



## Minot State students **ABROAD**

Featuring:  
Alexis Moir  
Kayla Lewis  
Alyssa Kadrmas

### **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)



## **Explore the untamed beauty of New Zealand's largest city in the south**

Endless outdoor adventure awaits you in the lush, energetic city of Christchurch, New Zealand. The area's proximity to both mountains and sea means there's never a shortage of things to do and places to explore. Swimming with dolphins, epic hikes, and adrenaline-pumping white-water rafting are all on the agenda for thrill-seekers studying in Christchurch. Foodies, museum-goers, wildlife-viewers and history buffs will find an array of must-see spots that are easily accessible thanks to the city's convenient bus and train systems.

Christchurch's average annual temperature of 64 degrees will be a delightful reprieve from Minot's harsh winters. Program participants have the opportunity to transport themselves into an entirely different season since New Zealand is located on the Earth's southern hemisphere.

Continued on page 2



During the spring semester, when it's winter in Minot, it's summer in New Zealand! But if you crave cooler temperatures and powdery snow, consider studying abroad during the fall semester when you'll be able to ski or snowboard the country's famous southern alps.

Exotic wildlife and color-bursting landscapes adorn the local area, but that's just the tip of the iceberg. Students studying

*Exotic wildlife and color-bursting landscapes adorn the local area, but that's just the tip of the iceberg.*

at the University of Canterbury will leave with a much more significant souvenir: the knowledge and experience gained from attending one of the world's most prestigious universities.

The University of Canterbury (UC) hosts nearly 12,000 students and the city of Christchurch is home to around 400,000 individuals, offering Minot State students a taste of life at a larger university with plenty

### Areas of Study:

- Business & Economics
- Engineering
- Sciences
- Arts

### Housing Options:

- Apartment-style student residence
- Independent housing



of local culture and opportunities to explore.

UC offers classes for virtually all majors, however, the university specializes in business and science.

If the idea of studying abroad in New Zealand hasn't completely enticed you already, students in this program can also participate in once-in-a-lifetime opportunities through several planned excursions. Adventures such as exploring Auckland, taking a dip in the local thermal hot springs, or learning about the Maori culture through firsthand experiences are just


a few that are included.

The University offers several scholarship opportunities to help offset the costs of study abroad. Currently, UC is offering a total of \$15,000 NZD in scholarships to students studying abroad for the 2018 academic year.

What are you waiting for? Beat Minot's winter blues by exploring the majestic south pacific in Christchurch, New Zealand. For more information, set up an appointment with Minot State's study abroad coordinator ([StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu)) or visit [StudiesAbroad.com](http://StudiesAbroad.com).

### Did you know?

The University of Canterbury is ranked in the world's top three percent of all universities?

 The application deadline for summer and fall 2018 programs is February 15th.



# ISA Veritas Programs



Veritas Christian Study Abroad is a division of International Studies Abroad (ISA) that incorporates spiritual support and ministry opportunities to existing ISA study abroad programs. While Veritas and ISA share on-site staff, housing, universities and excursions, Veritas students get to take part in additional faith-building opportunities and ministry.

## Types of Ministry:

- Campus outreach
- Children's ministry
- Sports camps
- Prayer & intercession
- Special needs
- Social justice
- Orphanage ministry

## Locations:

South Africa	Scotland
South Korea	Spain
Czech Republic	Brazil
England	Chile
France	Costa Rica
Italy	Peru



## A Summer of Service

How one student combined study abroad and

Alexis Moir, sophomore and pre-nursing major from Port Saint Lucie, Florida, always knew she wanted to study abroad, but there was another underlying desire motivating her to travel the world: mission work.

After setting her sights on studying abroad in Costa Rica with International Studies Abroad (ISA), Alexis discovered Veritas Christian Study Abroad, an ISA



1. A majestic waterfall in Costa Rica. 2. Alexis zip-lining on an excursion. 3. The Costa Rica summer study abroad group.



and mission work in Costa Rica.

subdivision that allows students to combine the academic and cultural discovery of study abroad with meaningful mission work and spiritual support. For Minot State students wanting to include a faith-based component to their time abroad, ISA Veritas programs are an excellent option.

A typical day in Costa Rica for Alexis would consist of attending classes at the Universidad Veritas, exploring the city of San Jose, and enjoying the company of her host family, affectionately referred to as her “mama tica” and “papa tico.” At night Alexis would gather with the other Veritas students for a time of worship, prayer, and ministry. The mission work in Costa Rica connected students with a local social justice ministry dedicated to eliminating human trafficking in Costa Rica.

“My overall experience in Costa Rica was amazing,” Alexis said as she reflected on her study abroad experience. “I have learned so many things and grew so much as person. I’ve learned to let go and be happy!”

Not only was Alexis able to complete some of her general education requirements and impact her local community, but her outlook on life, time and friendships were



also radically changed. Rather than adhering to a strict concept of time, Alexis learned the importance and value of friendship.

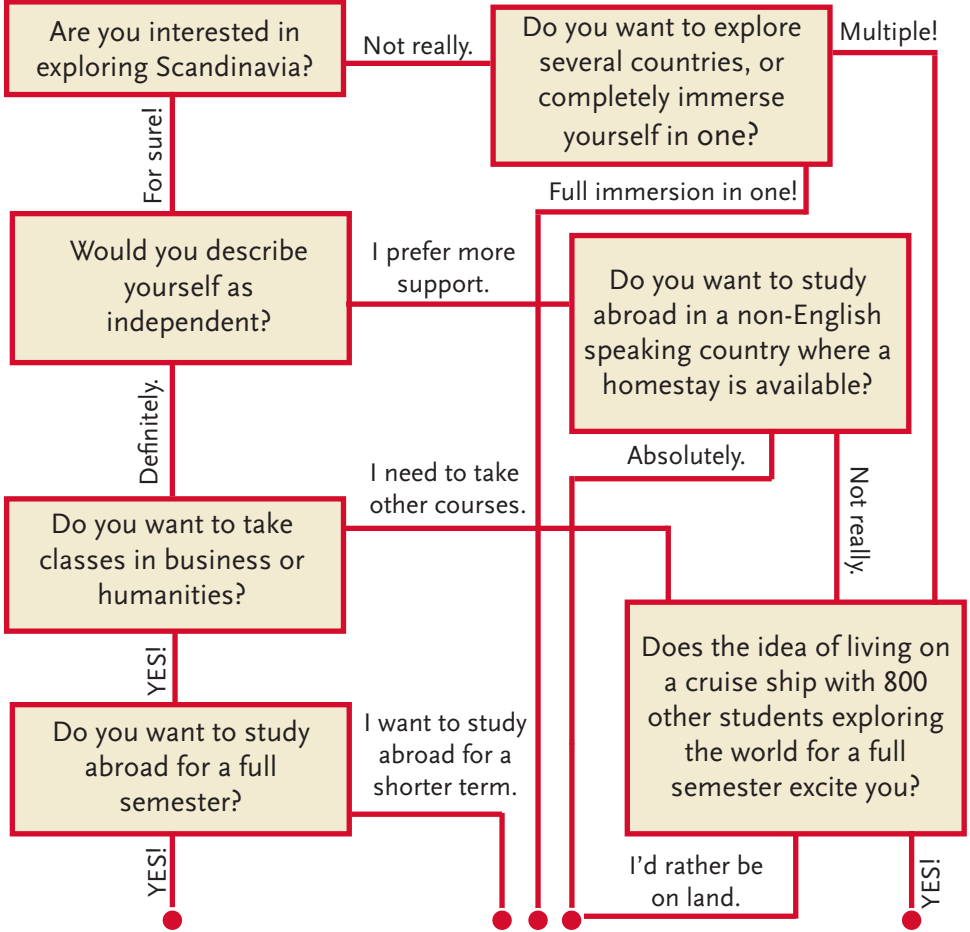
“[In Costa Rica] friendship comes before everything,” Alexis said. “When you start to put effort into the way you love and care about people more than the time you put into work and material things, you become happier.”

One of the greatest outcomes of Alexis’ time abroad was a renewed passion for mission work and the desire to serve more in the future.

“This experience made me realize that I want to study psychology and do mission work part time within my career.”

# Where Should You Study Abroad?

## START



### Scandinavian Partnership

MSU offers programs in Sweden, Norway, and Denmark for students for either the fall or spring semesters.

### International Studies Abroad (ISA)

ISA connects MSU students to nearly every continent for either a summer, semester or full academic year abroad.

### Semester at Sea (SAS)

SAS is a unique program where students travel the world visiting 12-15 different countries while taking classes on a ship. The SAS program offers semester-long voyages.



# Introducing: New Study Abroad Programs



International Studies Abroad (ISA) is one of Minot State University's affiliate program providers that offers a wealth of structured and supported study abroad opportunities.

Students can choose between Asia, Africa, Europe, the Pacific, or South America to study for either a summer, semester, or full academic year. ISA also offers programs with a wide variety of course offerings and prices so that each student can find the right program to fit their specific budget and course requirements.

Recently, ISA expanded their program options to include the following countries:

- **Amsterdam, The Netherlands**  
(Summer and Semester-long)
- **Ho Chi Minh City, Vietnam**  
(Summer and Semester-long)
- **Havan, Cuba**  
(Summer only)
- **Athens, Greece**  
(Semester- long only)

For more information, stop by the Office of International Programs to pick up a program guide or visit [StudiesAbroad.com](http://StudiesAbroad.com)

## Benefits of Studying Abroad with ISA

- Planned excursions included in the program price
- On-site staff and support
- Insurance included
- Additional scholarships available
- Homestay accommodations possible in many locations.

# The Internship: Abroad



**Three social work majors leveled up their last semester of college with an internship in London.**

You've probably heard about studying abroad by now, but did you know that Minot State students can intern abroad, too? For students in majors that require an internship, or for those simply looking to gain some additional international and professional experience, an internship abroad is the ultimate option.

This fall, three Minot State social work majors ventured out "across the pond" to experience life in a new country while gaining hands-on experience in social work. Below, Alyssa Kadrmas (AK) from Washburn, ND, and Kayla Lewis (KL), from Minot, ND, share their thoughts on what led them to take the plunge and intern abroad in London.

**Q: Think back to the moment you knew you wanted to study abroad. What was it that made you take the leap?**

**AK:** I always knew I wanted to study abroad but I was too scared to go alone. So [Kayla] came up with the idea of us going together and that's what really set my mind to completing a semester abroad.

**Q: One unique thing about your time abroad is that you get to spend it with your MSU peers. Did going abroad together influence your decision to go at all?**

**KL:** It had a HUGE influence on my decision to go. I'm not sure I would have found the courage to go without [Alyssa]. I introduced the idea to her last summer so we sent in our applications together. I think having three of us from the same class together will make a foreign place feel a little less intimidating.

**Q: You'll be interning in London this fall. Why did you choose this location?**

**KL:** Social work is so dependent on being able to communicate with people, so I knew we were going to need to go to a place where the majority of the population speaks English. That was a huge part of the reason that we ended up choosing London. It is also such a great base for exploring Europe during our time off.



**Q:** Unlike many students who choose to take classes abroad, you're going to work as an intern instead. Why did you choose to complete this experience in another country as opposed to getting an internship in North Dakota?

**KL:** I saw an internship abroad as more valuable than an internship at home because it will give us so many experiences that an internship [in ND] just couldn't offer us. London has a level of diversity that North Dakota does not, which will allow us to develop skills working with people of many different cultures and religions.

**AK:** Interning abroad will also give us an entirely different experience than we would have [in North Dakota] and it will really broaden our horizons when it comes to working within our profession after graduation.

**Q:** Complete this sentence: My time abroad will be a success if \_\_\_\_\_.

**AK:** I make a difference in the people's lives that I'm working with.

**KL:** I learn something that I couldn't have learned at home.

**Q:** What advice would you give to students contemplating studying or interning abroad?

**KL:** Just do it! It is easy to get overwhelmed by the process when you first start thinking about interning abroad, but just apply and get into the program, then take it day-by-day. Apply as early as possible to

The three Minot State students interning abroad: Alyssa Kadrmaz (left), Braydon Stockert (center) and Kayla Lewis (right).



give yourself more time to get everything in order, that way it's less overwhelming. I had many moments of anxiety (and still do sometimes, to be honest) regarding finances and moving to a foreign country, but I know it will be so worth it! Don't let fear of the unknown scare you away from doing something so valuable!

**AK:** I would say go for it! It'll be an opportunity that you won't be able to have again. It also looks amazing on future resumes and you'll learn a lot about a different culture.

**Q:** Finally, what's one word you would use to describe this upcoming experience?

**KL:** Eager.

**AK:** Thrilled.

**Want more information on Interning Abroad?**

Visit [StudiesAbroad.com/Experience/Internships](https://www.studiesabroad.com/experience/internships)  
or e-mail [StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu) to set up an appointment.

# GLOBAL SIGHTS PHOTO CONTEST



1 Send your best photos taken from anywhere in the world to: [StudyAbroad@MinotStateU.edu](mailto:StudyAbroad@MinotStateU.edu).

2. Winning entries will be enlarged and displayed in the Multicultural Center gallery.



**Submission Deadline is October 20th by 3:00pm!**  
[www.minotstateu.edu/international/photo\\_contest.shtml](http://www.minotstateu.edu/international/photo_contest.shtml)



**Minot State  
UNIVERSITY**

**CULTURE, ART &  
ARCHITECTURE IN**

# **Venice, Florence & Rome**

**An MSU faculty led  
study tour**

**June 11-19, 2018**

**Application deadline:  
December 15, 2017**

**For more information, contact:  
[andrea.donovan@minotstateu.edu](mailto:andrea.donovan@minotstateu.edu)  
or 701-858-3819**







See the world and kickstart  
your future career!



# Studying abroad as an MSU student

## Great for students of any major.

Studying abroad gives you a broader understanding and a different perspective of your subject matter.



## It doesn't have to be expensive!

We have many programs that are comparable in price to a semester at MSU – the key is to be flexible with location!

## Don't wait!

We encourage student to study abroad early in their college career because there is more flexibility when choosing classes.



## Financial Aid

You are able to use most financial aid to help pay for your program expenses.

## Study abroad options all over the world.

MSU offers many programs that range from summer, to semester and academic year long programs.

## Program locations:

**Partnerships:** Norway, Sweden and Denmark – comparable in cost to a semester at MSU.

## International Studies Abroad:

Offer over 200 different programs in 29 different countries – offers comprehensive advising and support.

**Semester at Sea:** Visits 12-15 countries in one semester – offers the most scholarships of any program provider.

## Available to all students!

All students (including international students) are able to study abroad as long as they meet the program requirements.



## We love questions!

Setting up an advising session is not a commitment to study abroad, so come talk to us!



**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)