



Minot State  
students &  
faculty  
**ABROAD**

**Featuring:**

Jade Teske

Sarah Bogenrief

Blaine King

Dr. Terry Eckmann

Dr. Andrea Donovan



# KRISTIANSTAD SWEDEN

## **Kristianstad, Sweden gives students the feeling of home away from home.**

Kristianstad, Sweden, is located in Skåne County in southern Sweden. Founded in 1614, Kristianstad is booming with history and stunning Renaissance style architecture. Kristianstad has a population of approximately 35,000.

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

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 dog sled in

**Office of International Programs**

500 University Ave W  
Minot, North Dakota  
58707, USA

Email: [StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu)

Phone:  
(701)858-4645

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

Continued on page 2

Continued from page 1

Northern Sweden, participate in Swedish cultural activities and view the northern lights up close.

MSU Students can study in Kristianstad either during the fall or spring semesters, and can choose from a wide range of courses, available in the following subject areas: Business Administration, Humanities, Communication, Health Sciences, Swedish Culture, and Swedish Language.

To be eligible to study abroad, MSU students must have a minimum of a 2.5 GPA and a sophomore status of 24 credit hours completed.

For more information on MSU's life-changing study abroad programs visit [www.MinotStateU.edu/International](http://www.MinotStateU.edu/International) and visit the Office of International Programs.



Kristianstad, Sweden, is located in Skåne County in southern Sweden.



Kristianstad City



The application deadline for 2017 Summer & Fall programs is February 15th.

## Areas of Study

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

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

# FitBodies Fit Minds

Dr. Eckmann provides unique learning experience for students



Several corporate fitness majors have been chosen for a unique opportunity this fall and spring

semester. Dr. Terry Eckmann will be leading two separate study abroad programs in the Caribbean that will allow students to gain practical experience teaching in group exercise settings. The first of these tours will take place in Jamaica, at Secrets Resort in Montego Bay, and the second program will take place at the end of April in Punta Cana, Dominican Republic. Students in both groups will teach yoga, water aerobics, and group exercise throughout the week to a diverse set of clientele, giving them a rich cultural teaching experience.

This practical training opportunity is organized by FitBodies Inc. Dr. Eckmann has worked with FitBodies in the past, but this will be the first time the company has partnered with a university to provide students the chance to teach at the resorts. Dr. Eckmann developed the program after she shared her own working vacation experiences with her Group Exercise Methods class at MSU and several students indicated they would love to teach at a resort someday. Here, Dr. Eckmann explains how her idea transformed into something more concrete:

*Considering the initial student interest, I decided to explore the option of bringing university students to team teach with me at the resorts. At the university level, students don't have the credentials or experience the company requires but with a qualified supervisor, I thought FitBodies might consider my proposal. So, I contacted the company's owner and founder Suzelle Snowden and quickly found that we had very similar professional experiences and common friends in the fitness industry. Suzelle was excited about the opportunity for both her company's resorts and for the students. Minot State University will be the first university working with FitBodies to place students in international resorts.*

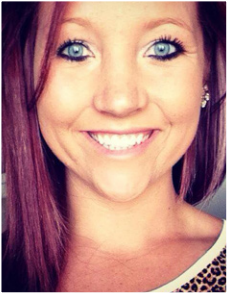
*Students interest in the program exceeded expectations, and after a competitive round of applications four exceptional students were chosen to participate in the fall and spring pilot programs. It is our hope that we continue to give MSU students this opportunity in future years to expand their horizons in the fitness industry.*

*Students who participate will teach yoga and water aerobics (and possibly another format or two). They may encounter a great deal of diversity in their teaching experience: I have taught at resorts where there has not been one English speaking person in my yoga class. Students will see the difference between teaching resort fitness vs. university or club fitness classes. They will also learn valuable networking and communications skills.*



# Teaching Fitness in Jamaica

Jade Teske



Minot State University senior Jade Teske will participate in a week-long study tour to Jamaica this fall semester.

Jade is a senior double majoring in Physical Education and Corporate Fitness. Jade grew up in a small rural town in North Dakota and this will be her first time traveling outside of the U.S. Below Jade shares with us what she expects to gain from this experience.

*I was presented the opportunity to be a resort instructor, which I found extremely exciting because I've never left the continent. I am currently teaching group exercise classes and this opportunity will give me the chance to take my experience to a new environment. I get to do this along side Dr. Eckmann who is both an instructor and mentor of mine, which will enrich the learning experience for me. I chose this program because I know it will be a good fit for my strong interest in health and wellness. This opportunity will strengthen my teaching experience and allow me to grow and diversify as a person.*

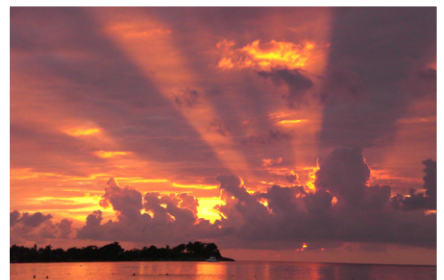
*I hope that this experience will broaden my knowledge of different cultures and different styles of teaching and learning. I hope to be able to bring back new ideas to use in my own teaching. Ultimately, I just want to inspire*

*kids to be physically active and live a healthy lifestyle, so whatever I do in my career, I hope to leave that impact on people.*

*This opportunity is going to benefit my goals immensely. Having the experience of being an international resort instructor will build my resume as well as my professional development with group exercise. I am excited to be able to provide exercise opportunities to people at the resort on their down time and possibly provide them with a new fitness experience that they will hopefully love. I look forward to learning the process of how to go about being a resort instructor so I can do it again in the future.*

*I feel very privileged to get the opportunity to teach fitness classes on a beautiful resort in Jamaica. I'm excited to see what exciting opportunities this trip will bring to the table.*

For more information on MSU's engaging study abroad opportunities visit: [www.MinotStateU.edu/International](http://www.MinotStateU.edu/International) and visit the Office of International Programs.



Sunset in Jamaica

# GLOBAL SIGHTS PHOTO CONTEST

The 2016 Global Sights  
Photo Contest submission  
Deadline is Oct 21st.

The Minot State University Office of International Programs is currently accepting entries for the annual Global Sights Photo Contest. Entries may be submitted by MSU students, faculty, staff, retirees and alumni. The 2016 submission deadline is Friday, Oct. 21 at 3 p.m.

The three categories include: 1) students; 2) faculty, staff, retirees and alumni; and 3) snapshots. Individuals may submit up to three photographs for their relevant category PLUS three additional snapshots (i.e. 3 photos for the student category and 3 photos for the snapshots category).

The top entries will be enlarged and displayed in the MSU Student Center during International Education Week in November and an electronic photo gallery will also be made available on the International Programs webpage. Winning photos will also be included in the Global Photo Sights Calendar which is available with a donation; proceeds will be used to fund a study abroad scholarship

To enter, email high-resolution files to:  
[StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu)

For full contest guidelines visit:  
[http://www.minotstateu.edu/international/photo\\_contest.shtml](http://www.minotstateu.edu/international/photo_contest.shtml)

Support MSU Study Abroad by purchasing a Global Sights Photo Contest Calendar. All proceeds will go to funding a study abroad scholarship!  
**For more info contact:**  
[StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu)



## 1st Place 2015 Student Category

*Los Baños de Doña María de Padilla*

Photographer: Shelby Pederson, MSU Student majoring in Social Work

Taken: May 2015

Location: Real Alcázar de Sevilla, Spain



## 1st Place 2015 Faculty, Staff, Retirees & Alumni Category

*Golden Temple*

Photographer: Dr. Andrea Donovan, MSU Art and Humanities Dept. faculty member

Taken: June 2014

Location: Thailand

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



*"Before studying in Thailand, I knew I wanted to pursue a career in biology, but lacked any direction as to where in the field I wanted to specialize. After experiencing Thailand I now know that I am interested in working in international environmental policy and planning in order to increase the sustainability of human life in developing areas. I also want to spend time volunteering in Thailand as a way to give back to the country that gave me so much."*

*-Sarah Bogenrief*

# Bangkok, Thailand

## A thoughtful return



Readers of the spring 2016 MSU Study Abroad Newsletter might recall being introduced to Sarah Bogenrief, a Minot native majoring in Biology at MSU who spent spring 2016 at Mahidol University in Bangkok, Thailand. Upon her return home to Minot, Sarah provided us with insight on some of the lessons she learned during her time abroad.

*Upon the start of my study abroad experience, I had virtually no expectation of what the following three months would bring into my life. I made lifelong friends from all around the world, experienced an amazing culture and variety of religions and belief systems, developed a daily routine that was unique to a life in Thailand, and made memories in a beautiful country that I will never forget.*

*I took an Environmental Issues class at Mahidol and it has completely changed my perspective on the world and how I am presently living my life. Growing up in a developed and sort of sheltered society and country, there are many events and happenings that can be lost in the multitudes of media outlets we are exposed to today. While in Thailand, many environmental issues were brought to my attention that I never would have realized if I hadn't spent so much time in this developing country. The abuse that Thailand suffers at the hands of developed countries is saddening and much of this comes directly from the environmentally reckless production of goods and the mishandling of industrial waste products. The processes used in manufacturing are not strictly monitored by agencies like in developed countries and in many instances, the waste is just dumped into the nearest water source. Seeing the repercussions of these practices, like polluted rivers and air, it is clear that change needs to happen.*



*Living in Thailand has given me a greater sense of community and appreciation of my surroundings. Thai people embrace the situations in their everyday lives without complaint. They live simply and happily with no worries in mind. They value their personal relationships, especially those with family and close friends and hold them with high esteem. This is admirable because not many people realize that the relationships they make with other people are truly important in growing and improving as an individual. I plan to work on the relationships with those closest to me because after seeing the family like bonds Thai people develop with everybody they encounter is incredible and should be the normal thing for everybody to do. Most importantly, my time in Thailand has given me a greater sense of purpose in life. I no longer feel restricted by the imaginary boundaries I set for my life goals. Meeting so many diverse and interesting people and seeing so many diverse and interesting places has opened my eyes to what can happen in life when you least expect it.*

*Studying abroad in Thailand completely changed my life and I couldn't be happier. I grew as an individual, both spiritually and emotionally, and experienced things I can't even put into words. I think this experience had positively affected my future and most importantly shown me a path which to continue my education and focus my studies. Every experience, whether negative or positive, I encountered over the course of my three months abroad shaped me to be who I am now and I cannot wait to see what my future has in store for me.*



Khmer ruins in Phimai, Thailand



Row of Earth Touching Buddhas at Wat Pho Bangkok, Thailand



Ko Chang, Ranong, Thailand

**!** The application deadline for 2017 Summer & Fall programs is February 15th.

# Life After Study Abroad:

## Where are they now?



Studying abroad can be a transformative experience for students of all majors. This past summer we caught up with study abroad alum Blaine King. Blaine graduated in 2008 with a bachelor's in physical education and corporate fitness, while at MSU he was also a member of the football team. During the spring semester of 2008 he studied abroad at MSU's partner university, Telemark University College (now named the University College of Southeast Norway) in Notodden, Norway. While abroad he took courses in Physical Education, Sports, Culture and Society. The program he attended was made up of 27 students from 11 different countries.

The University College of Southeast Norway is comprised of four campuses, located in four different towns within Telemark County. Each campus is centrally located in the heart of its community, within walking distance of student housing, stores, and train stations. MSU students can study in Telemark either during the fall or spring semesters, and can choose from a wide range of courses, available in the following subject areas: Business Administration, Scandinavian Culture Studies, Sports and Outdoor Life, Alpine Ecology/Environmental Management, Fine Arts, Physical Education, and Norwegian Folk Music.

We wanted to know how Blaine's experiences in Norway have impacted his life – here is what he had to say:

### **What impact did the study abroad experience have on your personal and professional aspirations?**

*It [studying abroad] gave me a clear path to my future. I went into the experience not sure what to "BE" or where to go with my life. The experience gave me worldly knowledge and a sharp sense of self-awareness. I gained a better understanding of current events and what I wanted for my future. I realized what was most important to my future and set new life goals.*

### **What are the big lessons you learned during your study abroad experience?**

1. Investigate and attack the greatest opportunities in front you.
2. Trade all worries, doubt and fear for hope and faith in God.
3. Most opinions are rarely 100% right or 100% wrong.
4. Always be kind to others.
5. Keep trying to be a lifetime learner.

Blaine is currently farming in Northern North Dakota and is married to wife Jenna and is the father of two boys. They raise a variety of small grain crops and sell them on the open market.





# Spain & Portugal:

A recap on this past summer's study tour led  
by Dr. Andrea Donovan

During summer 2016, MSU Assistant Professor of Art and Humanities, Dr. Andrea Donovan, organized a short-term study abroad program to Spain and Portugal. Students had the opportunity to visit the cities of Lisbon, Portugal as well as Seville and Madrid, Spain.

The emphasis of this program was to delve into the art, architecture, literature, and cultural heritage of Portugal and Spain. Students visited museums dedicated to the culture of Portugal and Spain, cultural sites, market places, and other notable and historical sites.

Dr. Donovan reflects upon the experience:

*This study tour took us to Lisbon, Portugal and Seville and Madrid in Spain. While these were the main city destinations, we visited so many other exciting destinations.*

*Lisbon, Portugal was such a beautiful city. While in Portugal we had the chance to join an excursion on the Portuguese Riviera, which*

*took us to the 19th century Romanticist Pena Palace, the delightful town of Sintra, and the coastal village of Cascais. The best experiences in Portugal were meeting delightful people, tasting delicious food, and exploring connections between another culture and history.*

*While in Seville, Spain we visited the Royal Alcázar Palace, the Plaza de España, the Gothic Seville Cathedral, and the Barrio de Santa Cruz. We enjoyed not only the architectural highlights, but also the food, and culture of Seville. In Madrid, we toured the Royal Palace, the Temple of Debod, many of the cities colorful town squares. We also explored the Prado one of the most acclaimed art museums in the world. Many of the study tour participants returned to the Prado on their own to keep discovering its many treasures! An additional city we visited was Toledo. This city provided ample opportunity to learn about culture, historic architecture, and sword making. We had the chance to observe how swords are made, all by hand!*



# UNITED KINGDOM

Spend four and a half weeks this summer in

## England

### Credits

- Students will earn up to 6 credits
- Courses are mostly arts and culture related

### Housing

- University residence halls
- Single rooms with a shared kitchen and bathroom

Cost: \$

### More Information:

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

Experience the British culture and lifestyle through the **University of Kingston** in London!

Students will take courses in British culture, architecture, society, literature, theatre and popular culture. This program is recommended for students who want to study abroad earlier in their degree programs to fulfill general education requirements.

### What's included:

- Tuition and fees
- Housing
- Activities and excursions
- Health insurance

### What's not included:

- Books
- Personal expenses
- Flights

# FLORENCE



Spend three weeks  
this summer in  
**Italy**

This unique summer program in Florence allows students with little to no experience with the Italian language to choose from several courses taught in English.

Areas of study include advertising, art history, contemporary Italian studies, environmental studies, food and culture, hospitality, literature and studio art.

## What's included:

- Tuition and fees
- Housing
- Meals (with home stay option)
- Excursions
- Health insurance

## What's not included:

- Italian visa
- Books
- Personal expenses
- Flights

## Credits

- Earn up to 3 credits for every 3-week session
- This program is an especially good option for students majoring in art

## Housing

- Option of home stay with an Italian family or an apartment with three other students and shared common areas

## Cost: \$

## More Information:

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



# 10 REASONS TO STUDY ABROAD

## TRAVEL, TRAVEL, TRAVEL!



The chance to travel! It's a big world out there – how much of it do you want to see?

## EXPAND YOUR WORLDVIEW BY EXPERIENCING OTHER CULTURES.



## EARN CREDITS TOWARD GRADUATION.



## EXPLORE YOUR HERITAGE.

Learn about your history by studying abroad in a place where your family has roots.



## GAIN NEW PERSPECTIVE.

Gain new perspective on your own country, culture, and traditions – and deepen your understanding of how you fit into the world.



## LEARN ANOTHER LANGUAGE.

When you live, breathe, sleep, immerse in another language, you will gain fluency that textbooks and classes just can't provide.

## MEET NEW FRIENDS FROM AROUND THE WORLD.

## GIVE YOUR RÉSUMÉ A BOOST.

Employers value job candidates with cross-cultural competence, problem-solving skills, and the ability to adapt to new situations.

## BUILD YOUR SELF-CONFIDENCE.

Build your independence – see what you can do on your own!



## FOOD, FOOD, AND MORE FOOD!



### Office of International Programs

500 University Ave W  
Minot, North Dakota 58707, USA

Email: [StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu)  
Phone: (701) 858-4645  
[MinotStateU.edu/international](http://MinotStateU.edu/international)

