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Paying it forward

By Lauren Ball

The expression "**pay it forward**" is used to describe the concept of asking that a good turn be repaid by having it done for others instead of the original doer.

During this Fall Break there was a special opportunity for 10 international students who participated in the Alternative Fall Break with NC State's Center for Student Leadership Ethics and Public Service (CSLEPS). The group, along with 20 American students, travelled to Washington D.C. to volunteer with some of the city's organizations that address homelessness, hunger and poverty. They saw a side of Washington D.C. that few visitors get to experience.



US Capital Building in Wash., DC

During their trip, the group worked at three different organizations, each having a specific mission and purpose. At the Capital Area Food Bank, students worked together to receive, sort, pack and label food donations. Resulting from the hard work of volunteers, CAFB was able to distribute packages to partner agencies around Washington D.C. so that the food could reach people in need. Some students volunteered with an organization called Martha's Table which works to feed, educate, clothe and encourage at-risk children, youth and families around Washington D.C.



NC State students lending a hand in Washington ,DC.

Other volunteers worked at So Others Might Eat (SOME); this project allowed the Alternative Fall Break team to work directly with some of Washington D.C.'s homeless and hungry. Part of the group prepared food, while others served food and drink to those who needed it.

“You must be the change you want to see in the world.”

-Mahatma Gandhi



NC State students at So Others Might Eat (SOME)

While in Washington D.C., the end of each day included a time to reflect on their experiences. For students like Ramakrishnan Krishnaswamy, it was the best part of the trip. Following their return to Raleigh, Ramakrishnan explained “[We] discussed ways to enrich our Alternate Fall Break experience. We also played some fun games to get to know each other and ourselves better. Thus we were able to bond as a team.” Others also enjoyed the daily reflections for the

opportunity to hear the reactions of their American teammates and learn more about the perspectives and viewpoints of their American peers.

Of course, no trip to Washington D.C. is complete without a chance to sightsee around the city. As part of the trip, CSLEPS made sure to incorporate a little free time into the Alternative Fall Break.

The group had a chance to see things like the White House, Lincoln Memorial, and Washington Monument. Some students also took the opportunity to tour various parts of the Smithsonian Museum complex, like Manqing Ying, who said the museums were her favorite thing to see during the free time.

“It seems a fragile chain because none of this can be accomplished without unpaid volunteers; however, it works as I see. There are many people coming everyday to help; young and old, Americans and international volunteers.”

-Wenjin Wang
NC State student

Looking back on their brief time in Washington D.C., the international participants had a lot to say about their overall experience during Fall Break. Hammad Cheema explained that the opportunity “gives you the chance to see life from different perspectives.” Qian Jia noted that “what we do is small, but when it accumulates and converges, it may change some people’s lives.” To the hundreds of people helped directly or indirectly by the participants of this year’s Alternative Fall Break, that sentiment is very real and true.



Go Wolfpack!!

OIS, Serving You...

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Changing Seasons

Cooler weather and the spectacular kaleidoscope of colors in the trees are a sure sign that the seasons are turning.

If you would like to explore more of the local NC area while seeing outstanding scenery first-hand, you can take a ride on "America's Favorite Drive" - [The Blue Ridge Parkway](http://www.explores Asheville.com/what-to-do/outdoor-adventures/blue-ridge-parkway-75th-anniversary/index.aspx?cid=CKG6h6Az50CFBMS0odCivVvQ) (<http://www.explores Asheville.com/what-to-do/outdoor-adventures/blue-ridge-parkway-75th-anniversary/index.aspx?cid=CKG6h6Az50CFBMS0odCivVvQ>).

While you are out, you can also take in the sites and visit the [Great Smoky Mountains National Park](http://www.explores Asheville.com/what-to-do/outdoor-adventures/great-smoky-mountains-75th-anniversary/index.aspx) (<http://www.explores Asheville.com/what-to-do/outdoor-adventures/great-smoky-mountains-75th-anniversary/index.aspx>).



A Call for Assistance

OIS is looking for enthusiastic **volunteers** for the **Spring 2010 International Student Orientation!** There are numerous opportunities to help the next group of new international students, from helping with Check In to serving as a Small Group Leader. You can find more details and any needed applications in the Programs section of the OIS website. Please contact Lauren_Ball@ncsu.edu if you have any questions!

Upcoming Events

International Leadership Conference - The North Carolina Association of International Educators will hold a conference at **Appalachian State University** in Boone, NC from **Saturday, Nov. 14th - Sunday, Nov. 15th**. The conference will bring together International students, returning study-abroad and serve-abroad students, and students specializing in the field of international and global relations. A major goal of the conference is to introduce leadership principles and community service through targeted workshops and a hands-on service project during the conference. **Registration is only \$25 and will end on Oct. 23**. For more info: <http://www.ncaie.org/ncicl.html>

International Education Week Nov. 16th - 20th



Have a Cup of Tea - Come and sample delicious teas, coffees and some snacks from around the world!

The annual **International Tea & Coffee** will be held on **Wednesday, November 18th from 3:30 to 4:30 p.m. in Caldwell Hall Lounge**.

The event is open to international students & scholars, American students, faculty & staff and members of the community and is hosted by the Office of International Services.

Photos from the 2009 Study Abroad Photo Contest will be on display in the lounge. We hope to see you there!

"Shocking!"

Have you ever been shocked? Culture-shocked, that is? If so, and if you'd like to share a little bit about your experience OIS is looking for 2-3 international students or scholars who would be willing to participate in a panel discussion as part of a seminar being held during International Education Week. The session is called "**Contents Under Pressure: Culture Shock Seminar**" and is scheduled for **Wednesday, November 18, 2:30-3:30 pm in 222 Daniels Hall**.

If you'd like to participate on the panel, please e-mail Thomas Greene at thomas_greene@ncsu.edu

Additional information about events, sessions, locations and topics that will be offered during International Education Week can be found at:

<http://ncsu.edu/oia/InternationalEducationWeek.html>