



# ***Knightly Adventures Abroad***

**Sara Wilder**  
**Santiago, Dominican Republic**



**Advice to future study abroad participants: Do not let the sense of unfamiliarity keep you from experiencing something as great as this.**



**If I could do it over, I would try to learn more Spanish beforehand!**

**Major:** Exercise Science

**Term Abroad:** Spring Break 2017

**Name of program and why you chose it:**

I went with the Exercise Science Program Spring Break Trip. I chose this because I am an athlete and studying abroad always seemed impossible, until I found this trip through my degree.

**Describe the Housing Situation:**

We lived in a 3 story building that belonged to GO Ministries. We slept in a room with bunk beds.

**Best Memory:**

One day I was asking our leader from GO about the disabled population in the area and he told me about a 40-year-old man with Down Syndrome that comes to the baseball program and less than 5 minutes later he was walking down our street and I got to meet him.

**How has this experience enriched your Bellarmine educational experience?**

It made me appreciate what I had even more and made me realize how big the world actually is outside of BU.

**Greatest Challenge:**

Getting on the plane and coming back home.

**Experiences with Culture Shock or Reverse Culture Shock:**

The first few days back and even now I still struggle with living life the same way knowing what I know about how things are outside of the States.

**What you know now that you didn't know before going abroad:**

It is more feasible than you think!

**"I can't thank my family, Bellarmine, and God enough for this life changing experience."**