

Fall 2009

The Study Abroad

Handbook:

www.studentaffairs.cmu.edu/oie/sab/before/handbook.html

Follow-Up SATC:

www.studentaffairs.cmu.edu/oie/sab/forms/index.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) gladly brings you the fall 2009 study abroad newsletter.

I am happy to return to Carnegie Mellon University (CMU) for my second year as the study abroad graduate assistant in OIE. My two-year graduate program, Student Affairs in Higher Education, began at Indiana University of Pennsylvania in August 2008. Before graduate school, I worked as a white water rafting photographer in South Carolina and Georgia and a leadership and hospitality facilitator for a high adventure outdoor YMCA camp in Ohio.

This past summer, my twin sister and I flew to New Mexico, where we rafted the Class IV/V Taos Box section of the Rio Grande. We then joined my boyfriend in San Diego to begin a road trip to Oregon. During our trip, we rafted the Class V Kern River in California, camped, hiked, and rock climbed.

In June, my boyfriend and I spent ten days surfing in Costa Rica. From there, I flew to Honduras to begin a service-learning study abroad program. In Honduras, my group and I worked with a rural community on housing construction projects and coordinated activities for the kinder (elementary) school. In addition, I was also the group's Spanish translator, research videographer, and First-Aid/CPR provider.

Further, I also took advantage of studying abroad as an undergraduate. During the summer of 2002, I studied Spanish in Cuernavaca, Mexico. From September 2002 to June 2003, I participated in the National Student Exchange program and spent my sophomore year at California State University Polytechnic Institute. As a senior, I spent two weeks in Italy. Clearly, study abroad is a passion for me.

In the newsletter, please enjoy stories from two students who are currently studying abroad. Look for Peter Moses' blog about studying acting in Australia and Krystina Teoh's story about German, Brazilian, and Swiss cuisine. Also, please enjoy the photographs from the 2009 Study Abroad Photo Contest Winners and Honorable Mentions! You will have the opportunity to enter the 2010 contest, so watch for emails from me about the spring deadline!

In addition, we hope that the information in this issue is helpful as you prepare to return from studying abroad.

We thank those of you who contributed to the newsletter. Also, we welcome anyone who has stories, photographs or ideas to submit them to goabroad@andrew.cmu.edu. Please feel free to visit our website at www.cmu.edu/oie for current study abroad news and events.

Sincerely,

Brynn Estella Cunningham

Graduate Assistant for Study Abroad

2009 Study Abroad Photo Contest Winners



“You Abroad” Category Winner
Louisa Jauregui, New Zealand



“Landscape” Category Winner
Gwendolyn Barr, Switzerland



“People” Category Winner: Ashley Kilp, India



Honorable Mentions
(clockwise from left):
Min Lee-
China; Alex
Brant Spain;
Diana Bush-
Argentina;
Eda Altiok-
Croatia; and
Jessica Wille,
Morocco.



More than 200 photos were submitted by returning study abroad students for the 2009 Study Abroad Photo Contest. Featured here are the winners and honorable mentions. All photos will be displayed on the Study Abroad web site, www.cmu.edu/studyabroad. Please keep taking photos for submission in the 2010 Study Abroad Photo Contest, held in the spring.

Krystina Teoh: What's on the Menu?

Before arriving in Aachen, Germany, I had the impression that all there was to German food is *Wurst*, *Wurst*, and more *Wurst*, eaten with the typical Oktoberfest 1-Liter-Steins (*Maßkrug*) of beer.

So on my first day in Aachen, I bought my *Rostbratwurst*, of course, topped with the typical thick string of ketchup and mustard from a simple “hot-dog” stand. The crunch of my first bite into the *Wurst* was composed of an unsightly extension of at least three inches on both sides of the roll. First ripping through the crusty outer skin around the *Wurst*, followed by the satisfying explosion of warm juiciness.

It was not until my first visit to the market when I took a step up in the hierarchy of *Wursts*—*Curry Wurst mit Pommes* (sliced *Wurst* and potato wedges drizzled with a sweet, peppery curry sauce). And after that day, I was introduced to the German world of potatoes. Yes, the Germans love their potatoes, or so the *Mensa* (university cafeteria) teaches us. Every day at the *Mensa* it was pork schnitzels *mit Pommes*, grilled fish *mit Pommes*, beef stew *mit Pommes*. Don't get me wrong, I enjoy eating my potato wedges, but it being my only carbohydrate consumption makes the sight of my bag of potatoes chilling in my shelf just a little boring.

And speaking of boring, the cheese in Germany has been quite a disappointment. I've tried a few packs of cheese here. Unfortunately, many of these opened packs of cheese have fallen victim to the attack of mold. Yes, even my Gouda cheese! So you ask, what's wrong with the cheese here? Its texture is smooth but waxy, smell is ungodly odorless, and taste, utterly bland.

But not to worry. I've

gotten around to indulging myself with other worldly food, thanks to the many exchange students here!

Thanks to my Swiss and English friends, I got to try a bunch of good, sometimes a little *too* interesting, cheese. First, the sample platter of the famed Swiss cheese: the suave, just-perfect Emmental from Berne (yes, the capitol of Switzerland. Embarrassingly, I've wrongly believed that Zurich was the capitol for 20 years of my life), the mildly bland Gruyere, and the overwhelmingly pungent Appenzeller. Next up, the crumbly, savory, white British Cheddar. Hm, I must say Kudos to the British Cheddar—it beats all those “sharp” orange-colored cheddar I've found in Geagle. Of course, the cheeses were accompanied with some good bread and dried ham.

One other cheese combination that is absolutely delicious is the Brazilian “Romeo & Juliet,” thanks to a friend who generously, and proudly, shared his prized Brazilian foods he had brought along in his suitcase. Romeo & Juliet—a combination of cheese from Minas Gerais in Brazil (a state north of Rio de Janeiro known for its distinct cuisine—a place I will be sure to visit at some point) and *Goiabada* (pink guava jam). Unfortunately, we had to make do with a substitute cheese we found at the local store, E-plus, which I believe was Tilsit. Nevertheless, the savor of the cheese and the sweetness of the *Goiabada* complemented each other *so* well—they're a match made in heaven! Absolutely swooning. Not to forget the other delight, *Doce de Leite*. A thick condensed milk mixed with coconut—a tooth-numbingly sweet Brazilian spread.

Speaking of deserts, we found a good comfort food—Belgium Waffles *mit Kirschen* (warm cherry sauce). It makes waffles topped with ice cream

VISIT OUR WEBSITE AT

www.cmu.edu/studyabroad

TO SEE THE FOLLOWING:

- Helpful information on managing re-entry shock.
- Photo Gallery, where you can submit your photos.

NEW WEB FEATURES:

- Blogs from current students studying abroad
- Stories from returned study abroad students

(warm cherry sauce). It makes waffles topped with ice cream sound bad. Huddling by the Ferris wheel at the annual Aachen fair on a cold windy night, we shared the Belgium Waffles. Surrounding us were families, kids, students, and couples, all gathered around the *Rathaus* (town hall) to check out the four separate live concerts that were scattered around the *Rathaus* and the *Dom* (a smaller cathedral Aachen is well-known for). Warm cherry sauce—cooked dark plum-colored cherries still with their hint of sourness from fresh cherries. However, the warmth of the sauce tames the sourness, together with the sweetness of the waffle. One word to describe it—*superhammermegageil!* (It's one long urban adjective made up of separate German adjectives, “super,” “hammer,” and “megageil,” all of which are synonymous with “cool” in English. Except, since they are Germans, they love combining words to form a single long word!)

So, what's on the menu for next weekend? *Pão de queijo*, a Brazilian cheese bread. It sounds absolutely awesome, or should I say, “*Superhammermegageil!*”

Krystina Teoh, Mechanical Engineering, is studying at Rheinisch-Westfälische Technische Hochschule (RWTH) in Aachen, Germany, during fall 2009 and spring 2010.

Carnegie Mellon 2008-09 Study Abroad Statistics

Top 10 Destinations

1. United Kingdom
2. China
3. Spain
4. Germany
5. Qatar
6. South Africa
7. Panama/Untied Arab Emirates
8. Italy
9. Australia
10. France

When students study abroad:

- | | |
|-------|-------------|
| 35.8% | Summer |
| 21.1% | Spring |
| 14.2% | Fall |
| 26% | Mini Spring |
| 2.7% | 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.

Glimpse Correspondents Program

Glimpse is seeking applicants for its Correspondents Program. Supported in part by National Geographic Society, The Correspondents Program is for especially talented students specializing in writing or photography. Correspondents receive a \$600 stipend, a professional editor, career training in writing and photography, guaranteed publication on Glimpse.org, and potential publication in National Geographic platforms. For more information, visit: <http://glimpse.org/correspondents>.

Glimpse Best Shot Photo Contest

The guidelines are simple: Send Glimpse your best shot from abroad. First prize is a \$500 STA Travel voucher. Check out the competition and then submit up to three of your favorite photos. Include a caption describing the photo and any personal anecdotes related to the photo. Contest deadline is Dec. 15. Visit <http://glimpse.org/contests/> to see photos and to enter the 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 Reception.
- Help out with Information Sessions and Pre-departure.
 - Serve as an e-peer advisor.
 - Publish your journals, short stories, or poetry.
 - Enter the 2010 Photo Contest.
- 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!

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<http://www.studentaffairs.cmu.edu/oie/>

Counseling & Psychological Services
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<http://www.studentaffairs.cmu.edu/counseling>

Housing Office, Lisa Hartman
Phone: 412-268-2139
Email: ldippold@andrew.cmu.edu
<http://www.housing.cmu.edu>

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

UC Information Desk
Phone: 412-268-2107

Useful Information

Helpful Links:

Center for Disease Control
<http://www.cdc.gov/>

Disability Travel Resources
<http://www.makoa.org/travel.htm>

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

Let's Go Travel Resource
www.lets-go.com

Pittsburgh Post Gazette
www.post-gazette.com/

Sexual Assault Advisors
www.studentaffairs.cmu.edu/SAA

The Tartan
<http://www.thetartan.org/>

Travel Advisory Notices

www.travel.state.gov

Women's Resources

<http://userpages.umbc.edu/~korenman/wmst/links.html>

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/

From the Blog of Peter Moses: Locking it down! Roll sound!... and ACTION!

Sunday, August 16, 2009

August 4 - 14 2009:

So at National Institute of Dramatic Art (NIDA), the Third Years film a Show Real that has them all doing scenes and monologues on camera. This year, however, NIDA decided to create a film using the entire class. The film takes place at a country house and is based around the death of a good friend (a la "The Big Chill"). The film, *Crowtrap*, consists of several story lines that intertwine the characters and their journeys. The director is Felix Williamson, an Australian actor, who came on board with his brother Rory Williamson, who wrote the film. Janica, also Rory's fiancée produced the film. The location was Janica's childhood home up in the Hunter Valley.

The Hunter Valley is *wine country*, located about two and a half hours north of Sydney. Next to Chris and Frances's home (Janica's parents) were these old train cars that had been converted into a B&B (bed and breakfast). Cast and crew stayed in these carriages throughout the shoot, and we ate in and around Chris and Frances's carpool.

I met Janica through Tony Knight at NIDA on Monday. I offered to help out in any way possible. I figured it would be a great way for me to meet my classmates better, as well as be on and around a real film set. And good lord did I make the right decision. Those ten days up there were so informative. I got to see the inner-workings of a small film in all its glory. Watching the DOP set up shots, the sound guys record the scenes, and even helping feed and clean up after 40 people was an invaluable experience. Another thing that I found fasci-

nating was watching my new classmates act on film.

FILM IS AN ENTIRELY DIFFERENT BEAST. I don't think it could be more different from stage acting. Granted, there are some obvious similarities, but I was truly amazed at what a different craft it can be. They're not joking (whoever they are) when they say that film is really disjointed. Every shot takes time to set up, adjust lighting, block out the scene, and rehearse. It was fascinating. The great thing was that I was acting as a 2nd/3rd AD, so I was really able to integrate myself into the crew. Whether it was running coffee to the crew at 11 o'clock at night, getting actors ready and on set, locking down the set for a take, helping Rory cook food for everyone, or helping the camera and lighting crew set up, I got to learn about everything first hand.

After a week of working with the crew, Felix, el director, informed me that they had a small part for me on the last day of the shoot. I played a waiter in a scene where Cooper and Kim are heading up to the funeral. I'm not going to say it was "groundbreaking" material... but it was really close. (To quote Steve Martin's Bowfinger: "If it went as well as I think it did, I will be seeing you all... at the Oscars.")

By the end of the 11 days I got to know my class so freaking well. What a classy bunch of people (except for Rick... what a jerk (joking)). Just friendly and SARCASTIC!!! Good God I love the sarcasm... it's amazing... I'm literally basking in sarcasm with these people... I LOVE IT!!!

I learned how to kick an Aussie Football League football, as well as throw a rugby ball. THE BEST. Totally bringing one of those guys

home with me.

Oh yea, Saturday the 8th was Kenji and Janica's birthday, so we had a Mexican Fiesta for them. What a blast. Music and Felix and Anthony rapping!

So yea... it was quite a blast... Exhausting, and I'm ready to go home, but a blast indeed.

Peter Moses, Acting, is studying at the National Institute of Dramatic Art in Australia during fall 2009.

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/forms/index.html>.

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.

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