information

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| <p>Contact Information:</p> <p>Office of International Education Phone: 412-268-5231 Email: goabroad@andrew.cmu.edu http://www.studentaffairs.cmu.edu/oie/</p> <p>Counseling & Psychological Services Phone: 412-268-2922 http://www.studentaffairs.cmu.edu/counseling</p> <p>Housing Office, Lisa Dippold Phone: 412-268-2139 Email: ldippold@andrew.cmu.edu http://www.housing.cmu.edu</p> <p>HUB & Financial Aid Phone: 412-268-8186 Email: thehub@andrew.cmu.edu http://www.cmu.edu/hub/</p> <p>UC Information Desk Phone: 412-268-2107</p> | <p>Helpful Links:</p> <p>Center for Disease Control http://www.cdc.gov/</p> <p>Disability Travel Resources http://www.makoa.org/travel.htm</p> <p>GLBT Resources www.gaytimes.co.uk/HotSpots/GayGuide.html</p> <p>Let's Go Travel Resource www.letsgo.com</p> <p>Pittsburgh Post Gazette www.post-gazette.com/</p> <p>Sexual Assault Advisors www.studentaffairs.cmu.edu/SAA</p> <p>The Tartan http://www.thetartan.org/</p> | <p>Travel Advisory Notices www.travel.state.gov</p> <p>Women's Resources http://userpages.umbc.edu/~korenman/wmst/links.html</p> <p>Religious Groups:</p> <p>Buddhism www.buddhanet.net/</p> <p>Christianity www.uccf.org.uk/students/</p> <p>Hinduism www.hinduismtoday.com/</p> <p>Islam www.islamicfinder.org</p> <p>Judaism www.wujs.org.il/</p> |
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2009 Study Abroad Photo Contest

The Office of International Education is now accepting submissions for our 2009 Study Abroad Photo Contest. We will display the winning photographs in the University Center Art Gallery in March. We will also create a series of eight note cards that display the winning and honorably mentioned photos. The cards will be available for purchase in the Carnegie Mellon Bookstore.

Please submit your photos with a description of when and where the photo was taken and where you were studying abroad. Please email photos to goabroad@andrew.cmu.edu by Feb. 13, 2009. Visit www.cmu.edu/studyabroad to view our photo gallery. **We hope these photos will inspire those of you who are currently abroad to submit your photos for next year's contest!**

Making the Most of Your Experience Abroad!

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

- Attend the Welcome Back Workshop.
- 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 by the deadline, Feb. 13, 2009.
 - 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.

We look forward to hearing from you!

A Taste of France: from the blog of Erica Larson (con't. from page 4)

Philippe, involve tasting simple, local products. The sweetness and intensity of the Muscat grapes given to my family by their friends that own a local vineyard has left me wondering what sort of tasteless fruit I have been consuming my entire life. Also impressive was the quantity of chestnuts that my host parents brought back from a weekend in the countryside. I was extremely content after we sat peeling chestnuts, dipping them in lavender honey, and washing them down with an earthy red wine. Another thing I find absolutely charming is the way that Claire always picks

fresh rosemary and thyme whenever we go running in the countryside. I have come to love the simple, rustic style of the food here in Provence.

Wine is also still very important in the French culture, and I have been lucky enough to become more educated about the regional wines. The first week that I was in Avignon, I started speaking with some of the locals alongside a couple Americans in my program. We ended up meeting a guy that works in the *boutillerie* (wine shop) at the *Palais des Papes*, which is the medieval pope's palace from

the 14th century, and the main tourist attraction in Avignon. He kindly guided us through a two-hour wine tasting and explained to us a little bit about the naming system for wines, and the differences in quality.

Before I romanticize my experiences too much, I should probably mention the more interesting types of food that I have tasted. Let's just say that I would have enjoyed my appetizer at a local Bistro much more if no one had told me that it was chicken liver cake. I have also tried multiple cheeses that smell so strongly I'm not

sure why anyone would want to put it near their face. And, even though my French friends tried to convince me that McDonalds is good here, I did not find the chicken nuggets any more appealing than in the States. But studying abroad is all about embracing the adventure and trying new things, so I don't regret tasting these "delicacies" at all. I can't wait for what's next.

Erica Larson is studying at American Institute and French University in France.

Carnegie Mellon

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