

## Study Abroad: A Balanced Experience

There are many reasons to study abroad- to immerse yourself in another culture, to form new relationships, to become more independent, to improve language skills, and to gain new perspectives of the world, life and yourself. If any of these sound appealing or if you've thought of studying abroad, keep reading!

I participated in a global summer internship program in London, UK through Berkeley Summer Sessions during the summer after my sophomore year. During the 8 weeks I was abroad I interned at a non-profit called African Foundation for Development (AFFORD) four days a week. The other students in my program, who were mainly UC Berkeley students, each interned at a different organization. We took a class online and a class on Fridays on British culture that included a field trip component to various museums around the city. We lived in private student housing near Liverpool Street Station, which is in central London. Every day I traveled to work on the tube (London's subway system) and every evening we would explore a different part of the city. I saw *Doctor Faustus* in Shakespeare's Globe Theater, saw the London Pride parade, visited Stonehenge and Oxford, ate nitro ice cream in Camden Market, saw a football game, listened to Mumford and Sons in Hyde Park, and took a 10-hour bus ride to Paris for a weekend to visit my best friend.

Many students are concerned that studying abroad will set them back in their progress toward their degree. It's a valid concern, especially if you're not able to take classes that fulfill major requirements while you are abroad. However, there are opportunities to take lower division prerequisites, allied subject courses or even major requirements with specific programs. In addition, while studying abroad in the summer is a much shorter experience, it removes the anxiety of taking a semester "off" from your major classes.

Studying abroad was a life-changing experience: I met my current roommate and many other passionate people, explored an exciting new city and learned about a new country's culture and history. If you are interested, talk to your staff advisor, check out the Study Abroad Office in 160 Stephens Hall and start researching!

### Helpful Links:

[studyabroad.berkeley.edu](http://studyabroad.berkeley.edu)

[eap.ucop.edu](http://eap.ucop.edu)

[studyabroad.berkeley.edu/sites/studyabroad.berkeley.edu/files/CollegeOfChemistry.pdf](http://studyabroad.berkeley.edu/sites/studyabroad.berkeley.edu/files/CollegeOfChemistry.pdf)