

San Jose, Costa Rica

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Program: ISA San Jose, Costa Rica: Health Care Courses in English & Medical Spanish , Summer 2018

Major: Anthropology

Earning the Community Engagement Badge:



I learned so many valuable things that you just can't learn in a classroom while reading a textbook when I was working on earning this badge. I was able to go out into the community and get a first hand look at the infrastructure, culture, government, and, of course, community of my host country. I was able to participate in activities that incorporated international students and

locals, and also worked in a hospital where I was able to work with locals as well. You can't learn about a specific culture or community without actually physically going out and experiencing it, and this is what I was doing while abroad. I think that this new knowledge that I have about the community has given me more intercultural competence and will benefit me in future positions going forward, whether it be for a career or a school or a lifestyle.

Earning the Language Immersion Badge:

I was weary about living with strangers that didn't speak the same language as me at first, but I'm so happy I decided to do it. I had to practice my Spanish everyday and got really good at knowing basic greetings and



goodbyes, how to say what I want/need, and how to hold conversations. I think that it was the most valuable part of my entire experience and was where my Spanish skills really blossomed. To learn a language, you really do need to

practice it everyday for a while, and get uncomfortable at times and really push yourself to understand and communicate, which I was able to do everyday with my host family.

Transferable Skills:



I've been applying these skills in many aspects of my life. In Spanish class, I feel so much more comfortable when my professor lectures in Spanish or when I have to give a presentation in Spanish because I know how to properly prepare and ask questions to ensure that I understand what is being said and so that people can understand what I'm saying. At work, I've been able to more effectively

communicate with people, even if its just in English, because of the challenges I faced in terms of communication while abroad. And, overall, I've learned how to be a great problem solver and how to acknowledge my failures and work towards fixing them instead of self loathing.



"I experienced many challenges and setbacks on this trip along with others. You can blame the community and continue to have a horrible experience, or you can actively work to improve, which will make you a better student, employee, and person."