



Photo provided by Trevor Fleeman—Koenigsegg Lake , Bavaria, Germany

BUFFS abroad

Office of Study Abroad

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Featured Traveler: Dr. Enyonam Osei-Hwere

Dr. Enyonam Osei-Hwere is an Associate professor in the Department of Communication. She received a Ph.D. in mass communication from the Scripps College of Communication at Ohio University in Athens, Ohio. She also received a master's in international affairs with emphasis in communication and development from Ohio University. Her bachelor's degree in publishing studies is from the University of Science and Technology in Ghana, West Africa.



Photo provided by Dr. Enyonam Osei-Hwere

Q: When was the first time you traveled outside of your home country?

A: The first time I traveled outside Ghana was in 1995, as part of a team of 12 from Joyful Way Incorporated, a Christian music evangelism ministry based in Ghana for a tour in Germany. I was a member and one of the lead singers in the group, that opportunity was the most amazing gift to be given as a young woman and began my love affair with travel. That opportunity was a strong foundation for my travel resume, led me to England traveling on my own the very next year and to the United States in 1998. That first trip had all the thrills, anxiety, excitement

and a sense of purpose. The one thing I know for sure is given that same opportunity I will be back on that team and on the next flight to Germany or wherever in the world I have an opportunity to go to.

Q: When did you decide to come to the United States?

A: The first time I came to the United States was in 1998 on a second tour with Joyful Way Incorporated ministering in churches, homeless shelters and retirement homes. It was a great experience and spiritually fulfilling. I never had any intentions of moving to the United States.

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IMPORTANT DATES:

- April 15:**
Application due date for Fall Study Abroad Programs
- April 23-27:**
WTAMU International Week
- June 1:**
International Education Fee Scholarship Application Deadline for Fall and Academic Year programs

INTERNATIONAL WEEK EVENTS:

- April 23:** Kick Off Party 7-10pm
- April 24:** Flag Parade 12-1:15pm
- April 25:** Int'l Facts Bingo 6-8pm
- April 26:** Pin Your Country 12-2pm
- April 27:** Movie Night 7-9pm

“Life begins at the end of your comfort zone”

-Neale Donald Walsch-

Featured Traveler (cont.)

I was pretty content with the experience on the tour, however, in 1998 I received an offer from The Ohio University to pursue a masters in international affairs in communication and development. I was certainly not intrigued by the first offer. A second offer came in 1999 and with some serious encouragement and persuasion from my family and friends, I traveled to Athens, Ohio in the middle of winter to begin my graduate program.

Q: What is the biggest difference from the United States compared to Ghana?

A: From my perspective and the life I had in Ghana before moving to the United States the biggest difference will always be the cold. I never thought about the cold or the idea of creating seasonal sections in your closet. There is also something magical about Ghana that I personally feel which I don't feel anywhere else, I don't know if I can truly articulate it. I go home quiet often and every time my flight to Ghana lands I feel an overwhelming sense of peace and all my fears and anxiety about life literally disappear for the 3 weeks I am home.

Q: What do you miss most about Ghana?

A: I miss my family and friends terribly. It is a very lonely life to be so far away from everything and everyone you love and cherish. I miss the ministry and fellowship with my Joyful Way family, I miss the food of course, I miss the kindness and my sense of comfort. Ghana is world renowned for its hospitality towards

people, it is difficult to live without that for such long periods of time away from home. It also saddens me that my son spends limited time in Ghana because he absolutely loves it there.

Q: What was the hardest adjustment?

A: The cold was very difficult to live with and still is. My graduate degrees are from The Ohio University in Athens, Ohio. One of the coldest places in my opinion, the winters are long and dreary. For a girl from the tropics, that was not a good deal to sign up for. I believe I made the most out of that experience though.

Q: What would a foreigner see or notice quickly in Ghana?

A: The kindness and hospitality of Ghanaians stand out to you immediately and stay with you long after you have been around them. We are a special breed of people with outstanding culture and history.

Q: What is your favorite thing about the United States?

A: I love the diversity of the United States, I love the fact that there are different types of people, terrain, climate and culture all across the United States. That is an element that is unique to the USA and something we need to celebrate and appreciate.

Q: What is your favorite place that you have visited internationally and why?

A: Outside of Ghana, Cape Town, South

Africa and I have a deep love affair. I just returned from my second trip to Cape Town in less than one year. As the location for my first faculty-led study abroad program and by all standards a very successful one, Cape Town will always be one of the biggest loves of my life. In my opinion that city is one of the Wonders of the World in all it has to offer in incomparable nature, stunning beauty and hands down, one of the most inspiring places in the world. The juxtaposition of wealth and poverty on opposite sides of the city represents our human story of greed, hate and exploitation and calls for deep reflection and action every time you lay eyes Cape Town and all it has to offer.

Q: Where is somewhere you haven't been, but would really like to go?

A: I have never been to New Zealand, it is a priority bucket list item for me and one I look forward to checking of my list in the near future, God willing.

Q: Why do you think it is important to travel?

A: Travel is the best teaching tool you can access in this world. It teaches you everything about yourself and about your human family that you can never learn in a class taught by the most brilliant professors. Travel to me always teaches you gratitude, empathy and love.

Q: What is the biggest lesson you learned from traveling?

A: There are so many unknowns out there, your comfort zone comes with very limited knowledge and many questions and respective answers unbeknownst to you until you venture out there. Until you take a chance on a destination and a journey you are unfamiliar with there is still plenty to learn, plenty to understand and appreciate.

Q: What is your biggest travel tip?

A: Be open minded and open hearted, leave everything you have heard people say or write about a place at home and be ready to fall in love in the most spectacular way.



Pictured from left to right: Nicole Vey, Dr. Osei-Hwere, Halle Hebbel, Jackie Lopez, Nadia Sixiengmai, Megan Nelson

WT Students Travel to Uganda for Speech Therapy Practicum

By: Tova Kibal
 Bufs Abroad Special Contributor

This spring semester, three WT students are travelling to East Africa to work with the nonprofit organization Hope Speaks to educate and serve children with disabilities in Uganda.

"I became motivated to work with Hope Speaks after learning that one in seven children in Uganda is living with a disability," said graduate student Louise Havron in an interview before leaving for Uganda. "There is a dire need for speech therapists to help."

Hope Speaks helps children with disabilities through speech therapy, advocacy and education.

Havron, together with second year communications disorders graduate students Marissa Fretz and Madi Walterscheid, left for Uganda's capital, Kampala, at the end of March. They are returning to the United States in five weeks.

Havron loves traveling and is looking forward to getting a new perspective on her field of study, one that she might not have been able to gain back home. The students will experience working in new settings such as schools and homes and with children who have diverse physical, behavioral and communicative needs.

"I believe this experience will make me a



Madison Walterscheid, Marissa Fretz, Lousie Groggins
 Photo provided by Rebecca Linke

well-rounded clinician and create a heightened sense of independence," Havron said. "...I am most excited to gain amazing clinical experiences and get involved in the community in a way that I would never be able to as a tourist."

Walterscheid got inspired to join Hope Speaks on their mission when the founders of the organization visited WT. "I think that it's great that our program could find a way to create an externship opportunity with this nonprofit, getting school credit while also helping to serve those that are underserved," Walterscheid said.

"...I think this experience will give me a new perspective on the impact that speech therapy can have on children's lives."

Walterscheid is hoping to become more resourceful in her practice and learn new ways of speech therapy during her time in Uganda, but she is most excited to meet the kids she will be working with during this experience. "I have wanted to do something like this for a long time," Walterscheid said, "and Hope Speaks is a great opportunity for adventure and service." In addition to working with Hope Speaks, the three young women will be experiencing Uganda and checking off something all three have on their bucket list: going on a safari.

Although Walterscheid's parents have stayed supportive during the process, Havron's parents were initially nervous about letting her go to East Africa for such a long time. "While my parents believe this is going to be a wonderful experience, initially they were very concerned about my safety abroad," Havron explained. "Africa is often portrayed by the media as a dangerous place to visit, so I understand their concerns."

To make her parents feel better about her trip, Havron researched traveling and safety in Uganda. "I have had several meetings and exchanged emails with our clinical coordinator, WTAMU's study abroad office and the coordinators from



Photo provided by Rebecca Linke

Hope Speaks. I have also done a lot of research on government sites (travel.state.gov/CDC.gov/WHO) and Pinterest," Havron said.

Fretz explained that her parents also felt nervous about their long stay abroad, but that they recognized what a important opportunity it was for her.

Communication disorders instructor Rebecca Linke, who has worked with Hope Speaks before, has supported the young women and helped organize their trip. Fretz explained that she has always been interested in volunteer work abroad and said that she was happy to find an opportunity that fit her educational path.



Photo provided by Rebecca Linke

"After hearing about the huge need for therapy services for the children in Uganda and the need for more education about working with children with special needs, it felt like something I was meant to do during my time here," Fretz said. "...I think this experience will give me a new perspective on the impact that speech therapy can have on children's lives."

New Travel Advisories for U.S. Travelers

The Department of State has implemented a new system to share information with U.S. citizens traveling abroad. As of January 2018, Travel Advisories have replaced the former Travel Alerts and Travel Warnings. Travel Advisories appear at the top of each country page and have a corresponding color to each level.

Level 1—Exercise Normal Precautions: This is the lowest advisory level for safety and security risk. There is some risk in any international travel. Conditions in other countries may differ from those in the United States and may change at any time.

Level 2 - Exercise Increased Caution: Be aware of heightened risks to safety and security. The Departments of State provides additional advice for travelers in these areas in the Travel Advisory. Conditions in any country may change at any time.

Level 3 - Reconsider Travel: Avoid travel due to serious risks to safety and security. The Department of State provides additional advice for travelers in these areas in the Travel Advisory. Conditions in any country may change at any time.

Level 4 – Do Not Travel: This is the highest advisory level due to greater likelihood of life-threatening risks. During an emergency, the U.S. government may have very limited ability to provide assistance. The Department of State advises that U.S. citizens not travel to the country or to leave as soon as it is safe to do so. The Department of State provides additional advice for travelers in these areas in the Travel Advisory. Conditions in any country may change at any time.

TRAVEL ADVISORY LEVELS

1 EXERCISE NORMAL PRECAUTIONS

2 EXERCISE INCREASED CAUTION

3 RECONSIDER TRAVEL

4 DO NOT TRAVEL

Source: U.S. State Department

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/about-our-new-products.html>



Images from Abroad



Madeline Shaw,
Monteverde, Costa Rica



Shelby Willburn,
Kasane, Botswana



Cody Harrah
Liverpool, England

Send us your stories and photos from abroad and you could be featured on our next Bufs Abroad!