

Spring 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:

www.glimpseabroad.org/

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Carnegie Mellon

Tartan Travels

STUDY ABROAD NEWSLETTER
BRYNN ESTELLA CUNNINGHAM, EDITOR

Greetings from OIE!

Dear Students:

We in the Office of International Education hope that you are having an educationally and culturally enriching time abroad, and, most of all, that you are having fun!

After working as the Graduate Assistant for Study Abroad at Carnegie Mellon University for two years, I will be graduating from my institution in May with a degree in Student Affairs in Higher Education. I will pursue a career in the field of international education, sports and recreation, and/or civic engage-ment. In addition to embarking upon my ca-reer in higher education, I will continue my profession as a white water rafting photogra-pher on the Chattooga River, which forms the border of Georgia and South Carolina.

While working at CMU, I have been grate-ful to have been in the company of such won-derful students, faculty, and staff. Particu-larly, my colleagues in OIE and the students with whom I interacted made this a delightful and fulfilling experience. I hope that throu-ghout my personal and professional journeys and adventures I will encounter people as fantastic as those I've met at CMU and in Pittsburgh.

Thanks to all newsletter contributors for sharing their reflections and memories with us about such a meaningful time in your lives, your time abroad. Your stories and photos truly bring our newsletter to life.

Sincerely,

Brynn Estella Cunningham

Graduate Assistant for Study Abroad

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 pho-tos 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.



Wanted: Bloggers Abroad

Our study abroad web site now features a new page titled "Student Perspectives." Within this page is a link to our new feature, [Blogs Abroad](#). It features several Carnegie Mellon students' blogs written while abroad in the following loca-tions: 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.

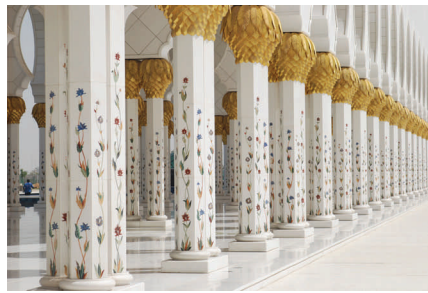
Glimpse Correspondents Program

Glimpse is 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. Corre-spondents 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.

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 will be on display in Skibo, located on the second floor of the University Center., until Monday, April 19. A reception was held April 7 to honor the winners and present them with a framed 8 by 10 of their winning photo. Nearly 200 photos were submitted for the contest. Please continue to take photos to submit for next year's contest! Categories include People, You Abroad, and Landscape.

**Culture Shock,
Defined by Jessica
Dickinson-Goodman**

Think about the sound a slab of marble makes when it slaps a stone floor. The thud of a granite rock falling onto concrete. The boom a second after lightning strikes a mile away. Now think not of the sound, but of the feeling it gives you: the jolt under the breastbone; the tingling in your fingers and toes; the shaking under your ribs, your body resonating to the deep thrum of an impact. The flat crash of marble against marble, the dry crack of granite on concrete, and the slamming of close thunder are not sounds, but vibrations. When they pass away, my molecules will never align in quite the same way again because of their passage. I feel internally changed by them.

This is the feel of culture shock.

The feeling of culture shock is not related to the shock I feel when I jerk back upon touching a live wire. Culture shock is not my disorienting realization that I haven't been threatened by a cloud in a week, and I am the one who needs to learn the language and dress differently. It is my internal experience of massive change: I am changing in how I see the world. To me, culture shock is the sneaking suspicion that I will never be the same because of what I now know. The sound of thunder is not it rolling around me, but rolling through me.

Inspirational Quote:

"There are no foreign lands. It is the traveler only who is foreign." - Robert Louis Stevenson

Jessica is studying at Carnegie Mellon University in Education City, Doha, Qatar. She is a junior philosophy major. [Read her blog on our website.](#)

Parisian Parks

by Elizabeth A. Booth-Gauthier

The city of Paris is filled with parks and gardens that are strategically arranged so that you often find yourself walking through them between two different locations. The parks inside the city seem to have a very structured and often symmetrical layout while the parks just outside of Paris are similar to the parks in Pittsburgh with winding paths through dense trees. Regardless of the style of the park, the Parisians are always enjoying the outdoors, even in February and March.

Jardin de Reuilly, located in the 12th arrondissement, and around the corner from my apartment, is always filled with people and many children. On any given day there will be people jogging, playing basketball, badminton or ping pong, practicing tai chi, spending time with children, or sitting and reading. Gardening is prevalent in the parks and many have displays put together by local groups of gardeners often themed off of a specific time period in French history.

In the larger gardens located inside the city such as Jardin du Luxembourg, Jardin des Tuileries, and Jardin des Plantes other activities are available. Jardin du Luxembourg is located near the Quartier Latin and is often occupied by university students. Jardin des Tuileries is located west of the Louvre and is filled with a mix of tourists and Parisians. At Jardin du Luxembourg and Jardin des Tuileries there are small toy sailboats for rent that children push around the ponds.

Jardin des Plantes is a favorite of Parisian families and features a labyrinth, a small zoo, and the Grande Galerie de l'Évolution. Jardin des Plantes is bordered by Musée de la Sculpture en

plein air which follows the curve of the Seine. Walking north through the sculpture museum brings you to Île Saint-Louis and Île de la Cité, the location of Notre-Dame. On Île Saint-Louis I recommend Berthillon Ice Cream shop which has been touted as the best ice cream in the world.

The larger parks are located just outside the city, and these parks are similar to many of the Pittsburgh parks. Bois de Vincennes and Bois de Boulogne feature activities such as fishing, boat rental, horse riding, hiking, other athletic activities, chateaus, and a Buddhist temple. These large parks provide many Parisians with outdoor opportunities and are a pleasant place to spend a day outside.

My favorite garden in Paris is the garden at the Musée Rodin. This is one of the few gardens that charges an admission fee, but it is only one euro. The beautifully landscaped garden is filled with works by Rodin tucked away in small alcoves, so finding a quiet spot to read or observe Rodin's masterworks is easy. Now that the weather is starting to get warmer and the gardens are beginning to bloom and become more impressive I intend to spend more time outside. However, even in the winter the Parisian gardens and parks are active and worth a visit.

Elizabeth is a third-year Ph.D. student in chemical engineering. She is working on a collaborative research project for two and a half months in Paris, France.



**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 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.

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.

Important Financial Aid Information

Attention, students! If you are interested in applying for federal aid for the 2020-2011 academic year, the deadline is April 15, 2010, even if you are out of the country! More details are on the front page of the HUB website at <http://www.cmu.edu/hub>. Specific questions can be directed to your college contact, which is listed at the HUB website.

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.

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

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.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

Judaism

www.wujs.org.il/

Poco a Poco by Nathan Frank and Liana Rosenberg

Pre-Departure

In the fall semester of 2009, two students of the Carnegie Mellon 2010 senior class joined forces to propose the 2010 Alternative Break service trip to the Dominican Republic to benefit the underprivileged youth of the country. At the time, the two did not know much about each other, but they would soon learn they were an unstoppable pair. As the two were selected as the Project Trip Leaders for Carnegie Mellon Alternative Break, Nathan, Liana, and 13 other fortunate students embarked on an unforgettable and irreplaceable experience together. A team comprised of 14 undergraduate Carnegie Mellon students and one Graduate Student Advisor worked hard to prepare and fundraise for their week-long service trip to the Dominican Republic, where they would be tutoring and working with orphaned and abandoned children in the developing country. Pre-departure preparations included organizing and holding weekly meetings where the team had the opportunity to learn and share information about the Dominican culture and practice their language and teaching skills. The enthusiasm and participation of the entire team inspired their pre-trip research as well as their fundraising efforts, which helped offset nearly the entire cost of the \$24,000 trip. The strong team and subsequent accomplishments created pre-trip was incredible and exceeded the organization's expectations. However, there were some preoccupations about how much impact their group would actually have in the short duration of their stay once they finally arrived in the foreign country.

Arrival

After arriving at the small orphanage in rural Jaibon, where half of the team resided in the ever so lovely "tent-city" (4 mattresses snug in each tent) and the other half in mosquito-netted bunks, the team sorted out the seven suitcases of donations that they had collected in their pre-departure efforts as well as the donations of the other 230 volunteers from a

total of 14 other organizations working together for the greater service mission of Orphanage Outreach. Volunteers are the heart of the Orphanage Outreach, the organization with whom they worked in the Dominican Republic. In addition to working with the orphanage, the group also taught English in a neighboring school. With almost half of the team having no Spanish background, the group was pleased during the first day of orientation when they were encouraged to only speak in English during their classroom lessons. The team worked hard to develop creative, fun, and interactive lesson plans to implement with their students each class.

Experience

Experiencing an unfamiliar culture for the first time is an incomparable experience. Finding new ways to break the language barrier with the children of the orphanage and local schools was challenging, exciting, and ever-so rewarding. Communicating through body language, laughter and smiles, and sports proved successful and calmed each team member's qualms that they would not have a significant impact during their weeklong adventure. The team's service was validated even more on the last day of teaching in the Jaibon School, where the students were sad to see them go, but so eager to continue learning English and keeping in touch with their new American friends and mentors. This week experience has left a life-long impact on each of the CMU Alternative Break team members. The bond they have formed through experience outside their comfort zone has brought 15 strangers together and transformed them into a strong family unit. Together they have served others, served each other, and served themselves individually through eating, sleeping, and breathing the happy yet simple Dominican way of life.

Reflection

The biggest difference between the culture of the United States and that of the Dominican



Republic that all 15 of the CMU Alternative Break team have come to agree upon is how the people there are so happy with what they've got and so appreciative of the small things in life. With a modern world so advanced in an extensive and diverse number of multitudes, it is easy to get upset or frustrated when we don't have the newest/hippest clothes, computers, cell phones, etc. It was refreshing and eye-opening to see and learn from a culture that takes so much pride in what they do have and takes what they have to transform it into something great. Whether it is the relationships they form with strangers, kites the children make out of twigs, yarn and a plastic bag, or the numerous delicious meals created out of the same six ingredients each day, the Dominican people do not take any aspect of life for granted. Upon their return, the 15 members of the Carnegie Mellon Alternative Break Team have modified their outlooks on life and have implemented aspects of the Dominican Culture to enhance their lives day to day, and little by little, or, as they say in their native Spanish tongue, *poco a poco*.

Nathan studies Business Administration and Hispanic Studies. Liana is a Decision Sciences major with a Hispanic Studies minor.

To learn about Alternative Break in general and the Dominican Republic trip in particular, please come to the Alternative Break Dominican Republic Showcase at 7 p.m., Monday, April 26, in McConomy Auditorium.

Carnegie Mellon

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