

# UNIVERSITY OF NORTHERN IOWA

## STUDY ABROAD NEWSLETTER

VOLUME 2, ISSUE 23    APRIL 29, 2010

### Important Deadlines and Opportunities

- New Opportunity:

You can now take the opportunity to travel “down under” because Global Experiences is offering several new exciting internships for this summer. They include: the music industry, public relations, advertising, and hospitality. For more info: <http://www.globalexperiences.com/internships/sydney.php>

- New Scholarship:

CAPA International Education has recently more than doubled the amounts they are rewarding and offer discounted prices to affiliates. If you are still interested in going abroad in the fall visit their website: <http://www.capa.org/student-resources/capa-scholarships>

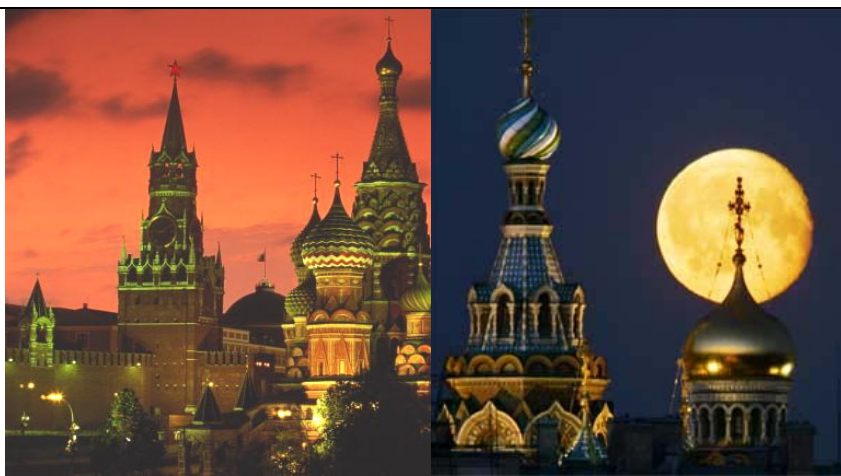
- GLS Study Abroad Scholar Awards:

\$1,500 award for students going abroad for a semester during Fall 2010 or Spring 2011.

For more information visit <http://www.globalsemesters.com/>

### PROGRAM OF THE WEEK:

MOSCOW STATE LINGUISTIC UNIVERSITY  
AND  
HERZEN UNIVERSITY



The beautiful St. Basil's cathedral is pictured above at sunset and in the moonlight. It is located in Moscow, Russia which is on the Western border.

### SPECIAL THANKS TO THE SPRING STAFF!

We would like to thank all of our staff in the study abroad center. With the ending of the spring semester, some of our advisors and others in the office will be going abroad or graduating. We hope they have an amazing time. We are looking forward to beginning the fall semester.

—Spring 2010 Staff

### FUN FACTS ABOUT RUSSIA

- With over 6,592,800 sq miles, Russia has the largest land mass of any country in the world. You must travel through nine time zones in order to touch the East and West borders.
- Russia was very involved during WWII, signing an agreement with Germany which was broken, by Hitler, causing them to be united with the Allied Forces.
- Russia sent the first man in to outer space, Yuri Gagarin, on the space shuttle Vostok 1.
- Russia's famous ballet company, the Imperial Russian Ballet, is one of the most well known and successful in the world.

### Save the Date!

International Opportunities Fair

When: September 15, 2010

Time: 11 am-4 pm

Where: Maucker Union Ballroom

Good luck on your  
spring finals and  
enjoy your time abroad!

## Looking to Study Abroad Next Year?

### Come in Early For The Fall!

Get a jump start and sign up for the program that interests you the most! Don't miss out on a great experience because the capstone you want has reached its maximum. The application is now online. All you have to do is decide on a program and sign up. If you are interested in multiple locations, you can set up an appointment with our advisors to help you decide which program fits you.

### What do I Need to Complete?

The Study Abroad Center will be here all next year to help you with your journey abroad. You don't have to plan everything by yourself. We help figure out your class schedule and answer any questions you have about traveling or the school. The website also tells you when deadlines are and what still needs to be turned in.

### Be Open Minded!

The thought of traveling 1,000s of miles away from home can be overwhelming to most but also exciting. Just remember that the countries you are traveling to have their own foods, culture, music, and movies that you can only experience for a short amount of time.

## Fun Recipes From Abroad!

### Wiener Schnitzel (Germany)

#### Ingredients

- 1 lb turkey cutlets, boneless chicken breasts, or veal
- 1 cup breadcrumbs
- 2 teaspoons lemon juice
- 1 tablespoon parsley flakes
- 1 egg
- cooking oil



#### Directions

1. Pound meat until it is less than 1/4 inch thick.
2. Into a large skillet, pour oil approximately 1/4-inch deep; heat until oil bubbles when you drop in a pinch of breadcrumbs.
3. Beat egg, add:
4. 1 tsp. lemon juice.
5. Add parsley to breadcrumbs.
6. Dredge meat in egg, then breadcrumb mixture; fry until golden brown on each side.
7. Sprinkle with remaining lemon juice.

## Facts About Tibet

It's no secret that the Dalai Lama will be arriving on the UNI campus in a little less than a month. The Dalai Lama is one of the most recognized figures around the world. It's quite the honor to have him speak on the UNI campus. To prepare for his visit, here are some facts about the Tibetan culture:



**Architecture** — Tibetan temples are painted white, red, and yellow to resemble clouds, fire, and the earth on the outside. The inside walls are darker which allows streaks of natural sunlight from windows to highlight the faces of the sacred statues. To establish power and safety, the temples are placed high among the mountains.

### Tibetan Book of the Dead

**(Bardo Thodol)** — Once a person has died, the Tibetan Book of the Dead is read aloud to their body to ensure rebirth. They believe this helps the body recognize the nature of its mind so it can achieve liberation from rebirth. In the book, the awareness must be free from the body and go through stages of dreams. The dreams can be frightening at points but also mesmerizing.



## UPCOMING EVENTS

### [Yamantaka Mandala](#)

When: May 9, 2010 at 3:30

A Yamantaka Mandala will be constructed for the arrival of the Dalai Lama. This Mandala is a cosmic blueprint of the celestial palace of the deity Yamantaka, Conqueror of Death.

### [Keynote Address by the Dalai Lama](#)

When: May 18, 2010

The Dalai Lama will be addressing the importance of education and globalization within the societies.

### [Cinco de Mayo Celebration](#)

When: Tomorrow! Friday April 30.

Time: 11 a.m. to 1 p.m.

Where: outside Maucker Union, or inside if it rains.

Enjoy grilled fajitas, beans, chips, dessert and pop all free of charge! (While supplies last.)



TO GET THE NEWSLETTER WEEKLY, EMAIL:  
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For country specific information make an appointment  
with one of the advisors in the office.