



Minot State
students
**STUDYING
ABROAD**

Featuring:

Sarah Bogenrief
Chloe Ondracek
Jenessa Whitmore
Else-Marie Nelson
Piper Jones

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international



**Explore the Australian sporting industry from
professional and recreational perspectives!**

Calling all sports enthusiasts! You have the opportunity to spend three weeks this summer learning about the Australian Sporting Industry! This program offers a unique opportunity to explore aspects of Australia's world of sport, including exercise physiology, biomechanics, strength and conditioning, and coaching and training.

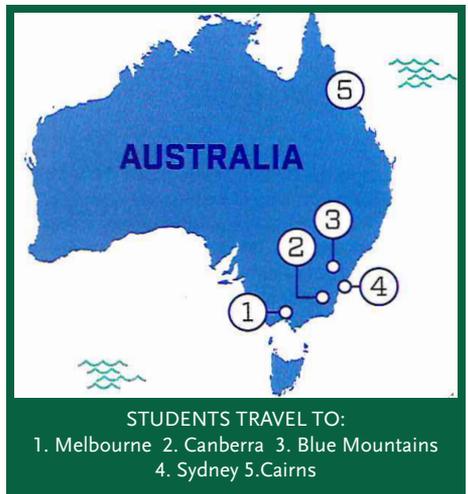
You will experience the best Australia has to offer: city, bush and beach. Your journey begins in Melbourne, a city renowned for culture, food, and fashion. Next you will experience life at the Australian Institute of Sport, a world-class athletic training facility in Canberra, the nation's capital. Finally, you will explore Sydney, the Blue Mountains, and the Great Barrier Reef in Cairns. The program also provides opportunities to relax, including an incredible dolphin adventure, beautiful beaches, stunning scenery and a seat at an Australian Rules football game, a one of a kind sport specific to Australia, played on a cricket pitch.

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The Australian Sporting Industry program is taught by faculty of the University of Canberra's Sport and Exercise Science department. The program combines several different aspects of the sporting industry, including: training, coaching, the media's influence on sporting culture and other important pedagogy including kinesiology, team management, and motivation theories. Students attending this program will gain both theoretical and practical experience in the Australian sporting industry.

The Australian Sporting Industry program is open to all Minot State students, but may be of particular interest to those studying, physical education, athletic training, and corporate fitness.



The Melbourne skyline



Three Sisters, Blue Mountains

Australian Sporting Industry

HIGHLIGHTS:

- Experiential learning opportunities in the field of sports and exercise science
- Hands-on experience at the Australian Institute of Sport, a world-class sporting facility where national and international athletes train
- Tour different Australian cities and explore beautiful rural areas

! The application deadline for 2016 Summer & Fall programs is February 15th.

Biology in Bangkok

Life and Learning in Thailand



Minor native and MSU sophomore, Sarah Bogenrief, is working towards her degree in biology this spring, while studying abroad in Bangkok, Thailand through MSU's affiliate provider, ISA (International Studies Abroad). Before embarking upon her journey, Sarah left us with the following thoughts:

What initially interested me [about this experience] was the study abroad program itself; the programs offered [by MSU] are incredible and the staff is friendly and personable. I didn't enter college knowing that I wanted to study abroad, but seeing how the experience has positively impacted so many other students at Minot State helped me with my decision. The classes that are offered at the university I will be attending (Mahidol University) definitely helped me make my decision to apply. I could take courses that assist in the completion in my degree, all while immersing myself in a new culture and environment.

Previous to studying abroad, I have traveled to England, France, Switzerland, Italy, Greece, and Canada. Traveling through Western Europe definitely encouraged my urge to travel internationally and study abroad.

It was very important for me to continue my degree in biology while studying abroad. Many programs do not offer biology courses, so that narrowed down my options. Studying in

Bangkok, Thailand piqued my interest due to the accreditation of Mahidol University and the variety of the science courses. Not to mention, Thailand is a beautiful country with a very unique culture and history.

After researching Thailand's beauties and wonders, I have a list of places to visit and things to do including, visit an elephant sanctuary, see the waterfalls of Chiang Mai, visit Erawan National Park in Kanchanaburi, see the Bridge over River Kwai...just to name a few!

I hope that I can come away from this experience with an appreciation and understanding of the Thai culture, nature and the world itself. I hope to step outside of my comfort zone and fully embrace the incredible opportunity to be immersed in a diverse culture. Academically, I hope to deepen my love for education and learn from incredibly different teaching styles. I don't know exactly what I would like to do with my degree at this point, but I know studying abroad will have a great impact on my future career.



Bangkok skyline

Students who have **EVOLVED** through MSU's study abroad programs.



"I have never been this challenged academically, but the depth and variety of knowledge I've gained since I've been here is more than I thought was possible. The challenges presented to me excite and motivate me to continue learning."

-Chloe Ondracek

Math in Moscow

Reflections on the first semester of an academic year abroad

Chloe Ondracek, a Minot native majoring in mathematics, is currently completing her senior year abroad while attending a program called "Math in Moscow," which is administered by the Moscow Center for Continuous mathematical education at the Independent University of Moscow. The Moscow School of Mathematics is generally regarded as one of the leading mathematics programs in the world. Students enrolled in the program can take a wide variety of math and computer science classes, as well as classes in Russian language and history, the history of science, and Russian literature (offered in English).

Currently at the mid-way point in her program, Chloe reflects upon her first semester in Moscow and what she hopes to gain from the experience overall:

For me, exploring a new place is one of the most enriching experiences in life. I have always loved school and have a profound respect for traditional academics, but I also believe there is a lot you must learn outside of the classroom to be an educated person. The opportunity to study abroad is a dream come true for me and I believe it will help me accomplish my life goals.

I went to Moscow a couple years ago to study ballet, as well as Russian language and culture. I fell in love with the city and language, so when I had the opportunity to study mathematics here, a country with a historically strong tradition in the subject, I couldn't pass it up. I came into my semester here with many expectations, but my main goal was to grow both personally and professionally. So far my expectations have been exceeded. I have never been this challenged academically, but the depth and variety of knowledge I've gained since I've been here is more than I thought was possible. The challenges presented to me, excite and motivate me to continue learning. Since I'm planning on pursuing a Ph.D. in mathematics, I am currently working on becoming a well-rounded mathematician so I can reach my full potential in graduate school. On a personal level, the community here is very diverse and interesting. I have made many wonderful friends and memories I'll treasure for the rest of my life.

Heidelberg University

An Immersion Experience in German Language and Culture



Jenessa Whitmore, a senior majoring in German education, participated in the American Junior Year Program through Heidelberg University during the fall 2016 semester. American Junior Year at Heidelberg University (AJY) was founded in 1958 by Heidelberg University in Ohio, in cooperation with Universität Heidelberg in Germany. Students can take a variety of classes focused on German language, culture and history that are offered by the AJY Study Center. Once they have passed a language proficiency exam, they may also choose freely among the full range of courses offered by the university itself.

Below, Jenessa shares some of her thoughts on her study abroad experience:

I have wanted to study abroad since my freshman year when I learned that it was an option for me through Minot State. I have loved the German language since high school when I was first able to learn it, and I absolutely love the country. I knew even before I looked through the available programs that I wanted to go to Germany and when I changed my major to German education, a study abroad experience was required.

The American Junior Year Program is just simply wonderful. It has wonderful academics, and they are such wonderful people: the other Americans, the program assistants, and the program director, the professors. It has helped me so much with my speaking abilities. I am not only becoming closer to achieving my goal of becoming fluent, but speaking

German in the classroom always or most of the time also leads to a better learning experience, I believe. It's certainly tough, as I'm finding out. As an education major, I am also observing the teaching styles in Germany and how they compare to the US. Then I could use a combination of strategies from the German and the American sides to create the best second language acquisition methods possible. I am just very excited that I've had this opportunity!

As Jenessa's testimony illustrates, this program immerses students in the German culture, landscape and society to provide a truly transformative experience. Among other highlights of the program are numerous travel opportunities, including sponsored excursions around Germany. The program plans field trips to places such as the Black Forest; Strasbourg-seat of the European Parliament; the Mercedes Benz Museum in Stuttgart; Germany's financial capital and Goethe's birthplace- Frankfurt am Main, and others. Universität Heidelberg also offers countless opportunities for extracurricular involvement including intramural sports, theater and music groups, to name just a few. Many students also choose to involve themselves in the local community via volunteer work, or religious organizations.

To be eligible for admission into the AJY in Heidelberg program, students must have a junior status, and have completed at least four semesters of German language.



Telemark, Norway

A thoughtful return

Readers of the fall 2015 MSU Study Abroad Newsletter might recall being introduced to Else-Marie Nelson, Minot State University student who spent fall 2015 at Telemark University College in Norway. Else-Marie provided us with an insight on some of the lessons learned during her time abroad as she prepared for the return home to Minot.

You can go looking for experiences, but often times, you won't find them where you expect. They come in the form of lessons, struggles, and memories, and turn up when and where you least expect them to. Of all the insight I've gained after studying abroad at Telemark University College in Bø, this is probably the most significant lesson I've learned.

I went abroad with a desire for new experiences. In my mind, I think I saw "new experiences" as happy moments and easy opportunities. I figured there may be some challenges, but I wasn't really focused on that before I left the States. I was looking forward to making new friends, traveling around Norway and Europe, and to simply enjoy the chance to be in a new place. I met new people and I traveled around Norway and Europe, but it wasn't always sunshine and smiles. To be honest, it was rather cloudy and rainy in Telemark, and living and learning 4,036 miles away from home was much more challenging than I imagined.

Although I have strong Scandinavian heritage, having some knowledge of Norwegian traditions and actually living in Norway were two completely different things. It's a new country with a different culture, different language, and different customs. But amidst completely new

surroundings, I had the opportunity to really look at myself and reflect on my interests, strengths and even my weaknesses.

I enjoyed my classes in the Scandinavian Studies program at Telemark University College. I learned a lot about the [Norwegian] culture that is so important to my family and to me. However, experience truly is the greatest teacher. I've learned how to travel in Europe. I've learned how to adapt when things don't go according to plan. I've learned how to deal with homesickness and loneliness. I've learned how important it is to keep trying - to push myself even when I'm feeling overwhelmed.

I loved getting to know students from other countries. I loved going on hikes for class. I loved the fact that there was a forest with countless hiking paths two minutes from my front door. I loved having the chance to travel to Bergen, Kristiansand, Suldal, Oslo, Paris, and Kraków, as well as many places in Telemark. I loved doing errands on Mondays and finding treasures at Gjenbruk, the thrift shop in Bø. I am so thankful for the chance I had to study abroad. It wasn't always easy, but now I realize that the very best experiences are not the easy ones. Great experiences are frustrating and challenging, but above it all, they are incredibly rewarding.

—Else-Marie Nelson

Ceramics in China

A visual arts study tour
in the summer of 2016

The application deadline for
2016 Summer & Fall
programs is **February 15th.**

No adventurous plans for next summer?
Consider joining a life-changing program
that will allow you to explore China!

Linda Olson, MSU art professor, is
planning a study abroad program in China
that will take place next summer from
June 6 to June 21, 2016. Throughout the
15-day program students and community
members will explore ancient and
contemporary highlights in Shanghai,
Longquan, Jingdezhen, Xian and Beijing.
You will have the opportunity to gain
firsthand knowledge of the Chinese ceramic
continuum and visit ancient kiln sites and
museums dedicated to the arts and/or
culture of the local regions.

Studying in China is an excellent
opportunity for MSU students to explore
the world's most populous country.
Participants in this program will experience
China's unique blend of ancient and
modern civilization, as well as its scenic
beauty and long history. China's 5,000
years of history has bequeathed a seemingly
endless amount of tourist attractions to
visit, while natural wonders of breathtaking
beauty are also scattered about the country.

Walk the Porcelain Road! View the famous
Terracotta Army! Visit other significant
cultural sites in China!

To learn more about this exciting opportunity, contact Linda Olson, M.F.A.,
at 701-858-3836 or linda.a.olson@minotstateu.edu.



KRISTIANSTAD

Sweden

Spring or Fall Semesters

Areas of Study

- Business Administration
- Communication
- Health Sciences
- Swedish Culture
- Swedish Language

Housing

- All international students are guaranteed housing in dormitories
- Option to stay near the beach or on campus
- Shared large open concept room with one other student
- No meal plan available

Cost: \$\$

Did you know? *Lagom* is an important word in Sweden. It means “good enough” or “just right,” and sums up Swedish ideals of fairness.

Kristianstad University, like MSU, is large enough to offer a variety of academic programs, yet small enough to allow students to get to know their classmates and teachers personally. Emphasis is placed on maintaining a friendly atmosphere for all students.

Kristianstad is located in Skåne County in southern Sweden. Like Minot, Kristianstad has a population of approximately 35,000.

Students who participate in this program will have access to an amazing support system set up in the Office of International Programs at Kristianstad University. Students will also have the opportunity to go on a dogsledding excursion to Northern Sweden, participate in Swedish cultural activities and view the northern lights up close.

The Kristianstad campus is an old military barrack, and is a 20 minute walk from downtown. It is a beautiful campus with brick buildings covered in ivy.

SEVILLE



Spain

Fall, Spring or Summer
Semesters

Menéndez Pelayo International University

is located in Seville, a large city in southern Spain on the banks of the Guadalquivir River.

The university hosts a separate study center for ISA students, allowing participants to focus on their studies with other ISA students. Seville's history recalls events from the Middle Ages, which provides a diverse and interesting cultural background to the program.

What's included:

- Tuition and fees
- Housing
- Cultural excursions
- Health insurance
- Meals and laundry (with home stay option)

What's not included:

- Spanish visa
- Meals and laundry (with apartment option)
- Books
- Personal expenses
- Flights

Areas of Study

- Business
- Education
- Hispanic Studies
- International Studies
- Spanish Language

Housing

- Option of a furnished apartment or home stay

Cost: \$\$

More Information:

[www.studiesabroad.com/
programs/country/spain/](http://www.studiesabroad.com/programs/country/spain/)

Did you know? Seville gets almost 3,000 hours of sun per year and is home to the famous Spanish sport of bullfighting.

Life After Study Abroad

Where are they now?

Research has proven time and again that study abroad is a transformative experience that not only impacts the semester a student spends overseas, but also has the power to positively change the trajectory and contribute to an individual's entire life! Recently we caught up with study abroad alumna Piper Jones who studied in Lausanne, Switzerland during the spring of 2011. We wanted to hear how the experiences she had in Switzerland have impacted her in both the short-term and longer term. Keep reading to find out what she had to say.



What year did you graduate from MSU and what was your major?

Piper: *I graduated in December 2012 with a degree in broadcasting. While in university I used my degree at the local news station. That's when I realized I wanted to go deeper with the stories. I'm now using my training to conduct fieldwork and gather oral narratives with Memorial University of Newfoundland's Folklore department while getting my graduate degree. I'm doing contract work with universities, museums and archives.*

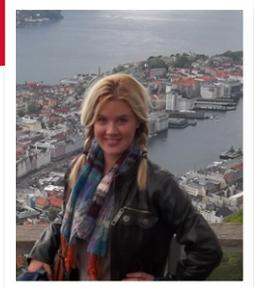
What impact did studying abroad have on your professional and personal aspirations?

Piper: *I studied in Lausanne [Switzerland], where everything was in French! The language experience there has made a huge impact on employers and graduate schools, particularly in Canada and Atlantic Canada, where I'm now located. I also wouldn't have been as fearless in moving to an Island in the North Atlantic if I hadn't studied abroad. It lowered all of my inhibitions and opened opportunities for me around the world.*

What are the big lessons you came away with after studying abroad?

Piper: *While abroad, I navigated in multiple countries whose languages I did not speak. I booked flights, traveled alone, and "grew up." I encountered some of the most ridiculous hardships as well, and they made me realize that if I can get through all of it, I can do anything. After studying abroad I felt like I could take on the world. Things might be hard, but they're no longer scary. The world has been demystified, and now the future is just exciting.*

For more information on MSU's life-changing study abroad programs visit MinotStateU.edu/international or the Office of International Programs. The world is waiting!



! The application deadline for Spring 2017 programs is September 15th.

THE ROI OF STUDYING ABROAD



INCLUDED ON RESUMÉS

Students who studied abroad are more likely to have valuable qualities, skills, and experiences that can enhance a resumé.

STUDIED ABROAD : DID NOT STUDY ABROAD

36%

28%

FOREIGN LANGUAGE COMPETENCY

31%

24%

INTERNATIONALLY RELATED COURSEWORK

25%

4%

INTERNATIONAL WORK OR INTERNSHIP EXPERIENCE

47%

17%

INTERNATIONAL TRAVEL

Information and statistics taken from:
www.coursehero.com

STUDYING ABROAD IN COLLEGE can be an exciting opportunity to tour another country and immerse yourself in a culture much different from your own. However, studying abroad isn't cheap, especially depending where you choose to travel. In your new country, you'll need money for classes, housing, food and more.

Beyond the fun you'll have and the memories you'll make, **is the cost of spending time in another country worth it in the long run?**

STUDIES SAY: YES

attending college abroad can have a positive impact on your career goals, marketable skills and employability.

STUDYING ABROAD

BROADENS CAREER GOALS

The primary impact of studying abroad is that it broadens and changes students' post-college career goals.

IMPACT OF STUDY ABROAD PROGRAMS ON STUDENT CAREER PLANS:

14%
Made a minor difference

35% Made a **NOTABLE** DIFFERENCE

27%
Made a moderate DIFFERENCE

20% MADE A SIGNIFICANT DIFFERENCE

FURTHERMORE, OVER 90% of employers believe that students who have studied abroad are likely to possess other highly desirable skills, including:

- Cross-cultural communication skills
- Independence
- Cultural awareness
- Maturity
- Flexibility

Where in the World?

Introducing six MSU students studying abroad this spring!

Meet students who will **EVOLVE** through MSU's spring 2016 study abroad programs.

Tyler Berg

Semester at Sea
Around the World Voyage

Rhianna Costiloe

Partner University
Harstad, Norway

Breanne Sherlock

Partner University
Harstad, Norway

Chloe Ondraceck

Non-Affiliated Program
Moscow, Russia

Tessa Walters

ISA Program
Maynooth, Ireland

Sarah Bogenrief

ISA Program
Bangkok, Thailand



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