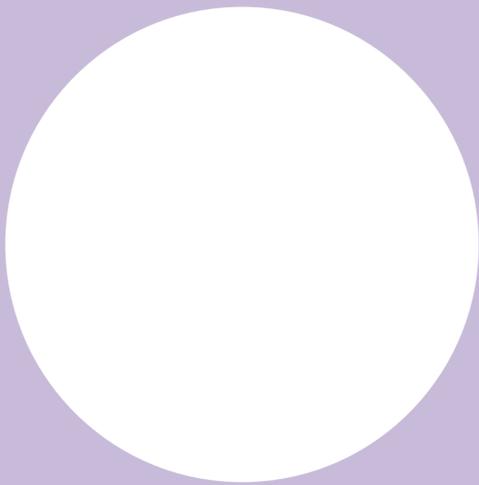


CONNECT WITH  
YOURSELF ABROAD

WORLD

COMMUNITY

SELF



Emma Bailey, IES Salamanca 2020

# SELF

## ■ Who do you want to be?

- Let's start with the basics - who do you want to be? This requires self-reflection on who you are now & what skills you want to learn. Think about what you want to get out of your abroad experience. This is the perfect time to be a little selfish and advocate for the experience you want!

## ■ What do you want to do?

- The best thing I did while I was abroad was make a goal sheet of what I wanted to accomplish. There were some very simple things like "try a new food" but there were also more complex goals like "hold a conversation with a local friend." Write down your goals and keep them in your wallet or on your phone. If you're not sure what to do, try finding a way to cross something off the list. You're only abroad for a little bit of time, so goal setting can help you make the most of it.

## ■ Which people should you bring along?

- Connecting with yourself doesn't mean you have to be alone. Find friends through your abroad program who can accomplish goals with you! You'll learn something new & have fun doing it. Find people who bring out the best in you & encourage you to try new things. Remember that the IES abroad staff are also a great support system!

## ■ How can you make it all happen?

- If you're like me, you have a lot of things you want to do while you're abroad. Leave yourself room to take a break from the action and soak it all in. Try to prioritize your goals and make a plan so you can maximize your experience but minimize your stress.

# COMMUNITY

## ■ What are you bringing with you?

- When we travel to new places, we have the opportunity to bring a little bit of our corner of the world with us. Studying abroad is all about the cultural exchange. Think about what lessons you are bringing with you from back home. How has that changed in your new community? How are you contributing to the abroad community?

## ■ What are you bringing back?

- You might be bringing something with you, but you will definitely leave your abroad experience with new lessons. What are you bringing back from abroad? How can you integrate what you learned and loved about your abroad experience with your home institution? How are you keeping track of all of it? I recommend journaling or even starting a blog of things that you want to remember. Soak up the moment & then think about how you can carry it with you back home.

## ■ What are you learning about the community?

- Another great tenet of the abroad experience is learning about a local community. You might have learned some cultural connections in classes, but think critically about what makes the community you are in unique. Check out local museums or visitors guides to get more specifics on the community you are living in.

## ■ How can you get involved?

- There are often great ways to get involved or learn more about a community. I love libraries and theatre, so I made sure to check out local university libraries while I was there. One of my most fond memories is attending a play with two of my best friends that I met abroad. I was able to support local actors & have a great time doing it. I also learned more about community arts initiatives. It was a great way to feel connected.

# WORLD

## ■ What is next for you?

- This question was always on my mind while I was abroad. I worked hard to make the abroad experience happen, so I wanted to think about what it meant in the larger context of my life. I'm still thinking about the ways my experience shaped me now. Don't wait until you're gone to start considering how going abroad is changing your worldview.

## ■ How are you interacting with the world?

- This was really eye-opening for me while I was abroad. I always loved exploring and thinking about other cultures, but studying abroad really helped me to discover the ways I was interacting with the world. I became more interested in and aware of global issues. I also found myself wanting to see more parts of the world. Since studying abroad, I've read more books with international settings and tried to be more cognizant of myself as a global citizen.

## ■ What issues are you passionate about?

- While I was abroad, I was introduced to global issues through a completely new lens. Honestly, that was one of my favorite things about studying abroad. While you're abroad, think about issues that are new to you or maybe something that you got a new perspective on. How can you learn more about this? How can you introduce other people to this idea?

## ■ What difference can you make?

- For me, I found a love of education. I always loved learning and studying abroad only made that stronger. When I think about the world, I think about education at the forefront of what I want to do. Think about something you learned abroad and how you might apply it on a global scale.