

# International Programs

Study Abroad and International Student Services

Volume 2, Issue 3

Sept./Oct. 2009

## Special points of interest:

- Find out how to become a member of the International Student Organization.
- Study Abroad 101
- Traveling tips for surviving London
- Learn about the upcoming events!

[www.ship.edu/international](http://www.ship.edu/international)

## Inside this issue:

Start Studying Abroad	2
Recipe of the Month	2
International Student Organization	2
Student Spotlight	3
Traveling Tips for London	3
Upcoming Events	4
Deadlines	4
Office Information	4



## Country Spotlight



### Australia



Looking for a great place to visit or study? Located in the southern hemisphere, south of Indonesia, Australia can provide students with an rich cultural experience and an adventure in the outback.

The capital of Australia is Canberra. The largest city in Australia is Sydney with a population of about 4.2 million people. Some of the sites to see in this beautiful city Sydney Tower, the Opera House, and Bondi beach. Other popular sites to visit in Australia

are Magnetic Island, Ayers Rock, Tasmania

Island, and the Gold Coast. The currency used in Australia is the Australian Dollar. The current exchange rate is \$1.00= 1.15 AUD.

Shippensburg University works with several universities within Australia for SU students. Including the University of the Sunshine Coast, University of Wollongong and James Cook University. If you are

interested in programs that offer study abroad opportunities to locations within Australia check out these websites: [www.aifsabroad.com](http://www.aifsabroad.com) [www.studiesabroad.com](http://www.studiesabroad.com) [www.ciee.org](http://www.ciee.org) [www.gowithcea.com](http://www.gowithcea.com) [www.australearn.com](http://www.australearn.com) [www.uow.edu.au/future/studyabroad](http://www.uow.edu.au/future/studyabroad) [www.usc.edu.au](http://www.usc.edu.au)



## JFK Scholarship Award

The JFK Scholarship is an award granted to promising students outside of the United States. We would like to congratulate the international scholars who have received this award for the 2009-2010 academic year.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• <b>Michael Gessesse</b><br/>Major: Business Administration</li> <li>• <b>Ronald Dronyi</b><br/>Major: Exercise Science</li> <li>• <b>Samrawit Zena</b><br/>Major: Pre-Medicine</li> <li>• <b>Yihuan Liu</b><br/>Major: Computer Science</li> <li>• <b>Joseph Nixon</b><br/>Major: Exercise Science</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Ashwini Palande</b><br/>Major: Management Information Systems</li> <li>• <b>De'bora Macedo</b><br/>Major: Chemistry</li> <li>• <b>Graeme Alexander</b><br/>Major: Communication Journalism</li> <li>• <b>Ivy Otieno</b><br/>Major: Chemistry</li> </ul> |
|--|---|

# How to get started for Study Abroad

Are you interested in studying abroad, but have no idea how to get started? The first step is to attend one of our Study Abroad 101 sessions. This session will answer most of your general questions about studying abroad including finances, places to travel, and what type of programs Shippensburg University offers.

In order to begin the process here are some questions you should ask yourself.

## 1. Do I have a Passport?

-A passport is essential document when traveling abroad. It is easy to apply for one and last for 10 years.



## 2. Where do I want to study abroad?

- For catalogs and brochures stop by the Student Life Center they are free!

## 3. When do I want to go?

- Talk to your academic advisor about how to fit this into your academic experience.

## 4. Can I afford this?

-Talk to your parents about the possibility of studying abroad. The use of financial aid is also available. Estimates are available online from the International Programs office.

## 5. Am I even eligible to study abroad?

- For eligibility requirements visit our website: [www.ship.edu/international](http://www.ship.edu/international)

Any more questions?  
Feel free to contact us!

## Recipe Of the Month

### Brazilian Avocado Ice Cream

#### Ingredients:

3 medium ripe avocados (peeled and pitted)  
2 tbsp. milk  
1/2 tsp. vanilla extract  
1/4 cup sugar  
2 egg whites

#### Cooking Instructions:

1. Place the avocados, milk and vanilla extract in a blender.
2. Beat the eggs whites into soft peaks, adding sugar a little at a time.
3. Fold the egg mixture into the avocado mixture.

#### 4. Pour into ice cube trays.

5. When mixture begins to freeze, remove from trays and beat until smooth.



## International Student Organization

The International Student Organization (ISO) is a groups that aims to increase the understanding of cultural differences. The ISO is made up of American students as well as international students at Shippensburg.



If you would be interested in joining the ISO, please attend our general meetings held in **CUB 325 at 4:15 p.m.**

Meetings will be held on the following dates during the Fall semester. October: 8, 22 November: 5,19 December 3.

#### Executive Members:

Dena Noorchashm- President  
David Allwein- Vice-President  
Mashari Alkhaldi - Secretary  
Zheng "Elaine" Ren- Treasurer  
Rohan Smith- Public Relations  
[www.ship.edu/international](http://www.ship.edu/international)  
Email: [internationalprogram@ship.edu](mailto:internationalprogram@ship.edu) or [iso@ship.edu](mailto:iso@ship.edu)



# Student Spotlight!



Ashwini Palande is an international student from Mumbai, India, and has been studying at Shippensburg University since the spring of 2009. Ashwini is currently majoring in Management of Information Systems (MIS), and is involved in the International Student Organization and the MIS club. In addition to being fluent in English, Hindi and Marathi, Ashwini can also speak a little bit of Spanish.

Since arriving in the United States Ashwini has travelled to New York, New Jersey, Baltimore, Washington D.C and Florida, and hopes to visit the West coast during her time here. Some of her favorite experiences during her stay in the U.S. have been snow tubing, and visiting Disney World. While off campus, she likes to visit museums, zoos and amusement parks as well as go hiking and bicycling. When asked if she has changed since coming to the United States, Ashwini says, "Since I have moved to the

US, I have become more independent, thoughtful and outgoing. I have learnt to utilize every opportunity made available to me and to contribute it towards my advantage. I have also become more focused towards my goals by inculcating in me all the values necessary and critical to achieve my goals." What Ashwini misses most about her home country is her family and friends, but has been in close contact with them through means of internet chat, etc.

Adjusting to life in the United States can be challenging for any international student. Although English is her first language, Ashwini had to adjust to the various accents within the United States. However, Ashwini does not consider this her biggest challenge, she states that conforming to the weather of the east coast was her greatest challenge considering the extent to which it varies from the warm and humid climate back in India.

Ashwini's advice to those planning on studying abroad is that, "Studying abroad gives students an opportunity to discover and get acquainted with people from other countries, their culture, values and lifestyles. Having a well-defined goal and the determination to overcome obstacles such as language, accent barriers, and cultural differences is a key to an enlightening experience abroad. Finally, keeping a positive outlook towards life contributes to success in life."



## Tips for Traveling in London, UK

For anyone planning on spending time in London it's important to know how to get around the city. Here are a few tips on how to navigate London and get the most out of your experience.

**1. Invest in an Oyster Card.** An oyster card is an easy way to buy a week pass or more for the Underground (aka: tube or subway). This allows tourist to save money and ride the tube and the bus system as much as they want without having to deal with tickets. For more information visit <http://www.tfl.gov.uk/>.

**2. Always carry a map with you.** London is a big city and having a map of the city and the Underground handy will save lots of time and energy.

**3. Leave early for your destination.** You never know if the tube is crowded or not so keep this in mind when planning trip to the theater, etc.

**4. Pay attention to crosswalk signs.** There are three types of crossings in London. The "little green man" as soon as this light appears cross the street. The next are "zebra crossings" these are zigzag stripes on the road. Vehicles are required to stop for pedestrians. Although it is best to look both ways first and give them time to stop. If there are no visible markers you must look in the right direction before crossing, because of the high amount of tourist traffic in London they have posted "look right" and "look left" on the roads to keep pedestrians from walking into incoming traffic.



# UPCOMING EVENTS!

## Study Abroad 101

Have you ever thought about Studying Abroad?

If so, come out and learn how you can fit this amazing opportunity into your academic career!

### **When?**

October: 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>

November: 12<sup>th</sup>, 26<sup>th</sup>

December: 10<sup>th</sup>

### **Where?**

Dauphin Humanities Center

Room 102 @3:30 p.m.

### **Questions?**

Call x-1279 OR

Email: [internationalprogram@ship.edu](mailto:internationalprogram@ship.edu)

## Study Abroad Fair

Interested in learning what other students have to say about their study abroad experiences?

Come and join us on October 21st from 10:00 a.m. -2:00 p.m. at the Study Abroad Fair in the CUB Lounges.

## International Education Week

November, 2nd-6th

Want to know more about the global community? Then get involved during International Education Week. A variety of activities will take place this week to celebrate our international community, including a cultural foods day.



*If you are interested in studying abroad, we advise students to start planning a year in advance. To get the process started please attend one of our Study Abroad 101 information sessions. You can also check out our website for further information and updates.*

### **Deadlines:**

Spring 2010 Study Abroad	<b>Friday October 16, 2009</b>
Summer 2010 Study Abroad	<b>Wednesday March 17, 2010</b>
Fall 2010 Study Abroad	<b>Friday March 24, 2010</b>

### **Office Information**

Mrs. Mary S. Burnett –Director of International Programs  
 Ms. Danielle Dabrowski- Student Life Center Secretary  
 Ms. Elizabeth Dille - Graduate Assistant  
 International Programs Office  
 Student Life Center  
 McLean Hall 113

Phone: 477-1279  
[www.ship.edu/international/](http://www.ship.edu/international/)  
 Email: [internationalprogram@ship.edu](mailto:internationalprogram@ship.edu)