

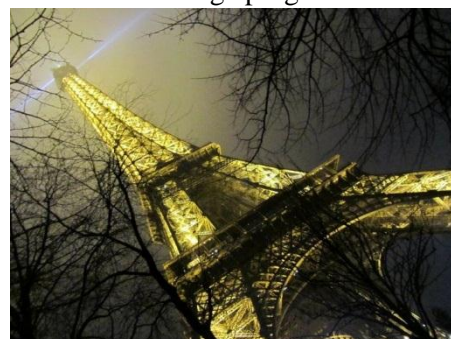
Carnegie Mellon University  
**TARTANS ABROAD**

**STUDY ABROAD NEWSLETTER**  
 EMILY SCHNEIDER: EDITOR

**Greetings from the  
 Office of International Education!**

My name is Emily Schneider and I am in the final semester of my Student Affairs in Higher Education graduate program at IUP. I have spent the last two years working in the Office of Student Conduct at the University of Pittsburgh at Johnstown and have been working as an intern for OIE this semester.

It is hard to believe that I studied abroad three years ago, because I'm constantly reminded of my travels and still maintain close relationships with friends I met overseas. I was one of those crazy seniors who managed to study abroad my last semester of college, and went on an exchange program to London, England. For those Harry Potter fans out there: I lived right down the road from King's Cross tube station, and experienced Platform 9 ¾. Over the course of my four months abroad I was able to travel to France, Scotland, Italy, and Greece. While I enjoyed traveling with other students in my program, some of these trips I ventured out on my own, and was the only American amongst students from all over the world. I ate my weight in gelato, fish and chips, pasta, and gyros, while experiencing the most amazing four months of my life.



My advice to all of you is to make the most of your time abroad, because time flies! Take advantage of any weekend or bus trips, and search for cheap flights to see as much as you can. I also suggest getting to know the locals and other international students, not just your fellow Americans.

Enjoy your time abroad and best of luck with the rest of the semester!

Emily Schneider—Graduate Intern OIE



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*“Travel makes one modest, you see what a tiny place you occupy in the world.”*  
 -Gustave Flaubert



## CHALLENGES IN HONG KONG

BY:  
ERIC BALKANSKI

My first thought when I arrived in Hong Kong for my study abroad semester was that this city had a population density way too high for me. I was sitting in a bus with five seats per row, looking at what seemed like an infinite number of skyscrapers on my ride to the campus from the airport. Once I arrived at the City University of Hong Kong, the campus dorms seemed to be designed to use the smallest area possible, and the room I shared with a roommate didn't have enough space to fit a third bed.

However, after a few weeks, I started enjoying Hong Kong's high density. This city seemed to be full with energy and I could feel it hitting me. The subway system had trains coming every minute and linked different neighborhoods in Hong Kong at a very high speed, accommodating the needs of the huge population. The city had plenty to offer within easy reach, from cultural touristy places to local street food, and I took full advantage of it.

I was the only international student in two of the classes I took. Even though the courses were taught in English, Hong Kongers usually do not use English when they interact among themselves. Therefore, the students and the professor talked in Cantonese during the few minutes before and after class, as well as during the two ten minutes breaks we had during these three hours long lectures.



I first felt awkward being in a classroom with people from a different culture who spoke in a different language. I also believed that they probably thought that I was weird. A little later in the semester I worked on a group project with three Hong Kongers.

They seemed to have less leadership skills and they were not as strongly opinionated as American students, which made it hard for me to work with them at first, but I learned how to work effectively with them. I started suggesting ideas without giving an impression of being too assertive. The process of making decisions ended up being easier since we were not arguing about different ideas as much as I was used to in the United States.

Hong Kong's density and the study habits of local students are two of the difficulties I encountered while studying abroad. These struggles often came from differences I felt when I was experiencing a situation that I was not used to. I had to get out of my comfort zone and I initially saw only the negative aspects of these differences. The key part in making my study abroad a successful and amazing experience was making an effort to change my point of view and see the positive aspects of these differences. By taking advantage of these differences, I was then able to have a unique experience by exploring and enjoying a new culture.

*“There is nothing like returning to a place that is unchanged to find the ways in which you yourself have altered.” – Nelson Mandela*





## FIRBUSH

I journeyed to the town of Killin up in the highlands of Scotland with other American study abroad students to a outdoors resort called Firbush this past weekend and was amazed by the open beauty. On Saturday, we hiked up a mountain-side. I met two friends (Will and Jacob) who are also studying in Glasgow, and was delighted by the fact that they were both quite good singers and actually knew some scottish tunes. It gave a magic quality to the cold mountain air. My favorite part of the hike was when Jacob, for no apparent reason, picked up a rock and chucked it down the mountain. It landed (rather lamely) about 3 yards in from of him stopped by a snow bank. "Worth it," he declared. I laughed for about five minutes straight. On Sunday, we went kayaking in Loch Tay. There wasn't a breath of wind and the kayak's sailed silently over the glassy water with barely any ripples. I got bored in the middle so I starting singing songs in time with my own paddling. The rest of the group kept their distance after that point (whether it was my singing or the fact that no one really knew how to steer, I'll never know). In the end, I can see why people love nature. Don't get me wrong, I'd never want to live in it, but it was amazing to get away for the weekend.

### SATC (STUDY ABROAD TRANSFER CREDIT)

If you made changes to your course registration abroad and have not already made arrangements with your academic advisor(s) please use this follow up SATC form to update your courses.

Please complete all categories including URL's to specific courses.

A copy of the form will be automatically sent to the students Andrew account and forwarded to the correct advisor. Advisors will review courses and approve when appropriate.

BY: CHRISTY  
ST. JOHN



*“Travel, in the younger sort, is a part of education, in the elder is a part of experience” – Francis Bacon*



## MOROCCO

Traveling abroad has been the phenomenal experience I hoped it would be. Before I embarked on my trip, however, I never expected to have quite the slate of experiences I've had thus far. Mostly, I thought I'd visit all the big tourist places and enjoy the abundance of English speaking people. I never expected to take a trip to Morocco, but thorough my school here I ended up going on an incredible long weekend trip all over that showed me a culture I never knew I'd be so intrigued by.



The trip was a three day (four with travel) escapade to a bunch of different cities, landmarks, and villages. In a few cities, Tangier, Rabat, and a small village up in the Rif Mountains, we got to meet English speaking university students and families (where we communicated through a translator) who answered literally every question we could think of!



The thing that stuck out to me the most was how each and every person we talked to conveyed the same perspective on humanity: it doesn't matter your age/race/gender/etc. because everyone is a human being worthy of human treatment. I know it may not be the most novel idea, but it was a staple in their culture. We stayed with a host family for two nights in Rabat and they welcomed us like distant relatives or important family friends because, as their guests, they thought we were worthy of such treatment. I wasn't expecting the

hospitality and kindness to extend so far into all aspects of their life.

Coming from the Western world, we all brought preconceived notions about what Morocco, an African country, would be. Yes, there are shanty towns - we drove past quite a few - but that isn't the entirety of the country. Yes there are radical political and religious people, but there are also people just like us. In Rabat my roommates and I spent an afternoon getting tea and walking around with Aicha and Kawtar, two best friends who both spoke English. The conversations we had and the way we interacted, I wouldn't have guessed they were from a different culture. Easily, they could've passed as friends from home.



My long weekend in Morocco ended with a foot trip over the border into Ceuta (an autonomous Spanish city on the northern coast of the African continent), and although I was happy to be back in Spain, it was sad to leave Morocco. I was introduced to a beautiful culture and any negative stereotypes I held about the culture were shattered.

**BY: KELSEY SCOTT**

*“The World is a book, and those who do not travel read only a page”  
-Saint Augustine*



## IT'S ALL ABOUT THE FOOD

BY: LUCY HAVENS

To start off the week, my roommate and I went shopping at Carrefour, this insanely large supermarket in between Antibes and our university, SKEMA. And when I say insanely large, I don't mean by French standards. I mean by American standards.

Along with Pesto Chips (WHY don't they sell them in the U.S.???), a mangosteen (it looks strange but tastes citrusy and delicious), and lots of other food, I bought chickpea flour so I could make socca (a traditional Niçoise dish). Usually it's made in a wood-fire oven, but I found a few recipes online for making it in any typical oven or on the stove. My first try at making it on the stove was a bit messy. I think I should have watered down the batter more, because it was impossible to flip.



*Walking along the Cap d'Antibes*

My second try in the oven turned out much better.

It's been unusually rainy in and around Antibes, so I made sure to take advantage of one nice day we've had by walking along the beach with a friend from my study abroad group.

In spite of the incessant rain, I did leave my warm, dry apartment to go to Nice with a few friends. We shopped on Rue Jean Médecin, and I found the most beautiful coat on sale. All the stores have "soldes" signs up right now, because this was week three of the government-mandated time period to have sales in France.

After shopping we went to dinner at a restaurant that serves "specialités niçoises" called Lou Balico. I have the most amazing meal I've ever eaten.

To start I had pissaladière, a thin rectangle of bread with onions, anchovies and olives on top (essentially a Niçoise interpretation of pizza). Next came the beignets d'aubergine, or eggplant fritters. Biting into the beignets was like biting into a cloud: they were both fluffy and moist.

Then came the main dish: lamb and pesto (the French kind is called pistou) pasta with a couple of fancy french fries. It was absolutely delicious, but there was so much of it I didn't think I'd be able to eat it all.

*(Cont. on next page.)*



*It never ends!!!*



*Les beignets d'aubergine*

*"We must take adventures in order to know where we truly belong"*



(Lucy Havens, "It's all about the food", cont.)



*Le gigot d'agneau avec la pate fraîche au pistou*

Clearly I underestimated myself, though, because I cleaned that plate along with the two that followed. One was a small salad with goat cheese, ham and croutons. The other was dessert. We each ordered one so we could try as many as possible. We had cassis (blackcurrant, my new favorite fruit), coconut and caramel ice cream; crème brûlée; and tourte de blette. Tourte de blette has vegetables in it...when the waiter described it to us, it didn't sound anything like a dessert, but it sure tasted like one. Like pissaladière, it's also a traditional Niçoise dish.



*La tourte de blette*

Today I went to La Marché Provençal, an outdoor market in Antibes. I bought an olive tapenade (because the olives are supposed to be especially good here), some butternut squash, Brie cheese, lavender honey, apples and a baguette. I'm planning on making my favorite panini from a café back home: brie, apple and lavender honey in a baguette (the café is Volunteer Park Café; if you're ever in Seattle, go there!).



*La Marché Provençal*

After a couple weeks in France, I'm beginning to distinguish some of the major differences between the French and American populations:

The French are more concerned with controlling space than Americans. They always make sure to close their shutters at night and open them when they wake up in the morning, and they always have multiple doors or gates to go through whenever you go in or out of a building. I've had to jump over a gate to get back to my apartment on two different occasions.

The French are much quieter than Americans. Or maybe I should say Americans are much louder than the French. Either way, I'm starting to think that (up until now) people have been yelling at me all my life.

The French do not know how to make bad, or even mediocre, food.

*"Once a year, go someplace you've never been before"-Dalai Lama*



## STOCKHOLM: A SWEDE RECIPE

BY: RENE CUENCA

Last week came and went, and so did I. I went to Sweden with my Sustainability in Europe program to learn all there is to know about just how Scandinavia has managed to be so green and so pretty. Besides being "The Capital of Scandinavia" and the 2010 European Green Capital of the World, Stockholm stepped up to the plate to being the capital of Charming-Me-Away. From the 6 hr train ride through the calming Swedish forests to the twisting corners of the Old City and the artistically designed metro, Stockholm really did it this time. It is a glacially cool and interesting city. It was rich in all senses: expensive alcohol, a fascinating history, a colorful skyline and many attractive people. And, for the sake of comparing it to Copenhagen, which is cozy and hip, Stockholm is cozy yet cosmopolitan. It looked as perfect as it has ever been since I read Stieg Larsson's Millennium crime trilogy. In the books, a sort of 'grimy' image is popularized as The Girl With the Dragon Tattoo intricately becomes the person we all want to be (the right to kick everyone's butt and serve a big hot plate of realness? yes please). I sat there some summers ago reading every single page of the book imagining Stockholm and the grungy spots that define the plot. I saw the book come to life as I experienced Stockholm's willfully alternative and eclectically picturesque city. What's more, Stockholm was not grimy at all. The city is painted in soft pastel oranges and pinks, making its warmth radiate through every single alley. No heavy stone work or elaborate marble facades, the cute arrangement of Stockholm's palette is pleasing to the eye and soul.

Here is the recipe for how I went to Stockholm, Sweden and had a good academic and fun adventure.

### Ingredients:

- A full cup of interesting classmates
- Ungrated playful will for adventure
- 28 oz. of fresh love for nature



-2 whole eyes keen of architecture



-A tablespoon of culture



-1 cup of peeled desire to conquer



*“Not all who wander are lost.”-J.R.R. Tolkien*



(Rene Cuenca, "A Swede Recipe", cont.)

Directions:

1. Start by mixing a whole lot of Stockholm's Gamla Stan (Old City) into one big pot of wonderful architecture and charming sites.



We arrived on Monday afternoon and got right to business and delved into the depths of Stockholm's Old City. It is located on an island right in the middle of it all. Pretty much, it is the heart of Stockholm. And very much so: the area almost palpitates with history; it's narrow and winding streets are like arteries through the city; there is life everywhere you turn in unseen chambers and in hidden courtyards; the medieval streets lead to peaceful plazas and spaces, yet remain energized with cafes and shops. The buildings here almost fold onto each other. As you walk down the appealing cobblestone streets with an array of houses that zigzag in-and-out/up-and-down the block you feel drawn in and welcomed. Everything is personal and up close, it is intimate and picturesque. In some parts you almost feel trapped but it is that feeling of wonder that makes you wanna walk more and more.

*"Two roads diverged in a wood and I—I took the one less traveled by."  
-Robert Frost*



*(Rene Cuenca, "A Swede Recipe", cont.)*

The town dates back to the 13th century and in it you encounter stories of Viking stone slabs, tyrant rulers, market squares, bloodbaths and the commemorated past of merchants and the nobility. In terms of architectural and historic preservation, the site does well to not only keep history alive, but create an environment that nourishes identity and style. This is relevant to all cities today. As modernist principles in urban planning and architecture have come to wide criticism, there has been a movement for cities to turn to a lot more of what Gamla Stan is now: the concept of the walking city and the idea of preservation as a driver for an authentic urban experience. These are densified areas that promote human interaction, social capital, and multi-purpose living. In contrast with the demolish-and-build principles of the 60s that can be seen on some of Stockholm's financial centers, the Old City stands as a case study of how organic and flexible planning that accounts human needs can bring a positive experience of the city.



2. Score a small cross on the base of your schedule and itinerary, then put them into a heatproof bowl. Pour boiling water over them and do not remove. Make yourself explore the city.



*"Twenty years from now you will be more disappointed by the things you didn't do than the ones you did do. So throw off the bowlines, sail away from the harbor. Catch the trade winds in your sails. Explore. Dream. Discover."*

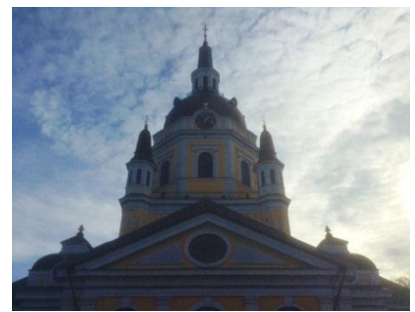
*-Mark Twain*



*(Rene Cuenca, "A Swede Recipe", cont.)*

Of course, go to the royal palace and the national church. Make a stop to the beautiful gardens of mansions and cross into the main shopping area through parliament. But most importantly, make sure you experience the city by just wandering. This Long Study Tour had a lot of time where me and my friends were left in our lonesome selves to take in the city. And it was very rewarding. By the end of the trip we had the know-how on navigating the city and exploring Stockholm's hip neighborhoods. On Wednesday we had managed to go up the big hill after going to the Photography Museum. On our way we found great vinyl stores playing funky beats, a couple of quirky thrift and vintage stores, impressive churches, and a decent Tiki-themed bar. These small treasures made my experience of the city so much greater. You stumble upon public parks, school courtyards, silent passageways and even grimy alley ways. You get a lot out of seeing Swedes in their natural habitat. Trust me.

It was fitting for us to walk around the city too, since Stockholm has long had the reputation of being one of the cleanest and coolest capitals in the world. We had a lecture at the Stockholm Municipality about their goals relating to carbon emissions and environmental policy, which highlighted Stockholm's aggressive target to become fossil-fuel free by 2050. That is quite a goal. The city's Environment Program contains six key priorities that include environmentally efficient transport, goods and buildings free of dangerous substances, sustainable energy use, sustainable use of land and water, waste treatment with minimal environmental impact and a healthy indoor environment. There is definitely a lot to say about every one of those areas and what Stockholm is doing to make life a little greener. But just what is behind this apparent success story? Part of the answer is a long history of political initiatives, stretching back to the welfare policies of the mid-1900s, which were implemented to improve wellbeing and health, but also contributed to urban settlement and resource use patterns that we generally consider "sustainable." Buses run on biogas, there are very stringent controls of city road traffic and carbon emissions, nature reserves, and a great transportation system. Stockholm is leading the way on sustainable development, including projects like Hammerby and the Royal Seaport Innovation. And despite all this fuzz about smart growth, Stockholm's urban planning motto of "building the city inwards" talks about not only these great environmental focuses, but to the rich and beautiful history and architecture to highlight livability in the city. What I am trying to say is that Stockholm is a city you definitely want to explore.



*"Do not follow where the path may lead. Go instead where there is no path and leave a trail."-Ralph Waldo Emerson*



(Rene Cuenca, "A Swede Recipe", cont.)

3. Set a visit to Bee Urban over medium heat and when hot, pour in 2 tbsp of honey.



Though honey bees out in the wild are now somewhat rare, city beekeeping seems alive and well in Sweden. And if projects like Bee Urban are any indication, it's about to get even sweeter. The importance of bees as key stone species is definitely enough for taking care them. In fact, about a third of the food we eat wouldn't be there if it weren't for bees. This is an example of the rightful place of sustainability in the built environment. Their idea is to spread the knowledge about how important bees are to us. Through them companies can adopt a beehive, which will be placed on the company's premises but that Bee Urban takes care of. Flowers in the area will be pollinated by the bees and in the end of the season, the company gets the delicious by-product of it all: honey. It's such a win-win I wish I had thought about it first. Seeing the hives was lovely and learning how innovation and bottom-up will power can change drive sustainability to the forefront was refreshing.

4. Slice up Rosendals Trädgård and set aside. Cook the experience in the pan for 30 to 60 mins.

Rosendal's Garden is an open garden with the main purpose of presenting biodynamic (organic) garden cultivation to the public. We took a bus to the royal grounds and walked for what felt a little hike to reach the garden. It was nice to leave the city and feel in the with a vast nature reserve. The biodynamic principles include a constant focus on quality. Besides the environmental considerations in organic gardening, all produce used in the food processing is selected with utmost care too. The garden crops are served, and leftovers go back to the compost heap, providing first-rate soil for next year's growth. You can actually feel the continuity of a connected whole. Crops are rotated and seeds are saved. And in an era of industrialized farming focused on yield yield and more yield, the idea of quality and biodynamic gardening feels so right. The proof was in the food. We ate perhaps the most delicious tomato soup I have actually even tasted. I'm not big tomato kind of person (like why is tomato juice a thing?!) but I totally have to admit it. The garden ground, beside the crops, had cute little green houses to go sit and enjoy the day. I specially liked the green house where they sold flowers. It felt so right and so perfect. It's everything I want to own one days. Flowers, good food, a green house for sunshine, and a nice clear blue sky.

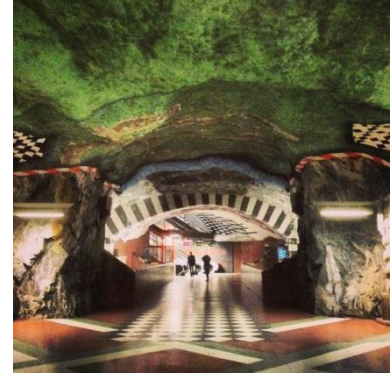


*"No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow." -Lin Yutang*



(Rene Cuenca, "A Swede Recipe", cont.)

5. Towards the end of the time, cook the public transportation in gently boiling well-salted water until nearly al dente.



You'd be a fool if you come to Stockholm without a subway pass. You would be missing some of the most beautiful stations in the world. That's right, Stockholm's train station are world-renowned for being what some call the "largest art gallery in the world." This gigantic art gallery spans for about 90 stations of unique public art featuring more than 150 artists in permanent and on-going exhibits! It is so magical to get off one stop and take in the impressive red stone and then get off onto another stop to astonishingly look up at the painted patterns in the caves. In other parts there are art installations, paintings and even sculptures just chilling there as every one makes their commute. It sorta makes public transportation an asset and an experience. No wonder the Swedes have one of the highest public transportation satisfaction rate in the world, even though most of the times the metro was crowded! The city has invested on the public and the public has responded. What better way to promote healthy cities than with art. A multidisciplinary and creative look into sustainability? yes please, supersized and with a side of fries!

*"It is good to have an end to journey toward; but it is the journey that matters, in the end."-Ernest Hemingway*





## REMEMBER

Check on your CMU classes for next semester while you are overseas!!

Visit <https://enr-apps.as.cmu.edu/open/SOC/SOCser>

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(Rene Cuenca, "A Swede Recipe", cont.)

6. Serve hot with a sprinkle of spontaneity and fun



One day after a lecture on the Carbon Disclosure Project in Stockholm University, a group of us decided to spend our brake not walking around the campus but heading straight into the forest, of course! Although a short little visit to nature, we had a fun time in the forest, frolicking about and making it all fit in. Sometimes, the best way to enjoy the city is to do things spontaneously and embrace everything that can come out of that!

Meal is done! enjoy it with a side of potatoes and put some brown sauce on top and you are good to go for a sweet taste of Sweden.



**BY: RENE CUENCA**

*"To travel is to live." -Hans Christian Anderson*