



Photo courtesy of: Paige Earl

Greetings from abroad...

Q: What was your first impression of the city of Brighton?

A: My first impression of Brighton was that I didn't know such an eccentric city could exist. I have been living in small towns my entire life, and it was so crazy to step into a place that had such an immediate energetic pulse to it. It was so different from home but I loved it right away!

Q: What is something impressive or shocking you have encountered so far?

A: The Brighton Pier is one of the most impressive things I have ever encountered in my entire life. It looks out over the English Channel and seeing the pier is a completely breathtaking and life-changing experience. Regardless of how many times I visit, watching the sun set on the channel is something I will always remember as one of my favorite parts of living abroad in Brighton.

Q: What differences have you noticed regarding the academic system compared to the U.S.?

A: The classes here are very similar in content but very different in execution.

The subject matter is basically the same as what I would be learning at WT but the difference in execution is that we only have each class once a day, for three hours. There will be one hour of lecture and then two hours of hands-on seminar directly after. It's kind of a nice change from how we do school in the US.

Q: Is there anything you *must* do before coming back to the U.S.?

A: I refuse to leave Europe before I get to go to Amsterdam and see the Anne Frank house. This is something I've wanted to do since I was in elementary school and trust me, it is going to happen!



Wesley Alexander is a Junior Advertising/PR major, currently studying at the University of Brighton in Brighton, England.

BUFFS

abroad

Office of Study Abroad

SSC 115A

wtamu.edu/studyabroad

IN THIS ISSUE:

Greetings from abroad: Pg. 1

What not to do in other countries: Pg. 2

Tips for jet lag: Pg. 2

Featured Traveler: Pg. 3

Suggested vaccinations for faculty-led program destinations: Pg. 4

SUMMER OPPORTUNITY!



West Texas A&M University

IN

SALAMANCA

Earn 6 credits of Spanish (any level)

DATES:

June 24—July 29, 2017

PRICE:

\$4,250

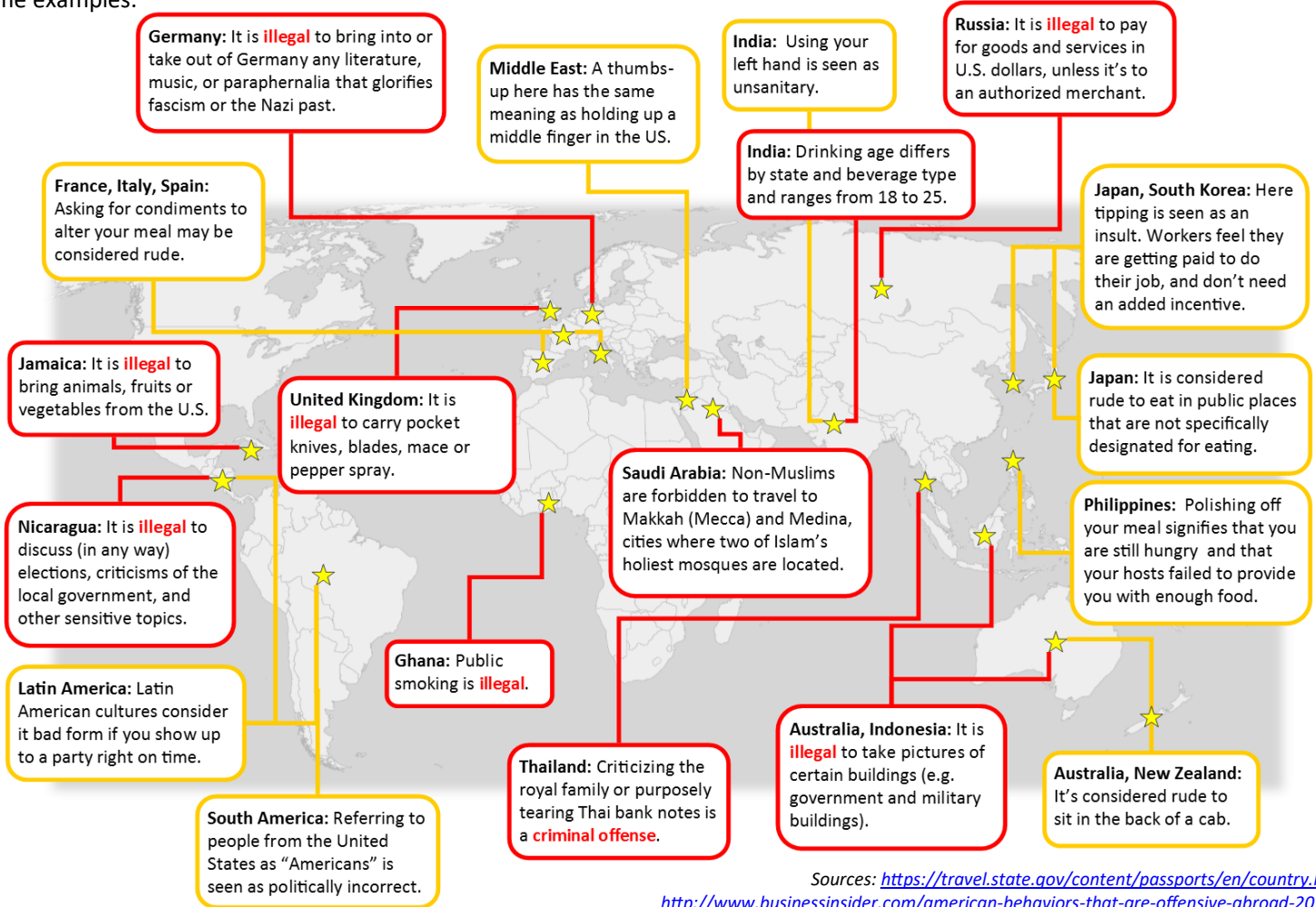
SCHOLARSHIPS AVAILABLE!

"Of all the books in the world, the best stories are found between the pages of a passport"

- Unknown

What **not** to do in other countries!

Did you know? Certain things you are used to in the United States are not necessarily normal in other places. Tipping your waiter? Not customary in Japan or South Korea. Giving a thumbs-up? In some countries in the Middle East and Western Africa, please don't! They'll think you are making an obscene gesture. Of course, laws in other countries can also be quite different. In certain parts of the world it's illegal to take photos or videos in or around government or military buildings, or participate in protests or public demonstrations. Before you travel abroad, always make sure you are familiar with your host country's law and culture! Here are some examples.



Sources: <https://travel.state.gov/content/passports/en/country.html>
<http://www.businessinsider.com/american-behaviors-that-are-offensive-abroad-2015-8>

Tips for jet lag

Jet lag can be a problem for travelers who are crossing several time zones. Although it is not a serious condition, jet lag can make it hard for you to enjoy your vacation for the first few days. For business travelers, who may be expected to travel long distances and start work immediately after arrival, jet lag can affect mood, ability to concentrate, and physical and mental performance. Fortunately, you can take steps to minimize the effects of jet lag.

Before Travel

- Exercise, eat a healthful diet, and get plenty of rest.
- A few days before you leave, start going to bed an hour or two later than usual (before traveling west) or earlier than usual (before traveling east) to shift your body's clock.
- Break up a long trip with a short stop in the middle, if possible.

During Travel

- Avoid large meals, alcohol, and caffeine.
- Drink plenty of water.
- On long flights, get up and walk around periodically.
- Sleep on the plane, if you can.

After You Arrive

- Don't make any important decisions the first day.
- Eat meals at the appropriate local time.
- Spend time in the sun.
- Drink plenty of water, and avoid excess alcohol or caffeine.
- If you are sleepy during the day, take short naps (20–30 minutes) so you can still sleep at night.
- Talk to your doctor about taking medicine to help you sleep at night.

Source: [cdc.gov/travel/page/jet-lag](https://www.cdc.gov/travel/page/jet-lag)

FEATURED TRAVELER: SHANDI PORTER



Photo courtesy of: Shandi Porter

As I peered over the edge, thousands of doubts ran through my mind and I instantly began to regret convincing my friends to embark on the adventure with me. After I heard the inevitable splash beneath me, I knew I could not let my friend nor myself down. JUMPING OFF OF A WATERFALL was one of the main reasons I chose Costa Rica as my study abroad destination, after all. It was my turn, but all I could do was stand on the cliff and feel every ounce of bravery escape my body. My friend Cami turned to me and said, “Shandi, you are such a brave and fearless soul. Without you, we would not have so many incredible stories and memories. *Now just jump.*” Those were the exact words I needed to hear and all of a sudden I was plunging into the body of water below me. This is one of my favorite memories from Costa Rica because it reminded me how brave I truly was and put life into perspective for me. I realized that sometimes opportunities arise and seem terrifyingly impossible at first, but once we “just jump”, the outcome is far greater than we could have imagined than when we were just peering over the

edge. It also reminded me that I am capable of overcoming any obstacle, big or small. My five months abroad, all in all, were full of moments that taught me more about myself and the world around me. I, now, feel confident taking on the task of simply just LIVING.

**“To move, to breathe, to fly, to float, to gain all while you give.
To roam the roads of lands remote, to travel is to live”.**

-Hans Christian Andersen

Q: What was your favorite Costa Rican dish?

A: Empanadas. My mama Tica (host mother) made the most incredible empanadas filled with refried beans. The best part was learning how to make them myself, that way I could have a “taste” of Costa Rican when I am missing it.

Q: What were some cultural differences that you experienced?

A: Costa Ricans live a VERY slow paced life and basically live in their own time zone. They walk slowly and take their time because they believe that we should enjoy the little things along the way instead of being in such a hurry. This was such an interesting concept to grasp when I first moved abroad because EVERYTHING in the United States is fast-paced and hectic. It was nice to sit back and have a MUCH less stressful lifestyle.

Q: How did you deal with reverse culture shock?

A: At first, I did not. I had such a difficult time re-adjusting to my own culture and genuinely felt like a foreigner in my own country. I believe that once you step out of your comfort zone and embark on this type of adventure, you lose a part of yourself in the culture and the people you meet along the way and honestly, it is nearly impossible to retrieve it. THAT was the biggest challenge for me; coming back home after I had left a piece of my heart somewhere else. Being back in the United States never felt normal or comfortable after I returned, but with time, I realized that it was just the beginning of my journey, not the end. ■

Shandi Porter
Study Abroad Alumna/ Study Abroad Peer Advisor

SUGGESTED VACCINATIONS FOR 2017 FACULTY-LED PROGRAM DESTINATIONS

If you are participating in one of our faculty-led programs this May or Summer session, it'd be useful to know what other vaccinations (in addition to your routine immunizations) are recommended by the CDC based on your destination. For more information, including requirements for other countries, please visit: <https://wwwnc.cdc.gov/travel/destinations/list>.

- Typhoid
- Malaria
- Yellow Fever
- Hep A/B
- Rabies



EUROPE: LONDON, GERMANY, AUSTRIA, SWITZERLAND



CHINA



MEXICO



NICARAGUA



COSTA RICA

