**TITLE OF PAPER**

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DATE

**Introduction**

During academic year 2020, I completed a semester study abroad program. Through my experiences in COUNTRY, I experienced many new things and developed a new understanding about myself, my society, and the world. I have learned that traveling is a great way to learn who I am within a broader context of my relationship with others and the society at large. In the current paper, I will highlight a few of these new revelations within the following domains: (1.) academic study, (2.) homestay/dorm life, (3.) transportation, and (4.) food.

**Academic Study**

**Instructions:** Please write *at least* 400 words comparing and contrasting what you learned in the classroom while studying abroad compared to what you learned while you were at KGU. How were the classes compared to your classes at KGU? Was the “classroom culture” different than in Japan? What type of rules did the teacher have? Why do you think they had these rules? What were the other students like? How about the assignments?

**Homestay and Dorm Life**

**Instructions:** Please write *at least* 400 words about what life was life living with your host family. This essay should be about the process of learning to adapt to a new environment. What was different living with them than your family of origin? What type of people were your host family? What new rules did you have to follow? How did you learn to get along with them? Were there any conflicts or miscommunications? How were they resolved? Did you feel homesick at all? How did the process of culture shock go for you?

**Transportation**

**Instructions:** Japan has one of the best transportation systems in the entire world. Please write *at least* 400 words about the similarities and differences in the public transportation you used while studying abroad. Were there any occasions that you felt “trapped” because you could not move freely using public transportation? Please tell me about those experiences. What was that like for you? What emotions came up? How did you resolve that conflict?

**Food**

**Instructions:** Please write *at least* 400 words about the food you ate while studying abroad. What were common meals? What did you like about this new cuisine? What did you not like? Did you ever miss Japanese food? What did you do about that? Did you try cooking your own food at all? How did it turn out? Food is one of the most important parts of culture. Were you able to connect with the local people over food?

**Conclusion**

Through these experiences in COUNTRY, I felt that my worldview has expanded to include more people, more places, and more ideas. Likewise, I learned a lot about myself, my society, and the world around me. If I could distill my time abroad into one idea, it would be the following:

ONE STATEMENT THAT DESCRIBES WHAT YOU LEARNED ABROAD.

I am not exactly sure where my life journey will lead me next, but I am excited to include what I learned from study abroad into whatever that next step will be.

**References**

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Uchida, C. (2010). Apathetic and Withdrawing Students in Japanese Universities: With Regard to Hikikomori and Student Apathy. *Journal of Medical and Dental Sciences*, *57*, 95–108.

**Study Abroad Report Instructions:**

1. Write 400+ word essays in each of the four sections.
2. Include the statements and internal citations from the list below
3. Replace all CAPITAL HIGHLIGHTED TEXT with your own content.
4. Delete the essay instructions in each of the four sections.
5. Delete this last page.
6. Make sure it is above 2,000 words.
7. Turn it in

Phrase list **with the internal citations**:

1. Western countries are more individualistic while Japan is more collectivistic (Markus & Kitayama, 1991).
2. Food and food sharing is one of the cornerstones of culture and institution development (Bowles, Choi, & Hopfensitz, 2003).
3. Japanese students are typically more ethnocentric than Western students simply because of lack of exposure to different cultures (Neuliep, Chaudoir, & McCroskey, 2001).
4. Emotional expression and emotional recognition is different from culture to culture (Mesquita & Frijda, 1992).
5. Sometimes Japanese and Western people misinterpret each other’s nonverbal communication and facial expressions (Shioiri, Someya, Helmeste, & Tang, 1999).
6. Acceptance and commitment skills can be used to help with culture shock and homesickness (Muto, Hayes, & Jeffcoat, 2011).
7. Japanese universities have been struggling to motivate apathetic students since the 1980’s (Uchida, 2010).