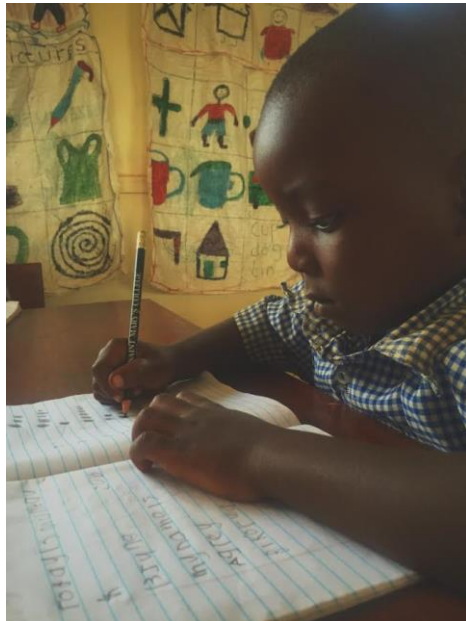




October 2016

Study Abroad Newsletter

*-We promise you discovery: the discovery of yourselves, the discovery of the universe, and your place in it. -
Sister Madeleva Wolff*



Uganda- photo by Itzxul Moreno '17



Austria-photo by Kathryn Marshall '17

Up and Autumn!!

Your time at Saint Mary's is transformative in many ways; the four years you spend here will challenge you to be brave, experience displacement, and search for a life with a deeper purpose. For this reason and many others, Saint Mary's encourages its students to travel abroad and extend learning outside the confines of a classroom and into a worldwide realm.

Many students study abroad each year, and every Belle has a unique experience unlike any other's. In this Fall newsletter, we would like to share with you our special experiences and encourage you to find a program, if you haven't done so already, that will allow you to engage with the world, too.

Austria Spring '15

Written by Kathryn Marshall, '17

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Archaeology in Trim,
Ireland

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Uganda Program
Summer 2016

Written by Itzxul Moreno, '17

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AUSTRIA

*Written by Kathryn Marshall'17,
Austria, Spring 2015*

During the spring of my sophomore year, I studied abroad in Innsbruck, Austria. While there, I took a course on German literature. In the well-known tragic play “Faust”, Goethe writes “Reach into life, it is a teeming ocean!/ All live in it, not many know it well,/ And where you seize it, it exerts a spell.” This quote captures my study abroad experience, and the ‘spell’ of travel I found myself under during those five months. As I reflect on that adventure-filled spring, a few lessons come to mind, and I would like to pass these lessons along to you.

The hills really are alive with the sound of music.

Take out the earplugs and hear the soundtrack of the world. Leave the window open. You may hear the mountain breeze rustling through the leaves, birds

chatting about the weather, or someone playing guitar down by the River Inn. When you walk outside, you hear church bells ringing and the shouting of early morning delivery men. Every country, each city, each place, has its own everyday soundtrack. All you have to do is listen

Time abroad is YOUR experience. The ‘likes’ don’t matter. So, one person liked your trip to London, but another person didn’t....the question is, did YOU? Don’t let the social media world of expectations consume you. A majority of people have never even been to Europe, and yet I was able to plan a trip to a Czech National Park. In America, I had no idea where the Czech Republic was, and before study abroad, I still called it Czechoslovakia. Europe taught me many lessons. That adventure off the beaten path was one of my favorites in Europe. If people all do the same thing, things get a bit boring. Instead, be yourself, do what you love. Believe it or not, some of the stories you live will inspire and entertain people years to come, guaranteed. And most importantly, they will bring a smile to your face and inspire YOU for years to come as well.

“Take out the earplugs and hear the soundtrack of the world.”

years to come, guaranteed. And most importantly, they will bring a smile to your face and inspire YOU for years to come as well.

Hot air is ok. When paragliding in the Alps, my instructor explained the necessity of rising hot air. Without the hot air, there would be no flight. Nothing would hold the paraglider up. Running and jumping *into* the hot air requires less effort than running with it and losing control of the flight. The same carries over to life. There will be people who don’t support you, who complain and criticize. Use their words, their hot air, to lift you even higher. Who knows....maybe one day you’ll fly high enough that you’ll make it back to the host-country that impacted your life.

The most important one of all: people say a trip was the “trip of a lifetime.” After study abroad, my new goal is to make my LIFE the trip of a lifetime. I am so grateful for the time I had abroad, for the people I met, and the memories made. Thank you, Innsbruck, for an incredible semester. And thank you, Saint Mary’s, for making it possible.



Archaeology in Ireland

Reflection by Adrienne Whisman, '17

I studied abroad in Ireland for six weeks and traveled the UK (Scotland, England, and Wales) for two. This summer embodied the definition of peregrination, in both literal and metaphorical ways. Every day, I walked to work at the Black Friary dig site; every night I walked into town to meet up with friends. Every place I traveled to, I walked in order to know my way around; I walked to explore. I became more confident in myself. I came to understand myself. When one travels, one can't help but grow. Suddenly the world became bigger than the Midwest. I grew to appreciate that every day was an adventure, an opportunity to talk to someone new, someone different from me. Each day saw me learning about medieval friars, how to be a better archaeologist and how to be a better human being. I learned life skills related to archaeology, like how to properly trowel the earth, but I also learned life skills like how to truly live. I haven't fully discovered the world, but I want to.



Program Information:

- Archeology in Ireland is a six-week program and is open to all majors.
- Students work on-site for an archaeological dig of a 13th century monastery.
- Housing is provided through homestay with a local family.

Upcoming CWIL Events:

International Education Week

Monday, Nov. 14

Passport Photo Day 5:30 - 6:30pm

(lobby outside of Stapelton Lounge)

Intercultural Learning Showcase 6:30 - 8:00pm

(lobby outside Stapelton Lounge)

Tuesday, Nov. 15

Henna painting 11:30 – 1:00pm

(Spes Unica Lobby)



CENTER FOR WOMEN'S
INTERCULTURAL LEADERSHIP

Wednesday, Nov. 16

International Cultural Fair 4:30 - 6:00pm

(Rice Commons, Student Center)

Thursday, Nov. 17

Lantern Making 11:30 - 1:00pm

Guest Speaker *Stephen Mandel* 6:00-7:00pm

(Vander Vennet Theater, Student Center)

Friday, Nov. 18

Guest speaker Claudia White 12:00 - 1:00pm

(Carroll Auditorium)

For More Information: 574-284-4263

abroad@saintmarys.edu

CWIL Office, Spes Unica Hall Suite 117

Summer Practicum in Uganda

Written by Itzxul Moreno, '17



As I reflect back on the time I spent in Uganda, I feel overwhelmed with gratitude and emotion for the extraordinarily special experience I had there. On many instances during my time there I felt deeply displaced—challenged by the language barrier and culture shock. These moments have collectively helped me grow and discover that it is in those times that we feel most stretched, that we

Overall, my experience in Uganda was one characterized by an enormous amount of growth that manifested itself in my personal, spiritual, and professional identities. Leaving Uganda was a very difficult thing for me to do. I have come to realize that the people, experiences, and interactions I had in Uganda undoubtedly blessed and inspired me to continue on an educational path as well as answering a lifelong call to service.

Upon my arrival in Uganda, I was entirely unsure of what to expect or how we were going to be received by our new community. I could have never imagined being welcomed and treated in a more loving and hospitable way than the way the Sisters cared for us during our time there. Along with this, we were constantly encouraged to “slow down”. This was perhaps one of the biggest challenges our group faced—especially for someone like me who is used to a very fast paced life. I was able to better understand the value of just “being” in the sense that you are genuinely and whole-heartedly present and invested. This can be demonstrated in many ways such as taking time to read to the children on the grass, or sitting with patients in the HIV clinic. In these moments, I was focusing on being with the people. Here in the US I feel we have become so fixated by the “time is money” mentality and we are frequently swept into the rapture of checking boxes off and speedily moving forward. My experiences in Uganda have helped me discover that is not the case; time is time, precious and ever fleeting. If we become more concerned with constantly rushing through our days I think we’ll find our lifetimes will quickly pass us by and we never truly found the time to actually live. My heart feels so full with joy

“Experiencing displacement is a gift—use the times that you are feeling stretched as an opportunity to *grow*.”

and love for the people I met and spent time with in Uganda. I feel eternally grateful for the opportunity that was granted to me and the support I have received and continue to receive from the Saint Mary’s Community.