

Knighly Adventures Abroad

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Italy



Advice to future study abroad participants: Try to learn a little bit of the language before you go, even if it is just a crash course.

Complete this Sentence:
If I could do it over, I would... take more pictures!

Major(s): Exercise Science
Minor: Biology

Years/Term Abroad: Summer of Junior year

Name of program and why you chose it: I went on the KIIS Summer trip to Italy. I chose it because it had the classes I was interested in and was affordable, safe and well-organized. Moreover, because classes were outside the classroom, it allowed me to explore 12 different cities in Italy.

Describe the Housing Situation: We stayed in hostels or hotels. All of them were safe and clean enough for me. One we stayed in had an extravagant breakfast and outdoor pool.

Best Memory: My favorite memory is from when I took a chair lift up to the top of Mt Solaro and could see all the way around the entire island of Capris.

How has this experience enriched your Bellarmine educational experience? This trip has allowed me to learn about subjects in and outside of class-time that interest me, but are not included in my major.

Greatest Challenge: The hardest part was figuring out the transportation system, but by the end of the trip I had it down!

Experiences with Culture Shock or Reverse Culture Shock: In Italy the food is so natural and pure. It is locally grown, made from simple ingredients, and there are stricter FDA rules. It was hard to eat American food after tasting the Italian cuisine.

What you know now that you didn't know before going abroad: I've learned that people are universally more alike than different. I've learned that I love the laid back Italian schedule, the emphasis on family and relationships, and the ability to walk to wherever I need to go.

Don't worry about all that could go wrong. Never let fear keep you from an opportunity of a lifetime!

