

Fall 2010

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:

<http://www.abroadview.org/return/>

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Carnegie Mellon

Tartan Travels

STUDY ABROAD NEWSLETTER
SHAUNA SERGENT, EDITOR

Greetings from OIE!

Dear Students:

I hope you are all enjoying your unique experiences abroad! Hearing your stories and glancing through your pictures abroad is truly inspiring. I am currently a graduate intern in the Office of International Education at CMU and am hoping to pursue a career in International Education after I complete my Master's degree in Student Affairs in Higher Education at IUP. My passion for international education first started through my own study abroad opportunities during my undergraduate experience. The first time I went abroad, I ventured to Maastricht, Netherlands on a summer business program with about thirty other American students. This program helped me to experience another culture while also having a huge support structure to help me through the experience. Upon returning home, I realized I wanted a deeper immersion into another culture in a place more off the beaten track. For my second study abroad trip, I traveled to San Jose, Costa Rica where I lived with a local family for a full semester. This time I was on my own and did not know any of the other four domestic students in the same program as me.

Although both of these trips were great experiences, it really showed me the wide variety of opportunities available to students. Every trip has different strengths and experiences which lead to many unique and personalized stories to tell, so I am always eager to hear about other students' adventures when they return home! I hope this newsletter is able to provide a glimpse at some of the other experiences your fellow students are having for you to broaden your perspective of study abroad opportunities.

Lastly, I want to congratulate you all for finding the time, energy, and confidence to expand

your education beyond CMU's walls. As Saint Augustine stated, "The World is a book, and those who do not travel read only a page." It wasn't until I went abroad and was exposed to so many new ideas and cultural norms that I was able to reflect on what was important in my own life. I hope that there are parts of your trip abroad that will make a deep impression on your life and make you re-think about topics that you never really had to think about before. I am glad that I challenged myself to go abroad and experience different cultures and hope that you all have similar positive experiences. I wish you all safe travels, happy memories, and dedicated studies abroad!

Best wishes to you all,

Shauna Sergent

Study Abroad Graduate Intern

CMU Study Abroad on Facebook

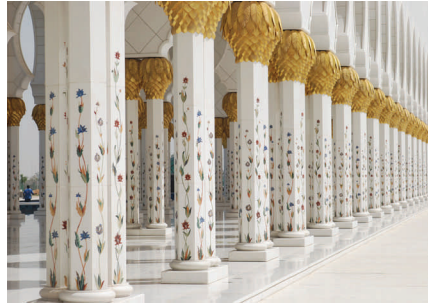
Click on the Study Abroad Facebook badge on the [Carnegie Mellon University Social Media Directory](#) or on [OIE's Study Abroad](#) page to become a fan! Our fan page consists of student and staff photos from abroad, including all photos and winners from the 2010 photo contest, the study abroad calendar of events, and discussion posting opportunities where students can talk about their overseas experiences and pre-and post-trip questions and thoughts.



2010 Study Abroad Photo Contest Winners



"Me at a fishing village in Ha Long Bay, Vietnam."
You Abroad Category Winner
Ryan Donnelly, Graduate Student
Public Policy & Management, Heinz



"Beautiful pillars along the corridor of the Sheikh Zayed Mosque in Abu Dhabi, UAE."
Landscape Category Winner
Angela Chen, Graduate Student
Tepper School of Business



"Children gathered to listen to an Ipod, Sankana, Ghana."
People Category Winner
Nia Austin, Senior, Psychology

Honorable Mentions



Honorable Mentions are pictured above (clockwise from top left): Katie McManus, Japan; Natalia Olbinski, Poland; Aanchal Raj, Switzerland; Brittany Saunders, China; and Allison Piper, South Africa.

All photos submitted for the Study Abroad Photo Contest were on display in Skibo Café this past April, kicking off with a reception held to honor the winners. Each year, nearly 200 photos are submitted for the contest; we look forward to judging your submissions this coming year! The deadline for photo submissions is 4pm Monday, March 14, 2011. Categories include People, You Abroad, Landscape, and Humor Abroad, and each student can submit up to 8 photos.

Let's See Europe
by Valerie Jordan, LSE

My first day in London was a bit hectic; I landed at Heathrow at 0700, checked into the dorm, found the LSE, attended a lecture about how I should take my coursework seriously and LSE did not stand for "Let's See Europe" or "London School of Entertainment", went to a pub (my first as a legal adult, since the drinking age is 18 not 21), finally fell asleep around 11pm, only to get up the next morning at 0700 to help out at the Fresher's Fair.



The rest of the year was quite similar to those first few busy days. Between courses, societies/clubs, searching for internships, trying to figure out why people laughed when I couldn't find my pants* that morning in all of my luggage, and traveling, I barely got to see any of London itself. It really wouldn't do at all if I came back to the States

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**Global Medical Brigades:
Honduras - by Eda Akyar**

"Amoxicillin, acetometaphine, and some loratadine," a brigader calls out, "and one pack of adult vitamins." These words became all too familiar with the 17 brigaders on this summer's Global Medical Brigades medical mission trip to Honduras this past May.

The trip was the second of Carnegie Mellon University's Global Medical Brigades entirely student-run service trips meant to provide free basic medical care for underserved villagers in Central America. During this year's week-long trip, the seventeen students were able to help 860 patients in just three days of brigading. The students on the trip had the opportunity to learn how to run a temporary medical clinic by working in five different rotations. The first rotation, triage, was where students learned how to interview patients for their primary complaints and take vitals such as weight and blood pressure.

At the second station, students shadowed doctors; this gave students a chance to observe patient-doctor interactions and an opportunity to learn about the illnesses affecting the patients living in the communities we visited. The dental rotation, which was the third section of the brigade, allowed students to shadow dentists as dentists performed tooth extractions, fillings and cleanings. At this

third station, students were also able to work with the patients, teaching them the importance of dental hygiene and how to effectively brush teeth and use floss. At the fourth station, called *charla*, students spoke to patients, teaching preventative health measures patients can practice to avoid illness. And finally, the fifth rotation was the pharmacy where students filled prescriptions ordered by the doctors. Every student had the opportunity to work each section of the brigade.

During the four days of the week-long trip that the students were not on a brigade, students packed medicine to prepare for upcoming brigades and visited a small community for orphans established by Sister Maria Rosa Leggol. This community serves as a safe haven for orphaned children in Honduras, providing them with a safe home with other orphans and an education. Schools on the compound include a pre-school, primary and secondary schools and a vocational training school where the students can learn a trade so that when they leave the compound, they can make a living. Other activities brigaders enjoyed were soccer matches with the locals and a trip to a tourist village nestled in the valley of the mountains of Honduras.

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**Carnegie Mellon 2009-10
Study Abroad Statistics**

Top 10 Destinations

1. China
2. Qatar
3. Denmark
4. Germany
5. South Africa
6. Argentina
7. Canada
8. UK
9. Australia
10. France

When students study abroad:

- | | |
|-----|-------------|
| 40% | Summer |
| 29% | Mini Spring |
| 15% | Spring |
| 12% | Fall |
| 5% | All year |
| 4% | 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.

IMPAQT 2010—Reflections by Eda Akyar

Initiating Meaningful Pittsburgh and Qatar Ties, or IMPAQT for short, is an exchange program meant to unite students on both Carnegie Mellon campuses. This year, fourteen students from the Doha, Qatar campus traveled to Pittsburgh during their spring break to meet and interact with students in Pittsburgh and then a week later, eight students from CMU-Pittsburgh traveled to Doha to interact with students in Doha and to learn about the Doha campus lifestyle. During this past spring break, I had the opportunity to travel to Doha as one of the eight CMU-Pittsburgh IMPAQT-ers. I first became interested in participating in IMPAQT when I heard about it during my freshman year. A fellow mentor from Strong Women, Strong Girls, Grace Deforest, was a member of the first IMPAQT group to travel to Doha for spring break. Her stories about the students and the developing campus really made me excited to participate. To add, my love for learning about different cultures made the program all the more exciting and interesting- I thought, what a perfect way to meet new students and unite both campus cultures and communities!

To prepare for our trip, our group held weekly meetings to talk about expectations and logistics. We each did some research on different topics regarding CMU's Qatar campus, Education City (which is where CMU-Q is based), Doha, and Qatar as a whole and shared our findings with the group. We also met with CMU-Pittsburgh students who went on the exchange last year as well as students studying abroad in Pittsburgh who are enrolled at the CMU Qatar campus. Finally, we had the opportunity to interact with CMU-Qatar students as we hosted 14 students from the Qatar campus the week before our spring break. The 14 students from Qatar traveled to Pittsburgh to see what life is like for the CMU-Pittsburgh students and to establish close ties with students here. This gave us a great chance to get to meet some of the students who would then host us for a week in Doha.

Most of our days in Doha were spent with the students on campus. Our goal was to establish strong relationships with the students to initiate cross-campus interactions and communication. While there, we took part in QALTA, which can be equated to CMU- Pittsburgh's Summit, except it takes place after spring break. The students organized QALTA as a

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Contact Information:

Office of International Education
Phone: 412-268-5231
Email: goabroad@andrew.cmu.edu
<http://www.studentaffairs.cmu.edu/oie/>

Counseling & Psychological Services
Phone: 412-268-2922
<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

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.letsgo.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

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.

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.

Spending a year in London by Rachel Bradley and Skip Waldron

The experience we had was about as far from regretful as possible. Of course I missed my friends and the all nighters in the Hunt Library. But those nostalgic feelings show up only once every blue moon. I can't remember the man who actually said this, so I'll just take credit where it isn't deserved: "If you're tired of living in London, you're tired of life."

The time I spent in London felt like a lifetime. Every week I was experiencing new things or meeting new people. London has an appeal for any personality. For the Greek sing enthusiast, the theatre in this town is one of the most renowned in the world. Currently, Lion King, Avenue Q, Wicked, Othello, Henry VIII, Chicago, and tons more are all playing and have student discount tickets. If you fancy music, regardless of genre, London draws both the biggest and most obscure names in the business. And even at the obscure gigs, London draws a crowd of people just as interested in the music as you are. From jazz to folk to electronic, and every combination in the middle, the music scene is accessible and one of the most innovative on the planet. For the intellectual nerd out there (aka CMU students) the museums actually have their own social scene in London. They are often open late on weekends, and host events with various speakers, or



simply to give intellectuals a place to socialize and meet like-minded people.

The biggest selling point for me was the opportunity to spend a year in Europe. I've always had a thirst to travel, but the bubble of life at CMU has always kept me pretty close to Pittsburgh. However, the way the courses are run in London allows the students to have a lot of free time. Within two months, I had been on the beaches of Barcelona and also hundreds of feet above Dublin sipping a freshly brewed Guinness at the Guinness factory. Oh, did I mention both of those flights cost about \$35 dollars? I planned trips to Stockholm, Berlin, Leuven, Brussels, Amsterdam, and Rome and none costing more than \$40 round trip. I even had the opportunity to do travel to Morocco from London for a charity organization over my month long spring break. Without being able to call London my home, none of these trips would even have been possible.

As far as coursework, there are almost no graded assessments. Students are trusted to study on their own and utilize ungraded problem sheets, and time is given before the exams in May/June to finish studying or to cram. The academic year is broken into three terms. 1st and 2nd are like fall and spring semesters without finals. The 3rd term has minimal lectures and functions as a reading month with exams. Between the terms are 3+ week long breaks which I used to travel.

For accommodation, you can live in halls or find your own place. I lived in halls, and since I had free time, I got to know my hall mates very well and spent a lot of time cooking (nice change from E Tower for two years). If I can



emphasize this again, we had a lighter workload than the Imperial ChemE students. Because of this, we had a good amount of free time to explore London, join societies, relax, travel, and make great friends. Don't be worried about making friends. If you have any at CMU, you'll have them here as well.

With respect to enjoying the new culture, this program is better than other exchange programs because it is for the whole academic year. We felt like we lived in London and weren't just visitors anymore. But when you consider studying in London, remember that the academic year is shifted about a month later, so plan your summers accordingly.

Final Thoughts: Studying abroad has been a great experience for everyone we've talked to. To experience another culture is truly an eye opening experience. Most of what you learn in college is outside the classroom, and having Europe as our playground has already taught us more about ourselves and the world than most of our years in the states. Cheers!!!

Rachel Bradley and Skip Waldron spent last year on an exchange program at Imperial College London. They are both seniors in Chemical Engineering.

Carnegie Mellon

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(GMB-cont. from pg. 3) The preparation for the trip was a five-month effort in which brigaders quickly learned of the values of teamwork. Brigaders worked in small teams to cover the needs of the brigade by fundraising for medicine, medical supplies and funds needed for the brigade, recruiting medical professionals and educating each other about Honduras. Ultimately, the students were able to gather nearly \$40,000 worth of medicine, medical supplies, and other donations for the villagers of Honduras.

The previous year's trip to Panama was just as successful as this year's Honduras brigade. In Panama, eleven Carnegie Mellon students raised over \$60,000 worth of medicine and medical supplies to help the nearly 700 patients they saw in just three days.

Ultimately, both brigades were a huge success for the villagers of Central America and the students on the brigade. No words can express the gratitude we received from the villagers or the heartfelt smiles from the young children. As the leader of both brigades, I am extremely proud of both teams and look forward to next year's brigade with great excitement!

This is Eda's 2nd time leading the Global Medical Brigades group. Eda will be a senior this year, majoring in Biological Sciences.

Glimpse Photo Contest

The guidelines are simple:
Send Glimpse your best photo from abroad. First prize winner receives a \$500 STA Travel voucher. Glimpse holds photo contest year round.

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

Glimpse Correspondents Program

Glimpse is continually seeking applicants for its Correspondents Program. Supported in part by National Geographic Society, The Correspondents Program is for 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.

(LSE-cont. from pg. 3) not knowing any of the City hotspots now would it? That's why I decided to extend my tenure here for the summer.

Just kidding. Sort of.

Actually the entire scheme came about as a bit of a happy accident. The ridiculously picky UK visa process I went through over the summer (especially onerous this year since it was the first go round of the new method/classification system) yielded a visa which allowed me to stay until November 2010 and to work full time during periods in which I was not actively in class. It would have been rather difficult to get an internship as an American citizen in London otherwise, due to some legislation which requires a company to be very justified in choosing to sponsor an American instead of hiring a European Union citizen... yada yada yada.

But as a visa holder I didn't have to go through all those hoops, so I figured I may as well apply to London locations. Loads of paperwork and online assessments later, I got an offer and am now spending the summer working and exploring London on the weekends.

It's been a lovely year of new experiences and I've learned several items of great importance that I thought I'd share:

- 1) Don't drive in Italy-- the drivers are completely mad
- 2) Top up your Oyster card so you don't get stuck in sketchy places in the middle of the night
- 3) Keep on top of deadlines passing back at CMU-- you don't want to miss your chance to get campus housing...

Happy Travels!

*in England, the term "pants" refers to underwear, while trousers refer to jeans and such. So you can imagine the looks I was getting as I was going on about my "pants"...

Valerie spent the 2009-2010 academic year studying at the London School of Economics. She is working this summer—in London. Valerie is a Business Administration major, and will be a senior this year.

Wanted: Bloggers Abroad

Our study abroad web site features a page titled “Student Perspectives.” Within this page is a link to our [Blogs Abroad](#). It features several Carnegie Mellon students’ blogs written while abroad in the following locations: Qatar, Australia, Spain, Tanzania, Japan, Ghana, Tunisia, India, and the United Kingdom. For more information about sharing your blog on our website, please email goabroad@andrew.cmu.edu.

(IMPAQT—cont. from pg. 4) kind of cultural immersion program, which was a lot of fun! Some activities included Middle Eastern/ Arab cooking, dancing (yes belly-dancing!), games, fashion, instruments, calligraphy and henna. Another part of QALTA included breakout discussions, which were very interesting as it gave us a chance to learn about certain issues through the eyes of the students in Qatar, most of who have grown up in the Middle East. Some topics we discussed were “Breaking Stereotypes” and “Islamic Feminism.” These discussions were very insightful and taught us a lot about what it’s like to grow up in the Middle East. It was very interesting to see the similarities and differences in opinions that exist between the CMU-Pittsburgh and CMU-Qatar students.

The trip as a whole was definitely an experience of a lifetime; I learned so much about my peers and myself. I would say that the best times I had were those that I spent with the CMU-Qatar students. They were all so warm and welcoming and made me feel at home—after the first day on campus, I felt like I had been there for years! Our CMU-Pittsburgh group also had the opportunity to do some fun activities off campus such as sand-dunning, or “sand-bashing” as the students in Qatar call it; tour Al Jazeera; walk around in the Souk; visit Fanar, which is the Islamic Cultural Center; tour the ASPIRE sports complex; and visit the Islamic art museum among other fun activities.

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 2011 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.



Finally, on our last night in Doha, we had a chance to do a home-stay with the families of the students who attend CMU-Qatar. The women in our group of 8, stayed with families of women attending CMU-Q, while the men set out for a night in the desert. I really enjoyed this part of the trip as it allowed us to learn what home life is like for the students of Qatar.

Now that we have returned to Pittsburgh, we will start initiating some cross-campus events and activities. While we were in Doha, we brainstormed some ideas for collaboration between both student bodies and look forward to implementing them as soon as possible. Last year’s IMPAQT group has already started some programs and this year’s group is just as eager to join in and start some new programs to bridge the two campuses.

Ultimately, this trip was an invaluable experience and I would definitely recommend this opportunity to other students! It was so much fun and we all learned so much about the lifestyle, values, and culture of our peers on the CMU-Qatar campus.

Eda applied and was chosen as one of 8 CMU Pittsburgh students to travel to our CMU Qatar campus over Spring Break. For more information on how you can apply to be an IMPAQT participant— for the opportunity to visit, collaborate, and promote our CMU Pittsburgh-Doha campuses, visit <http://www.studentaffairs.cmu.edu/dean/impaqt/> to learn more.