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Study Abroad Updates: Oct 2022

1 message

Center for Global Programs & Studies - Wake Forest University <studyabroad@wfu.edu>

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Events & Announcements

Planning to go abroad Spring '23, Summer '23, or Fall '23? Schedule your advising appointment today!

To schedule an advising appointment, fill out the [appointment request form](#), call the office at (336) 758-5938, or visit us at Reynolda Hall 116.

Announcement:

Syracuse Florence Applicants Fall 2023

Syracuse has set an early deadline for WFU students for Fall 2023. The application will open on the Syracuse website on November 15th. The early deadline is **January 15th**. Applications will be reviewed in the order in which they are received up until January 15th with acceptance notifications going out on January 25th. We encourage students to apply early as this program may fill.



Save the Date



ACCEPTING APPLICATIONS

Wake Washington: Fall 2023

Prof. Ana Wahl, Sociology

Prof. Ana Wahl will teach:

- SOC 356 Sociology of Immigration (3h) (CD)
- SOC 362 Work, Conflict, and Change (3h)

Plus, 6 hrs of an internship with required research component.



[Learn More](#)

ACCEPTING APPLICATIONS

WFU CUBA

Summer 2023; Prof. Linda Howe**SPA 280 or SPA 36 Cuban Society and Culture (3 hrs)**

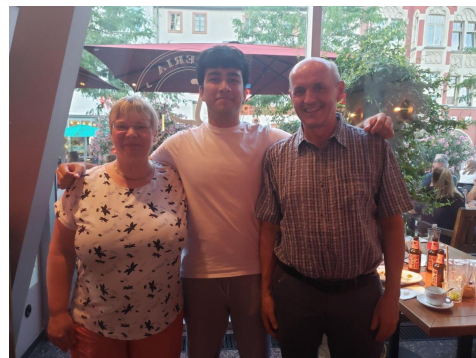
Wake Forest University's Cuba summer program takes place in the beautiful capital city Havana; an ideal setting to feature Cuba's diverse culture. Students take SPA 280 or SPA 369; both focus on culture, society, and history with an opportunity to learn about Cuban literature, music, history, theater,

visual/performance arts, architecture, Afro-Cuban religions, and entrepreneurship. Students engage with professors, artists, and experts from the University of Havana, the School of the Arts, and cultural foundations and organizations. In Havana, we step outside of the classroom to take field trips, attend presentations & happenings, and participate in art and poster-printing workshops with children.

[Learn More](#)

*Global Ambassadors***Global Ambassadors share tips for maintaining healthy habits while abroad**

Cara Willison



Zach Bokhari
WFU Vienna: Flow House
WFU Jena

One of the biggest culture shocks I experienced when arriving in Europe was how easily

WFU Barcelona

I was excited to go abroad to Barcelona during the fall of my junior year, but I was realistic. I knew transitioning from life in my parents' house all summer to independent in a foreign country would be jarring. I relied on sleep and journaling to maintain my mental and physical wellbeing while abroad. I have always prioritized sleep. I knew this would be difficult with a commute to school and travel most of weekends. I made sacrifices to maintain sleep: homework during my break between classes or staying in on a weeknight when I had an early class. I had friends who handled the pace of abroad on limited sleep, but it's important to know yourself.

I kept a journal during abroad which I can't recommend enough. You do and see so many things throughout traveling that it's impossible to store it all by memory. Taking pictures is great, but your written word about your experiences is priceless at the end of the semester. I detailed all the things I learned and did, but also the stresses, the culture shock, any emotion I was feeling.

In a time when much around you changes, I encourage you to reflect on what habits you have in America that you can bring abroad. I am proud of the way I maintained my sleep and journaling to prioritize my mental and physical wellbeing,

accessible everything was with only our feet. From small villages to big capital cities, I noticed that every place I visited in Europe was designed to be walkable. For example, the walk from Wake Forest's Flow House, which is on one side of Vienna, all the way to the other side of the capital city, only takes about an hour.

I immediately compared this to my local walk back home in the suburbs of New Jersey where it takes me fifty minutes to walk to my downtown library! This way of living soon became second nature to me and did not surprise me anymore. In fact, going on one, two, maybe even three walks a day, simply to relax and get some cardio in, is extremely common practice in many European countries. These walks tend to be hours long since they truly do wonders to your mental health (I can personally say so). I was absolutely not a walker when I arrived in Europe, but without a doubt, I left an avid daily walker! This is only one of many customs I brought back with me.

(P.S. That's a pic of me and my host family in Jena!)

fueling me to maximize 4
months in Barcelona.

Visit the [Global Ambassador page](#) to read more about the new cohort. Global Ambassadors are available to talk to you about study abroad from the student perspective, so don't hesitate to contact them. Contact details are on the Global Ambassador page.

Scholarships

Freeman Asia

Freeman Awards for Study in Asia (Freeman-ASIA) provides scholarships for U.S. undergraduate students with demonstrated financial need to study abroad in East or Southeast Asia.

[More information](#)

Lindmor Scholars Fund

The Lindmor Scholars Fund provides annual financial assistance to undergraduate majors and minors in the Department for the Study of Religions to participate in trips to developing nations. Examples of support include service-learning trips, study abroad, and summer internships. Support from the fund may be used for travel and travel-related expenses, or scholarships for tuition. The deadline for Summer is Feb 15 and the deadline for Fall is March 15

[More information](#)

For more scholarships, visit the [Study Abroad Funding Page](#).

#DeacsAbroad



September 5, 2022

wfustudyabroad

Jumping over to France, our WFU Dijon French language program has had a great start to the semester as well! Like many of our other programs, the Dijon team plans excursions for students to discover other parts of the area/country. Here is the gang in La Provence 🌻 Profitez-bien!!

#DeacsAbroad #GlobalWakeForest #wfu @wffrenchstudies



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