

As I begin my preparation to live abroad for a semester, I want to reflect on the experiences that shaped me into the person I am today as well as the experiences I hope to gain while in New Zealand.



Each couple of slides
provides an insight into
parts of my current life.
The other slides
represent the
opportunities study
abroad will provide me
with!







I'm currently an Exercise
Science major on the prephysical therapy track at
Eastern Michigan University.
I live on campus with all of
my friends. Also, I'm a
tutor and a mentor for my
peers!

Fun fact: I'm the VP/co-founder of the Bingo Club on campus!

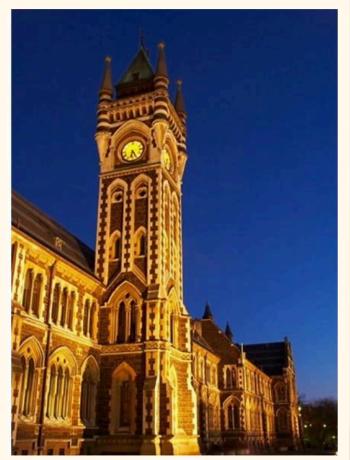


I've heard I need to be prepared for any type of weather at anytime because it can change at the drop of a dime!

OTAGO



Te Whare Wänanga o Otago

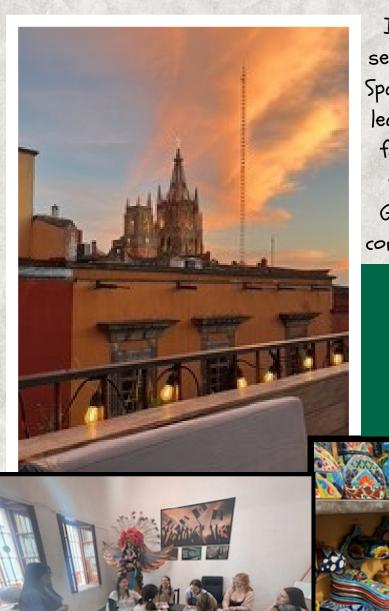








Next semester, I'll be attending the University of Otago in Dunedin, New Zealand. I plan to stay in a flat with other international students. The school has a huge international Pacific Island population. Since I'll know nobody, I'm excited to meet new people and learn about the new cultures!



In the summer of 2023, I traveled on a global service trip to Guanajuato, Mexico. We took fully Spanish-immersed classes while also exploring and learning about the history of the city. One of my favorite parts was the peer to peer experience where we were paired up with students from Guanajuato. Many hand gestures were used to communicate but it was extremely fun to connect

with people my age across a boarder!



My best friend, Paula, was born and raised in Berlin. She did a foreign exchange program in high school where I met her! We have monthly calls where we give life updates. This recent summer I traveled to Germany! We traveled all over Germany including Munich, Berlin, Potsdam and Königstein while also taking a day trip to Prague. We had many laughs and

many cries,
especially when we
were caught in a
thunder and
lightening storm
on top of a
mountain! Also,
the bread
selection is
unmatched!









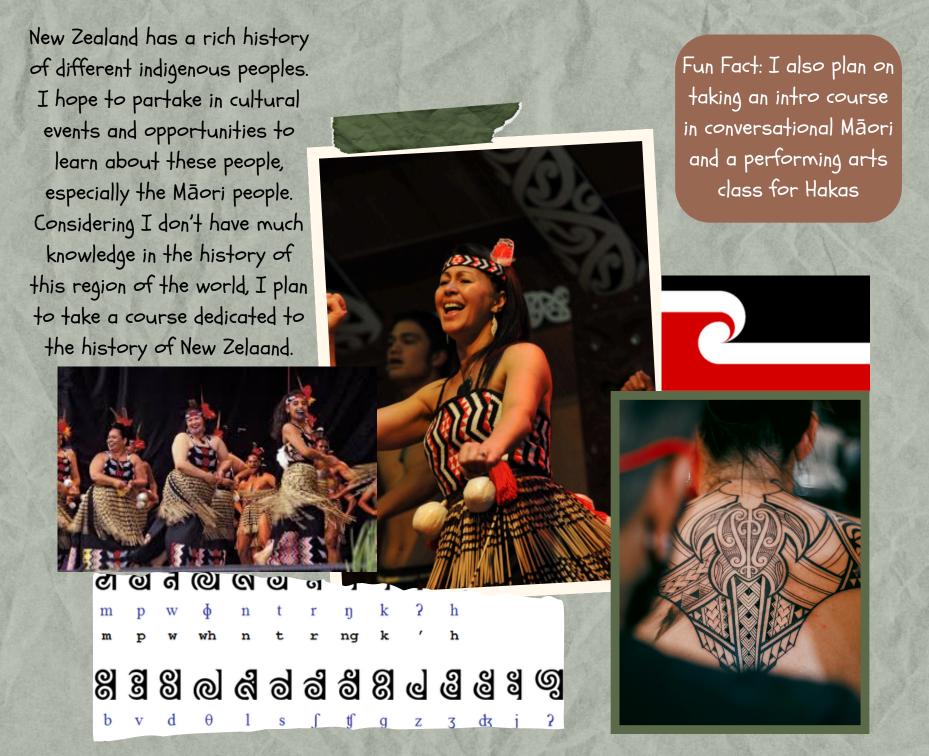
must do.





In the summer, I work at a chocolate and gelato shop alongside some international workers. My boss decided to renovate a house so that we could host a few

international students over the summer. Who used to be coworkers quickly became good friends. I've gotten the chance to meet people from China, Columbia, Venezuela, Japan, and Russia in the matter of two years. I cherish the times we get to share traditions and learn about all of the differences between our cultures!



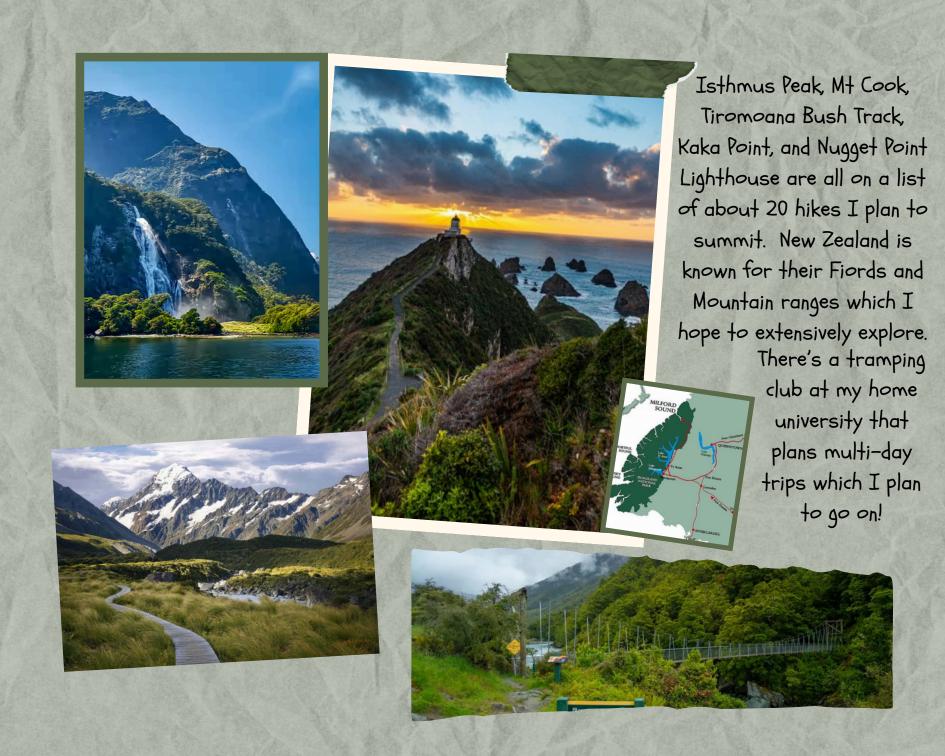


I've always been into movement and exercise, which explains my major. I rowed in high school, and I run, lift weights, and kayak in my free time. Physical exercise has always been an area of discipline and motivation but also a way to keep mental peace and happiness. I find moving my body helps my mind concentrate on what's important in life!

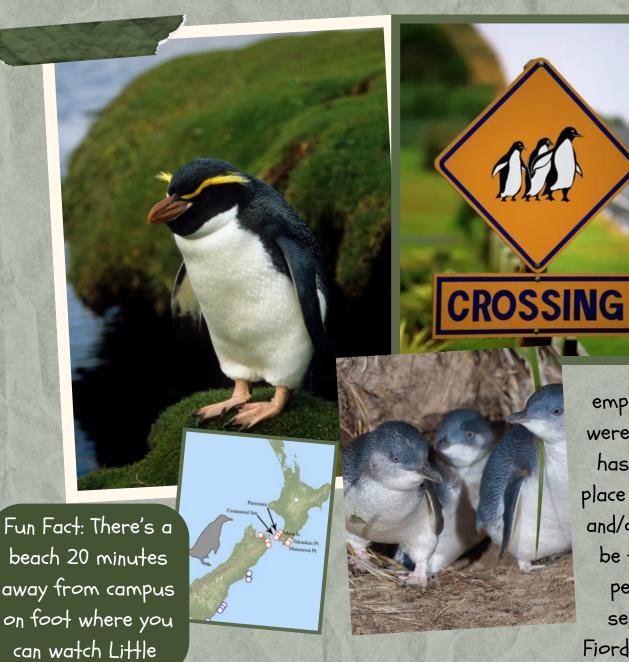












I changed my major from Biology to Exercise Science, basically giving up the idea of becoming a penguin researcher. But the dream to see every penguin species in a natural habitat has never faded. When looking at study abroad programs, a heavy

emphasis for me was if there were penguins. Every place that has penguins would be a new place to me with a new language and/or culture. It happened to be that New Zealand has six penguin species during the semester I'm there: Little, Fiordland, Yellow-Eyed, Southern Rockhopper, Erect-Crested, and Snare penguins.

penguins return to their nests from a long day at sea!



Since I grew up next door to the
Sleeping Bear Dunes National Lakeshore,
it only made sense to get involved in
protecting that land. I've been a
volunteer for the lakeshore for over S
years alongside my family. While hiking
the trails, we pick up trash as well as
report any damage or concerns.

I also adopted a river which means I keep track of littering, river height, and safety on it. I've always appreciated our national parks so giving back to them while utilizing them seems like the right thing to do!









OPERA

Otago Peninsula Eco Restoration Alliance









While abroad, I won't be by any national parks but I will be surrounded by many conservation or restoration efforts. For example, the OPERA helps nurse numerous penguins back to health as well as help protect their nests and water. I plan to get involved with organizations like the OPERA so that my time is partially spent giving back to the land and animals that we share it with!

In closing, every day that I'm stressed about planning this semester abroad, I think about that little girl in me who only wanted to be with penguins. If she'd known I'd get the chance to spend 4 months with those flightless birds, she'd cry happy tears. I hope this trip reminds me to find happiness in the simplicity of life. Being on my own and exploring what New Zealand has to offer can help me to learn what I value most. I'll be challenged in more ways than I can think but in the end, I know I'll make it through with loads of memories!