



*Friends of the International Center,  
at UC San Diego*

# *Newsletter*

Volume XLV, No. 3

November 2017

## **President's Column**

This year, increasingly my conversations with those from other countries involve questions that I cannot answer about our government; often I come away worried that our international visitors will be unable to separate views expressed by high-ranking U.S. politicians and the many of us who hold very divergent views. Thus, I am also heartened when I have conversations, such as a recent one with a Frenchman, during which we each shared our belief that the collective common good is worth fighting for and pledged our commitment to do all we can at an individual level to demonstrate the best our countries have to offer.

Sitting here in San Diego, we have so much to be grateful for this year, and I thank each of you for serving as one of the best reminders of the goodness of our country!

Please don't forget to return your proxy regarding the Bylaws amendment by November 13.

Wishing everyone a Happy Thanksgiving!

*Katya*

Katya Newmark, PresFIC@mail.ucsd.edu

*Holiday Lunch  
December 6, 2017, Noon  
Dolores Huerta Room*

The annual International Center Holiday Celebration will be held on Wednesday, December 6, from noon until 1:30 p.m. We are returning to our midweek lunchtime for this party, but having a different venue. It will be in the Dolores Huerta Room (located in the old Student Center near Mandeville). This venue has a maximum capacity of about 63 people, so please make your reservations right away, and we apologize in advance if we can't accommodate everyone.

The event will again be hosted by Dean **Kirk Simmons** and coordinated by Friends members **Barbara Fitzsimmons** and **Candace Kohl**. Please make your reservation with Barbara Fitzsimmons (bfitzsimmons@ucsd.edu or 858-453-5787) no later than by Tuesday, November 28, 2017.

Come join the fun. This is a great time for IC staff and volunteers to get together.

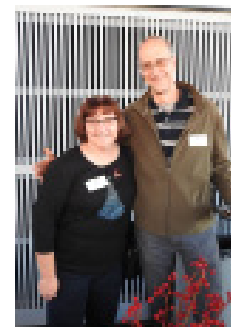
*Some photos from last year's holiday party*



Barbara Fitzsimmons and  
Candace Kohl



Nori Faer and Jim Galvin holding up the raffle prizes they won



Kim Burton and  
Roark Miller



Junko Takemasa and Maki Sakai



Zachary Thieman



We wonder whether Katya and her daughter Danya Costello counted the number of peanuts they shelled to make these clever dinner table decorations?

## An Introduction to Regional Southern USA Food and Music

—by *Katya Newmark*

Once again our Friends Dinner Social sold out and on Saturday, October 7, our 80+ guests gathered at the Village 15 top floor for an enjoyable evening promoting community. We had many children affirming the need for family-friendly events: our youngest guest was only six months, and while I do not know the age of our oldest guest, I suspect our guests ranged in age from 6 months to upper 80's, with the predominant age in the late 20s. We had many more graduate students than we have had historically, and I would say that overall this group of guests was the most mixed group we have had.

Upon arrival, guests were given a drink card, which they could redeem for a glass of Purple Moon Chardonnay, and a game card intended to serve as an icebreaker.



Albert and Liva from Denmark won the game prize: barbecue sauce

Guests enjoyed convivial conversations, sipping wine, black tea, and/or lemonade on the balcony pre-dinner, before watching a beautiful sunset that signaled the time to return inside for dinner.

Guests began their meal with a Southern mainstay, pimento deviled eggs—a bit creamier than the non-Southern versions due to the pimento cheese—and with encouragement guests also helped themselves to the in-the-shell peanuts that made up part of the table's centerpiece. The peanuts surrounded a bud vase with a flower made from peanut shells to reflect the South's strong history as a peanut producer. Did you know that Georgia alone grows 42% of the country's peanuts, and that four SE states—Georgia, Florida, Alabama, and Mississippi—account for 72%?

Guests were then asked, table by table, to make their way to the buffet line where they were treated to an authentic rendition of Southern cooking. Given the absence of grease, can it really be considered authentic? The buffet included cornmeal-crust catfish with tartar sauce, baked beans, collard greens, hushpuppies, fried pickles, and Southern Cobb salad. As good as the dinner was, and it was, the Mississippi Mud Pie for dessert stole the show, and was the perfect ending to a culinary sampling of



regional Southern American food.

After dinner, guests were treated to an entertaining, engaging, and educational concert by local musician, **Zack David**. The night's set list included songs representing several musical genres with strong associations with the South: plantation, Appalachian, bluegrass, blues, folk, and country. Zack played acoustic guitar for most of the time, but also delighted the group with a song on the banjo and a song playing both the guitar and the harmonica. The audience joined in singing a few of the songs, and I was extremely pleased when quite a few guests asked me for the song list, thanking me for exposing them to new music, and explaining that they plan to share this "new" music with friends and families in their home countries.

**Our next Friends Dinner Social will be on Saturday, December 2, and will celebrate Philippine culture. See p. 5 for how to make reservations.**

## International Fashion Show

November 13-17 is *International Education Week*, a time to celebrate world cultures, people, and language while affirming the critical role that international exchange and education play in fostering mutual understanding.

As has become tradition, Friends of the International Center participate in this celebration by taking part in an international fashion show, with the Friends Resale Shop assuming a leadership role. Working this year with **Jackie Soong**, the International Center's new Programs and Communications Coordinator, **Mayra Nevárez** will organize our part of the show with models coming from among the volunteers in the Resale Shop.

Besides volunteering in our Resale Shop on Fridays, Mayra—who hails from Monterrey, Mexico—is an active member of Wednesday Coffee (she recently taught participants how to make cloth headbands), and has joined Family Orientation as a peer leader. After living in Switzerland for almost three years, she and her husband came to UCSD two years ago, when he accepted a position as senior scientist at the Super Computer Center. Mayra is a graphics designer by profession, but because of her H4 (dependent) visa status cannot currently work in the U.S. Mayra enjoys being among people and says: “I love the International Center; it is a great place I will always be thankful to have found. I thank all and the many volunteers that help us!”

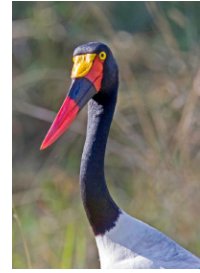
Having served as a model in last year's fashion show, Mayra is prepared to do more this time. “Last year the fashion show was really fun, so I hope we can have the same enthusiasm this time!”

The fashion show will take place November 17, during the International Friday Café, at the Great Hall in I-House. Sponsored by I-House that day, the Café (noon-1:15 p.m.) will feature an Indian meal; cost \$5. We hope for a large turnout from among our membership, ready to cheer on our beautiful international models representing the Friends of the International Center.



2016 International fashion show

**Membership:** We are happy to announce the names of two new Friends members—new as full-fledged, dues-paying members, but hardly new to the Friends. Both **Chi Yung (Richard) Chim** and his mother, **Yim Fun (Gladys) Wong** from Hong Kong, are longtime volunteers at International Center events. Graduating from UCSD with a Ph.D. in physics this year did not stop Richard, or his mom, from helping out at our July 4<sup>th</sup> celebration, but it did prompt him to join the Friends family officially.



Botswana saddle-billed stork, one of the spectacular photographs you will see at the Friends November 4 Ethnic Dinner

### November Calendar

- Nov. 1, 15: **Family Orientation**, 9:15
- Nov. 1, 8, 15, 22, 29: **Wednesday Coffee**, 10:00-Noon
- Nov. 1, 8, 15, 22, 29: **Mommy/Daddy & Me**, 1:45-2:45
- Nov. 2, 9, 16, 30: **Everyday English**, 10:00-11:30
- Nov. 3, 17: **Friday Chat**, 10:00-Noon
- Nov. 4: **Ethnic Dinner**, Great Hall, I-House, 6:30
- Nov. 6, 13, 20, 27: **Yoga**, 10-11, please confirm
- Nov. 7, 14, 21, 28: **English Conversation**, 10:00-Noon
- Nov. 7, 14, 21, 29: **FIC Craft Circle**, 1:00-3:00
- Nov. 9: **Cooking Class**, 9:00-Noon
- Nov. 10: **Veterans Day** observed
- Nov. 17: **International Fashion Show**, Friday Café, Noon
- Nov. 23: **Thanksgiving Holiday**

**Friends  
Volunteer Hours  
for  
September  
766 = 4.35 FTEs**



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*In keeping with the Friends African-themed Ethnic Dinner on Saturday, November 4, at which we will hear from Prof. Christopher Wills about his and his wife's explorations of significant parts of that vast continent (described in a brief overview in the Friends October Newsletter), here follows a companion piece by another intrepid biologist, Scripps Institution of Oceanography researcher, Lanna Cheng Lewin.*

## **Namibia:** **Sand Dunes, Deserts, the Skeleton Coast, and Wildlife** — *Text and photos by Lanna Cheng Lewin*

My sister **Kainah** fell in love with Africa after going on a safari to Tanzania three years ago. When she proposed that I join her for a trip to Namibia in the Spring of 2017, I needed no persuasion to do so.

Namibia is almost twice the size of California, but has a population of just below 2.6 million, being one of the least populated countries in the world. It had been under German, British, and South African rule, becoming independent only in 1990. The most important industries are mining, fishing, agriculture, and tourism that provides jobs for many local tribesmen. Some 15 % of the land is protected by legislation for conservation of wildlife. In addition, huge areas are private nature reserves where exclusive lodges or safari camps are built for high-quality and low impact eco-tourism.

Our 16-day safari was planned for us to visit 5 camps in very different environments, each with something special to offer. I flew to Johannesburg via London Heathrow to meet Kainah, who flew in from Singapore. From there, we caught a connecting flight to Windhoek, the capitol of Namibia, where we were met by representatives from Wilderness Safari and were transported by a small light aircraft to our first camp in the Kulala Wilderness Reserve, which has a private gate leading to the famous Sossusvlei sand dunes in the Namib Naukluft National Park next door.

The Namib is the oldest desert in the world, stretching almost



1200 km along the Atlantic coast of Namibia. We were taken on an introductory tour to the dunes on our first morning before climbing and sliding down the Big Daddy dune to Deadvlei, a white clay pan with dead trees, some 300 feet below. The next day we took a hot air balloon flight at sunrise to view changing colors of the dune, followed by a champagne breakfast. We were taken on game drives or walks each day to search for desert-adapted creatures and wildlife, and enjoyed wonderful sunsets at lookouts over the dunes with sun-downers.

We were next transported by car to the Tok Tokkie (meaning beetles in the local language) Trails base camp, about 80 miles away in the NamibRand Nature Reserve for a 2-night/3-day hiking safari. This entailed a total of 8-10 hours of walking within the reserve, which covers some 770 square miles. This private nature reserve was established to help protect and conserve the unique ecology and wildlife of the southwest Namib Desert. We walked with just a day-pack and water. Lunch was provided in a tent, where we were able

to rest during the mid-day heat (over 100° F). Our luggage was transported by car to the campsite each night. We slept out in the open on camp beds with bedrolls to keep us warm when temperatures dropped below 50° F during the night. Facilities included open-air toilets, hot bucket showers, and portable hand basins. Three-course dinners were prepared by the chef at the permanent campsite and served under the stars. Lighting was provided by portable solar lamps: glass mason jars with solar batteries—a wonderful South African invention. There were only five hikers in our group with an expert guide. It is impossible to describe the feeling that we were the only human beings in this vast area of wilderness. The scenery was unimaginably beautiful and we saw many desert-adapted beetles, wild flowers, etc., but few large animals.

Our next stop was the Desert Rhino Camp, a private community reserve dedicated to protecting the black rhino in collaboration with Save the Rhino Trust. Black rhinos are critically endangered due to poaching. This is the only known reserve in the world where black rhinos are free to roam and be protected from poachers. Black rhinos have very poor eyesight but wonderful hearing. They are very aggressive and can charge at speeds of over 30 miles per hour. Our first encounter was with a male feeding at the crest of a stony hill. One of the rangers stayed with us some 20 feet downhill and the other walked quietly uphill with our guide. They

will make noise to distract the rhino if they detect any danger that we would be charged! I had chills up my spine when I saw the rhino staring straight at me through my binoculars. The standstill lasted about 15 minutes, when the rhino finally decided to go on feeding and walked away.

At the Skeleton Coast National Park, we enjoyed lunch by a flamingo lagoon, from where we were driven to Möwe Bay, home to a fur seal colony that has about 20,000 seals, we were told. Further along the coast, we came across a colony of thousands of black cormorants.

At our last stop, a four-night stay at Ongave Tented Camp in a private game reserve, and at the neighboring Etosha National Park, we saw a great deal of wildlife we had not seen before.

All in all, we saw many won-



Zebras

drous sites and remarkable wildlife, including lions, white and black rhinos, elephants, giraffes, springboks, gemsbok, waterbucks, hartebeests, wildebeest, warthogs, ostriches, and hundreds and hundreds of zebras. We also saw a breeding place for fur seals, many interesting birds, and other tiny creatures, but they are too many to list.

Perhaps the most amazing and memorable for me was to see



Welwitschia

*Welwitschia* plants. This plant is endemic to Namibia and Angola and is unique in having only 2 leaves that grow continuously along the ground and can grow to more than 12 feet long during the plant's life span. Some plants are known to be more than 1,000 years old! Male and female plants are separate. They bear cones and are fertilized by various bugs.

It was truly an unforgettable, and awe-inspiring safari.



Resale Shop Coordinator Marion Spors

## Resale Shop

—by Marion Spors

We are having fun at the Resale Shop. We started the new academic year by reorganizing the Shop the week before opening (team party with cookies and lemonade—it was so nice to see everyone and catch up), then on Monday moving

everything from storage back into the Shop and the large container in the former IC parking lot.

We had a great opening day on Tuesday, September 26, with so many of our friends stopping by, chatting, and shopping.

We also received a huge box of lab coats and goggles from **Sheila Kennedy**, the safety coordinator for chemistry and biochemistry labs, and I washed and dried them in a big hurry. Our friends at UCSD Blink got us onto the Blink resource page on Monday; Sheila advertised the lab coat deal on Tuesday; and **Mayra Nevárez**, our “marketing director,” made sure we were present on the International Center Facebook page. We were sold out by the end of the week and I begged Sheila for more!

We have two new team members: **Won Young** and **Ye Yi** from Korea. They are wonderful young ladies and we are very fortunate to have them on our team.

We welcome donations, in particular household goods, office supplies, small pieces of furniture, and holiday items.



**Celebrating  
Philippine Culture**

**Friends Dinner Social**

**Saturday  
December 2, 2017, 6 pm  
The Village, 15th floor**

**Reservations required  
by Nov. 24**

**[https://ficphilippines2017/  
eventbrite.com](https://ficphilippines2017/eventbrite.com)**





The Student Services Center Multipurpose Room proves an excellent venue for the Friends of the International Center Annual Membership and Scholarships Awards Dinner held on May 16, 2017



Director of Study Abroad, Kelly O'Sullivan Sommer, makes the rounds to meet as many students as possible. She later introduced the recipients of UCSD General Scholarships for Study Abroad



Dinner Chair and Friends President, Katya Newmark, with Scholarship Committee Chair, Ruth Newmark

## Study Abroad: A Life-Changing Experience

—by Ruth Newmark with photos by  
Lou Adamo, Katya Newmark, and Justin Costello



Ernest Mort, donor of International Scholarships for Revelle College, receives his name tag

“These past three months have been life altering. I would not have been able to come to Japan if not for your generosity,” so began **Mikayla Webster’s** report on her year’s Engineering and Science in English study at Japan’s Tohoku University as a Muir College Computer Science major.

Many other recipients of Friends study abroad scholarships express similar sentiments. Summing up her experience of studying in South Korea at Yonsei International Summer School, **Claudia Cheng**, a Muir College student majoring in International Studies: Sociology, wrote:

“Ultimately, studying abroad opened up a whole new world for me. In this best summer of my life, I learned both inside and outside the classroom, traveled to historic sites I had only dreamed about, made lifelong friends, and unforgettable memories. Thank you for allowing that to happen through the Friends scholarship.”

International study is taking on ever greater significance, not just on our campus, but worldwide. Citing the latest data, UC San Diego hosted 2,853 international scholars (coming from 93 countries), had an enrollment of 7,938 international students (2,698 graduates and 5,240 undergraduates out of a total student population of 33, 911 or 19%), while 933 of our UC San Diego undergraduates study abroad (UC Education Abroad Program: 576, Global Seminar: 238, Opportunities Abroad Program: 119).

The **UC Education Abroad Program** (UCEAP or simply EAP) offers University of California students access to strong academic programs overseas that complement UC campus curricula. Participants stay registered at UC while abroad, continue to earn credit, and make the usual progress towards their degree. Partnered with top universities in 43 countries located in geographic areas including Africa and the Middle East, the Americas, Asia and Oceania, and Europe. EAP offers a multitude of programs in a wide range of academic disciplines open to sophomore through graduate students.



Director of our campus's UC Education Abroad Program, Kim Burton (second from left), is seated, among others, with Michaela Juels, recipient of the Betty Burton Scholarship named in memory of Kim's mother



Flower arranger *par excellence*, Candace Kohl, wears a splendid coat from Central Asia



Jennifer Leighton, Director of Annual Giving Affinity Programs, introduces students awarded scholarships through University Development

**Global Seminars (GS)** are an excellent option for undergraduates wanting to study abroad during the summer. All programs are five-week-long study abroad experiences led by UC San Diego professors. Participating students enroll in two courses for a total of eight units of UCSD credit. Class sizes are approximately 15-30 students, with excellent opportunities for interaction with some of the best faculty at UCSD. All courses are taught in English, but several programs have some very basic, elementary language instruction to help students navigate the local community.

**Opportunities Abroad Programs (OAP)** link UC San Diego students with nearly unlimited worldwide options sponsored by organizations and universities other than the University of California. Through UC San Diego's OAP partners, students may participate in a variety of study abroad programs, enroll directly at a foreign institution, study in locations not available through UCEAP, and transfer academic credit to UC San Diego to satisfy general education, major, and minor requirements.

This spring, the Friends Scholarship Committee was asked to read 125 undergraduate study

abroad applications from which we selected 33 recipients (one additional scholarship had already been awarded the preceding winter). Fortunately, we were able to recommend about 25 additional students to receive scholarships funded by means other than the Friends of the International Center.

As always, the Committee was struck by the number of students who come from immigrant families—many students being first generation immigrants themselves—and by the hardships they have to overcome. We read about families stressed financially because of loss of jobs, bankruptcies, the need to support elderly family members, or simply because they were sending several children to college.

But while financial factors are significant in determining who will receive a Friends of the International Center scholarship, the uppermost qualification for our scholarship is merit. Committee members look for students who are highly motivated, excel in scholarship (to qualify for a Friends study abroad scholarship a student needs to have a grade point average of 3.3 or better), and who, in our estimation, would benefit from a study abroad. Not surprisingly, we tend to look with favor on students that



Jim Galvin, Director of OAP and Faculty-Led Programs, with Ivano Caponigro, Professor of Linguistics and IC Faculty Advisor for Study Abroad

engage with their community and do volunteer work. Fortunately, the University of California provides a robust financial aid program: 75 percent of UC students pay less than full tuition and 57 percent pay no tuition at all. Of course, this does not apply to the same extent to students wishing to study abroad.

At the May 16, 2017 Scholarship Awards Dinner, I couldn't think of a better way to describe our scholarship recipients than by citing some fitting words from one of La Jolla's most illustrious sons. Wrote **Dr. Seuss** in *Oh, the Places You'll Go!*: "Things can happen and often do to people as brainy and footsy as you."

Commented **Adrienne Hamilton**, University Development's



Scholarship Stewardship Manager: "I just loved the Friends scholarship dinner this year. So many wonderful students."

We look forward to hearing from our 34 undergraduate scholarship recipients about where their Friends award has taken them. Meanwhile I quote **Joel Erberich**, who wrote before embarking on his EAP study at the Free University of Berlin:

"I am deeply grateful to have been selected to receive a Friends of the International Center scholarship. I know my time spent abroad will be greatly enriched by your generosity, as I will be able to experience the culture without worry of the financial burden of the trip. Upon my return, I will enjoy sharing my experiences as well as promoting international exchange."

Here follow the names, destinations, and fields of study of the 34 recipients of a 2017 Friends of the International Center undergraduate scholarship.



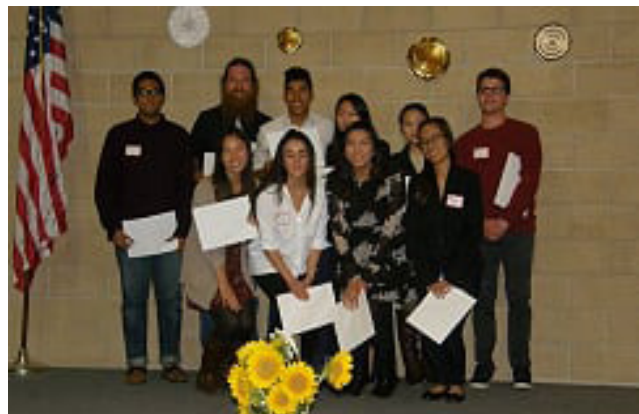
### Undergraduates Studying Abroad on UCEAP

- **Michelle Camacho**—England—Int'l Studies: Econ
- **Joel Erberich**—Germany—Human Biology
- **Alexandra Gunn**—Jordan—Int'l Studies: Poli Sci
- **Hannah Hartin**—Sweden—Biology
- **Esther Lee**—South Korea—Cognitive Psychology
- **Nhat Quang Nguyen**—Netherlands—Public Health
- **Erika Nunotani**—Italy—Economics
- **Brody Patterson**—Norway—History, Political Science
- **Dylan Sarish**—Australia—Marine Biology
- **Winnie Shi**—Japan—Bioengineering
- **Daniel Yao Tan**—Japan—Computer Science
- **Harumi Togo**—England—Communication
- **Margaret Tsui**—Japan—Molecular Biology
- **Daisy Velasco**—Japan—Political Science, History
- **Alexandria Vollhardt**—Germany—Literature  
*David K. Crowne Memorial Scholarship*
- **Karen Wang**—Italy—Sociology
- **Trinity Webster**—Scotland—Physiology, Neuroscience



### Undergraduates Studying Abroad on OAP

- **Mark Anderberg**—Germany—Urban Studies
- **Lindsey Depledge**—Switzerland—Public Health
- **Michaela Juels**—Denmark—Physiology, Neuroscience  
*Betty Burton Memorial Scholarship*
- **Fedra Ramirez Olivares**—England—Theatre—*Declined*
- **Liliana Torpey**—Brazil—Int'l Studies: Literature
- **Theo Widjaja**—Germany—Poli Sci, Int'l Relations



### Undergraduates Studying Abroad on Global Seminars

- **Jessica Chan**—Italy—Mechanical Engineering
- **Gregory Loui**—Japan—Speculative Design
- **Melissa Maffei**—Greece—Pharmacological Chemistry
- **Katie Mai**—Ecuador—Psychology, Theatre
- **Ryan Pell**—Ireland—Political Science
- **Thi Phan**—India—Global Health
- **Ashley Sheng**—Japan—Biology
- **Nicholas Taylor**—Italy—Biology
- **Colette Truong**—Greece—Biochemistry
- **Robert Walter**—Australia—Cognitive Neuroscience
- **Vijit Yadav**—India—Global Health

**Congratulations!**



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# SCHOLARSHIP LETTERS

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July 12, 2017

To the Friends of the International Center at UC San Diego:

Hello from Maastricht, Netherlands! Again, I would like to acknowledge and show my appreciation to the Friends of the International Center for my Friends Scholarship and your continuing support for my study abroad journey to the Netherlands! This summer, I am studying with the Center of European Studies at Maastricht University. I am currently in my third week abroad and already I have learned, seen, and experienced so much.

Maastricht is an amazing, small city with an incredibly rich history. In 1992, the Maastricht Treaty was signed in this city, and it is important because this document led to the birth of the single currency of the European Union, the euro. Situated at the southernmost tip of the Netherlands, the city is surrounded by the bordering countries of Belgium (8 km west) and Germany (30 km east). It is still mind-boggling to me that Belgium—a whole separate country—is closer to where I am sitting now than downtown San Diego is to UCSD!

I am taking two courses: European Public Health and Health Literacy. My classes consist of students from all over the USA, Australia, Belgium, Denmark, and the Ukraine. These courses are as much eye opening in terms of the content of their materials as they are in terms of the cultural exchange I am experiencing by interacting with my fellow classmates.

To say that this experience in the Netherlands is “life-changing” is really the least that I could say. Being a person who grew up in a lower income household, exploring another side of the world as I am now is not something I ever thought was possible. Thank you again for your support in making all of this possible for me!

I really believe that this program that I found through UCEAP is perfect for me in every way. I am excited to be able to share my experience with my UC San Diego peers and community when I return for fall quarter.

In gratitude,



Nhat Quang Nguyen  
Candidate for B.S., Public Health, Warren College



Maastricht city hall:  
atop of the building are the EU flag  
the regional Limburg flag, and the  
city of Maastricht flag



Outside one of the university buildings.  
Maastricht has far more bikes than cars

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July 30, 2017

Dear Friends of the International Center,

I am writing from Oslo, Norway to share about my (EAP) experience here at the University of Oslo’s International Summer School. First and foremost, I want to thank your organization for providing me with a scholarship to study abroad this summer. I have enjoyed living in Norway for these past six weeks, and as my time here comes to a close I am reflecting on how much I have learned.

Before coming to Norway I had never been to Europe, so when I arrived in Oslo I was anxious to start classes, meet people, and explore Norway. I certainly had to adjust to the environment and culture here, but soon enough I was making friends from all over the world and planning trips to other parts of Europe.

Academically, the classes have been very rewarding. I had almost no knowledge of Norway or Scandinavia before this summer, but after studying Norwegian History and Scandinavian Government these past six weeks, I can now appreciate the way of life here in Norway. Norway is often labeled the “happiest country in the world,” and I am grateful I got to learn why this is the case.

Socially, I have had too many great experiences to count. Through my many experiences, I have learned a lot not only about Norway, but also about Europe as a whole. One weekend I went to Copenhagen, Denmark, a city filled with history and life. Another weekend, as a part of the program, I went hiking and rafting in the mountains of central Norway, which was one of the most beautiful places I have ever been to.

The best experiences, though, have been sitting and talking with friends about the most random things.

I have met people from more than fifty countries (and that is probably an underestimate), which would never have been possible had I not studied abroad this summer. Each person here has so many experiences and worldviews to share, and I would say hearing from these people has been the most rewarding part of this whole experience.

I am certain that I have grown both academically and socially during my time here in Norway, and I am very excited to take what I have learned home to share with family and friends.

I have already started planning a trip to Europe next summer, and because of this experience I have come to appreciate that we live in a global society that thrives on international exchange and learning.

Thank you so much to the Friends of the International Center for helping make my experience possible. Signing out from Oslo, Norway (for now).

*Brody Patterson*

Revelle College

Majors: History and Political Science/Public Law

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*In response to receiving her scholarship notification, Katie Mai wrote: "I am extremely honored to be one of the recipients of a Friends Scholarship this year. Receiving this scholarship will help reduce my financial burdens and provide me with an abundance of opportunities that will further my education. I am thrilled to study abroad in Ecuador this summer and cannot wait to share my experiences. Thank you once again for the amazing opportunity."*

July 19, 2017

## Quito Parks

I am currently studying abroad in Quito, Ecuador! It has been almost three weeks and so far, I love it!

In my opinion, the parks here in Quito have a lot more to offer and are better maintained compared to those of the United States. The parks in Quito are almost always teeming with people during the early mornings and afternoons. Many families bring their children for a quick snack; children gather together to play soccer; teenagers even come to the park to make out. The parks are respected and used by people of all ages. As a foreigner visiting these parks, I can tell that the park is a cherished locale for the people.

My host mom lives a block away from Parque La Carolina, located in the heart of Quito. According to The Metropolitan Public Company for Mobility and Public Works of Ecuador, La Carolina spans 165.5 acres and has become the most visited public space in Quito. *Okay, are you ready for it?* La Carolina has soccer fields, basketball courts, tennis courts, a children's play area, an adult exercising area, a track circulating the entire park, a botanical garden, a Vivarium full of reptiles and amphibians, a skate track, a dog park, and a man-made lake where one can rent a paddle boat. I am confident that I missed many more attractions, but yes, I am thinking exactly what you are thinking: this park is huge! (Side note, I am a huge dog person and noticed that the dog park here is not just a dirt turf. The dog parks here have obstacle courses and little fixtures for dogs to enjoy!)

This Friday afternoon, I visited Parque Itchimbia to complete some field notes. Surrounded by beautiful mountains and volcanoes, it is smaller than



Katie Mai sits on the Quito sign in Parque Itchimbia. Many Quito signs are scattered throughout the community

Parque La Carolina. There are many playgrounds for children and an extensive route for cyclers. Nonetheless, I think the best part of Parque Itchimbia is the amazing view of Quito it offers. From here, one can see El Panecillo [a volcanic hill with a towering statue of the Virgin of Quito] and the Basilica del Voto Nacional.

During Week two of classes, we learned about universal infant development. Particular to Andean culture, children need to become self-sufficient at a very young age in order to help maintain the household. I noticed parents bringing along an infant or child to help sell candy along the streets of Quito. Yet despite their economic condition, families and children of all backgrounds seem to enjoy the public places.

I am so happy that such parks exist for families to enjoy. Among all the Quito parks I visited, there has been one commonality. The families love bringing their children here to spend time together.

Before I came to Ecuador, I had no awareness of how very modern and urban Quito is. Now, I can trace the elements that make the city modern and how Quito frequently looks towards the U.S. for inspiration.

*Katie Mai*

Global Seminar

Eleanor Roosevelt College,

Majors: Psychology & Theatre

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## A brief update from Juliana Wong



In 2013, **Juliana Wong** received a Friends scholarship for a fall UC Education Abroad Program in Tokyo, and in 2014 she graduated with a degree in communication. Juliana is presently in her second, and last, year of her Study Affairs Master's program at the University of Maryland.

Wrote Juliana in September:



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Happy beginning of the new school year, and I hope you and your family & loved ones are well. Thank you again for the support that you have given to me throughout the various critical moments and transitions leading up to my grad school journey.

I was incredibly blessed and privileged to have been able to do a 9-day study abroad trip to Cuba, to the city of Havana and province of Holguin. I was able to observe, (un)learn, and dialogue with Cuban educators and students who shared so much knowledge and wisdom about the value of education as a human right, while conducting research on the college-going process for Cuban youth, especially in a system that provides universal access to higher education. I also reflected and processed a lot about how a few folks in power in the U.S. can impact so many lives globally, yet how the people can still keep revolutions alive with the spirit of hustle and hope, in the midst of survival.

Thank you again for your unwavering support in making this all possible. I continue to challenge myself on an intellectual, professional, and personal level, all while feeling the love and positivity from my many intersecting villages. Sending you the best of vibes as we enter an intense academic year. *Juliana* (Juju)

### *Friends of the International Center, UC San Diego*

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