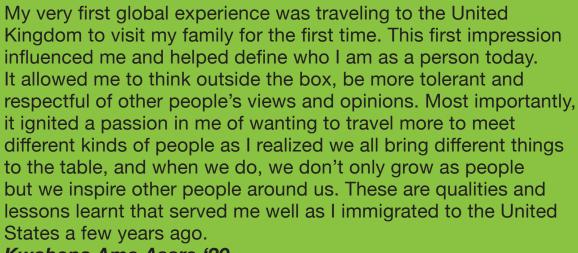


# **G First Time Abroad**

First-time experiences abroad can often be exciting, scary, but most importantly they're powerful....

My first trip abroad led me to Ho Chi Minh City, Vietnam to conduct a research project involving the treatment of depression at a local university. While traveling to a country where I didn't know a single person or a single word of the language spoken there may have seemed intimidating at first, I cannot emphasize enough how truly freeing it was for me. There is something so exhilarating about arriving in a completely unfamiliar city and knowing that your experience abroad is truly yours--whatever you decide to make of it. This first experience only made me want to see so much more of Southeast Asia, and reaffirmed my interest in international neuroscience. In the near future (potentially immediately following graduation), I'd love the chance to communicate with more foreign countries regarding their integration and organization of neuroscience research. Kaylee Miceli '21,

**Psychology and Interdisciplinary Studies** 



Kwabena Amo Asare '20, Nursing

Justine Happel, 2021, Biomedical Engineering (in Paris, France)

My first global experience was the summer of 2018 in Spain. It was my first time traveling by myself, my first time on an airplane, and my first time leaving the United States. That first experience took me way out of my comfort zone, but it also displayed my capabilities and resilience. It also taught me that I love traveling, and it further motivated me to travel again, a year later, to Sweden. The next step for me is to continue traveling but instead of being an observer, I want to try and make a positive impact. *Kaylla Richardson '21, Chemistry and Global Studies* 

> I spent a month in Havana, Cuba this summer at la Universidad de la Habana and with family. As a first-generation Cuban American, I met and got to know much of my family that still live in Cuba for the first time. This experience was monumental for me in terms of connecting to my roots, family, and my identity by learning about my heritage in both an academic setting and first-hand experience with family. My next step in furthering my global experience and exploring my heritage will be studying abroad next semester in Sevilla, Spain.

Richard Fernandez '21, Public Policy and Anthropology



Let's Go!

Whether you're preparing for your first trip abroad or navigating the next step in your global education, CGI has developed an online resource to help you plan and prepare for your global experience. Embark Carolina, **embark.unc.edu**, has three main components...

## **The Funding Finder**

helps students identify global awards and fellowships to support their global plans and goals. This tool allows users to filter and search a robust database of internal and external opportunities for students from all disciplines and stages, incoming first-years to alumni.



## **The Global Guide**

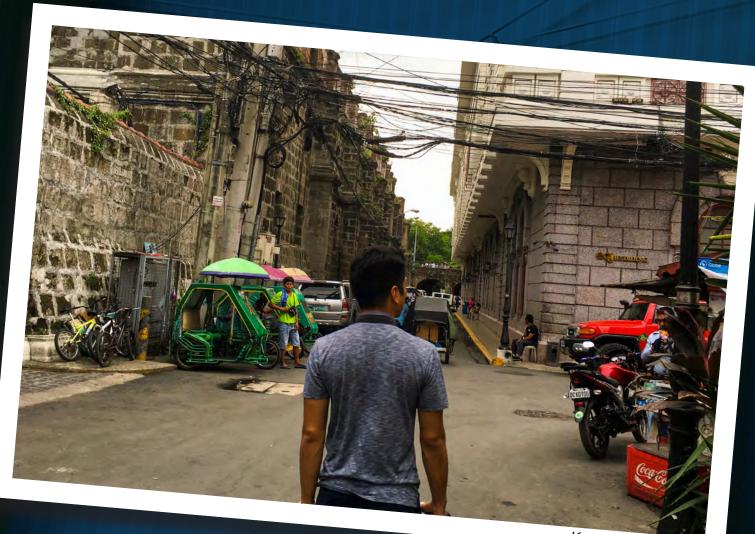
is a student-focused manual of what to consider and who to talk to when planning a global experience. The Guide has information on travel-related issues like logistics, costs, and safety, as well as advice on connecting international experiences to academic plans and career goals.



## **The Experience Explorer**

(webpage will be live soon) is a database of UNC students' past global experiences. This resource is designed to help students connect with peers and alumni to expand their global network.

Each year the CGI calendar features photos from the annual Carolina Global Photography Competition held in September. To learn more visit www.globalphoto.unc.edu.



Karlo Montegrico







## Lessons Learned

We all started our global education somewhere. No matter where we are in our global education, both new and experienced travelers have learning moments while navigating unfamiliar environments, cultures and languages. Travel with humility and embrace these new experiences as opportunities to grow. You're in good company.

I'm from Switzerland and my first time traveling abroad was to come to Chapel Hill. I was five and my father Jürg Steiner was offered a position in the UNC political science department so our whole family moved here. I didn't speak a word of English so my parents enrolled me in a preschool to learn. My earliest memory of that first year is snack time when every morning the teacher would say "Here is juice and a cookie." I

distinctly remember thinking that "cookie" is clearly an important word for me to remember. So that was my first English word and I enjoyed pre-school a lot more after that. Lesson learned? When traveling to a non- English speaking county, it's helpful to learn at least a few basic words like "hello," "please," and "thank you" to make your experience more enjoyable. And perhaps "cookie."

Niklaus Steiner, Director, Center for Global Initiatives

My Spanish professor, with her thick c's and z's, told me I could study abroad. She said the soaps in Spain were lovely and different, made from olive oil. "Soap?," I thought. "Soap is soap." Arriving in Madrid, I couldn't piece together a full sentence—even after hours in the language lab recording phrases on cassettes. But four months later, over a late almuerzo, I explained to my host mom how my Southern grandmother makes cornbread, and she taught me to make tortilla española. At a bar with Spanish students, we ate olives bought by the kilo, and I translated Alabama–Auburn jokes. They laughed, and then carried on debating how European integration was going to undermine Spanish sovereignty. More than soap was different about Spain. And coming back for junior year, so was I.

Heather Ward,

Associate Dean for Study Abroad and International Exchanges

Tiansheng Ye, 2023, Global Studies (in Hong Kong SAR, China)

What I remember most about my first time living abroad was how I came to know myself better as an American and African-American citizen. Non-Americans expected me to be the voice of American culture! While that was flattering, it was also a wakeup call that showed me how little I knew about the things that were important to people outside of the USA. I also began to realize how much I still needed to learn about myself as an African American. While Europeans don't use that term, it does have a distinct meaning in American culture and impacts how vastly different the experiences are for America's many racial/ethnic groups. What I found was that the more I learned about my "double consciousness" in America (as WEB DuBois put it), the more I understood why certain racially based experiences in my life had negatively impacted me so much. Knowing myself allowed me the space to learn about and appreciate the differences in others.

#### Roderick Lewis, Senior Associate Director, Career Services

When I first told my family and friends that I wanted to study abroad in Samoa, I was met with resistance, mockery, and little support, which made me question my upcoming plans.

Despite their fears, my parents pushed me to follow through with my decision. When I met my group, I discovered that I was the only non-white person participating. There were people from everywhere in the US, but I was the darkest. Immediately upon arrival to Samoa, this impacted my experience... everyone thought I was afakasi (half-Samoan). I was treated differently, in that people spoke to me in Samoan, they wanted me to engage with them, and they didn't care to touch my hair (as they did with my blonde peers). For the first time in my life, I reflected on my identity as a Cuban-American woman from Miami, and the way others perceived me. Through this reflection, I strove to break the negative stereotypes and get to know each person rather than generalizing. This is a lesson learned that has stuck with me and one that, even when it is challenging, I work towards.

> Brandy Arellano, Program Manager, Center for Global Initiatives



KIRUNA, SWEDEN Nature's Ballet | Shelby Casey

The northern lights, aurora borealis, are a result of solar particles entering the Earth's atmosphere. In January, the northern lights can be seen throughout Swedish Lapland.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
			NEW YEAR'S DAY (OFFICES CLOSED)	2	3	<b>4</b> . WORLD BRAILLE DAY
5	6	7	CLASSES BEGIN FOR ALL STUDENTS	9	10	11
12	13	14 LAST DAY FOR LATE REGISTRATION	15 NATIONAL BAGEL DAY	16	17	18
19	20 MARTIN LUTHER KING JR. DAY (OFFICES CLOSED/NO CLASSES)	21	22	23	24	<b>25</b> CHINESE NEW YEAR
26	27	28	29	30	31	FEBRUARY 2020 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

"I started traveling kind of young, so at an early age I saw that there were a lot of different places in the world, and I wanted to see them all. The northern lights have always been somewhere at the top of my list of things I need to see. As soon as I got the chance I was ready with fur hat, snow onesie and camera in freezing hand, but as soon as I saw nature's ballet I almost couldn't take a picture. I was wonderstruck and in awe, and needless to say, not disappointed."

Shelby Casey, 2020, Biology

/////

FEBRUARY Sarajevo, Bosnia-Herzegovina Upper Ground | Mason Stanley This bobsleigh and luge track was built for the 1984 Winter Olympics in Sarajevo, once part of the former Yugoslavia. It was the first Winter Olympic Games held in a Slavic language-speaking country.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	CARNIVAL OF VENICE
3					14	
NATIONAL PIZZA DAY					VALENTINE'S DAY	
16	17	18	19	20	21	22
	PRESIDENTS DAY	_		WORLD DAY OF SOCIAL JUSTICE		_
23	24	25	26	27	28	29
						LEAP DAY

As a result, I had never had a global experience growing up. Receiving the Excel@Carolina Summer Study Abroad Fellowship finally g a chance to embark overseas for the first time. Wanting to make this once-in-a-lifetime opportunity worthwhile, I went outside of my comfort zone and traveled to the Western Balkans, a region still recovering from the turmoils of war."

29 30 31

Mason Stanley, 2022, Peace, War, and Defense



Madan Pokhara, Palpa, Nepal Crafting Leaves into Bowls | Rachel Holtzman In the mid-hills of Nepal, Niruta, the photographer's host sister, masters the craft of turning leaves into bowls with patience. She uses local tree leaves and small twigs to craft bowls for festivities.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
1	2	3	4	5	<b>B</b> SPRING BREAK BEGINS 5PM	7
DAYLIGHT SAVING BEGINS	HOLI SPRING BREAK (NO CLASSES)	<b>10</b> Spring break (no classes)	<b>11</b> Spring break (no classes)	12 Spring break (no classes)	<b>13</b> Spring break (no classes)	14 Pi day
15	16 CLASSES RESUME 8AM	17 ST. PATRICK'S DAY	18	19	20 INTERNATIONAL DAY OF HAPPINESS	21
22	23	24	25	26	27	28
29	30	31				APRIL         2020           1         2         3         4           5         6         7         8         9         10         11           12         13         14         15         16         17         18           19         20         21         22         23         24         25           26         27         28         29         30

"The first global experience that really stands out in my mind was when I traveled to Nicaragua after high school with the human rights group, Witness for Peace. For two weeks, 15 other youth and I traveled around Nicaragua to hear from community leaders whose families, communities and livelihoods had been impacted by U.S. policies. I learned about the ways the U.S. has intervened in the politics of the Global South for centuries. Since then, I dreamed of working with, and learning from, a community in another country. This led me to apply to the Peace Corps my senior year at UNC. It was during my Peace Corps service in Nepal that I met and became friends with Niruta, my host sister and the young woman in this photo."

Rachel Holtzman, 2014, Health Policy and Management



The safseri, a traditional Tunisian white veil, unveiled history and tradition as two women walked along the contempoary streets of Tunis.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
			1	2 WORLD AUTISM AWARENESS DAY	3	4
5	6	7	8	9	SPRING HOLIDAY (OFFICES CLOSED/NO CLASSES)	11
12	13	14	15	16	17	18
19	20	21	22 EARTH DAY	23	24 CLASSES END	<b>25</b> World Penguin Day
26	<b>27</b> EXAM DAY	<b>28</b> EXAM DAY	<b>29</b> Reading day	<b>30</b> Exam day		MAY 2020 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

"Although I don't remember my first global experience, which was a family trip to my parents' home country of Tunisia, my earliest global memory was from the same place, Tunisia, at my eldest cousin's wedding, my first traditional Tunisian wedding. I was in awe of the beautiful traditional outfits everyone wore, listening to the live band singing Tunisian songs and everyone enjoying their time and celebrating. Since then, I have been learning more and more about my culture and have been able to visit Tunisia countless times, which has led me to take this picture on my most recent trip to Tunisia. Every time I visit Tunisia I discover something new-- whether it be learning about the country's history, visiting a new city, exploring the coral reefs, or seeing how each region has its own cultural dress and dialect."

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Nour Zarrouk, 2021, Biostatistics



HAVANA, CUBA Domino Debates | Melissa Hlavac In rapid-fire succession, this group slapped dominos on the table without interrupting the cadence of conversation. Hands flew punctuating points.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//	
					1 EXAM DAY	2 Reading day	
3	4 EXAM DAY	CINCO DE MAYO EXAM DAY	6	7	8	9	
10 Spring commencement mother's day	11	12	<b>13</b> CLASSES BEGIN SSI AND MM LAST DAY FOR LATE REGISTRATION MM	14 LAST DAY FOR LATE REGISTRATION SSI	<b>15</b> International day of families	16	
17 ENDANGERED SPECIES DAY	18	19	20	21	22	23	
24	25 MEMORIAL DAY (OFFICES CLOSED/NO CLASSES)	26	27	28	29	30	
31	JUNE 2020 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	""You're Cuban." My parents reminded me growing up. The phrase burst out of their mouths with pride. But I'd never been to Cuba. I'm a first-generation American. I represent the freedom they unapologetically seized more than 50 years ago. This was my first time to the island. El Malecon. La Tropicana. Dominoes. I walked around inhaling the salty scent of the ocean and peeked into once majestic mansions that seemed to cry with peeling paint. I heard the clicking of the dominoes before I came upon these men. They were huddled around a rickety table on the street, playing a game I knew all too well. Although my first time here, it felt familiar, as if I was conjuring up memories I had once forgotten."					

Melissa Hlavac, Associate Dean of MBA Programs



A cow walks itself home, with no guide needed, after a long day grazing in the fields in a rural village of Tatarstan, Russia.

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SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
	<b>1</b> Say something nice day	2	3	4	5	6
7	WORLD OCEANS DAY	9	10	11	12	13
14	15 Classes end ssi	<b>16</b> reading day ssi	17 EXAM DAY SSI	18 exam day ssi	19	20
21 INTERNATIONAL DAY OF YOGA FATHER'S DAY	22 CLASSES BEGIN SSII	<b>23</b> LAST DAY FOR LATE REGISTRATION SSII	24	25	26	27 SUNGLASSES DAY
28	29	30				JULY 2020 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

"I've been a citizen of the world from a young age. Having been born in Russia yet growing up in the US has allowed me to engage with different people and places almost immediately. Annually visiting my hometown in Tatarstan, a Republic of Russia, has given me the opportunity to discover the beauty in remote landscapes. My wonder for what lies beyond the places that we typically hear about has led me to visit lesser known areas and realize that the world cultivates so many cultures, like the 150 ethnic minorities that reside in Russia."

#### Ideliya Khismatova, 2023, Environmental Science

Photographer's note: Tatarstan is a Republic in Russia, and its native people are not Russians, but Tatars, one of Russia's 150+ ethnic minorities.



KIGALI, RWANDA Rock & Roll & Resilience in Rwanda | Caroline Kennedy A young artist paints a backdrop for a music video in "Hillywood," the Rwandan Hollywood, where Rwandans use audio-visual storytelling to build an authentic identity for the country-- an identity that recognizes both their history and resilience.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
			1	2	3	4
					INDEPENDENCE DAY HOLIDAY (NO CLASSES HELD)	INDEPENDENCE DAY
5	6	7	8	9	10	11
RUNNING OF THE BULLS						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
NATIONAL ICE CREAM DAY				CLASSES END SSII	READING DAY SSII	
26	27	28	29	30	31	AUGUST 2020 1 2 3 4 5 6 7 8 9 10 11
	EXAM DAY SSII	EXAM DAY SSII				12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

"In eight grade I befriended Sonia Warshawski, a Holocaust survivor who lives in my hometown. Sonia taught me about the power of hope and the need for cross-cultural understanding. Since meeting her, which was my first global experience, I've fostered an interest in studying resilience. That's how I found myself in Kigali, Rwanda to take this photograph. Rwanda has also endured a genocide, and as I saw firsthand, they have been recovering from it with grace by practicing forgiveness, pursuing hope, and ultimately creating a united community-- just like Sonia."

Caroline Kennedy, 2020, The Art of War (interdisciplinary)



Navajo Nation, Arizona, United States Smoke Stacks | Taylor Gosk The smokestacks of the Navajo Generating Station deposited tons of carbon dioxide emissions into the air and pristine waters of the Antelope Canyon before it was fully decommissioned in late 2019.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//	
						1	
2	3	4	5	6	7	8	
9	10	11 NATIONAL HIP HOP DAY	12 INTERNATIONAL YOUTH DAY	13	14	15	
16 New student convocation	17	18 CLASSES BEGIN FOR ALL STUDENTS	<b>19</b> world humanitarian day	20	21	22	
23	24 LAST DAY FOR LATE REGISTRATION	25	<b>26</b> WOMEN'S EQUALITY DAY	27	28	29	
30	31	SEPTEMBER       2020         1       2       3       4         5       6       7       8       9       10       11         12       13       14       15       16       17       18         19       20       21       22       23       24       25         26       27       28       29       30	"Environmental injustice isn't always as clear as it is in this photo. It's usually hidden from sight, forced upon the most marginalized people in a society. But whether it's on Navajo Nation lands or in Nassau, Bahamas, where I first witnessed environmental injustice abroad, pushing landfills, power plants, and factories onto communities of color is a global reality. My first experience abroad introduced me to the existence of environmental injustice, and it provided me with a lens of recognizing it, as well as the motivation to fight to change it." <b>Taylor Gosk, 2021, Environmental Studies &amp; Public Policy</b>				

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A local peeks into the window of one of several delicious bakeries lining the sleepy streets of Ilha de Moçambique.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
		1	2	3	4	5
6	Z	8	9	10	11	12
13	14	15	16	17	18	<b>19</b> rosh hashanah
20	21 INTERNATIONAL DAY OF PEACE	22	23	24	25	26
27	28	<b>29</b> NATIONAL COFFEE DAY	30			OCTOBER 2020 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

"My first global experience was serving a two-year mission in Cameroon. After very little travel growing up, I was suddenly immersed in a language, climate, cuisine and culture that were all very new to me, and I quickly grew to love it all. Upon leaving Africa, I knew that I wanted to make my way back. Eventually I did, moving to Malawi with my wife and two children to work for UNC Project-Malawi. Upon arriving, we made it a point to see as much of Africa as possible and, after spotting what looked to be beautiful Mozambique coastline on Google Maps, drove 20 hours and found this small island which is truly one of the most magical places we've ever experienced." **Ryan Sequin, 2017, MPH, Health Behavior** 



Sam Roi Yot, Thailand Phraya Nakhon Cave | Katie Ayscue Phraya Nakhon Cave, located in one of Thailand's 127 national parks and wildlife reserves, is only accessible by a long hike over a small mountain and across a pristine beach.

29 30

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
				<b>1</b> WORLD VEGETARIAN DAY	2	3
4	5	6	7	8	9	10
11	UNIVERSITY DAY (CLASSES CANCELLED 9:05-12:20)	13	14	15 fall break (NO classes)	16 FALL BREAK (NO CLASSES)	17
18	19	20	21	22	23	24 UNITED NATIONS DAY
25	26	27	28	29	30	<b>31</b> Halloween
NOVEMBER         2020           1         2         3         4         5         6         7           8         9         10         11         12         13         1           15         16         17         18         19         20         2           22         23         24         25         26         27         2	<ul> <li>sophomore. While the</li> <li>learn and appreciate</li> <li>'off the beaten path'</li> </ul>	here, I saw the topics I le e a culture is to drown yo towns in the countryside	n Flagler's Global Immersio arned about in class come ourself in it, which is what le e, which is how I found Phra	to life before my eyes. I ed me to spend a semest aya Nakhon Cave in the s	realized that really the on er in Bangkok, Thailand.	y way to deeply I aimed to find

Katie Ayscue, 2020, Business Administration



Pigeons fly over the Metropolitan Cathedral of Medellín, the largest cathedral in the city and a national monument of Colombia.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
<b>1</b> WORLD VEGAN DAY	<b>2</b> Day of the dead	3	4	5	6	7
8	9	10	11 Veterans day	12	13	14
15	16	17	18	19	20	21
22	23	24	25 THANKSGIVING (NO CLASS)	26 THANKSGIVING (OFFICES CLOSED/NO CLASS)	27 THANKSGIVING (OFFICES CLOSED/NO CLASS)	28
<b>29</b> Square dance day	30					DECEMBER 2020 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

"I had the opportunity to travel internationally starting at a young age. I was fascinated with how nature looked differently around the world. So I went from growing up experiencing other cultures to becoming a photojournalist where my eyes now are so often fixed on humans. This image was my effort to go back to why I first fell in love with photography-- looking at nature mixing with a beautiful, historic and cultural man-made church in one frame."

Alexander Kormann, 2019, Photojournalism



Amer, Rajasthan, India Anokhi | Rodrigo Bustamante Practices like block and hand printing, traditions that are displayed in the Anokhi Museum of Hand Printing outside of Jaipur, could be lost as local markets struggle to match global demands.

SUNDAY//	MONDAY//	TUESDAY//	WEDNESDAY//	THURSDAY//	FRIDAY//	SATURDAY//
		1	2	3	4	5
			CLASSES END	READING DAY	EXAM DAY	EXAM DAY
6	7	8	9	10	11	12
	EXAM DAY	EXAM DAY	READING DAY	EXAM DAY	EXAM DAY	
<b>13</b> FALL COMMENCEMENT	14	15	16	17	18	19
20	21	22	23	24 WINTER BREAK (OFFICES CLOSED)	25 WINTER BREAK (OFFICES CLOSED)	26 WINTER BREAK (OFFICES CLOSED)
27	28	29	<b>30</b> UNIVERSITY CLOSED DAY	<b>31</b> New year's eve		JANUARY 2021           1         2           3         4         5         6         7         8         9           10         11         12         13         14         15         16           17         18         19         20         21         22         23           24         25         26         27         28         29         30
			(OFFICES CLOSED)	(OFFICES CLOSED)		31

"The summer before my senior year of high school, I went to Costa Rica with my family. From the shore of the Pacific Ocean, to the base of the Arenal Volcano, our adventures helped me internalize how much I loved telling stories through photography. Years later, I have realized that this first global experience marked the beginning of an internal exploration process that has taken me on various journeys around the globe. Traveling to India was the most recent of these, one where I was finally able to combine my passions for fashion, sustainability and storytelling. I can only hope to continue telling stories from places like these for years to come."

Rodrigo Bustamante, 2020, Global Studies

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HOI AN, VIETNAM | Night in Hoi An Rebecca Bielamowicz, PhD 2022, Sociology At night, Hoi An is illuminated by hundreds of lanterns that hang above the town's narrow streets and alleys.

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