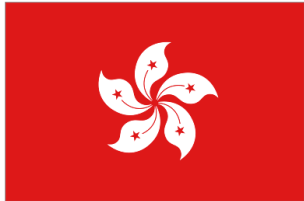


Knighly Adventures Abroad

Sarah Bowley.
Hong Kong SAR



I never could have imagined how much my experience in Hong Kong would entail. I was gone for 5 months: Saw The Great Wall of China, visited Macau, cliff dived and breathed fire in Hong Kong, attended a lantern festival like the one in Tangled in Taiwan, rode elephants and petted tigers in Thailand, and fed tropical birds in Malaysia. Only way I can sum it up, WOW.

If I could do it over I would...
Attempt to begin the process earlier-- there are a lot of little things that need to be completed.

Major(s): **Exercise Science**

Years/Term Abroad: **Spring 2014**

Name of program and why you chose it: **Exchange Student with Chinese University of Hong Kong. I chose it because it seemed different than anywhere I had been before and I wanted to make myself a little bit out of my comfort zone.**

Best Memory: **There were too many to pick from but one thing that was memorable was the first time meeting all of the exchange students, the welcome dinner. None of the western exchange students could hardly use chop sticks, and the Asian students thought it was hilarious. Talk about an ice breaker.**

Describe the Housing Situation: **I lived in a four story dorm building, which their campus called hostels, with a local roommate. Although there was a language barrier between me and the staff, and my roommate and I found the culture differences a little difficult, it was a pleasant living space.**

Advice to future study abroad participants:
Go somewhere that pushes you to always try new things. I did and it was the most amazing thing I've ever done.

How has this experience enriched your Bellarmine educational experience? **I feel that now not only do I know myself better than before but I also am a worldlier person. Bellarmine is a liberal arts college meaning they pride themselves in creating the well-rounded student. I learned more from my semester abroad than I ever could in a classroom.**

Greatest Challenge: **When traveling in other parts of Asia the language barrier was quite difficult to overcome.**

Experiences with Culture Shock or Reverse Culture Shock: **The first thing I dealt with for my culture shock was food. In Hong Kong they eat absolutely every part of the animal. Walking down the street and seeing things like intestines and chicken feet hanging in the windows was not my thing. But also I experienced reverse culture shock when I arrived back in the USA and realized I was no longer the minority. So many people who looked like me--very strange!**

What you know now that you didn't know before going abroad: **I know that I have the ability to handle almost any situation on my own, and that the world is smaller than we think.**

