

Jayhawks Abroad

READ MORE ABOUT

JASMINE TINNER'S

LIFE-CHANGING DECISION

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TODAY!

Study Abroad Fair

10:30 AM - 3:30 PM

4th FLOOR, KANSAS UNION

STOP BY TODAY

study abroad fair.

10:30 - 3:30**4TH FLOOR KANSAS UNION**

- over 130 programs in 75 countries
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- year, semester, summer, spring break or winter break
- international study, internships and research opportunities
- **STUDYABROAD.KU.EDU**

UPCOMING INFO SESSIONS

*London/Sydney Internships***Sept. 10****4:00 pm****English Room***Dublin/Madrid Internships***Sept. 10****5:00 pm****International Room***Australia***Sept. 12****5:30 pm****Pine Room***Japan***Sept. 17****5:30 pm****4033 Wescoe***United Kingdom***Sept. 17****7:00 pm****4023 Wescoe**

Steps to Studying Abroad

- 1. Go to studyabroad.ku.edu.** Create a JayhawksAbroad online profile. Complete the online advising questionnaire and check out programs using the advanced search page.
- 2. Visit the study abroad resource library.** OSA peer advisors take walk-in appointments Monday through Friday from 9 a.m. to 5 p.m. in 105 Lippincott. Here, you can discuss your interests, ask questions and narrow down your options for studying abroad.
- 3. Do research.** Define your goals for studying abroad and identify appropriate programs. Learn about the country where you wish to study abroad. Talk with family and friends about your decision.
- 4. Set up an appointment with a program coordinator.** Once you choose an area you're interested in, the peer advisors can set you up with the designated program coordinator. The program coordinator will help you plan and apply for a specific program.
- 5. See your academic advisor.** Discuss how your study abroad program will fit in with your degree requirements and have your advisor sign your academic plan for study abroad.
- 6. Apply for your program online.** Complete the program application a semester before you leave. The deadline for most fall semester, academic year and summer programs is March 1; the deadline for most winter break, spring break or spring semester programs is October 1.
- 7. Finance your study abroad trip.** If you are considering using any form of financial aid and scholarships to fund your study abroad experience, speak with a financial aid counselor in the Financial Aid and Scholarships office at the KU Visitor Center.
- 8. Orientation.** Attend a mandatory OSA pre-departure orientation for a full day of program information and Q&A sessions with past participants.



PHOTO SUBMITTED BY JASMINE TINNER

Jasmine, far left, hangs out with new friends while interning abroad in Dublin, Ireland.

One Year Later

■ By Jasmine Tinner

Over one year ago I did something crazy. I told all of my friends and family I was going to Europe for the summer. I might add that around that time I had not submitted an application to the Study Abroad Office at KU, I had about \$10.00 overdrawn in my bank account, no savings, was in deep debt with Sallie Mae, and didn't even have a passport.

People always tell me that I am the type of person that whatever I set my mind to, 9 times out of 10, I'm going to accomplish it. I had no plan for how I was going to get to Europe or even if I would be accepted into a program - or how in the world I

was going to afford it - but I told myself that this was something I wanted to do. So, I made it happen.

The process was not easy. Honestly, all odds were against me, and sometimes I wanted to give up on my dream. By March 2012, I hadn't heard back from the Office of Study Abroad. I started to apply for internships in my hometown because I needed a back-up plan for my summer.

The day I got my passport in the mail, I deleted all the internship applications I had submitted for summer employment at home. Just seeing that passport made me remember that even if I wasn't accepted into a program, I was going to Europe even if I had

to swim there.

Long story short: in June 2012 I was heading to Dublin, Ireland. I didn't know yet that my life was about to drastically change. Since coming back home I can truly say that I am a changed woman and I will never be the same. My outlook on life will never be the same and the way I think will never be the same.

If you're thinking about traveling the world, or moving to another state, or getting your degree or whatever it might be, just do it! Life is too short to keep putting things off.

I knew from the moment I stepped onto university soil that I wanted to travel to another country, but for so long

I doubted that it would ever happen. I used the excuses that I would graduate late if I did, or that since I didn't come from a wealthy family I couldn't afford to go abroad or maybe I would go abroad when I got older.

If I would have kept that mindset, I would have never gone to Ireland, never swam in the Mediterranean, kayaked in the Irish Sea, eaten a baguette under the Eiffel Tower or fallen in love with over twenty amazing people that will be my lifetime friends and travel buddies.

What's going to be your story a year from now?

On Showering with a Bucket

Nadia Imafidon spent a summer studying in Senegal on a Student-Initiated Program.

■ **By Nadia Imafidon**

So I'm staring at this "shower." Then at the bucket. Then right back at the "shower." I'm pretty sure it's on, as I have cranked the handle as far left as it will go and there is a slow stream of water... dripping down, that is, and I checked the rest of the floor and this is the only bathroom with the "shower." Seriously though.

Being the determined person that I am, I decided against doing

the American thing and going back downstairs to tell them I didn't understand the "shower." I mean, how does one not understand a shower? What could I even say? Je ne comprends pas ta toilette? Basically I'd be stared at like an idiot for actually saying I don't get your bathroom. But I didn't.

Now the amount of space in this bathroom is probably equiv-

alent to a small closet in America. The architect, however, managed to fit a toilet and a shower, brilliantly skipping the sink because toilet paper is not common here, meaning you have to shower after each time you use the toilet anyway. I have a secret stash of toilet paper in my armoire. I win this time, Dakar.

Amidst this inner dialog, I'm still at a faceoff with this bucket.

The faucet is still dripping. I feel like by the time the bucket is filled, my seven weeks will be up. Here I am supposed to shower at least twice a day to avoid the "dirty American" stereotype. I'm not kidding. We can probably guess how this stereotype came about. They were pointed to the shower and found out they'd be using a bucket.

Finding Financial Aid

■ **By Wendy Gong**

Last summer, I studied abroad in London and it was one of the best experiences of my life. My advisor, David Wiley at KU Study Abroad, helped me find a program that I could still get KU credit for. Going to London was the fulfillment of a lifelong dream for me. I had always wanted to attend Olympic events and I knew I couldn't miss London 2012.

I loved my experience so much that I decided two months of studying abroad wasn't enough. This fall I am studying in Xi'an, China for the 2013 semester. KU was really great about giving me loans for my study abroad to London, but for my second time studying in another country, I decided to look for scholarships. I know that many students are afraid to study abroad because of the cost, but there are so many scholarships out there. If

you are a Pell Grant recipient, I would suggest applying for The Gilman Scholarship. I have had friends who have been awarded up to \$10,000 through them. Be prepared to write essays on why you deserve the scholarship and how studying abroad would benefit you.

For my trip to Xi'an, I knew that I wanted to study Mandarin so I looked into scholarships from our government. President Obama actually has a program called the 100,000 Strong Educational Exchange Initiative that will provide scholarships for American students to study in China. I am so blessed to be able to study in China this fall. The only thing I have to pay for is my flight over there.

There are so many organizations out there that are willing to support your study abroad experience. I was a KU Multicultural

Scholar and they offered to help me out with my study abroad expenses. KU Study Abroad awarded me a scholarship also. You just have to ask the organizations you are already a part of and look in your local community. Studying abroad teaches you independence and opens your eyes to the world outside the US. Don't let the cost of studying abroad keep you from maximizing your college experience and spending a semester in another country.



PHOTO SUBMITTED BY WENDY GONG

Dippy Egg

By Wendy Gong

I learned a recipe for Dippy egg in England. It was super easy and delicious. We ate it all the time for breakfast or a snack.

Ingredients

- 2 eggs
- 4 slices wholemeal bread
- a knob of butter
- Marmite
- mixed seeds

Method

■ Bring a pan of water to a simmer. Add 2 eggs, simmer for 2 mins if room temp, 3 mins if fridge-cold, then turn off heat. Cover the pan and leave for 2 mins more.

■ Meanwhile, toast 4 slices wholemeal bread and spread thinly with butter, then Marmite. To serve, cut into soldiers and dip into the egg, then a few mixed seeds.

Postcard from Abroad:



El Grupo de Kansas got up before sunrise Friday morning to meet at our office before our day trip to Cartago because Isa promised to make us chocolate chip pancakes! (They were worth it.) The students, the coordinators, and the student assistants (that we now call our "mamas" y "papas") all loaded on the bus for a short ride east to Cartago. Our first stop was The Basilica of Our Lady of the Angels. After the church, we visited the Lancaster Botanical Gardens, which were absolutely stunning. We explored the Japanese Garden (where we even stopped to meditate!), a greenhouse, and several paths. The best way to describe it all is a color explosion!

We then relaxed in aguas termales, or hot springs, for hours and hours. We got back home around 10 PM but our weekend was just getting started. A group of eight of us decided the hot springs put us in the mood for some more water, so we planned a trip to La Playa Santa Teresa. We spent a perfect afternoon splashing, sunning, and surfer-watching. The sunset at Santa Teresa stunned all of us. You would think it's hard to imagine being anywhere else when you're at the most beautiful beach you've ever seen, but I don't think I was the only one who thought of our friends back in Kansas all bundled up, while we were in bathing suits watching the sunset!

-Marlene Koch

Tips for Packing Lightly

Voranouth Supadulya spent the spring semester of 2013 studying graphic design in Trier, Germany. Here are her tips for packing for short backpacking trips.

■ **By Voranouth Supadulya**

1. Pack only one or two pairs of shoes. There's no need to waste needed space on shoes! Wear the heaviest pair of shoes when traveling.
2. Base your outfits on the shoes you are bringing.
3. Pack three or four outfits that are neutral or that can be switched around to create different outfits. Only pack clothing pieces that can be paired at least twice with another piece.
4. Create a list of the things you use every day and pack the same essentials every time you travel. For example: deodorant, small liquids, contacts, contact solution, glasses, camera, chargers, phones, medication, etc. Use this list to know what you're missing. Don't forget to stay within the weight limit.



PHOTO SUBMITTED BY VORANOOUTH SUPADULYA

5. Try to see if the place you are staying at gives out towels. If they do, don't pack yours. If they don't, pack a small to medium sized one.
6. Don't pack any liquids over 100 ml.
7. Bring only one sleeping outfit and re-wear it the entire trip (assuming this trip is less than a month long).
8. Don't forget that most places sell the toiletries that you'll need.
9. Weigh your bags before you go to the airport. It saves the hassle of reorganizing.
10. Make sure to leave 1 kg of space for gifts and souvenirs.

Take Advantage of Your Time Abroad!

■ **By Danny Hudson**

- Try the street food if there are long lines. I swear, it is usually good.
- Let any friends or people from their native country pick the food, they usually know what's good or traditional and will make good, fun decisions (...most of the time).
- Don't be afraid to open up to everyone because you have limited time with them.
- Use travel planning books, apps and websites to organize your travel.
- Organize yourself and prepare for your arrival when studying abroad.
- Have fun, but manage your time well if you plan to go traveling.
- Make friends from the country you are in because they will be helpful.
- Don't let differences get in your way (study the culture in order to not be caught off guard or insult anyone accidentally).
- Be careful and safe. Use your best judgement.
- Try everything! I cannot stress this enough.
- Travel as much as possible
- See the historic, popular sites, but also check out the parks if you want to relax. There is nothing better than enjoying a nice park in a different part of the world if you want to take a break.
- Keep in touch with all the people you have met.
- Plants can really liven up a room.



PHOTO SUBMITTED BY DANNY HUDSON

My 90 Year Old Host Parents

■ **By Sydney Rayl**

I chose to study abroad for the same reasons that many other students choose to do so. I wanted an adventure. I wanted to learn another language. I wanted to be immersed in a foreign culture. I wanted to have an experience that I would remember all my life. I never imagined that my most cherished memories from my semester in Angers, France would come from a 90 year old French couple who spoke no English.

My classes at l'Université Catholique de l'Ouest were completely in French, which was challenging, but it was more than worth the struggle when I realized just how far my French language skills had come by the end of the semester. Paris was a two hour train ride away, making it surprisingly normal to say, "Let's go to Paris for the weekend." I met people from all over the world, traveled extensively, and ate my fill of French food. Even so, out of all my amazing experiences, what sticks out the most is my time living with Jacques and Simone Thibault.

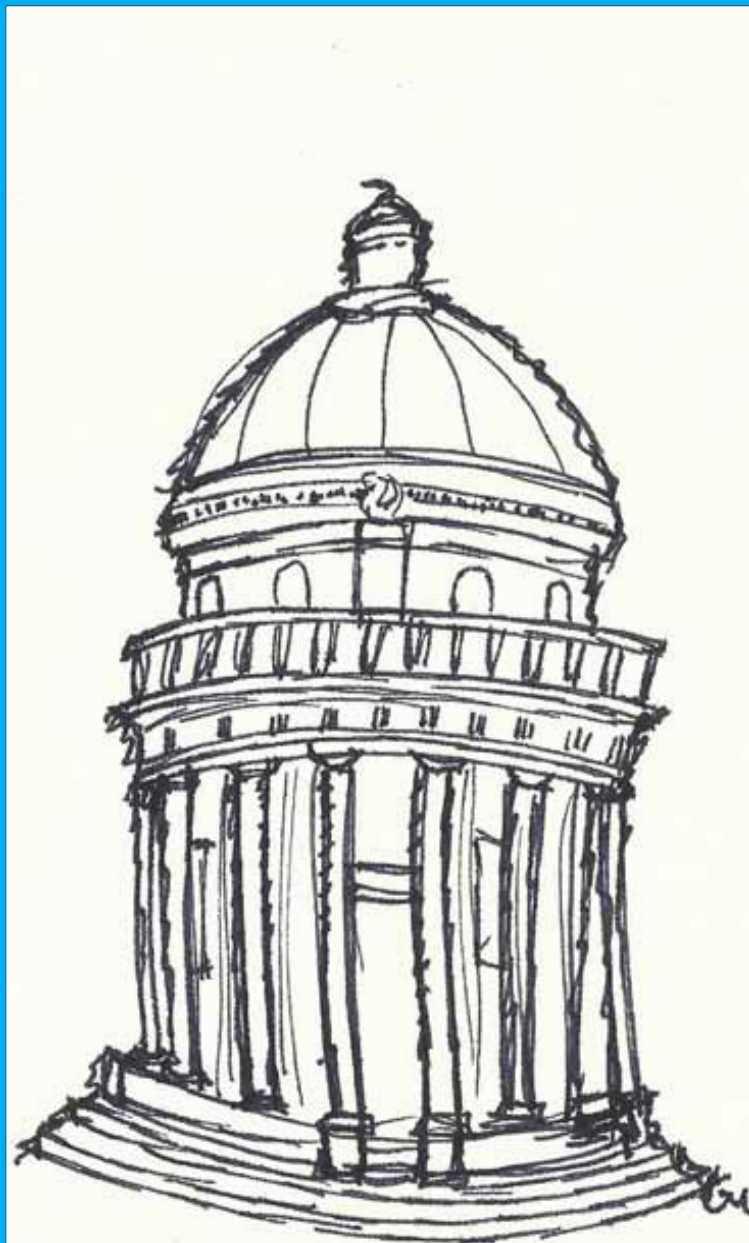
The day that I arrived in France, I got to the train station in Angers after about 24 hours of travel in cars, planes and trains. Slowly pulling my large, heavy suitcases behind me in the station, I nervously scanned the room for my host family, having never seen any pictures of them. My eyes fell upon a small elderly woman with hunched shoulders, twinkling eyes, a kind smile, and a sign reading, "Sydney." With a huge feeling of relief, I ran up to

her and she kissed me on both cheeks, speaking what seemed like extremely fast French. I struggled to keep up with what she was saying as she led me out of the station and back to the apartment which she shared with her husband of 65 years.

Jacques and Simone amazed me on a daily basis. At 90 years old, they still live independently and host friends for lunch, tea or cards almost every day. They have hosted exchange students for 45 years, but they told me that I was their last student; it was getting to be too much for them. They have lived through the Great Depression, World War II, and almost a century of other both tragic and joyful events. They were always extremely patient with my broken French and slow process of learning the language.

Jacques and Simone were in their late teens and early twenties during WWII. Simone's small farming village was completely destroyed by the war, and Jacques was also forced to abandon his hometown because of the German occupation. By the end of the war they had ended up in the same community, but they had never met. On D-Day, the whole town took to the streets to celebrate, dancing and singing. Simone was with her mother and sister. Jacques spotted her down the street, and it was love at first sight. He told me that he walked up to her and took her hand. He has never let go since.

When you study abroad, you will have experiences you never imagined and you will meet people, like Jacques and Simone, who will forever change your life.



JLR
Tempietto
Rome

PHOTO SUBMITTED BY JESSICA REA

A sketch from senior Jessica Rea's time studying abroad in Siena, Italy over the summer. With her program, she made visits to Venice, Rome and Florence, where she was able to study a variety of architectural styles.

From Studying Abroad to Working Abroad

■ By Colleen Monaghan

In the summer of 2012, I was lucky enough to have the opportunity to intern abroad through KU's Intern Abroad Program. I had always wanted to study abroad in college, but little did I know the tremendous impact it would have on my life. Prior to leaving for London, I had never been abroad and quite honestly was terrified to leave my comfort zone. It was the best decision I could have ever possibly made. I interned at a small fashion, beauty and lifestyle website located in the heart of London and I enjoyed every minute of it. Living in London opened my eyes up to so many new and exciting people, places and opportunities. It gave me the opportunity to become completely immersed with cultures from all over the world and truly made me so much more open-minded about learning and understanding what other cultures are like in different parts of the world.

Another fantastic part of my intern abroad experience was the actual work experience itself. I learned a tremendous amount during my internship and was fortunate enough to learn more about the journalism industry from several intelligent and wonderful people. I enjoyed the overall experience of being in London so much so that I made it an aspiration to get a job and

move back after graduation.

Landing any job, especially after college is never easy – getting any sort of job abroad, I learned over the past year, is next to impossible. However, I learned that although it is incredibly difficult to achieve your goals, if you put your whole heart into things, you truly could do it. After relentlessly applying for jobs in London, I got an interview at a fashion PR Company and eventually was offered a job as a PR assistant for six months. Needless to say, I was thrilled beyond belief that my yearlong dream had come true.

I currently live in London and work at Devetta PR. As a PR Assistant, I work closely with the rest of the team with daily tasks such as collating press books, managing press coverage over a wide range of mediums, ensuring that clothing samples are sent to the proper news agents for production and returned in a timely manner, managing the showroom and office areas and assisting in general admin duties. It is both incredibly challenging and rewarding and I genuinely feel fortunate every day to be given this opportunity. I also think about how the summer I did KU's Internship Abroad Program was the best experience I have ever had, and how truly life changing it was.



PHOTO SUBMITTED BY MICHAEL DETMER

Top 10 traveling tips

■ *By Michael Detmer*

1. Get written or typed out directions for cab drivers in the country's language. Always carry a copy of your home address and school address.
2. Be flexible and go with the flow.
3. Open your mind to new ideas. Try to observe rather than evaluate or judge.
4. Bring Bose noise canceling headphones on the plane.
5. Pack a neck pillow.
6. Bring healthy, nutritious snacks for the plane ride.
7. Spend time on the dance floor and the balcony. That is, if you like to stay on the outside, challenge yourself to be in the center and be the leader. If you're always the one in the middle and talking, move to the outside and just observe.
8. Write a quick-reference money conversion chart on the back of a business card and carry it in your wallet.
9. Authentically try to get to know all of the students on your trip. Break down walls of the cliques.
10. Have fun! Take pictures. Journal. Try new things. You never know if you'll have a chance to go back.

The Global Awareness Program

■ *By Cody Case*

The simple truth: studying abroad benefits most everyone. As expected, everyone has different ways of framing their diverse experiences during study abroad, which is why it is a perfect example of experiential learning.

Since 2003, the University of Kansas has offered an experiential learning certificate that rewards your engagement in international experience. It's called the Global Awareness Program (www.gap.ku.edu), and it's a

perfect addition to your resume in today's incredibly globalized world.

Over 2,000 students are GAP-certified thus far. We not only give you a certificate signed by the Vice-Provost of International Programs, but GAP is also notated at the top of your transcript! Include it in your resume to help distinguish yourself in future job, graduate school and fellowship applications.

We do understand, however, that not all students have the

time or means to study abroad. If you can't, don't worry. You can still increase your global awareness and earn your GAP certificate here at KU.

Instead, just get involved in co-curricular activities on campus through KU's hundreds of cultural events and international organizations and track those activities in the GAP portfolio via the website.

Next, complete the academic component of GAP by studying a foreign language and taking

3 courses with international content, which most KU students do anyway. Just submit the GAP Portfolio online. We'll invite you to our annual banquet in the spring and keep you connected in KU's global community.

While one always learns a lot from studying abroad, global awareness and international experience can happen right here at KU - the culturally diverse capital of Kansas!