

Featuring:

Dr. Paul Markel
Anah Farmer
Yasmine Mojica
Whitney Loftesnes
JoHannah Grosz



Czech out all that Prague has to offer!

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Have you dreamed of studying abroad but worried about how you were going to afford it? Have you imagined being able to visit multiple countries during your time abroad? Have you pictured yourself walking on cobblestone streets while sipping hot chocolate? If this sounds like you, Prague is the perfect destination. With affordable programs, a low cost of living, a central location in Europe, and a rich history and culture, Prague has it all!

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Location

The Czech Republic is located in the heart of Europe, making travel to other countries incredibly easy and affordable. The capital, Prague, lies on the Vltava River, providing beautiful waterfront and city views.



Universities and Academics

You have the choice of studying at one of two schools in Prague through ISA (International Studies Abroad). Charles University offers classes in history and culture, while the University of Economics focuses on international business and economics.

Plan Your Semester Abroad

You can study abroad in Prague during the spring, summer, or fall semester for an affordable price. Tuition, housing, health insurance, and one or more excursions are included in the program costs, allowing you to explore the landscape of the Czech Republic and surrounding countries.



Life in Prague

Living in Prague allows you to experience a new culture with a rich history. You can walk across the famous Charles Bridge, gaze at the Prague Astronomical Clock, and wander through the Jewish Quarter. With many museums, theaters, shops, restaurants and street vendors, you will have plenty of options to keep you busy!

▼ For more information on study abroad options in Prague, check out ISA's website: [studiesabroad.com](https://www.studiesabroad.com)

Psychology Programs Abroad

Approved psychology course equivalencies at
three international universities

Dear psychology students,

We are excited to provide you the opportunity to explore the field of psychology beyond our campus! We think it is an important part of your educational experience and it works with your program of study for the psychology major. Your advisor will be happy to help you create a plan. Experiencing the study of psychology from the perspective of your peers and faculty around the globe will certainly contribute positively to your broader understanding of the complexity and richness of behavior.

*Dr. Paul Markel
Professor of Psychology
Minot State University*



Featured Psychology Schools

University of Newcastle
Newcastle, Australia

University Canterbury
Christchurch, New Zealand

Kingston University
London, England



ISA students enjoying all that nature has to offer in Christchurch, New Zealand!



Study Abroad in Seville, Spain

Fall or Spring
Semesters

Areas of Study

- Business
- Education
- Hispanic Studies
- International Studies
- Spanish Language

Housing

- Option of a furnished apartment or home stay

More Information:

[studiesabroad.com/
destinations/europe/spain](https://studiesabroad.com/destinations/europe/spain)

Did you know?

Seville gets almost 3,000 hours of sun per year and is home to the famous Spanish sport of bullfighting.

Menéndez Pelayo International

University is located in Seville, a large city in southern Spain on the banks of the Guadalquivir River.

The university hosts a separate study center for ISA students, allowing participants to focus on their studies with other ISA students. Seville's history recalls events from the Middle Ages, which provides a diverse and interesting cultural background to the program.

What's included:

- Tuition and fees
- Housing
- Cultural excursions
- Health insurance
- Meals and laundry (with home stay option)

What's not included:

- Spanish visa
- Meals and laundry (with apartment option)
- Books
- Personal expenses
- Flights

What's the Difference?



How studying abroad and interning abroad provide two completely different experiences

Excerpts taken from the reflections of ISA photo blogger, Gabriela Garcia, on the differences between her studying and interning abroad experiences.

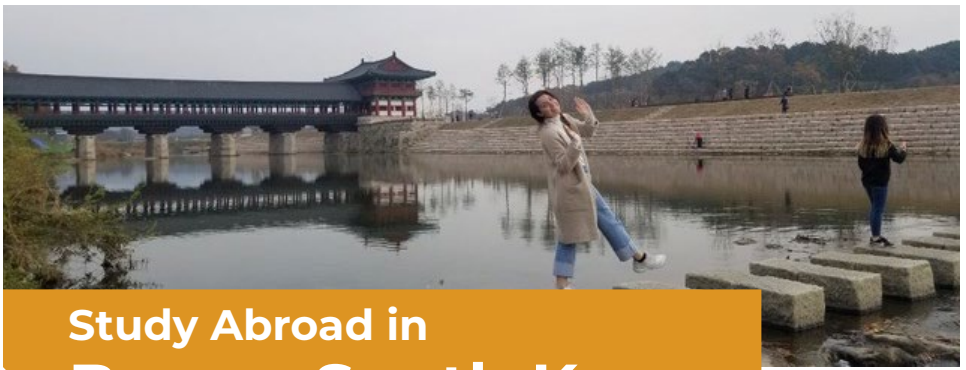
In the summer of 2016, I did a study abroad through my university in Seville, Spain, with 20 other students. Although we had not known each other previously, the fact that we were all from the same university gave us a sense of peace and familiarity when arriving to a new country.

Seville was an amazing city, and it gave me comfort that I would be returning to Spain for the fall semester (for an internship) in Madrid. However, nothing would have prepared me for the experience I am currently facing. I am not studying abroad; I am doing an internship abroad, and those two experiences are completely different.

Doing an internship abroad has definitely made me a more independent individual. I cook for myself, I ride the metro to work alone, I make new friends all on my own. The experience of being here is entirely what I make out of it. When I was in Seville, I always had someone who would go on adventures with me. In Madrid, I am forced to leave my comfort zone to make new friends, as well as speak Spanish to the locals.

Working abroad has changed how I think and work with others. I have learned valuable social skills as well as professional ones. I am no longer afraid to go fully out of my comfort zone. I've only known my coworkers for three days and we've already gone out together. Last Saturday, I went to a costume party and had an absolutely amazing time! I am so grateful for the opportunity to live in Madrid and looking forward to the weeks ahead of me.





Study Abroad in Busan, South Korea

Busan, South Korea provides vibrant city life with a close proximity to beaches. Busan caught the eye of two Minot State University students, Anah Farmer and Yasmine Mojica, who spent their Fall 2018 semester studying abroad at the Pusan National University.

Q: What made you want to study abroad in Busan, South Korea?

Anah: I knew I was going to come to South Korea but determining where was really difficult. I had been thinking about studying in Seoul because it was the capital but I thought it might be too overwhelming as a big city. Busan is still a city of 3.5 million people but compared to Seoul with over 10 million, I felt that it would be a better fit.

Yasmine: I wanted to try Busan as I knew that I wanted to try the South Korean curriculum, but not at the fast paced cityscape of Seoul. Busan was perfect because it was more laid-back, but still had the great quality that Seoul universities offered.

Q: What has been your favorite aspect of South Korea?

Anah: I don't think I can pick a favorite part about South Korea, there is so much here that I adore! For one thing, the food is really delicious and a lot of it is really cheap.

Yasmine: My favorite part was the public transportation. It was awesome to have easy accessibility going everywhere cheaply and without the need of a personal vehicle. A close second would be the location. PNU was right by a mountain and 30 minutes away were beaches!

Q: What would you say to convince another student to study abroad in Busan?

Anah: I would tell them to take the leap. Surrounded by mountains and beautiful beaches - when it comes to scenery you'll be in awe. The people here are curious and friendly and make you feel right at home. Also, it's a place full of history and the culture is so drastically different that it will challenge you in ways that you could never imagine.

▶ To learn more about studying abroad in South Korea, visit studiesabroad.com/destinations/asia/south-korea

Yasmine: I would tell them that if they want to have a stimulating educational experience but at the same time have an enriched social life, go to PNU. Right outside the campus is the young street life that is enjoyed by the locals, expats, and students alike!

Q: What do you hope to gain from your experience in Busan?

Anah: I've already gained so much knowledge and wisdom from the people I've met here, and also from just living on my own for the first time.

I expect to continue to grow in these areas as well as make lifelong friends around the world. In addition to this, you can never learn too many languages! Learning Korean is really challenging but with every language I learn, I know I am one step closer to getting to learn another one.

Yasmine: Self-assurance will hopefully be the biggest takeaway from my experience; by venturing out to a completely different social and educational sphere, I look forward to being more confident in my abilities in both fields!



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Study Abroad Alumni: Where are they now?

Whitney Loftesnes graduated from Minot State in 2011 with degrees in marketing, management, and international business.

Where did you study abroad?

I studied abroad in Lima, Peru. My Spanish instructor at Minot State took a group of students to Peru for six weeks during the summer. I had been taking Spanish classes and had developed a strong passion to continue learning the Spanish language.

What made you decide to study abroad?

I had always liked to travel, I loved learning another language, and I wanted to travel internationally. I never thought I could study abroad because I was an athlete. When the opportunity to go in the summer was available, I realized it was perfect.

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

I was thrilled with how quickly my Spanish advanced living in a household that only spoke Spanish and taking small-group Spanish classes for three weeks. The experience of studying abroad in a foreign country taught me a ton of little things that have helped me in my current career as an executive assistant as I organized travel around the world and work with others across time zones and from other cultures.

“I learned on the first day that just because things are the way they are in the U.S., does not mean that is how it is elsewhere.”

What were some of the big lessons you learned while studying abroad?

I learned on the first day that just because things are the way they are in the U.S., does not mean that is how it is elsewhere. Birthdays, holidays, even weekends can be celebrated with various different traditions in Peru. The party starts much later, there is almost always a space to dance, and the entire family blocks their calendars to join in every single celebration.



Whitney at Machu Picchu



Whitney and classmates in Lima

What was your favorite memory and how has that shaped you?

The first day our taxi picked us up to take us to school, we became packed in this traffic jam. I looked around us feeling frightened because it seemed that cars were going every direction. There were no traffic lights. I am grateful this traffic jam happened on the first day because it opened my eyes to see that many things were not going to be the same. I had new eyes and perception with everything, absorbing all that came new and not comparing it, but accepting it and considering it different, not better or worse than how we do things in the U.S.

What advice would you give college students who are contemplating studying abroad?

I believe that studying abroad is the best thing we can do as university students to expand our horizons, be challenged and grow in our studies. I contemplated doing it too, and when it came to leaving, I was really scared and nervous. However, I knew that it was going to change my life, be fun, and it turned out to be all that and more. I don't think you will regret studying abroad if you do it.

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Do you think your experience abroad helped you get where you are today?

I am currently living in Playa del Carmen, Mexico after traveling for eight months in South America. I was inspired to begin traveling because I wanted to return to Lima, Peru to visit my host family and I wanted to attend classes again.



Whitney and the group at the Huacachina desert oasis in Peru

I continued traveling in Argentina, Chile, Colombia and Mexico and absorbed as much Spanish as I could. When I arrived in Mexico, I knew I wanted to continue living in a Spanish-speaking country and live near the ocean. I was very fortunate to know someone in a company who wanted a remote executive assistant, and after seven months, I am so grateful that I still have the opportunity to speak Spanish and advance my career at the same time.

Societal Expectations

JoHannah Grosz reflects on cultural norms while in Florence, Italy

Societal rules are a major aspect of what we define as culture, and it has been insightful learning about these rules and anecdotes here in Florence. Some of them are little things, like wearing plastic gloves when handling produce in a grocery store or not wearing sunscreen. Other things like recycling and bringing reusable bags when shopping is expected here, while they are available in the United States but not necessarily the norm.

One of the rules I've encountered here that I wasn't expecting are the modesty policies that many historic sights and museums enforce. When visiting Sienna earlier this semester one of my roommates and I had to purchase extra clothing before entering Sienna's Duomo because we weren't aware of

the policy. It makes sense in the historical context, as Italy is known for being heavily Catholic. Many religions back home also consider modesty important but it is rarely enforced like it is here. You will rarely be banned from entering a church or museum because you are wearing a sleeveless top or shorts, especially at the peak of summer. It's interesting because the U.S. is also a fairly religious country, with some of our laws being directly affected by Christianity and faith often being a part of political campaigns and agendas. However, we still don't view modesty as strictly as other nations with similar histories to us.

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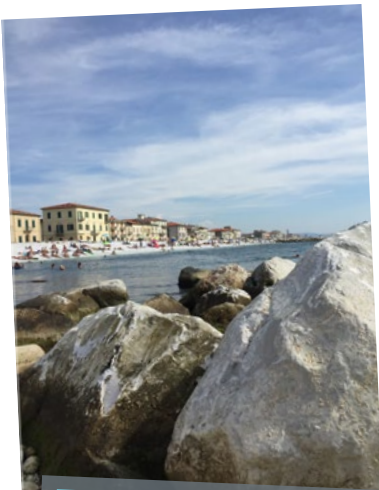
I've also found it interesting how common smoking cigarettes is here. Almost everyone I see, aside from children, smokes, whether it's a public place or residential. Cigarettes litter the streets, which is odd considering how much they push for recycling and caring for the environment.

This stands in stark contrast to the United States, where smoking is typically banned in public spaces and is generally discouraged. This rule could seem strange to an international student who is used to smoking in public, but it seems rational to me because it's how I was raised. In America, it's not uncommon to see an advertisement on TV discouraging cigarettes and other nicotine products as they've been shown to damage the body. And while that damage is recognized here as shown by the warnings on cigarette packages, no one seems to care that much.



Also, I've had to adjust to the way their medical supplies are sold. Unlike in the U.S. where most basic medical supplies are openly displayed and available on shelves, here you have to get almost everything from a clerk. Even basic things like saline solution are locked up. I was really confused by this and it took me a little while to figure it out, especially with how little of the Italian language I know.

While these rules can seem strange to outsiders, for the people living within the culture they are normal parts of life that are rarely questioned. It's been good to step out of my own culture bubble and experience a different way of living so that I can realize the strange quirks and rules that I am used to back home. While one culture isn't better than the other, I've come to appreciate some aspects of American culture that I had previously taken for granted.



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TAKE THE NEXT STEP!

Research

Minot State University's study abroad webpage 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.

Meet us

Did you know that there is 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.

Apply

Know where you want to go and when? Now all you need to do is apply. Fill out the application and you're well on your way to studying abroad!

Go!

You've dreamed, researched, and 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!

Application Deadlines

Fall Semester: February 15

Summer Semester: February 15

Spring Semester: September 15



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