



Abroad Installments

VOLUME 4, ISSUE 4

MAY 2007

REASONS TO STUDY ABROAD:

- Personal Growth
- Resume Building for Professional Life &/or Grad School
- Language Acquisition
- Develop Intercultural Sensitivity
- Acquire a global perspective
- Meet interesting new people
- It's a once in a lifetime opportunity!!

Study Abroad Updates

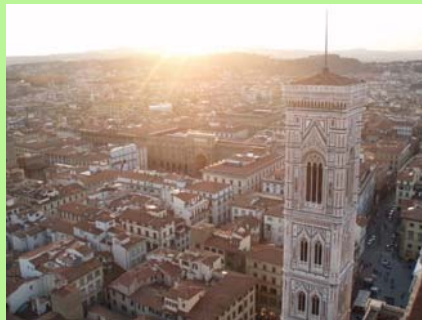
- The Semester Around the World base is being moved to St. Xavier's College in Mumbai, one of the top liberal arts colleges in India. New study abroad opportunities in China are being explored.
- A new agreement with the University of Notre Dame has been negotiated so that our German students can study in Innsbruck for our tuition and fees instead of theirs.
- Our first students are back from our new program in South Africa with amazing learning to tell about. You can read about their experiences on page 2.
- A study abroad survey is being conducted in order to understand students' interest in foreign language study and study abroad locations. The responses will help Saint Mary's College prepare future students to gain the most from their study abroad experience.

NEW CERTIFICATE IN INTERCULTURAL LEADERSHIP

After more than two years in development, the Curriculum Committee and Academic Affairs Council have approved CWIL's proposal to establish a certificate program in intercultural leadership for students. The program will begin in the spring of 2008. The tangible value of a certificate in intercultural leadership is exactly the kind of interdisciplinary innovation that is needed to better prepare students for a complex and interdependent world. Studying Abroad is one of six areas in which students must show competency.

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1. Café Abroad

Café Abroad has been launched. This is the first interactive newsmagazine, city guide, and community designed specifically for abroad students, now recruiting summer and fall interns who will continue the pioneering effort. The following positions are open:

Position: Travel Journalist, document your study abroad semester by conceiving, writing, and editing pieces that embody your experience.

Job Status: 1 Semester (or Summer Term) Internship

Hours: 8-10 flexible

Compensation: Semester-long paid internship

Requirements: Must be a study abroad student

Contact jobs@cafeabroad.com www.cafeabroad.com

Position: Regional Manager, post five at least five events a week on the cafeabroad.com events calendar, be an effective salesperson, competent in the host city's language, independent, lead weekly team meetings.

Job Status: 1 Semester (or Summer Term) Internship

Hours: 8-10 flexible

Compensation: Semester-long paid internship

Requirements: Must be a study abroad student

Contact jobs@cafeabroad.com

www.cafeabroad.com

2. Glimpse's Spring 2007 Photo contest

Submission Due Date: Monday, April 16th

Photos should depict market scenes in countries throughout the world, the grand prize winner will win a \$250 STA Voucher and see his /her photo on the cover of our 2008 calendar: eleven runners-up will see their photos published in our 2008 calendar

For more information visit: www.glimpsefoundation.org



1. Name, Major, Program:

Sarita Fritzer, Political Science Major, Women's Studies & Intercultural Studies Minors

2. Where and when did you study abroad?

I studied abroad in Pietermaritzburg, South Africa in Fall 2006 of my junior year.

3. What made you go to South Africa?

A number of reasons: I have always had an interest in Africa, and having already been to Northern and West Africa, I felt I really needed to go south. Also, my parents live in Maputo, Mozambique so I felt that this would give me a chance to be closer to my parents. I am very interested in the history of apartheid in South Africa so it gave me a chance to see first hand how life is there, post-apartheid.

4. What was the thing that you liked the most about South Africa?

Besides the weather and the sunshine, I loved

3. Fellowships for Graduate students and Undergraduates

Language Study fellowships in Central Asia, the Southern Caucasus, Belarus, Ukraine, and Moldova on the American Councils Eurasian Regional Language Program are available to Graduate students and advanced undergraduates. Applicants are eligible for full or partial fellowships to study on the American Councils for international Educations. Participations may include in semester, academic year, or summer programs. Applicants must have two years experience with Russian or host-country language to be eligible to apply to the program.

The winner will be selected on the basis of the quality and originality of his or her proposal. **For more information please visit:** <http://www.delayingtherealworld.com/fellowship07/>

Applications Deadline:

Fall semester and academic year: April 1

Spring semester: October 15

Summer Program: March 1

For more information visit:

www.americancouncils.org

4. Scholarship Opportunities for Students from Latin America and the Caribbean

If you are a student from Latin American or the Caribbean there are study abroad scholarship opportunities available for you. Fifty \$10,000.00 scholarships for the September inaugural voyage

Sarita Fritzer and Her Experience in South Africa

meeting the people and learning more about The history of that beautiful country. I met people from all racial groups (the Blacks, Whites, Indians and Colored South Africans) and all had a different story to share about how apartheid affected them. I also really enjoyed the opportunity to travel around the country, as well as visit neighboring Lesotho, Swaziland and Mozambique.

5. What was the thing that you missed the most from home?

Of course I missed my friends from home and school, but the one thing I missed probably the most was Starbucks.

6. Did you get to travel to other countries while abroad and which countries did you visit?

Yes, I did: I was able to visit Lesotho (the country within South Africa), Swaziland and Mozambique country within South Africa), Swaziland and Mozambique.

will be granted. Twenty-Five \$10,000.00 scholarships for January 2008 voyage will be granted. Students will be chosen on a basis of academic achievement and **community leadership.**

Voyage

September 2007

January 2008

Applications Deadlines

30 April 2007

1 August 2007

For more information please visit:

<http://www.iienetwork.org/?p=theScholarshipGrants>

5. Student Diplomat Essay Competition

Hosted by NAFA and Abroad View magazine

Deadline: November 1 2007

For more information please visit:

www.nafsa.org/EAnetwork

For more information on outside scholarships & study abroad opportunities visit

14 C Havican Hall
International and Intercultural Learning
Center for Women's Intercultural Leadership



7. Can you identify any specific skills that you have acquired or developed during your abroad experience?

I can't really think of any specific skills that I acquired. It was definitely a learning experience because although apartheid was overthrown in 1994, people still separated themselves along racial lines. I went to South Africa with two other students from SMC/ND, and they were Caucasian. It was hard to have anyone stare at us for walking around together. We eventually learned to look past the stares and look past the differences. We started calling ourselves the mini-UN just because we were so diverse and didn't care about the other people's reactions ... We were a positive sign that it's OK to mix and cross racial lines and be friends.



Stress Management

Stress and College

As college students who are trying to meet the demands of our vigorous academic environment under time pressure, we are often susceptible to stress, especially when finals week approaches. While mild forms of stress can sometimes act as a motivator or energizer, more severe forms of stress can be very harmful and this can lead to medical and social problems.

What is Stress?

Although we tend to think of stress as caused by external events, events in themselves are not stressful. Rather it is the way in which we interpret and react to events that makes them stressful. People differ dramatically in the type of events they interpret as stressful and the way in which they respond to such stress.

Symptoms of Stress Feelings

- Feeling anxious
- Feeling scared
- Feeling moody

Thoughts

- Low self-esteem
- Fear of failure



- Inability to concentrate
- Embarrassing easily
- Worrying about the failure
- Preoccupation with thoughts/tasks
- Forgetfulness

Behavior

- Stuttering and other speech difficulties
- Crying for no reason
- Acting impulsively
- Startling easily
- Laughing in high pitch and nervous voice
- Grinding your teeth
- Increasing smoking
- Increasing use of drugs and alcohol
- Being accident prone
- Losing your appetite or overeating

How do you reduce stress?

Many stresses can be changed, minimized, or eliminated. Here are some hints that may help you reduce your level of stress:

- Become aware of your own reactions to stress
- Reinforce positive self-statements
- Focus on your good qualities and accomplishments

- Avoid unnecessary competition
- Develop assertive behaviors
- Recognize and accept your limits. Remember that everyone is unique and different.
- Get a hobby or two. Relax and have fun
- Exercise regularly
- Eat a balanced diet daily
- Talk with friends or someone you can trust about your worries/problems
- Learn to use your time wisely:
 - Evaluate how you are budgeting your time
 - Plan ahead and avoid procrastination
 - Make weekly schedule and try to follow it
 - Set realistic goals
 - Set priorities
 - When studying for an exam, study in blocks, and gradually lengthen the time you spend studying. Take frequent short breaks
- Practice relaxation techniques. For example, whenever you feel tense, slowly breathe in and out for several minutes.

<http://ub-counseling.buffalo.edu>

Reverse Culture Shock

Dear SMC returnees,

I am sure you have had a great semester or a year abroad. Your abroad experience has made you meet a variety of interesting and wonderful people. You have developed awareness of your host culture as well as of your own culture in ways that you have never imagined. However, now it is time to go back home and some students find this experience a bit challenging. You should not worry if you have mixed feeling about coming back home., because I can assure you that you are not the only one. As a matter of fact, there is a technical term which describes this experience: reverse shock. For some students the reverse shock that they experience when they come back home is even stronger than the initial culture shock they have experienced when they first went abroad.

This information will be helpful to all of you who feel insecure about coming back home. Perhaps the once thing to keep in mind through all of this is: You have had an amazing experience-you've seen see or do- and it was YOUR experience! It is deeply personal, and precisely for that reason you cannot hope to make others understand what you went through. Coming home is a period of adjustment to your home culture and of integration into your life of what you have learned abroad. Students cope with reentry at various levels:

1. Family

You may be expected to fit back into your family but find it difficult to communicate effectively because your family has not shared your experience overseas. Your family may have difficulties adjusting to your new-found independence and changed values.

Strategies:

Share your experience with your family (slides, stories, etc) and let them know how much you appreciate the opportunity they have given you to grow in new ways

2. Friends

You and your friends may no longer be as close as you once were. You need to be sensitive about discussing your experience with them. You may also miss the friends you made overseas.

Strategies:

Ask about and listen to what they have experienced while you were away. Ask to be brought up to date on local events. Try and do new things together to get the relationship on anew footing.

3. School

You may see your campus in anew light. You may also miss the feeling of being part of a close-knit group of students.

Strategies:

Talk over your academic experience with your advisor, especially if you are considering new career goals. Seek out the Center for Intercultural Learning to find out about meeting international students on campus. Talk with the study-abroad advisor about volunteering to s

pend time with students who are planning to study abroad. Seek out other students who have studied abroad – you are not alone!

4. Country

Your home culture may no longer be entirely to your liking and you may have the sense that you no longer fit in. In the future you will probably continue to evaluate ideas and events in the context of the broader cultural perspective you have acquired.

Strategies:

Come to terms with the fact that we all tend to look past the shortcomings of our home culture when we are away, and to criticize it on the basis of changed perspectives when we return. Make friends with interest in international or intercultural affairs. Keep up with news of your host country through reading newspapers, magazines, etc.

5. Self

You have become accustomed to the high level of activity and anticipation that your home and campus cannot possibly match. You may feel restless or a bit depressed for a while after you return.

Strategies:

Recuperate from the physical journey. Think over the way you have changed: What did you learn about yourself? How have your family and friends reacted? Keep a journal so that you can see how your thoughts evolve over time. Talk with other returning students who may feel the same way.

<http://www.bs.edu/studyabroad/reverseshock/>

Saint Mary's College

CWIL

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CWIL CONFERENCE

CWIL hosted the interdisciplinary, international conference "Women as Intercultural Leaders: Collaboration at the Crossroads", April 26th -28th. The three-day conference started on Thursday, April 26, with a plenary session to showcase CWIL's programs, research, and collaborations.

In the plenary, Siqin Yang, Director of International and Intercultural Learning remarked on study abroad opportunities for Saint Mary's, stating, "CWIL has developed 12 new Saint Mary's College study abroad programs since its establishment in 2001, and has increased participation rates dramatically, by 34% over just the past year...each year we send about 200 students abroad, almost half of each graduating class." CWIL is continuing its work to expand study abroad opportunities to better suit the student's study abroad needs. Indiana Governor Mitch Daniels stated in the 2006 International Education Week Proclamation: "by participating in such programs [study abroad programs], our young people develop a greater appreciation and respect for other people and their cultures, and break down barriers to understanding and cooperation, which are vital to peace and prosperity; We live in an increasingly interconnected world, and improving global literacy among our citizens contributes significantly to our nation's foreign policy, economic competitiveness and national security."

Moreover, the Commission on Abraham Lincoln Study Abroad Fellowship Program proposed that the nation establish a goal of one million students studying abroad annually by 2016-17 because according to the Commission, "For their own future and that of the nation, college graduates today must be internationally competent."

Summary of Conference Highlights:

- On Thursday, April 26th, keynote speaker Shirin Ebadi, human rights activist and 2003 Nobel Peace Prize laureate spoke about "Women's role in World Peace".
- The conference included the North American premiere of an international dance performance, *Ran Away*, on Friday, April 27. A community project of Ishaar Multicultural Women's Health Centre in Perth, Australia, *Ran Away* features an international cast of migrant women who use dance forms to portray the emotion and turmoil at the heart of the refugee experience.



Travel Checklist

Dear SMC students,

A lot of you will be studying abroad next year and for this reason I would like to remind you about some important essentials and timelines you cannot miss! Please take a look at the checklist below!

Before you can study abroad...

- Apply for a passport and visa
- Apply for an ISIC card
- Apply for an internationally friendly credit card (for example, American Express TravelFunds Card)
- Join Hostelling International
- Apply for student-only travel deals like the student Eurail Pass
- Get your medical records in order and up to date: Have a comprehensive physical, get any immunizations you might need, and if necessary, arrange any relevant medical records to be sent to study-abroad leaders
- Start studying your host country's culture: Read books, watch films, listen to music, visit restaurants, and study the history of your new home.

Remember, before you travel abroad...

- Have your prescriptions filled to cover any medicine you may require abroad. Make sure anything you transport are not considered controlled substances by your host country, which could cause problems at customs
- Go to any orientation sessions offered by your study-abroad program. Be extroverted and friendly to people you meet there: you will be depending on them in your travel abroad
- Schedule a pre-departure meeting with your academic counselor to take care of present and potential academic matters
- Make sure you have arranged for registration for your first semester back. If you can register online, make sure you will have internet access
- Complete necessary financial aid documents (including scholarship applications and FASFA renewal), and if you will be gone from January to April, do not overlook taxes
- Keep studying your host country's language and culture

And, Especially for Students Traveling to Seek Adventures

- Make copies in triplicate of any important documents (passport, credit cards, etc.). One set for you, one for your parents, and one for your study-abroad leaders
- Buy an international phone card or an international cell phone
- Compile a list of important phone numbers and contact information. Make sure your address book is up-to-date
- Buy Travelers' Checks
- Convert enough currency to sustain you until you are settled in your new surroundings
- Pack wisely
- Do not forget to say goodbye (and thanks) to your family and friends