



SAINT MARY'S COLLEGE

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!!

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Abroad Installments

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What's the Meaning of All This?

Abroad Installments? What IS this?

Welcome to the first issue of the 2006/2007 Saint Mary's College study abroad newsletter.

We are now in our fifth year of publication and it's getting better all the time!

The purpose of this newsletter is to keep ALL of the Saint Mary's Community (yes, even though you are away, you are still a vital part of SMC) informed about news here on campus and throughout the United States. We couldn't have you forgetting about home that easily!

Our newsletter will include fun and factual stories covering politics, SMC events, travel

tips, stories from fellow abroad travelers, and a featured country including shopping and dining tips.

Abroad Installments also serves as a key form of communication not only between those of you abroad and SMC, but also between those of you in the various countries. This helps those who have experienced a country first hand, to contribute information that might be vital to someone traveling on a weekend getaway, fall/spring break, or any other time. The more knowledge one has about a travel destination, the easier it is to enjoy their venture!!



Jami Masjid, India

★ Meet Our Staff ★

My name is Katherine Appel and I am a freshman Italian/Humanistic Studies Major. This is my first year working for the Center for Women's Intercultural Leadership (CWIL) and also my first year writing the Abroad Installments. I am hoping to study abroad next year on SMC's Rome Program!

Vesi Yondova is an international student from Plovdiv, Bulgaria. Vesi is a junior Business Administration and Economics major. This is her third

year working for the CWIL. Vesi participated in the Rome program last year.

Alice-Siqin Yang is the new assistant director of the International and Intercultural Learning Office. She offers services for international students and supports the faculty-led study abroad programs. Siqin is in charge of student intercultural grants for travel as well as the academic component of the Intercultural Living Community Program. She is engaged in the development of university

women and intercultural leadership skills.

And YOU, all of you savvy travelers are a vital part of this newsletter. We need your adventure stories, crazy anecdotes, your pictures, your ideas, lessons learned, whatever you feel like contributing. This way other abroad students can gain from your experiences, and if there is nothing to gain, they can at least get a good laugh out of the stories or pictures you contribute!

We ALL want to hear about how your experience is going...!!!

Anti-Americanism Abroad

When studying abroad, many students are unprepared for the experience of negative opinions about Americans and their government, history, or culture. Anti-Americanism is a reality in many countries and has existed since before the Cold War, but it often takes students and their parents by surprise.

Most anti-American opinions are just that: individual opinions about American politics or culture. These usually are based on current events,

stereotypes, the media, or experiences with other Americans. Occasionally, classmates or even total strangers may deride all American people or you personally, either for the purpose of irritating you or out of prejudice or ignorance.

Regardless of the nature of a person's statements, understand that anti-American attitudes are not by themselves a threat to your personal safety. Even a classroom debate or anti-American campus rally, both of which can be understandably intimidating, are considered legitimate components of the learning

process in many countries and are not intended to threaten you physically. Brush up on American political and cultural history and learn the reasons behind U.S. foreign policies. This kind of knowledge will allow you to participate in conversations and debates without feeling helpless or personally attacked.

Study abroad is full of academic and cultural challenges, including the reality of varying perceptions and opinions of the U.S.

Study Abroad Updates

Class Schedules

The Spring 2007 class schedule is now available on Saint Mary's homepage through PRISM.

Advisors

Try to contact your advisor by phone or e-mail. Please consult with your advisor on the courses you plan to take next semester.

Registration

Advance registration begins in departments October 23rd. Make sure to return your Advising form by November 10th.

Dates for pre-registration:

Seniors—November 13th & 14th

Juniors—November 15th & 16th

Freshmen—November 17th & 20th

Notre Dame Courses

In order to take a course at ND

students must apply for a PIN number every semester by completing the SMC at ND CoExchange Form available at the registrar's office.

Deadlines

- Last day to ADD a class is Wednesday, January 24th.

Last day to choose PASS/FAIL and/or AUDIT is Friday, January 26th.



Rome: Local Shopping and Dining

Each month Abroad Installments will be featuring a different Saint Mary's program location and the local shopping and dining that is available there. Whether you live there or are planning a visit make sure to take time to visit these cultural hot spots!

Mado

The owner, a Colette look-alike,

holds court on a velvet couch at one end of her fun, funky shop, stocked with hard-to-find vintage Japanese kimonos, as well as designer clothes from the '60s and before, vintage and vintage-look jewelry, hats and other accessories. Check out the bargain rack at the front of the store, where a handful of items can be had for as low as five euro each. Via del Governo Vecchio, 89/a tel. 06.687 5028

Totem

Some of the most **stylish shoes** in town, reasonably priced and fun. With two locations just a few steps apart, the selection ranges from dressy to scruffy and everything in between — spike heels, sport shoes, amusing flats. Via del Pantheon, 42-43, tel. 06.861 99808
Via del Pantheon, 42-43 tel. 06.681 99808

Shopping (continued from page 2)

International Pharmacy

Stocking the complete line of Dr. Perricone skin care products, as well as French imports such as Rêve de Provence, and one of the few pharmacies in Rome to stay open at night. Piazza Barberini, 49 tel. 06.482 5456 Open daily, Saturday and Sunday evenings only from 7:30 pm.

Ai Monasteri

In this charming old shop, still furnished with the original polished wooden fixtures, you'll find products from the monasteries of Italy: soaps and bath and beauty items, fragrant oils and essences, candies, chocolates, cakes and marmalades, all hand-made, charmingly packaged and reasonably priced. Ask to take home the catalogue. Corso Rinascimento 72 tel. 06.688 02783 (Piazza Navona)

Roma Store

A fragrant oasis in the midst of Trastevere, the store stocks exclusive perfumes from all over Europe, as well as fragrant candles, soaps and incense. You'll find Aqua di Parma, Lorenzo Villoresi, L'Occitane, Annick Goutal and many other exclusive brands not available elsewhere. The window displays, which are changed monthly, are works of art created by

scenic designer Enrico Miglio. Via della Lungaretta, 63 tel. 06. 581 87 89 (Trastevere)

Sephora

The Roman outpost of the cosmetic superstore is in the lower-level shopping arcade at the main train station, Stazione Termini. Like its counterparts in France and America, it's almost always crowded. The merchandise varies a little from country to country. Here you'll find lower-priced lines like L'Oreal as well as more costly Chanel, Dior and Yves Saint Laurent, and the Sephora trademark range. (Stazione Termini)

Old Bridge Gelateria

Katherine's absolute, absolute favorite gelateria in Rome! The portions are huge for low prices, the staff is friendly and it's not full of tourists. Viale dei Bastioni di Michelangelo, faces brick wall of Vatican City. Piazza Risorgimento.

Il Baffetto

Romans and foreigners with up-to-date guidebooks line up outside this pizzeria, but the wait is short and well worth it. The price is low and the quality superb. Thin-crust, classic Roman pizza comes straight from

the *forni a legna* (wood-burning oven) with almost any combination of toppings you can imagine. If pizza isn't your fancy, there are other offerings on the menu, and for dessert, don't miss the *panna cotta fatta in casa* (a caramel pudding made on the premises). Via del Governo Vecchio, 114 tel. 06.686 1617

Osteria del Pegno

In a tiny *vicolo* just off Via dei Coronari, this charming osteria serves variations on traditional Roman dishes. For example, a *raviolone* stuffed with ricotta and spinach is topped with a delicious orange sauce. Try the grilled fish and meats, beautifully but simply prepared. Breads are baked fresh on the premises. The décor is eclectic — a collection of old mirrors chandeliers and paintings compliment the ancient architecture. In warmer weather, tables spill out into the street. A find for its friendly atmosphere, excellent cuisine and reasonable prices. €€

Vicolo di Montevicchio, 8 tel. 06.688 07025

www.inromenow.com

Culture Shock

I know, I know, you have heard about culture shock over and over again, YOU GET IT!! But we couldn't leave it out because repetition helps remembering, and it is still important to know how and why you might be experiencing certain emotions now that you are finally over and getting immersed in your various countries of interest.

#1 — INITIAL EUPHORIA is the first stage. This stage is one I'm sure most (if not all) of you experienced as soon as you arrived but have since passed through. It is compared to the "honeymoon stage." The country is new, exciting, intriguing, and positive. This stage may last from a week to a month.

#2 — IRRITABILITY AND HOSTILITY is the second stage. It marks the point where the foreigner begins to focus on differences. Symptoms include homesickness, boredom, withdrawal, avoiding contact with host nationals, irritability, etc.

#3— GRADUAL ADJUSTMENT is the third stage and typically sets in a very subtle, unnoticed manner. At this point, you become more comfortable and less isolated, basically this is the recovery stage.

#4— ADAPTATION AND BICULTURALISM, finally you experience the fourth and final

stage. This is the ability to function in two cultures with confidence and comfort. You may enjoy many of the new customs, attitudes, and perspectives you have become familiar with and may even experience a sort of "reverse culture shock" when you return home.

PLEASE VISIT THIS WEBSITE TO FIND INFORMATION ABOUT THIS AND OTHER ISSUES: —under "While You're Abroad"

<http://www.saintmarys.edu/~cwil/>



Saint Mary's College

CWIL

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SMC Security
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SAFETY & SECURITY POINTERS...

Too Friendly: Do not be hesitant to refuse an invitation or to walk away from a conversation.

Trust Your Instincts: Listen to your common sense & personal instincts when unsure.

Stay Informed: *The International Herald Tribune* is an overseas version published by the Washington Post, which includes US domestic & international current events. —available at most newsstands abroad.

PEACE CORPS

Do you feel at home living abroad? Do you want to contribute your time and service to those in need? Consider the Peace Corps after college. The Peace Corps seeks to improve American understanding about foreign culture and peoples, as well as improving foreign understanding of the United States. For more information please visit peacecorps.gov or contact the CWIL office who will put you in touch with a local representative.



IRISH FOOTBALL

Notre Dame football is in terrific shape this season with a 6-1 record. Most recently the Irish beat UCLA in a 20-17 victory. Future matchups will be against Navy, UNC, Air Force, Army and USC. Don't forget, you can always listen to the games from the internet—just type in this link:

<http://und.cstv.com/sports/m-footbl/sched/nd-m-footbl-sched.html>



Fall Notices

Midterm Elections are November 7th!

U.S. citizens are able to participate in U.S. elections even while living abroad. Since you will be abroad for only a limited period of time and retain a permanent address in the United States, it is recommended that you vote absentee as a regular state voter by requesting an absentee

ballot from your local Secretary of State and/or Director of Elections.

The following State Department website provides instructions about absentee voting and useful links—http://travel.state.gov/law/info/info_2964.html

Indulge in Halloween!

European Cemeteries

All Souls Day—October 31
All Saints Day—November 1

European Cemeteries are much **spookier & more accessible** than the typical graveyards of the USA.

If you're in **Rome**, don't miss out on the chance to treat yourself to a guided tour through the **Ancient Catacombs**.

Cemeteries through out Europe are spruced up and have elaborate decorations for the **Catholic Feast Day!**

People parade through to visit (and even picnic) in local cemeteries on November 1st.



Healthy Reminders While You Are Traveling:

Eat carefully if traveling to a country with an increased risk of traveler's health risks.

- Eat foods that are steaming hot and well-cooked, as these are usually the safest.
- Avoid eating foods from street vendors, no matter how appetizing they look.
- Avoid unpasteurized dairy products, and raw or uncooked seafood.
- Peel fruits yourself.
- Drink commercially bottled water or carbonated beverages.
- Avoid ice.
- Use bottled water when brushing your teeth.