

Summer 2010

**The Study Abroad Handbook:**

[www.studentaffairs.cmu.edu/oie/sab/before/handbook.html](http://www.studentaffairs.cmu.edu/oie/sab/before/handbook.html)

**Follow-Up SATC:**

[www.studentaffairs.cmu.edu/oie/sab/forms/index.html](http://www.studentaffairs.cmu.edu/oie/sab/forms/index.html)

**Websites to explore**

**Great travel products:**

[www.umabroad.umn.edu/products/index.html](http://www.umabroad.umn.edu/products/index.html)

**Articles on returning home:**

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

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Carnegie Mellon

# Tartan Travels

**STUDY ABROAD NEWSLETTER**  
CHRISTINE MENAND, EDITOR

## Greetings from OIE!

Dear Students:

Greetings from Pittsburgh!

We hope you are enjoying your summer experiences, wherever they may be. Many of you are currently abroad; some are completing programs, and others are just beginning. Either way, we look forward to hearing about your experiences.

The following Study Abroad Newsletter is sent three times per year, and includes pertinent information in regards to academic needs, cultural opportunities, and ways to help promote your experience while abroad and upon your return.

Included in this issue are some insightful articles from students in regards to academics, volunteerism and employment in Qatar, England, and Honduras. A big thank you to all our newsletter contributors for sharing their reflections and memories. Your stories and photos truly bring our newsletter to life.

If you are interested in writing about your experience abroad - in a future issue perhaps, or for our website (see our [Student Perspectives](#) section), - let us know.

Warm wishes to everyone. We look forward to seeing you on campus this Fall; or, for those of you graduating or continuing experiences abroad, we look forward to keeping in touch.

Sincerely,

Christine Menand,  
Coordinator of Study Abroad & Exchange Programs

## 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.

## CMU Study Abroad on Facebook

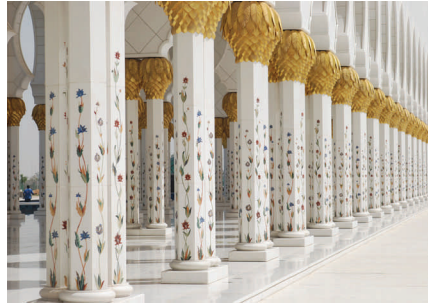
Click on the Study Abroad Facebook badge on the [Carnegie Mellon University Social Media Directory](#) or on [OIE's Study Abroad](#) page to become a fan! Our fan page consists of student and staff photos from abroad, including all photos and winners from the 2010 photo contest, the study abroad calendar 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  
09-10

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

(cont. pg 6)

**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.

(cont. pg. 6)



**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

(cont. pg. 7)

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

## The Globe Theater—London

Before I came to London I knew that a Globe Theatre existed along the South Bank of the Thames. Considering this was only a replica theatre, having opened in 1997, that was not even on the sight of the original Globe, I wasn't in a hurry to visit.

On one of my first nights in London, the university I am studying with, the University of Westminster, sponsored a pub crawl along the South Bank from the London Eye to London Bridge (about a two mile hike). We did stop at several pubs, but honestly, what was more exciting was the commentary we were given about the buildings, shops, and restaurants we passed along the way. Now, remember what I said before about the Globe Theatre being on the South Bank? Well, we happened to pass the Globe that evening right at the time of the intermission of a performance of Shakespeare's *Macbeth*. Our tour guide explained that at the Globe, performances were carried out just as they would have been in Shakespeare's time, including the orientation of the audience. That is that while some patrons pay a high price for seats, the lower classes (AKA poor college students) pay £5 for one of the 700 standing spots surrounding the stage. We were also told that every ticket for every remaining performance of *Macbeth* was sold out. End of story, right? Of course not!

I had read *Macbeth* my sophomore year of high school and I thought it was really awesome considering there was magic, a strong female (admittedly an evil one, though), sword fights and trickery. So if there was one of Shakespeare's plays that I would be interested in going to, it would

be *Macbeth*. But, all the performances were sold out! I asked my guide if there would be anyway to still get a ticket even though it was sold out. This is what I was told to do: (1) go to the box office the day of the performance and see if anyone has returned their ticket, but because most likely no one will have done so, (2) stand outside the theatre and wait to see if people approach you and try to sell their ticket, and if that doesn't happen (3), continue standing in the queue and hope the theatre staff lets you in if it seems not everyone who had bought a ticket showed up. It seemed complicated, but I said "What the heck, I am in London, this is my shot".

A few days later I went to the Globe three hours before the scheduled performance of *Macbeth*, nervously went to the counter and asked for one ticket. By some miracle, I was able to get a ticket; apparently someone had come by recently to return their ticket so one had become available. A few girls who I met at the University of Westminster had also expressed interest in seeing *Macbeth*, and had decided to meet me at the theatre. At this point I had a ticket, but it wasn't clear if anyone else would be able to get one. I patiently waited in the queue outside with them. Finally, a woman came by the theatre who wanted to sell her tickets for the performance that evening; my friends bought them. We had all successfully gotten tickets for the standing area.

Shortly before the performance we were allowed into the theatre, where we promptly ran in so we could stand as close to the stage as possible. Throughout the standing area there was a large black tarp with slits in it (for your head)—see photo.



Those in the standing area would get to put their head through the tarp, so essentially we looked like a sea of moles from the game whack-a-mole. At no time were we to sit down or lean against anything; we were to stand for the entire performance. Initially this made me nervous as the prospect of standing still for three hours was exhausting in itself, but that turned out to be unfounded. The entire performance flew by as it was absolutely phenomenal. We were so close to the stage that we had water splashed on us, blood splattered on us, and actors crawl around our feet. It was an unforgettable evening; so much so that I think I want to go back to the Globe to see *A Midsummer Night's Dream* before I leave London.

*Laura is studying this summer at the University of Westminster, in London. She will be a junior next year, majoring in Statistics.*



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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](http://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](mailto: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/impact/> to learn more.*