



Minot State students **ABROAD**

Featuring:
Amber Cooke
Chloe Ondracek
Madison Arnold



Edelbis Ortiz (pictured above) exploring Sevilla, Spain in the spring of 2015.

Taste and see all that this eclectic city has to offer!

Imagine practicing conversational Spanish over a colorful meal of tapas and sangria. Visualize yourself studying international business with your peers in the vibrant downtown of Casco Viejo while sipping gourmet Spanish coffee. These unique learning experiences are just a glimpse of all that you'll encounter in an unforgettable semester abroad in Sevilla, Spain.

Academics and course offerings

Want to hone your Spanish skills through daily practice in the beautiful city of Sevilla? With a wide variety of courses offered in Spanish language, this study abroad program is an obvious choice for students hoping to improve their fluency. Students will also have ample opportunities to practice their skills in the Spanish-speaking city.

Office of International Programs

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[www.MinotStateU.edu/
International](http://www.MinotStateU.edu/International)

Studying Abroad in Spain

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Never studied Spanish before? No problem. This program also offers introductory courses that will provide a solid foundation to students learning Spanish for the first time.

If you're looking to satisfy degree requirements other than Spanish language, the program in Sevilla offers students the opportunity to earn credits in academic areas such as business, education, international studies and more. International Business and Marketing, Spanish Art & Architecture, Spanish Contemporary Cinema, and Multiculturalism in Education are just a few of the many noteworthy courses offered during both spring and fall semesters.

Daily life in Sevilla

Living in Sevilla, Spain places students in a cultural hub rife with religious history and exciting nightlife. Students will be within walking distance of iconic architecture, flamenco shows, bullfights, and other one-of-a-kind cultural events.

Explore the complete list of courses by searching for Sevilla, Spain at [StudiesAbroad.com](#)

Areas of Study

- Business
- Education
- International Studies
- Spanish Language

Housing Options

- Homestay
- Residencia
- ISA Apartment



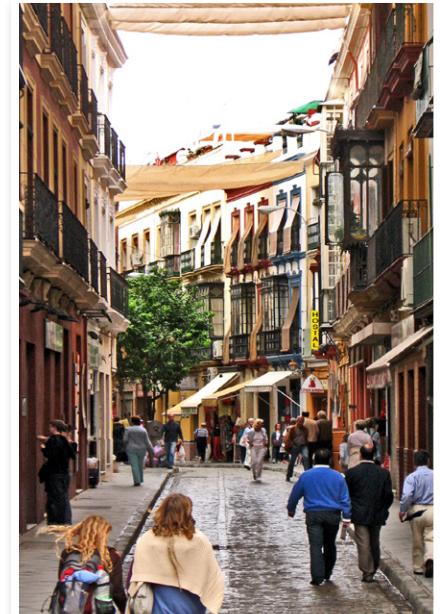
The Giralda, one of Sevilla's icons.

Plan your semester abroad

The Sevilla program is offered during the fall or spring semesters for an affordable price. Included with each semester's cost, students will receive housing, health insurance, tuition and fees and an excursion that connects the courses to a hands-on exploration of the Spanish culture.



Vibrant architecture adorns the streets in this Spanish city.



A colorful street in downtown Sevilla.

Interested in spending a semester in Sevilla? The deadline to apply for the 2018 spring semester is September 15, 2017.



The study abroad application deadline for spring 2018 programs is **September 15**.

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

From Moscow to Budapest:

Why one student is studying abroad for the second time.

You may have heard her name before. Minot native Chloe Ondracek will be taking her study of mathematics abroad—for the second time! This time, however, Chloe will be travelling to new territory in Budapest, Hungary.

Just days before boarding her international flight, we had the opportunity to ask Chloe the question on all of our minds: What is it about studying abroad that keeps her coming back for more?

Q: You studied abroad in Moscow during the entire 2015-16 academic year and now you're headed to Budapest in spring 2017. What was it about your previous experience that made you want to go abroad again?

A: During my time studying in Moscow I learned so much both inside and outside of the classroom. My experiences helped to broaden my view of the world we live in. Naturally, there were challenges but the reward was priceless. At the end of the year I had gained friends, independence, knowledge, and memories I'll treasure all my life. If my time in Budapest is even a fraction as fun and fulfilling then it'll be time well spent.

Q: What was the hardest thing about your first study abroad experience? What was the best thing about it?

A: Both the program I did in Moscow and this one in Budapest are specifically for high-level mathematics. The program is



set up for everyone to be able to do okay but I had to learn to thrive as a small fish in a large pond – to remain positive, focus on my own progress, and not practice unhealthy competitiveness. But the most rewarding part followed directly from the above challenge. The grades I earned in Moscow were tangible evidence of the work I had put into proving my ability to my teachers, peers, and most importantly myself. The confidence I gained will impact me professionally and personally for a long time to come.

Q: How do you see your study abroad experiences elevating your career in mathematics?

A: Mathematicians are lucky and have a lot of opportunities when pursuing a career. The next step [for me] is graduate school and my study abroad experiences have prepared me as best as possible for the next stage of my career. Clearly through the coursework I completed, but also through the general study habits I developed and the connections I made within the math community.

Q: What's one "bucket list" item you hope to check off during your time in Budapest?

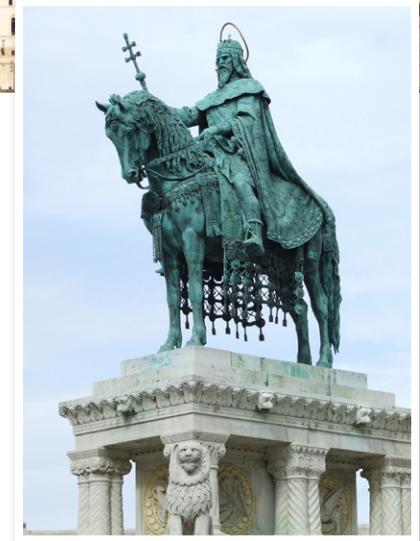


A: Honestly, just going to a new place is something I always dream about. Visiting each of the seven continents is on my bucket list, and although I've already been to Europe I certainly haven't seen all it has to offer. I'm planning to travel around Europe some during the semester as well, time permitting, so maybe I'll get to check off a few new countries!

Q: In your opinion, what do you think students will gain by studying abroad that otherwise cannot be taught at a university in their home country?

A: I think an important skill to have in life is adaptability. Living and studying abroad really helps you prepare for the unexpected. Sometimes things we think are a given aren't necessarily so in another country. For example, in Russia clothes dryers are a luxury and certainly aren't found in dorms or hotels. From an academic standpoint, homework isn't considered all that important and the majority of your grade is based off the midterm and final exams. And to learn to thrive in unfamiliar situations, one must leave home.

Did you know? Hungary has a long tradition of excellence in mathematics education.



A statue of St. Stephen is proudly displayed at one of Budapest's most visited destinations: Matthias Church.

Q: What advice would you offer a fellow college student that is contemplating study abroad, but isn't 100% sold yet?

A: There are many factors to weigh when considering a study abroad program. The process may seem overwhelming, the prospect of living and studying in a new country may seem daunting, but in the end the hands-on experiences are totally worth it.

Increased Marketability

"The benefits of studying abroad are almost endless. First of all, it is going to make you more marketable in the United States. More and more companies are realizing that they need people with experience around the world."

*Michelle Obama
Former First Lady*

A Global Perspective

"A study abroad program, whether it's a short term or a long-term program, is critical, particularly in the ever-globalizing world that we live in. For us to be learning about the world only from our desks, from our own home institutions here in the U.S., we're not getting the full picture."

*Meghann Curtis
Executive Vice President of
International Exchange Programs
via CNN*

A Competitive Edge in the Job Market

"97 percent of students who studied abroad found a job within 12 months after their college graduation. By comparison, only 49 percent of college graduates who did not study abroad were employed within 12 months."

*The University of California
via The Huffington Post*

Higher Salaries

"Students who studied abroad earned 25 percent more than their peers who did not study abroad."

*Kayla Matthews
blogger at the
Huffington Post*

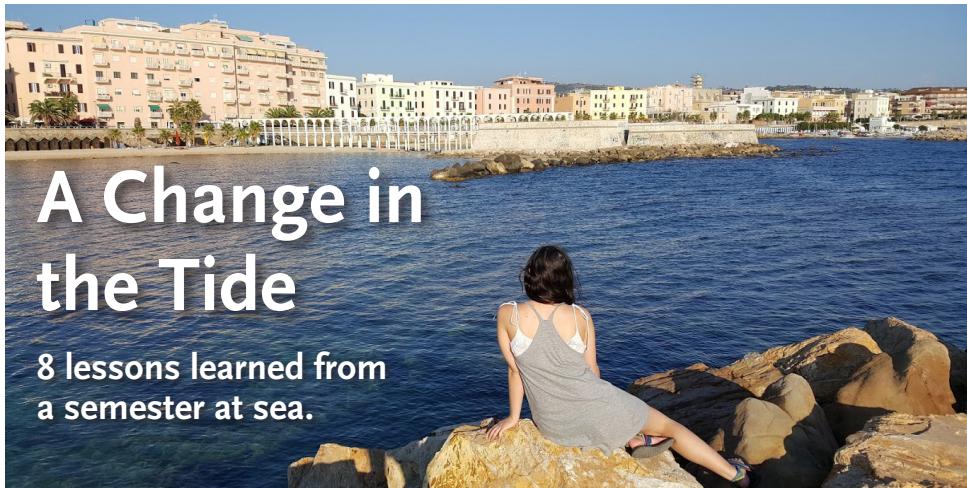
Greater Knowledge and Rewarding Experiences

"Study abroad can be one of the most rewarding experiences in a young person's life. When students return home they bring new knowledge, new perspectives, and a deeper understanding of the world."

*Hilary Clinton
Former Secretary of State
via CNN*

Why should you study abroad?

Don't just take our word for it. Here's what the top universities, employers, political leaders and news agencies have to say about the value of studying in a different country.



A Change in the Tide

8 lessons learned from a semester at sea.

Featuring Amber Cooke,
a senior at Minot State.



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

Amber Cooke, a Minot State University senior majoring in psychology from Burlington, ND, never imagined all that she would learn from her semester abroad. But after traversing the globe with 800 other students in pursuit of learning more about the world, she's since embraced the wanderlust way of life. Amber rediscovered a confidence in herself and her abilities, gained further clarity in her direction for the future and found a new appreciation for the world we live in.

Below, Amber shares the eight lessons she learned from studying abroad that have profoundly impacted her life.

1. Personal growth

"I learned how to listen more and talk less, how to judge less and understand more, and how to break the walls of my comfort zone down and grow because of it."

2. Appreciation for differences

"By getting to experience and understand so many different cultures, traditions, celebrations, and languages, I feel truly open and understanding to all ways of life and know that I am more able than I was before to interact and help people that aren't from the United States."

3. A better understanding of the world

"The most important lesson I learned was about my own life and my own country. I learned how easy and comfortable things are here versus in other parts of the world."

4. Ability to make a difference

"After going abroad on this trip I realized that I [not only] want to continue to travel, but I want to help people. Seeing firsthand how non-governmental organization's (NGO's) really can make a difference makes me want to do an internship abroad, volunteer, or join an NGO."

5. Adaptability and flexibility

"The excitement was unreal and everything was always changing, so I learned how to adapt to my surroundings quicker than I had anticipated. I realized that the only thing holding me back from doing the things I wanted to do was myself, so I decided to do them. I joined clubs, was in a musical, and sang in two talent shows. I even went bungee jumping to my own surprise."

6. Home is where you make it

"I learned how to make a tiny room with a tiny closet and a bed 3 feet away from my roommate become a safe haven."

7. Mindfulness

"Overall, I learned how to be more self-introspective and look at my thoughts and behaviors from a more outside perspective. I learned how to live disconnected from the world without a phone or internet or television and was able to learn the art of conversation all over again and truly appreciate people, their presence, their story, and all the things they have to offer."

8. Stepping out of your comfort zone

"I've seen magical places and also desperate ones. Met beautiful people, went on crazy adventures, and put myself out there more than I ever have before in my life. The ocean which previously scared me to sail on gave me strength, peace of mind, and hope for what was beyond the horizon."



If Amber's discoveries at sea inspire you, consider taking the plunge and setting sail with Semester At Sea (SAS). Minot State University partners with this program to enable students looking to view their major or academic discipline through a global comparative experience, all while getting to travel the world. The SAS study abroad program takes students on an 102-day journey to 11 different countries, 15 cities, and four continents.

Take the Next Step!

Learn more at semesteratsea.org
or e-mail us at
studyabroad@minotstateu.edu

A Semester in London

Reflections of an adventure across the pond



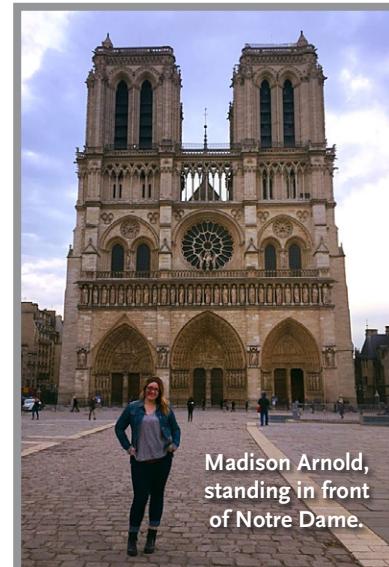
MSU senior Madison Arnold is a psychology major from Paradise, California. Below, she reflects on how leaving her fears behind and accepting the challenge of “the greatest experience of her life” (studying abroad in London) was truly life-altering in the best of ways.

Overcoming fears & gaining independence

“Once I was no longer afraid of being abroad, I was able to learn and grow in new ways. I had already become more independent while attending MSU, however, my independence grew even more when I was abroad. I had the chance to learn how to provide for myself, be aware of money and budgeting, figure out how to travel around and get to where I needed to go, and how to be okay with doing things by myself.”

Personal and professional growth

“I think my experience abroad will greatly influence my future both personally and professionally. In my personal life it will be a great inspirational story to tell my future children to motivate them to follow their dreams and desires and to not let fear hold them back. It will also teach them to experience and accept other cultures and beliefs. It has benefitted me by knowing that I did something amazing, I am the only one standing in the way of what I truly want in life, and I need to step out of my bubble and experience new things without fear of failure. In my professional life, it will benefit me in what I want to do as a career: student affairs. Having experience abroad on my résumé will set me apart from other applicants and perhaps give me a ‘one-up.’ I was also able to learn skills abroad, like problem solving, independence, better communication, and adaptability that will greatly benefit me in any job I have in the future.”



Dreams of future travel and why all students should go abroad

“I am so proud that I went abroad for a semester; it was an experience I will never regret and never forget. I hope to one day go back to Europe and the UK, especially with family and friends and be able to navigate us around and show them things I experienced while I was there. I think studying abroad needs to be something [that] more students do. It is a shame that many students think they can't afford or [can't] do it for some other reason, because traveling while young is one of the best times to do it-- this is when we have the time and the freedom to do it, as well as a more open mind.”

Where will you go?

Check out Minot State University's featured programs to begin your adventure abroad.



Fall and Spring Semester Programs

- Aalborg, Denmark (Spring only)
- Harstad, Norway
- Telemark, Norway
- Kristianstad, Sweden
- Newcastle, Australia
- Christchurch, New Zealand
- London, England
- Seville, Spain
- San Jose, Costa Rica
- Semester at Sea (multiple countries)

Summer Programs

- Salamanca, Spain
- Florence, Italy
- London, England
- Challenge Australia

Non-Affiliated Programs

Want to study in a country not already listed? If you have a destination and a program in mind, complete a Non-Affiliated Program Form to submit for approval.



NORWAY



ITALY



ENGLAND

TAKE THE NEXT STEP

You've dreamed about studying abroad for as long as you can remember. You want to explore cultures rich in history, taste the culinary diversity of new foods, and experience new adventures in dynamic outdoor environments, all while completing the courses you need for graduation.

So the question is: *What's holding you back?*

Follow these simple steps to get closer to the adventure of your lifetime.

1



Research

The Minot State University webpage for study abroad contains a variety of resources that will help you identify which programs we offer, as well as which ones will best suit your field of study, financial needs, and career goals.

2



Meet us

Did you know that MSU has an office specifically dedicated to helping you experience the world while pursuing your degree? If you've done your research and you already have your sights set on studying abroad, make an appointment to get more information with our study abroad coordinator.

3



Apply

Know where you want to go and when? Now all you need to do is apply. The process is simple. Fill out the application, get a few recommendations, and provide a deposit. You're well on your way!

4



Go

You've dreamed, researched, submitted your application and have been accepted. Now all that's left to do is buckle up and get ready for an incredible experience abroad...one that you'll never forget!

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