

Don't Forget!

If you are studying abroad this Summer, during Fall 2010, or during the Academic Year 2010-2011, you must attend one of the **Pre-departure Orientations!**
*April 13th or 14th,
Haggard Parlor
6-8pm*

Fun Facts About South Africa

- It is the second largest exporter of fruit in the world.
- It has a penguin colony, which thrives thanks to the cold Antarctic currents on the west coast near the Cape.
- South Africa is the only country in the world to voluntarily abandon its nuclear weapons program.
- South Africa has deserts, mountains, escarpments, plateaus, grasslands, wetlands and subtropical forests.
- The Karoo region is home to some of the best fossils of early dinosaurs.
- In its eastern part, South Africa entirely surrounds another country - Lesotho, an independent constitutional monarchy.
- Hippos are susceptible to sunburn, and spend most of their days with just their noses out of water.
- South Africa has the only street in the world to house two Nobel Peace Prize winners - Vilakazi Street in Soweto has houses owned by Nelson Mandela and Archbishop Desmond Tutu.



Weekend in Lesotho

By: Karolyn Wojtowicz

My time in **Lesotho** (pronounced *les-u-tu*), was definitely the most expensive weekend I've had during my time in South Africa, but it was worth it to me. The weekend started in the Drakensberg Mountains at Sani Pass, which is near the Lesotho/South Africa border. When I think of Africa, I don't really think of mountains, so to me, that was an interesting feeling – being in mountains in Africa that were over 5,000 feet above sea level. I rode in a 4x4 vehicle up the sides of mountains to get into Lesotho, where we then traveled for four hours on horseback to a small village where we stayed overnight. Most of the huts in the village were a circular shape and none had electricity. That night, I saw the most stars I have ever seen. Imagine looking up and all you see is stars, there are only mountains around you, and no pollution from cities at all. I've seen a sky full of stars before, even while camping, but never like that. The people survive by candles and flashlights at night! Lesotho is definitely the typical poor and rural Africa that people imagine. I was really glad to see firsthand what an agricultural society in Africa looks like!



Returning from Abroad

This summer, many girls will be returning to the United States and to Saint Mary's College after being abroad this spring semester. We hope they enjoyed the spring greeting cards and **care packages** we sent out to their corners of the world! They were certainly missed during their time abroad! But when you come back, it is completely normal to feel strange back in your own culture again. This is called **reverse culture shock**, and one way to alleviate it is to share your knowledge of your new culture with your friends, family, and classmates. By showing them pictures or telling them interesting stories, you can gradually begin the re-immersion process of the culture you left back at home. It is normal to want to share as many of your stories as you can, but do remember that people who have not studied abroad have stories they want to share, as well. If you would like to talk to someone about these things, please stop by CWIL anytime to see any of our staff, student workers, or peer advisors – that's why we're here!

"The world is a book, and those who do not travel read only one page. —Saint Augustine.

In the Future...

For those of you who are going abroad (or thinking about it!) this summer, during Fall 2010, or Spring 2011, here are a few things to look forward to!

- This is a once-in-a-lifetime opportunity! Enjoy it!
- It looks great on a résumé for professional life or grad school
- You might have the chance to practice another language
- You can meet many interesting new people
- It lets you increase your intercultural sensitivity
- Cultivate a new global perspective, develop an open mind
- Learn more about yourself!
- See many cultural and historical landmarks that you learned about in class... and have always wanted to see in person!
- You can sample amazing new foods and local delicacies
- Learn about customs, rituals, and holidays that are different from your own