

Study Abroad Connections

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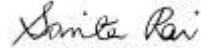
Message from the Director

Welcome all UHM faculty and students to a new academic year at Mānoa! The Study Abroad Center is continuously striving to expand the curricula offered abroad. The new "Summer in Dublin, Ireland" program is ideal for students majoring in Nursing and Public Health, as well as students who need to fulfill research requirements for their field of study. In this issue you will read about a Gilman scholar's experience in Dublin this past summer.

The Study Abroad experience is not only for students; faculty also stand to benefit from being a Resident Director. Prof. Miriam Sharma shares her experience of teaching and living in Delhi, India during the Monsoon season. Graduate students can take Masters-level classes while on study abroad in Delhi, in a variety of fields, including Early Childhood Care and Education and Gender Studies.

The Study Abroad Center can also facilitate **Independent, Self-Designed Faculty-Led Study Tours** for faculty members who wish to lead students independently. Mark your calendar (details on page 4) and attend the informational meeting!

Sincerely,



Sarita Rai

My Ireland Adventures

Michele Kather
Nursing
Dublin, Ireland, Summer 2015

I first learned about the study abroad opportunity through Dr. John Casken, who came into our nursing class room asking people to think about taking the NURS 363 nursing research class in Ireland instead of in our 4th semester. It was worth 6 credits, but the cost was very expensive. I dismissed the idea at first due to the costs, but changed my mind after speaking with family, friends, and Dr. Casken. This could be great opportunity for me to advance my career in nursing research and teaching; a career that would require a PhD.

So after many hours of meetings and orientation with the study abroad staff and mentor, Dr. Casken, I was off to Ireland. The orientation and meetings were helpful with packing lists, but nothing could have prepared me for the long 24-hour flight across the world. Surprisingly, I did not have too much of a problem with jet-lag. Since this was the first time students from UH-Mānoa were sent to Ireland to study, there wasn't much information available at the orientations, which made it a little stressful, but internet research and contacts in Ireland made the transition much easier.

The first activity of the day, after landing in Ireland, was obtaining food on campus. They had a great little grocery store that sold pizza for around \$5.00! Since I have to avoid gluten, I was pleasantly surprised to find they had gluten-free pizza for the same price. We all sat down on the picnic tables and had red wine with pizza. It is a memory I will never forget.

There are many things about Ireland that will last with me for eternity. The people were the nicest people I have ever met. We were greeted with a smile and 'cheers' or 'cheerio' by all the Irish. Every restaurant had gluten-free bread for the asking and the menus reflected any allergies to be aware of on each meal choice. Ireland also did not have any additives or GMO foods. It was a dream come true for a person such as myself, who eats a majority of organic foods to avoid GMO's. My favorite Irish food for dinner was the venison sausage with colcannon (mashed potatoes with greens mixed in) smothered with onions and gravy. For breakfast, the Irish make the best porridge in the world. This is not American oatmeal. They add just a touch of cream or milk while cooking, which adds richness. Adding honey and slivered almonds made me feel like I was eating dessert every morning. My nighttime ritual ended with elderberry cordial with lemon and water heated into a tea. Of course, the Irish love to drink and I had my fair share of the best Italian red wines with most dinners. Other famous drinks are Guinness stout and Jameson whiskey.

"When you go to Ireland, spend time with the locals, don't just be a tourist. Adventure onto side streets and go to farmers markets to find the hidden gems that most people don't see. Make friends and have fun!"

Besides drinking, the Irish love to have fun and have a great sense of humor. I was able to experience this through my travels of Ireland. My favorite place was the Aran Islands located just off the main island, which brings in thousands of tourists each year. The island we visited was only two miles wide and about nine miles long. The rain prevented us from venturing out too far in the morning and we ended up having lunch at one of the few restaurants on the island. While there, I was able to take a beautiful picture of two Irish gentlemen enjoying tea. Other than a few restaurants, the island consisted of thatched roof cottages made of stone, a few gift shops and one nursing home for the elderly. They had beautiful 5-kilometer high cliffs that you could get to by walking, driving, or biking. Many people chose to bike; unfortunately, I had hurt my knee and could not bike that day. It turned out in my favor, because I was able to talk to the local people and enjoy hearing their stories.

The following weekend, I was able to spend three days with an Irish family in their home. I loved being with them and learning about the real Irish life, rather than just doing tourist things. The conclusion is Irish families live just like we do. They work hard, enjoy wine and friends in the evening, and value family above all else. This family made me feel like I was their family. It was heartbreaking to leave.

My last thoughts, as I was walking to the airport bus at 5:00 am on campus, were the wonderful people I met and how much I'll treasure my relationship with my mentor, Attracta Lafferty. The social psychologist was a perfect match for me as she guided me in my research of older family carers (caregivers) taking care of people with dementia. She gave me the unique opportunity to use unpublished data from the national survey of Ireland to do a true research project, rather than a literary review. My love for older people and mental health had torn me in two. Which one should I do in nursing? She taught me that I could do both as a specialized nurse and helped me to see that yes, I love research and would love to continue in this direction. As I was thinking these things, I looked up to be greeted by a red fox. He was bidding me farewell and a safe return home.

As a side note, anyone who is thinking of going to Ireland to study abroad should seriously consider it. I was able to get the Gilman scholarship to help with expenses. Don't be afraid to apply for money. It is so helpful. Make sure you pack as light as possible and save room for gifts. You can wash your clothes on campus. When you go to Ireland, spend time with the locals, don't just be a tourist. Adventure onto side streets and go to farmers markets to find the hidden gems that most people don't see. Make friends and have fun!



Being a Faculty Resident Director in Delhi

Miriam Sharma
Professor, Asian Studies
Resident Director, Delhi, India Fall 2014

I spent the fall 2014 “Monsoon Session” as the faculty Resident Director for our fairly new Study Abroad Program at Ambedkar University in Delhi. As someone long married to India (my late husband, Jagdish P. Sharma—UHM History Emeritus—was from a village near Delhi) and who has been visiting and doing research in rural areas since 1965, this presented a memorable and challenging experience—one that I would highly recommend to faculty and students alike.

I experienced living in a huge and often rambunctious city of over 17 million~~e~~s (figures vary, but it is the second largest city in the world, after Tokyo) that is the capital of a diverse nation of over 1.25 billion people. As the nation’s center, Delhi presents a window on a rich cultural and vibrant political scene. I used the extremely efficient—if very overcrowded—metro to get from my lodgings to the university, but must admit this is the only place where women rule. The separate and short security lines and separate car reserved for females (who could also go in any other car) was a real blessing. The metro is also clean, efficient, and spreads all over the capital, and so this was my main mode of transportation, day and night. I was also fortunate to locate an extremely comfortable flat near the city center.

The University campus is located just one metro stop from the famed Chandani Chowk—the gateway to “Old Delhi”—and is a relatively young (founded in 2007) and innovative institution. Founded on the principles of famed freedom fighter and Dalit leader, Babu Rao Ambedkar who fought for social justice and equality, it offers an interdisciplinary undergraduate degree in the social sciences and humanities along with a number of specialized graduate centers.

The faculty are young (at least from where I stand!!) bright, and progressive with a lot of intellectual stimulation on campus. I was affiliated with the Sociology Department and taught two classes that were open to second and third year Indian students who took these as electives; Civilizations and Societies of Asia (Asian Studies 312) and Globalization and the “New” Indian Middle Class (Asian Studies 493) with a focus on youth.

Teaching was the highlight and most of my interaction was with the students, those in my classes as well as those I met. They were, for the most part, extremely bright and fluent in English, if—like students at UH—not always that motivated. Some of the students were quite vocal in the class and heated and stimulating debates between them were not unusual. Those who were really brilliant were an absolute real pleasure to teach. Challenges did present themselves, basically in terms of adapting to a different university and teaching structure as well as to teaching amenities that we take for granted (i.e., IT, library, duplicating services). However, the IT Director and his staff, as well as the “Aunty and Uncle” who ran the Duplicating “closet” with two ever-whirring machines, were unbelievably kind and always helpful with the numerous request.

A main achievement for me personally was the vast improvement in speaking Hindi—thanks to becoming addicted to watching Hindi films on the TV (soap operas are something else!!), being able to visit my *sasural* (husband’s village) and other relatives on several occasions, as well as travel to Jaipur, Varanasi, Mussoorie, and Kolkata to see dear old friends and visit the universities with which they were affiliated. I also had a wonderful stay at the Manorama School of Communication at Kottayam in the south Indian state of Kerala, founded in 2002 and recognized as one of the premier journalism training centers in the country. I was able to meet and talk with budding journalism students and its extraordinary Director, K. Thomas Oommen. Truth-be-told, my real highlight was two visits to a “traditional” Ayurvedic clinic for an absolutely miraculous, oil-slathering massage on a hard wood plank table.



As a new study abroad venture for UHM, we have not yet been able to attract a significant number of our students and, hopefully, that will change in the future. For them, the program represents a unique total immersion in an Indian university and society—both academically and socially. It represents the same for faculty as well as providing the opportunity to teach in a very different environment, engage with other scholars, and explore research opportunities,

Delhi and India are changing unbelievably rapidly, and are far from representing the exotic, colonialist nostalgia of *Passage to India* or *Jewel in the Crown*. But, while certainly different from Hawai’i and presenting multiple challenges to one’s proverbial “comfort zone,” the experience is definitely unforgettable and transformative.



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Fall 2015 Calendar at a Glance

Teaching and Researching Around the World: Could You be the Next Resident Faculty Resident Director?
Fri., September 11
 11:30am - 12:45pm
 KUY 106

Study Abroad Fair
Wed., September 16
 9:00am - 2:00pm
 Campus Center Mall

Informational Meetings
Sep. 17 – Oct. 8
 Check website for details

First Steps to Study Abroad: Study Abroad 101
Mon., September 21
 3:00pm - 4:00pm
 Moore 105

How to Fund Your Study Abroad Program
Thur., September 24
 3:00pm - 4:00pm
 QLC 208

Independent Faculty-Led Study Tours Info Meeting
Fri., September 25
 11:30am - 12:45pm
 Moore 319

Summer 2016 Faculty Resident Director Application Deadline
Fri., October 2

Spring 2016 Student Application Deadline
Thur., October 15

Fall 2016 & Spring 2017 Faculty Resident Director Application Deadline
Fri., November 6

Meet the next Resident Directors

... and the exciting courses they are teaching abroad!

Spring 2016

London, England

Marcus Daniel marcusd@hawaii.edu

HIST 348: Black Britain: Slavery & Race in the Making of Modern England
 HIST 452C: Film and Society in Post-War England

Paris, France

Kieko Matteson kieko.matteson@hawaii.edu

HIST 346: Modern France - 1800 to the Present, Paris Edition
 HIST 445: The French Revolution and Napoleon

Florence, Italy

Veronica Bindi bindi@hawaii.edu

PHYS 109: Physics in the Arts
 HIST 394: History of Science - Antiquity til 1700

Machida, Japan

Anne Freese freese@hawaii.edu

ITE 360: Introduction to Multicultural Education
 ITE 399: A View from Abroad: Experiential Learning & Inquiry

Seville, Spain

Anne Shovic shovic@hawaii.edu

FSHN 185: The Science of Human Nutrition
 FSHN 370 (O*): Nutrition Throughout the Lifespan in Spain and the U.S.

**pending*

Dare to Discover,
 Dare to Learn, and
 Dare to Understand