

Volume 2

2019

# *EXPLORE YOUR WORLD*



Cover photo by Diane Bisciglia

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faculty, and alumni of Austin Peay State University



# *Greetings from Faculty Advisors*

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We are pleased to present the second issue of the APSU Study Abroad magazine. This publication materialized thanks to a SASI grant, a constant support from the APSU Office of Study Abroad and International Exchange, and to everyone who submitted their work to this magazine. In addition, our special thanks go to our student Editorial Board – Kasey Burns Kuzma, Sam Brown Melber, Amy Hotchkin, and Jamie Hotchkin - because they went above and beyond to prepare this second issue. The main goal of our magazine is to highlight student creativity through their stories, photographs, and other forms of inspiring and stimulating expressions obtained during their studies abroad and adventures. Another important objective for this magazine is to show students the advantages of studying abroad. Studying in another country improves language skills, impresses potential employers and develops confidence. Furthermore, it allows students to explore the world, experience a different teaching and style, learn about new cultures and perspectives, make lifelong friends and discover career opportunities abroad. For all of the above mentioned, we believe in the importance of this publication. Therefore, we encourage you to continue submitting your stories, photos, poetry, short essays and drawings that transpired from your study abroad experience.

Sergei A. Markov

John W. Steinberg

Oswaldo Di Paolo Harrison

Faculty Advisors

# *Editor's Note*

Dear Austin Peay Students:

As editors of the second issue of the Explore Your World study abroad magazine, it is our hope that the rich experiences relayed through these pages inspire you to take your own journey. As former, current, and future study abroad alumni, we can personally attest to the life changing influence that these programs offer. It is our goal to share these stories and pictures as seen through the eyes of our fellow students and esteemed faculty in order to stimulate a thirst for global travel and education. We hope the information provided will allow students to make informed decisions about where, what, and why to study abroad and that the ensuing experiences broaden your cultural and academic world in wonderful ways.

Happy travels!

Kasey Burns Kuzma, Co-Editor-in-Chief

Samantha Melber, Co-Editor-in-Chief

Amy Hotchkin, Copy Editor and Graphic Design

Jamie Hotchkin, Copy Editor and Graphic Design

Editorial Board Staff Members



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# *Who Can Study Abroad?*



Fallen Lighthouse, Half Moon Cay, Belize  
-Samantha Melber

A mind that is stretched by a new experience can never go  
back to its old dimensions

-Oliver Wendell Holmes



Argentina



London

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Rome

Study Abroad at Austin Peay State University is a program through the Office of Study Abroad and International Education that offers the opportunity to explore your world. They offer over 30 programs along with foreign exchange opportunities, consortium/Third-Party Programs, and Internships abroad.

The most frequent question that arises from prospective students is if they are eligible to participate in the study abroad programs. Austin Peay requires that the student is in good academic standing and does not have any recent code of conduct violations.



Poland



Japan

Please see Dr. Chandler or Paige Williams at the Office of Study Abroad and International Exchange located in the International White House next to McReynolds on Drane Street. You may also visit the website <http://www.apsu.edu/study-abroad-exchange/study-abroad/> for further information.

The second edition of Explore Your World study abroad magazine conveys the stories of students of non-traditional, diverse background, and financially challenged students.



Italy

More info at <http://www.apsu.edu/study-abroad-exchange/>

# Growth of Study Abroad

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2017-18

Fall 2017:  
Quebec: 1  
Japan: 1

Winter 2017:  
Trinidad: 10

Belize: 11  
CCSA London/Dublin: 4  
CCSA London Theatre: 4  
CCSA London Arts/Lit: 4

Spring 2018:  
Korea Exchange: 1  
Austria Exchange: 1  
Quebec Exchange: 1  
Italy Exchange: 1  
Spain Exchange: 1

Spring Break 2018:  
Trinidad: 12  
Ireland: 14  
Guatemala: 10

Summer 2018:  
Argentina: 10  
Costa Rica: 9  
Japan: 13  
Poland: 10  
Quebec: 4  
Spain: 15  
CCSA London: 2  
Italy: 1  
France: 2

TOTAL 2017-2018: 142

2018-19

Fall 2018:  
Austria Exchange: 1  
Spain Exchange: 1  
Italy Exchange: 2  
Korea Exchange: 1

Winter 2018:  
Trinidad: 13  
Belize: 12  
CCSA London/Dublin: 2  
CCSA London Arts/Lit: 1  
CCSA London Winter: 16  
Japan: 1

Spring 2019:  
Austria Exchange: 2  
Korea Exchange: 1  
Germany Exchange: 2

Spring Break 2019:  
London Criminal Justice: 19  
London Communication: 18

Summer 2019:  
Argentina: 8  
Austria: 4  
Costa Rica: 9  
France: 5  
Japan: 10  
Poland: 5  
Rome: 9  
Spain: 25  
CCSA Ireland: 2  
CCSA London Late: 1  
CCSA London: 2  
Korea: 1

TOTAL 2018-2019: 173

Every year the Office of Study Abroad and International Exchange is adding more opportunities and locations to study abroad. New programs to Aix-en-Provence, France; Maypen, Jamaica; and Jinga and Kampala, Uganda were recently added.

There were more students who participated in exchange programs than last year and more programs went in the summer of 2019 than in past summers.

The Office of Study Abroad has seen an increase of students participating in programs of over twenty percent in just one year.





## *Mother and Daughter Studying Abroad*



Neither my mother nor I had been out of the country before the summer of 2018. I made the decision to go to Poland to study history and my mother went to Argentina to study Spanish. Because we both studied abroad, we can understand each other's experiences better. Studying Abroad is such a unique experience. It can be hard to explain to the people around you what it is like. Having a member of my family study abroad at the exact same time I did was amazing. I was lucky enough to spend a month in Poland and my mother spent a month in Argentina. I had never been away from my mother for longer than a couple of weeks, but because of our separate trips we ended up not seeing each other for two months! It was really hard at first, because I missed her so much. I soon realized how amazing it was that she was able to Study Abroad. My mother is a non-traditional student. She started attending Austin Peay in 2017, my sophomore year. Being a non-traditional student is hard enough, and studying abroad as a non-traditional student must have been a lot harder.



My first night in Poland was intense. I had expected my cell phone to work internationally but once we landed in Krakow, I realized that my phone wasn't going to. I was freaking out because I had no way to contact my family. That first night I sat in my room trying to figure out how I was going to make it the entire month. I ended up purchasing a new phone in Krakow and I was able to get an internet connection in my room to video chat with my family.

One night we were able to set up a video chat with my father in Tennessee, my mother in Argentina, and me in Poland. Once we were able to communicate regularly I was able to relax and really enjoy my trip. In Poland, we studied eastern European history and the holocaust. We traveled around southern Poland into towns like Tarnow, Lublin, and Zakopane. Many of our excursions were very emotional, and it was very important for me to be able to talk to my mom and dad after these days.

-Jamie Hotchkin



As Jamie said, I had never been out of the country. Any time that I had traveled had been with my husband, so going to Argentina was an enormous step for me. And to be honest, it was probably better that I was already gone when Jamie left. I do not know if I could have held myself together to watch her leave. But, like Jamie, my first night in the country was also stressful. Our flight was nine hours, then a four-hour bus ride from Buenos Aires to Rosario. We then went to UCEL, Austin Peay's partner school, where we met our host families. I am an older nontraditional student, so I felt uncomfortable about staying with a host family. I thought it would be awkward; I knew very little Spanish and felt completely lost. When I finally got in to my bedroom and was alone, I broke down into tears and wondered what I had gotten myself into! But then I knew I wanted to talk to my family and that Jamie would be leaving for Poland soon and I didn't want to scare her. So, I got myself together and called. Ten days later, Jamie left for Poland. When she called me that night, I knew exactly how she felt; I also knew that it would get better. In fact, by the time that she was having her first night jitters, I was ready to stay in Argentina forever! And, by the way, my nontraditional status did not matter at all, my host mother was amazing!

Anyone who has studied abroad knows how much they want to talk about it when they get back. It is truly a life changing experience and people who haven't gone get tired of hearing why. The fact that Jamie and I both were able to go on these trips and then also had each other to share them with makes them mean even more to us both. Jamie is the only person in my life that honestly looked at every picture I took, and I looked at all of hers. We still, a year later, listen to the stories about things we did in our respective countries. No matter how many times we have already heard them.

As a mother, I have wanted to give my children the world. The fact that Jamie earned it and did it herself makes me so proud to be her mom. She is way braver than I ever was. Amazingly, we both have the opportunity to study abroad again, and I can't wait to hear her new stories and look at her hundreds of pictures again and again.

-Amy Hotchkin

One of the benefits of studying abroad is the wide array of souvenirs that you can bring back to your friends and family. Jamie and I both bought for several people, but the most special trinkets that we brought back were the heart necklaces that we inadvertently choose for each other. I bought Jamie a heart pendant made of rhodochrosite, the national stone of Argentina and Jamie bought me one in amber, a major export of Poland. We both brought back a piece of our trip for each other that we can wear and carry our hearts with us always.



# Student stories and recipes

***“Food is our common  
ground, a universal  
experience.”***  
**-James Beard**

# Frybread from

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## Different Cultures



It cannot be understated how important bread is in many different cultures. There's always some type of homemade bread being served around the table no matter where you travel. Well, you couldn't imagine my excitement to find one so familiar on my trip to Belize this past winter.

A few days into our trip the wonderful Maggie Cervera told us she was going to make fryjacks for our breakfast the next morning. I was curious because I love to cook, and I had never heard of them.

When we awoke the next morning, we all ran to the kitchen to learn. As she pulled out the ingredients, I got more and more excited because I started to realize I knew this recipe! Maggie was making frybread!

As an Akwesasne Mohawk woman from upstate New York, I can say without any doubt, that I love making frybread. It is what it sounds like; a simple dough, dropped into hot oil to fry.

It can have sweet toppings, savory oppings, or just be plain. It's delicious. Maggie's recipe was so similar that I couldn't believe it. The only big differences were the shortening and that she lets her dough rest! That's why Maggie's fryjacks were fluffier and my frybread lays flat.

So, it makes sense that Belize natives like to fill their bread with the good stuff while we stack it on top. It was so amazing to me how two different women from completely different cultural backgrounds could be so similar when it came to their cooking.

It was fun and enlightening to see how another culture made such a similar staple. It just shows how food can be universal. If it's good, it's good.

-Samantha Melber





# *Fryjacks & Frybread*

## Maggie's Fryjacks

- 2 cups all-purpose flour
- 3 tsp baking powder
- 1/4 tsp salt
- "a little bit of shortening"
- 1 cup water
- oil (for frying)

For Maggie's Fryjack recipe you mix all dry ingredients and then use your hands to pinch in the shortening. Once there are no lumps of shortening left in the bowl (only very thin flakes) you slowly add the water and mix. It will be tacky but just oil your hands a bit to avoid this. Once all the water is mixed let the dough rest for 20 mins. Once the dough has rested, grab hands size balls and flatten them out. This should end up 5 or 6 inches in diameter. You then cut that in half and fry until golden brown. Once fried you can tear it open and stuff it full of great stuff!



## Sam's Fry Bread

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk + 1/2 cup water
- oil (for frying)

For my frybread recipe you start the same. Mix all the dry ingredients together in a mixing bowl. You then slowly add the water/milk mixture to the bowl while mixing. Keep oiling or flouring your hands to make sure that they don't get too sticky and then put them straight into the fryer. They will get golden very quickly and will only have a few fluffy spots. This is why it's such a great plate!





## Ms. Ciello's Homemade Alfredo Sauce

Cesar Chavez, American labor leader and civil rights activist is quoted as having said, "If you really want to make a friend, go to someone's house and eat with him...The people who give you their food give you their heart." This sentiment rings true all over the world. Food is synonymous with love. Study Abroad programs have allowed Austin Peay students to share meals, recipes, culture, and love in countries around the globe.

My host mother, an Argentine with strong Italian heritage, shared her home and kitchen with me for a month in the summer of 2018. I have never had a love of cooking. I do it because I must. However, sitting in the kitchen with Ms. Silvia Ciello, chatting in my stilted Spanish, she would cook, sing, and put meals together so beautifully. She would always throw in some "sabor tropical," (tropical flavor). I am still not sure what that meant, but I can hear her singing it like it was yesterday. She touched my life in a way that no one ever has before.

When I returned home, I wanted to share every minute of my trip with my family. One way I did that was by making Ms. Ciello's homemade alfredo sauce on ravioli. It is super simple, but in the words of Anthony Bourdain, "Good food is very often, even most often, simple food."

-Amy Hotchkin

### Alfredo sauce

Serves: 2; Time: 10 minutes

1 cup Mexican crema (found near the sour cream)

2 cloves of garlic, finely chopped

¼ cup grated parmesan cheese

salt and pepper to taste

Olive oil

On medium high, heat olive oil in a sauce pan.

Sauté garlic for one minute.

Add crema and parmesan cheese, stirring constantly.

Allow to heat through, being careful not to burn.

Salt and pepper to taste, and Voila!

Pour sauce over prepared ravioli, or your favorite pasta, and enjoy.

Simple, fast, and delicious! Every time I make this recipe, it takes me back to Argentina, and that Sabor Tropical.





## *Pierogi in Poland*

Unlike other programs, I didn't stay with a host family, therefore my experience with food was different. We went to restaurants every night, so I didn't have any home-cooked meals. The food was still a big part of the trip. Polish food is amazing. A staple Polish dish is pierogis. We went to a restaurant in Warsaw called Zapiecek. It was so good that we went two nights in a row. They had every kind of pierogi imaginable. The first night, I had a spinach and ricotta cheese pierogi with a garlic butter dipping sauce. It was so good and so filling. The second night, I had dessert pierogis, half were strawberry, and half were blueberry. These were served with a sweet cream dipping sauce. Pierogis are a big part of Polish culture. I was so inspired that I bought a cookbook so I could share this with my family. I decided to make the most basic of them: "Pierogi Ruskie." This is a standard recipe, just a potato and ricotta filled dumpling, with an onion based dipping sauce.

-Jamie Hotchkin



# *International Night*

Interview with Jasmine Staten and  
Khalym Johnson





**WHAT STUDY ABROADS  
HAVE YOU PARTICIPATED  
IN?**

**WHAT IS THE  
INTERNATIONAL FAIR?**

**WHAT INSPIRED YOU TO  
STUDY ABROAD?**

**WHAT WAS YOUR FAVORITE  
FOOD AT THE  
INTERNATIONAL FAIR?**

**WHAT WAS YOUR FAVORITE  
FOOD AT THE COUNTRIES  
YOU STUDIED AT?  
(DESCRIBE IT PLEASE)**

**Jasmine:** Spain (2017)

**Khalym:** CCSA Belize (Summer 2015), APSU in Argentina (2016), and upcoming COMM in London (Spring Break 2019)

**Jasmine:** It is an event that brings representation of cultures from around the world to Austin Peay. It is an opportunity for students to learn about the world around them without sitting in a classroom.

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**Khalym:** I'd like to think of it as an event where people show-off their culture! It is a learning experience for all that attend.

**Jasmine:** As a language learner, I saw study abroad as an opportunity to improve my fluency. The best part about it was that I learned way more than I thought I would.

**Khalym:** I have always had a passion for traveling. When I was young, I had the pleasure of doing some traveling to different places around the globe. My mother was an avid traveler when she was my age. So, I think my desire to experience the world, and my mother's influence propelled my appetite for traveling.

**Jasmine:** I loved the paella from the Spanish table, and the dishes from Senegal were delicious.

**Khalym:** I actually am not a picky eater. If you put food in front of me, I will eat it. I really enjoyed all the foods I tried on International Night.

**Jasmine:** In Spain, I loved the paella. My absolute favorite dish was one that my house mom made. It was rice, and over easy egg, and tomato sauce.

**Khalym:** In Belize, I really enjoyed hogfish. While staying in South Water Caye in the Caribbean, a couple of the locals caught some of this fish and grilled it. It was tasty and quite savory. Argentina has so many different influences in their cuisine, but there was one thing that still stands out versus all the other foods I tried. I like pizza, but I do not absolutely love pizza. But, I went to a little pizza shop in Rosario, AR and had a cheese pizza with just garlic oil. It was the best pizza I have ever eaten!

**HAVE YOU TRIED TO MAKE IT ON YOUR OWN?**

**Jasmine:** Yes!

**DID YOUR HOST FAMILY SHARE ANY SECRET RECIPE?**

**Khalym:** Nope! I would be willing to though.

**HOW OFTEN DO YOU CRAVE IT?**

**Jasmine:** My house mom did!

**Khalym:** My host family did not share any family secrets, but they introduced me to many foods that I would have never tried like thyroid glands and intestines of cow (both were delicious).

**WHAT WOULD YOU TELL FUTURE PROSPECTS FOR STUDY ABROAD?**

**Jasmine:** I eat it at least once a month.

**Khalym:** Because you asked, I am actually thinking about those foods now. Why would you do this to me?

**DO YOU PLAN ON STUDYING ABROAD AGAIN?**

**Jasmine:** I would tell them that wherever they go, the experience will be worth it. They will learn more about themselves than they ever imagined. Studying abroad is a life changing experience.

**Khalym:** For anyone interested or this is their first time studying abroad, immerse yourself in the culture. You will get a wholesome learning experience, and you will have memories that you will never lose. get involved with as much as you can!

**Jasmine:** Absolutely! I will be the student assistant for the Spain 2019 trip, and I am so excited!

**Khalym:** Absolutely! I am going to London for my third study abroad during Spring Break 2019. I cannot wait!

Khalym Johnson



Jasmine Staten



*North &  
Central  
America*

More info at <http://www.apsu.edu/study-abroad-exchange/>

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Founded in 1994, Austin Peay's Study Abroad in Québec program is an intensive French immersion experience. Located in the heart of the Saguenay region of Québec, Canada, the Université du Québec à Chicoutimi is about two hours north of Québec City in a region that is 99% Francophone.

Students study French at the École de langue française et de culture québécoise in a well-rounded program which includes classes, taught all in French, with students from around the world; a homestay experience with warm and carefully selected French-speaking host families; and a wide variety of organized sports and activities, from canoeing, yoga, journaling, and hiking, to dance, improv, theatre, and music ensembles. Activities are led by college-aged animateurs and animatrices who enthusiastically share their expertise and love of Québec culture. Weekend excursions may include Québec City, a trip to the fjords of the Saguenay River, the Lac St. Jean region of Québec, and whale watching excursion on the upper St. Lawrence River. Three- and five-week options are available for APSU students. Prerequisite: two semesters of college-level French or the equivalent.



Photos by Brandie Johnson



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**Belize: Live on an island and dive into the ocean.**

Indiana Jones-like travel waits for you in Belize. Belize has everything for such adventure, from untouched jungles with exotic plants and animals to Mayan ruins and Caribbean Sea with corals, dolphins, turtles, and barracudas. You will spend 10 days there, mainly on an island and partly on a mainland. The trip will be organized by APSU in cooperation with the Belize Marine TREC, the marine biodiversity conservation and research organization.

Your main destination will be the island of Ambergris Caye, full of coconut trees, surrounded with crystal blue water and just few feet away from the second largest coral reef in the world! Your days here will be filled with open ocean adventures: boat trips, snorkeling, and dolphin chasing. Visiting ancient Mayan sites in jungles takes you back through time. Belize was once the center of the Ancient Maya Civilization. You will see Mayan ruins at Lamanai (Belize) and will climb Mayan pyramids.

No foreign language is necessary. Belize is an English-speaking country.



Photo by Andrew Close



Photo by Alicia Saaty



Photos by Sam Melber

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Marine Biology Course – BIOL 4700/5700 (10 days)

Facebook page: <https://www.facebook.com/apsubelize/>



**Belize**

# Student Highlights:

## Belize

### Belize it or Not

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Being a non-traditional student, I never thought I would be able to study abroad. It wouldn't be feasible. I have 2 children, a husband in the military, and a life I thought that wouldn't be able to continue running smoothly without me there running it. As it turns out, I've never been happier to be wrong about something in my entire life. Before the experience of traveling abroad I felt neurotic, anxious, nervous, and every manner of stressed. I won't say that by traveling to another country I've completely cured that but, I can say without a doubt that the things I would normally stress over endlessly in my daily life, seem less dire now. Whether it is the way I communicate, or the way others perceive my behavior, I've learned some incredibly valuable lessons by simply experiencing a different culture. It's strange to put the words to paper but I feel genuinely changed from this trip and I hope to be able to expound upon it without sounding too puerile.



First of all, the idea of traveling for as long as we had to travel to reach our destination sent my stomach into its own jig of apprehension. When was the last time I was on a plane? What if they lose my luggage? Can I go to the bathroom on the plane? Does everyone stay together? As a 32-year-old woman whose been a mother since her teenage years, you'd think there would be no hesitation on my part to just step forward and make sure all my questions were answered. Unfortunately, my lack of experience when traveling anywhere by plane kept me anxious and hesitant to step forward. Why is that? At my age, you'd think it would be no problem. But as we all eventually realize, age is nothing when laid against experience. After my 2nd flight of the day, I felt like seasoned pro despite my slight air sickness and swollen legs. I had this. Then came customs.

We had arrived in Belize City and it was warm, muggy, and crushing. The line for customs stretched in an almost Doctor Seussian fashion through the small stucco building. Should I change? My fall sweater and long jeans seemed a bit comical in the current situation. Around the corner of the first corridor and the sight of the glass encased cubicles that held the busy yet somehow bored customs officers was the light at the end of the tunnel. To the left, restrooms. Thank you travel gods, it was go time. I made the executive decision that I was going to change, and someone was going to hold my place. We didn't have time after getting through customs, so it worked out quite nicely. No longer uncomfortable, we made our way like a flash through customs and then through the tiny local airport. On the wide flat tarmac there were only a few single engine planes. One was ours. After a brief wait, we were finally off to our destination. I had never flown in such a small plane. The nerves were creeping back but before I could fully acknowledge them, we were packed in this tiny little plane and off to San Pedro. I remember watching that blue green water just smoothly slide by as we flew. I wasn't anxious anymore. I wasn't worrying about what to do when we got there. I was just doing it. It's hard to really describe the feeling you get when you build up to a moment, really start to worry about it, and then just like that, you make it through. I really do believe that day of air travel was just the first few of many instances where I wouldn't have time to worry, I would just do. To say the first few days were a blur of snorkeling and new experiences would be an understatement. When you travel and have so many different things happen in such a short amount of time it doesn't diminish the experience, but more like condense the memory of it. It felt like there was no time during the day to ruminate on our experiences. That was what our evenings were for. This is not to say that there weren't occurrences that stood out. Our very first day in the water, I checked off a bucket list item. We had just got back into the water at Pillar Coral after getting a feel for snorkeling the area without cameras or go pros. I swam towards our guide Juan as I saw him wave and point. Above the water I catch his eye and tread water as he described the male and female squids just below us. The male is mid meal with a small black damsel fish in his mouth.



I start breathing quickly. How did I miss it? I go back under. It takes a few moments but then there right directly in front of me in the center of the water column gently swaying with the current are the two colorful little specimens that were just described. They were so incredibly well camouflaged that I had a hard time seeing them in the wide open. I glanced over at the others in our group and then back at Juan. I knew I wanted a video. These were a couple of the little cephalopods I had dreamed of seeing since I first signed up for the trip. I signaled to ask if I could follow and Juan gave me the okay sign. Without hesitation I was steadfastly on their trail. They swam together in unison and the female flashed warning colors at me. I kept my distance but recorded the entire time. I stayed with them for about 25 to 30 seconds and then decided it was time to let them continue with their meal. I burst up to the surface with an excited laugh. I had just chased a squid! Within these vivid memories, I found a confidence to grasp those moments without hesitation. I found more and more I was off the edge of the boat before anyone else. I was engaging with people and natives of San Pedro easier and easier. I felt as though if I didn't take the opportunity to grasp the moment I was in with both hands, I'd somehow lose it.




I came face to face with a shark. I swam with a sea turtle. I free dove 30 feet! I pushed myself mentally and physically because I wanted to soak in every experience with every cell in my body. Where I would previously weigh the pros and cons of an action intensely, I was making the decision to just go through with everything as it came. I feel as though my instinct before every decision was always to make sure I thought of every outcome, good or bad. It's natural to be weary. Of course. But, during those 10 days in Belize, I realized more and more that if I spent my time hesitating, I'd miss everything. I would lose out on just being present. It sounds simplistic and silly, but I came back with this awareness I hope to carry with me for the rest of my days. I'll end with this last story in the hopes that it expresses just what I think is the most important thing I took from Belize.

On day 7 of our trip we had an easy day. We visited what ended up being my favorite spot of the entire trip; the Mangroves. It was peaceful and beautiful, and you had to float more than swim so you could see all the fish and animals around you. It was sunny and still, and thousands upon thousands of fish schooled in nurseries against the long, tangled roots of the mangrove trees. We this spot to head back to the turtle grass area we would be night diving at. We swam a bit and took notes on the way the reef presented itself during the day. We noticed the types and colors of the fish we could see and prepared ourselves for the difference we knew would come as the sun fell. After a brief trip back to TREC to throw some stuff in our rooms and grab our batteries, we headed back to the boat. Pizza was our dinner as we watched the sun fall. As night took over and the water got blacker, we geared up. Partners were chosen, flashlights were attached, and we slipped into the inky water.

Unfortunately and somewhat hilariously, the night was chaos. There were other divers and our groups got split. No one got to get very close to much of anything without bumping someone else. But despite this, I found peaceful moments in the shining eyes of sleeping fish and flickering bioluminescent diatoms as I kicked. My entire focus settled on one thing as the evening crawled on. I had to see an octopus. This was the only thing above my bucket list squid. After an almost sighting and a frustrating run in with a scuba diver from another company, it finally and miraculously happened. A lone little Caribbean reef octopus was sliding gently amidst the chaos of the snorkelers above it. I saw the white stretch of its slender limb and a wave of contentment swelled in my chest. That is the feeling I was waiting for. I relished it. Even if I couldn't get close, even if I could reach out and snap a picture, I had gotten this. The feeling of knowing that the one thing you've waited for is all you'd hoped it would be. I surfaced and I cried. I want that feeling for everyone I teach. By taking these experiences and breaking down exactly how they are meaningful to me, I can foster that all important connection that leads to genuine wonder. This trip has made me more confident, less stressed, and most importantly more hopeful. I am hopeful I will become a facilitator of learning. I don't know if I will be a teacher, a professor, a zoo keeper, or even an aquarist. Maybe, I'll write books about the things I've learned. Maybe I'll share my enthusiasm for the natural world with small children. I just know that I've gained more than I ever anticipated. The feel of that first dive into the dark, the excitement of seeing an animal I've only ever witnessed in an aquarium swim casually by me, the texture of a reef squid as it pulses in my hand; these are all experiences that I can use to help reach that wonder inside all those around me. Creating that craving for learning is what really cultivates a true love for our planet and an emotional attachment that is impossible to break and I can't wait to get started.

-Sam Melber



***Caribbean &  
South America***



Through this program, you will take part in either an intensive Spanish language program and/or a history and literature program in Rosario, Argentina. Students attend Universidad del Centro Educativo Latinamericano (UCEL), a private Methodist university in Rosario, Argentina.

In your leisure time, you will experience Argentinean culture through day trips, afternoon activities and cultural events. Also, you will have opportunities to participate in optional excursions to Iguazu Falls, Patagonia, Buenos Aires, Salta and Mendoza.

Basic knowledge of Spanish is not required.  
Credit Hours and Courses: 6-8 Credit Hours.



Photos by Amy Hotchkin



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If you plan to take a Spanish course, you must sign up for Spanish 304A. Beginners, intermediate and advanced Spanish courses are offered in this program, as well as Spanish/Latin American Literature courses and Spanish Linguistics, which are open to all majors. Also, you can take graduate Spanish courses in literature, history and linguistics.

Lodging and Meals Students will reside with a host family during their stay in Rosario.

Breakfast and dinner are included in the overall program cost.



Contact Dr. Osvaldo Di Paolo Harrison at (931) 221- 7487 or [dipaolo@apsu.edu](mailto:dipaolo@apsu.edu)

Dr. Honea Katherine at (931) 221- 7117 or [honeak@apsu.edu](mailto:honeak@apsu.edu)



Experience tropical ecosystems in Costa Rica, visiting lowland rainforest at La Selva, cloud forest at MonteVerde, dry forest at Santa Rosa, and coastal beaches (Manuel Antonio Reserve and Playa Hermosa), while encountering the biodiversity of these ecosystems.

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Learn about plants and animals of Costa Rica, their ecology, and their conservation concerns while participating in activities such as guided natural history hikes (both day and night hikes), a river boat tour, bat mist-netting, a butterfly workshop and research, and a seminar on amphibian decline. View firsthand sustainable and fair-trade farming practices (including a coffee farm and a chocolate tour) and carbon offset programs in the region.

On the side, enjoy cultural experiences such as a cooking class, a dance class, and overnight stays with a local family (2 nights) as well as recreational activities such as a canopy walk or zip lining. Come explore tropical ecology, biodiversity, and sustainability during 17 days in Costa Rica!

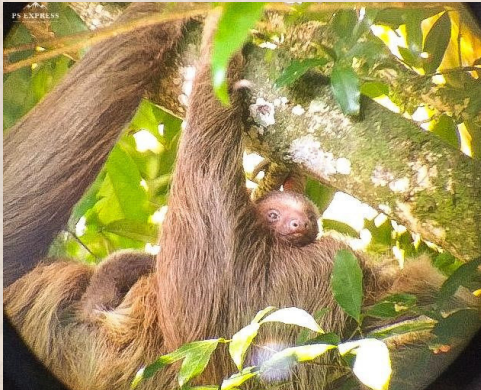


Photo by Nikki Booth



Photos by Jerry Reed and Jimmie Best



Contact Dr. Carol Baskauf at [baskaufc@apsu.edu](mailto:baskaufc@apsu.edu) or (931) 221-6334  
Professor Colleen White at [whitec@apsu.edu](mailto:whitec@apsu.edu) or (931) 221-7781



Costa Rica

# Student Highlights: Argentina

## La Garganta del Diablo

Thundering water descends down, down, down into murky, unforgiving waters.

The air is dense and heavy with the scent of rain, blanketed in a gray, gloomy, overcast sky.

It is so loud, deafening.

I can feel it in my chest.

My breath catches as I look over the side, feeling the cool mist hit my cheeks.

The surface of the river below is covered with a white cloud of mist,

Leaving it completely enveloped and smothered.

Jagged rocks, black and green with growth of algae jut from below the water as waves flow over them again and again.

El Garganta del Diablo.

The Devil's Throat.

How can something so terrifying and powerful be so beautiful?

-Rachel Welsh



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# *Europe*

This program studies the 20th Century experience of the peoples of East Central Europe with special emphasis on the country of Poland. Situated in Krakow, the four significant historical moments that this program will key on are:

The emergence of independent Eastern Europe from 1918-1938, the Nazi conquest and Holocaust, the Communist occupation of the region, and most importantly, the reemergence of Eastern Europe as a significant region in today's Global Community.

In addition, students will have the opportunity in Poland to attend musical, theater, and dance performances to enrich their learning experience. By participating in this Study Abroad Program, students will take part in the following activities:

- (1) Overnight trips to Warsaw and Lublin.
- (2) Driving tour of the province of Galitsia and a visit to the cities of Tarnow and Gorlice.
- (3) Walking tour of the Old Town Krakow and the old Jewish quarter (Kazimierz).
- (4) A comprehensive tour of the Jagiellonian Wawel Castle and other historic sites in Krakow and its environs;
- (5) A day trip to Auschwitz and a tour of the World War II Jewish Ghetto in Krakow including a tour of Schindler's factory.



Photos by Jamie Hotchkin

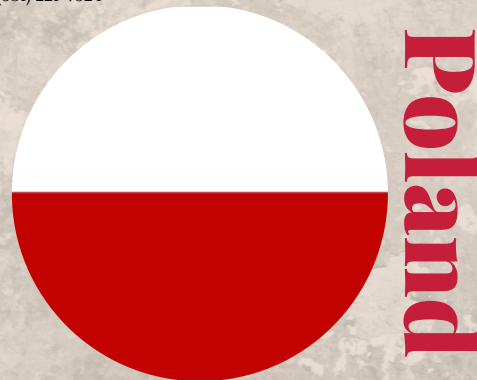
Come join us and walk in the footsteps of famous Polish people beginning with Pope John Paul II (born Karol Józef Wojtyła) who was from Krakow.



Photos by Diana Bisciglia and Hollie Evans

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Contact Dr. John Steinberg at [steinberg@apsu.edu](mailto:steinberg@apsu.edu) or (931) 221-7924



Experience the language, culture and history of Spain while studying in Madrid and Alicante. In Madrid, you may enjoy theater, dining and exhibitions and visit many attractions including the Royal Palace, the Reina Sofia Museum and the Prado Museum.

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In Alicante, you will take part in classes held within walking distance of the Mediterranean Sea. In addition to exploring and studying in Madrid and Alicante, you will take part in weekend excursions to Toledo, Segovia, Ávila, Salamanca, El Escorial, the Roman ruins of Segobriga, and the windmills of La Mancha.

In both cities, you will be paired with a host family. You should return from the program with a better understanding of the Spanish language and an appreciation for Spanish culture and history.



Photo by Kasey Burns Kuzma



Photos by Alexandria Whitaker



Contact Dr. Miguel Ruiz at [ruizm@apsu.edu](mailto:ruizm@apsu.edu) or (931) 221-7855

Professor Laura Schultz at [schultzl@apsu.edu](mailto:schultzl@apsu.edu) or (931) 221-7594



Through this program, you will take part in an intensive German language program at the Language Institute of the Universität Klagenfurt. You will reside at Wörther Lake in the Alps, just a 10-minute walk from the university.

In your leisure time, you'll get a taste of Austrian culture - including real strudel and schnitzel - during activities such as day trips, cultural events, sports activities.

Students are expected to be in Klagenfurt for dorm check-in the Sunday before classes in Klagenfurt start. If you wish to travel with a group of students, you will fly out of -and into -Nashville International Airport (BNA). We will travel to Klagenfurt either directly or by flying to Vienna and then traveling to Klagenfurt by train



Photos by Nicholas Herrud and Ashley Kautz



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Contact Dr. Norbert Puszkarn at [puszkarn@apsu.edu](mailto:puszkarn@apsu.edu) or (931) 221-6391



The Art in Rome program allows students to fully experience the vibrant historic and artistic culture of the city of Rome, Italy nicknamed the “Eternal City” due to its rich 3,000-year-long history.

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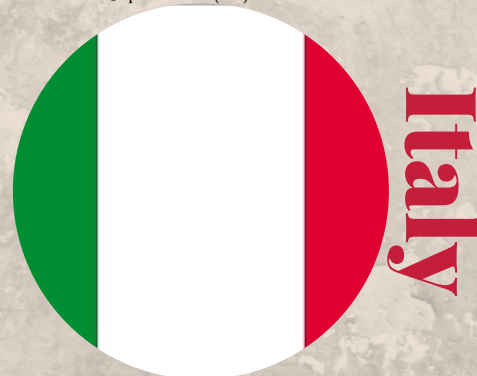
Rome is a walking museum; class meetings are held onsite, providing first-hand experience of artworks and monuments. We stroll through the ancient ruins where Julius Caesar and Cleopatra walked; stand where crowds cheered gladiators in the Colosseum; walk the path of medieval pilgrims on their way to St. Peter's Basilica; behold the glory of Michelangelo's Sistine Chapel ceiling; drink fresh spring water from Bernini's Baroque fountains, and experience the vibrant contemporary art scene.

Ample free time allows students to explore churches, archaeological sites, fountains, gardens, parks, markets, outdoor cafes, restaurants, museums, galleries, and street art on their own. The city's rich history and culture comes alive. We also take trips to Florence and Pompeii/Naples.

Art 1035 Introduction to Art, and upper-level Art History and Studio Art credit available. The program is 2.5 weeks long but creative inspiration, intellectual stimulation, and wonderful memories will last a lifetime. The program—a walking tour of Rome—runs every other year, next time in 2021. Join us!



Contact Dr. Tamara Smithers at [smitherst@apsu.edu](mailto:smitherst@apsu.edu) or (931) 221-7789





APSU Study Abroad to Greece takes students on a tour of the most important archaeological sites and museums around Greece.

The program is centered around the 3 credit hour course, Greek Art and Archaeology; this course is designed to introduce students to the history of the discipline of archaeology in Greece, and to the history and archaeology of the country.

Students will gain familiarity with the major developments in pottery, architecture, and sculpture not only as objects of art, but also as they relate to archaeological excavations. We also consider questions about the preservation and display of archaeological sites and material.

The course covers historical events from the prehistoric period right down to the twentieth century as students visit such disparate places as Neolithic cave sites and WW II cemeteries. We visit all four sites where quadrennial athletic games were held in the ancient world, and we visit some less well known places.

Mythology, history, archaeology, literature all come together in this trip of a lifetime.

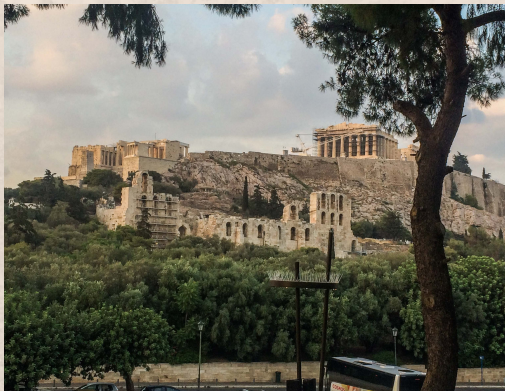


Photo by Tabitha Sweitzer



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Contact Dr. Tim Winters at [winterst@apsu.edu](mailto:winterst@apsu.edu) or (931) 221-7118



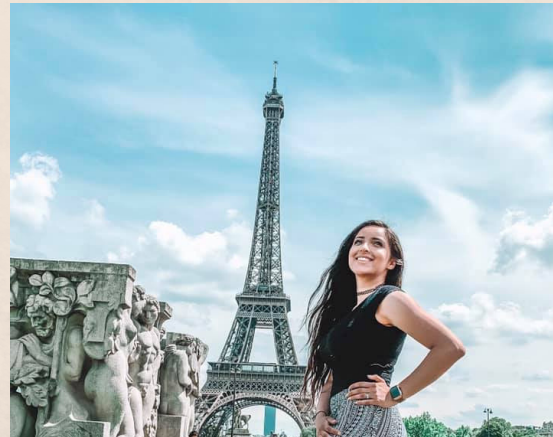
France remains one of the most visited countries in the world, and southern France is considered by many to be one of the most picturesque regions of the country.

Study Abroad in France provides a new and unique opportunity to study European history and Francophone literature in Aix-en-Provence.

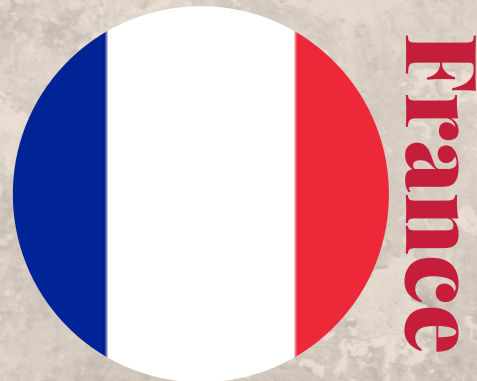
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Founded during the Roman period, Aix-en-Provence continues to be a culturally vibrant town, and in addition to being surrounded by beautiful landscapes, numerous historical sites, and charming villages, it is very close to Marseille, a major metropolitan area on the Mediterranean Coast renowned for its many beaches, importance as a cultural center, and famous cuisine.

While embarking in a deeply engaging, intellectual journey by studying European history and Francophone literature, students will immerse themselves in the local French culture and visit a number of fascinating monuments, museums, villages, and cities



Contact Dr. Dzavid Dzanic at [dzanicd@apsu.edu](mailto:dzanicd@apsu.edu) or (931) 221-7920  
Dr. Christophe Konkobo at [konkoboc@apsu.edu](mailto:konkoboc@apsu.edu) or (931) 221-7596



Come experience the beauty, history, and culture of Ireland with APSU during Spring Break. This course will take students to both the Republic of Ireland and Northern Ireland (UK). There we will visit sites important to the strife ridden history of Ireland and the eventual resolution of those conflicts.

At Newgrange we will see ancient monuments older than the pyramids. At Malahide castle we will see how Norman and then English invaders kept watch over their subjects, and how “outside The Pale” of the greater Dublin area local Celtic Lords continued to wield power. At Kilmainham Jail we will see where the founding fathers of Ireland awaited trial & execution for treason. At the Trinity College library we will see Ireland’s “Declaration of Independence” and its reference to supporters in the US. At Falls Road in Belfast we will learn of “The Troubles” between Catholic & Protestants which started on “Sunday, Bloody Sunday”. And at Stormont House we will see how a lasting peace was made between the IRA terrorist organization and the British.



Photos by Hollie Evans



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3 credit hours for CRJ 4030 Comparative Criminal Justice. An online portion of the course will be taught during the 1st 8-weeks of Spring Semester (Downtown Campus) & the Spring I term (Ft. Campbell) prior to leaving for the field study in Ireland. No prerequisites are required for this course and all majors are welcome!

CRJ majors & CRJ/PM minors: This class can substitute for an appropriate required major classes in the Criminal Justice Homeland Security Concentration or for CRJ and Public Management minors should the student require the credit for graduation. Please see Dr. Wright (contact information below) for any substitution requests.

Contact Dr Christopher Wright at [wrightc@apsu.edu](mailto:wrightc@apsu.edu) or (931) 221-1420



# Student Highlights:

## Poland

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When the opportunity arose to study abroad at Jagiellonian University in Krakow, I hesitated. Poland was not on my bucket list. I decided to take the plunge and go, keeping my mind open to the adventure that lie ahead of me; never did I imagine how life changing that trip would be. On the surface, Poland is a beautiful country. Steeped in history and rich in culture, every day ended with a feeling of sensory overload.

Welcoming and lively, the Poles seem to enjoy life in a way that Americans do not; noses were not buried in phones, parks were full of lovers and children, sidewalk cafes brimmed with espresso drinkers and laughing friends. The strains of violins echoed off the ancient stone buildings, as musicians plied their talents for loose change; I miss that the most.



Inside Auschwitz-Birkenau

Yet underneath the beauty lies a truth that cannot be ignored. In each city we visited, monuments or placards reminded us that Poland was once the “paradise of the Jews,” and that is simply not the case anymore. Death camps, work camps, museums, and remnants of ghetto walls pepper the landscape, reminders of the horrors inflicted upon the Jews during WWII. The shadow of their suffering is omnipresent, a striking contrast to the flowering future ahead of Poland and her people. Setting foot in places such as Belzec, Majdanek, Treblinka, Auschwitz, and Plaszow, I remember being struck by the beauty of the open sky, the swaying trees, the lush grass, and wondering if amidst such ugliness,



Inside the prisoner barracks in Auschwitz-Birkenau

Explore Your World Vol. II 2019

the Jews who died by the millions were able to find a moment of solace in the simple beauty that surrounded them; I hoped they could.

That dichotomy gives living in Poland a depth that we tried to wrap our minds around. In such a place of beauty, how could such ugliness exist? How could we reconcile the two within our own minds? The raw reality that cleaved our rose-colored-lens view added a dimension to our experience that made it unforgettable.



We all remember the moment when that shadow seeped into our consciousness; the moment was not collective, but varied by each individual. The beauty of Old Town Krakow, Warsaw's Castle Square, or the candy-colored buildings of Zamosc, became all the more beautiful. We felt the need to savor it, to indulge in it, to soak it in, to remember it, in honor of the millions of Jews who had their lives cut tragically short.

-Dianna Bisciglia



# Student Highlights:

## Greece

The study abroad program in Greece was an amazing adventure that not only connected me with the art and architecture of Ancient Greece but also allowed me to enjoy the modern culture of a beautiful country.

The trip began in Chania on the island of Crete where we got to enjoy the beach and local culture. While learning about the history of the area we also got to learn about the modern culture and held classes on the beach to learn Modern Greek.

We got to explore the modern-day agora, or outdoor shopping market, toured an olive oil plant, hiked through the Samarian Gorge to the southern coast of Crete, visited monasteries, archeological sites, to include Knossos, and museums throughout Crete.

While in Chania we stayed at a small hotel where our breakfast and dinner were included in the cost, they made sure we were well fed over the time we stayed there. The food was amazingly fresh, and we got to sample many different dishes. Breakfast was simple, fresh hardboiled eggs, yogurt, fruit, and bread. Dinner usually consisted of a salad, main dish, side dishes and desserts. For lunch we were on our own but every café we ate at provided us with friendly service.



We traveled from Crete to mainland Greece by ferry and upon arrival we began an exploration of many of the greatest archeological sites and museums in the country. We visited archeological sites at Ancient Corinth, Epidaurus, Mycenae, Tiryns, Lerna, Nemea, Sparta, Bassi, Ancient Olympia (where we got to run a race where the ancients ran), Delphi, Thermopoli, Marathon, Sounion, Thorikos, the Agora in Athens, and the Acropolis.

Along with visiting museums around many of the major archeological sites we also visited monasteries, monastery ruins, and churches at Mystras, Hosios Loukas, the Church of St. Andrew, and Meteora monastery complex.

While traveling around the mainland many of the hotels we stayed in provided us with a simple fresh breakfast consisting of yogurt, fresh fruit, and pastries. For dinners we visited local restaurants that served a variety of local cuisines at affordable prices. The quality of food was always fresh, and the amount of food was always enough to make sure you never left hungry.

One of the biggest things I had trouble adjusting to was the relaxed pace within the culture. When we wanted to get a cup of coffee there was no running into a coffee shop and grabbing a cup to go, you were expected to sit down and relax and drink your Greek coffee.



Photos by Tabitha Sweitzer

We visited several of these small coffee shops everyday as we traveled around. It was a great time to reflect upon what we had just seen or to start a discussion about where we were traveling. The trip was fast paced in order to be able to visit as many sites as possible yet we still had time to enjoy the culture, such as having a cup of coffee at a small local coffee shop, shopping in the outdoor markets, and exploring the areas in which we stayed.

This was an amazing trip that allowed me to connect not only with its rich history but also with its amazing modern culture. I brought home a piece of Greece with me and cannot wait to get back there.

-Tabitha Sweitzer



# *Asia*

Through History and Asian Studies courses, students will experience the many sides of Japan through its history, literature, culture, and people.

Traveling during Maymester, students will have the opportunity to see sights across a large part of Japan. With daily excursions to Tokyo, Hiroshima, Kyoto, and Kanazawa, students will see many different aspects of Japan. From the rural farmlands of Okayama, to the industrial sprawl of Mie, and from the street fashion of Harajuku to the kimonos of the ancient court, the juxtapositions of traditional and modern will be observed.

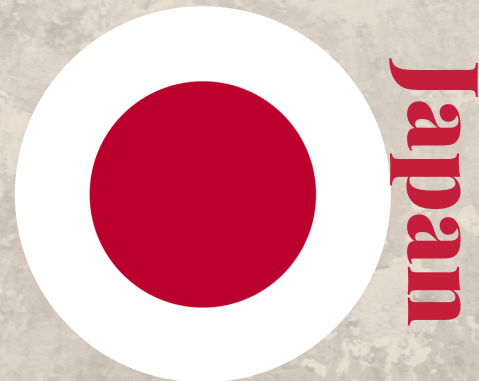
Upon returning to Tennessee, students will complete assignments on-line. This program provides an opportunity to experience a broad spectrum of Japan that is unavailable to most.



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Professor Margaret Rennerfeldt at [rennerfeldtm@apsu.edu](mailto:rennerfeldtm@apsu.edu) or  
(931) 221-6768



## Student Highlights: Japan

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In my recent studies to Japan I learned how to view others and myself within the framework of the United States' national identity. I have also begun to learn why the United States has developed these beliefs through studying relevant geosocial and geopolitical issues.

I however was always a passive observer from the inside, never learning how to view the world from outside the opinions passed down through generations. This study abroad experience gave me that opportunity. I was able to begin to look at the way that the rest of the world views the United States and it opened my eyes to other points of view that I may never have encountered without this experience. I was confronted with hard international issues of the past. I was forced to challenge my mindset over these issues. For example, the bombing of Nagasaki and Hiroshima, an issue that is largely viewed only in relevance to its justification and not to the actual impact that it had upon the nation that was damaged. I was also effectively shaped in the way that I am taught to interact with individuals on a daily basis. I learned daily how the customs of a society, such as greetings and gestures, impact how you are received within a region.

I feel that with this new knowledge I will be more marketable to future employers in my field of clinical psychology. I believe that learning about customs specific to Japan gives me an edge in dealing with clients who have familiarity



with these customs and will allow for a more welcoming environment to international clients. I also have learned to be more adaptive due to studying abroad. I entered a country where I did not know the language and had to learn to communicate in a coherent manner. I also had little knowledge of the Japanese culture and had to learn their customs in order to not be inconsiderate or embarrass those who hosted me during my travels. The differences in our and the host cultures and has given me better perspective into the way that our nation interacts with other countries. As well as the way that the world tends to view our country. This experience has also given me a new perspective into the way that we handle interactions within families and in society in general. With these new tactics in mind, I plan on taking the lessons I have learned on this trip and use them in my future practice as well as the various daily interactions. This trip overall had a great deal of impact on my life; I would like to thank the QEP program for their continued support of study abroad programs.

- Andrew Woodard





## COOPERATIVE CENTER *for* STUDY ABROAD

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The Cooperative Center for Study Abroad is a consortium of U.S. colleges and universities, which jointly offers study abroad programs in English-speaking regions, such as England, Scotland, Ireland, Belize, Australia, and New Zealand.

A not-for-profit organization, CCSA is headquartered at Western Kentucky University in Bowling Green, Kentucky.

Participants can receive higher education credit (undergraduate or graduate) for successfully completing the CCSA program in which they are enrolled.

Classes are taught by faculty from consortium member schools. Its signature programs are in The United Kingdom with London being the most popular destination for students studying through CCSA.

Many Austin Peay State University faculty have proposed classes and taught with CCSA over the last twenty years offering courses in Shakespeare, literature, theater, travel writing, nursing, chemistry, geology, education, communication, and art.

For more information on courses offered in English-speaking countries through CCSA, please contact

Dr. Mickey Wadia,  
campus representative at



# Meet the Editors

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## Kasey Burns Kuzma

Editor in Chief



Kasey Burns Kuzma graduated in August 2018 with a BA in Foreign Language: Spanish concentration with an International Studies minor at APSU. She was the student assistant for the Spain Study Abroad program 2018. She is the Editor in Chief of Explore Your World magazine. Kasey is an alumna of the Argentina 2016 and Spain 2017 study abroad programs. She is currently working on her Masters in Teaching at Austin Peay State University and is on a Job embedded licence at Greenbrier High School as a Spanish Teacher.

## Sam Melber

Co-Editor in Chief



Samantha Melber is a biology major with a minor in theater at Austin Peay State University. She became co-editor-in-chief for APSU's Explore Your World magazine just before completing her study abroad program in Belize. She was secretary of APSU's Eta Pi chapter of the Tri-beta National Biological Honor Society just before graduating Cum Laude in May of 2019. She is also a military spouse and mother of two. Her experience as a seasonal interpretive ranger at nearby Dunbar Cave State Park and her experiences abroad have inspired her to take her skills and apply them to teaching the next generation about the importance of preserving the natural world.

## Amy Hotchkin

Copy Editor and Graphic Design



Amy Hotchkin is in her senior year at Austin Peay, majoring in Foreign Language with a specialization in Spanish and a minor in Professional Writing. Amy is the student assistant for the Argentina 2019 Study Abroad trip and cannot wait to go back. Being a non-native speaker in Argentina gave her a new perspective for those in the United States who know little English. In the future, she wants to use the knowledge that she is gaining to help Spanish speakers succeed and feel less isolated in our community.



## Jamie Hotchkin

Copy Editor and Graphic  
Design

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Jamie Hotchkin is a senior at Austin Peay majoring in history with a minor in German. In 2018 she studied abroad in Poland and it greatly impacted her. She was the student assistant for the 2019 Poland Study Abroad trip. She has decided to pursue an education in Jewish and Holocaust studies. She hopes to return to Poland to further enrich her studies.

## Faculty Advisors



Dr. Sergei A.  
Markov

Professor of Biology & Belize  
Coordinator



Dr. Osvaldo DiPaolo  
Harrison

Professor of Spanish &  
Argentina Coordinator



Dr. John W.  
Steinberg

Professor of History & Poland  
Coordinator

