

Spring 2016 Newsletter



Paderno del Grappa, Italy



CIMBA SPRING 2016

Paderno Del Grappa, Italy

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Letter from the Editors

By Andrew Carroll & Caroline Casey



After a long and tiring study abroad experience, we can finally say that everything great eventually comes to an end. With countless journeys, friends and stories all CIMBians will leave this quaint, Italian town enriched with experiences that surpass all expectations.

Long nights studying for thought-provoking exams may have been tiring at times. Yet the moments of pure bliss, getting drinks and pizza at the pizzeria, joking around in the classrooms late at night,

and getting drenched in sweat after a hard fought soccer or basketball game, made the experience worthwhile.

With the fast pace culture during the week, it was a gift to have the freedom to travel with our friends and forge real, lasting relationships bound together by the moments and memories we collectively shared.

We would like to thank the staff for supporting us, our parents for funding us, and the CIMBA program for enlightening us. It is most import, however, to thank

the 108 other students that made this experience even more worthwhile. Your expansive backgrounds and vastly different personalities created one comprehensive and entertaining CIMBA Family. So, we celebrate you, all the students of Spring 2016, as we highlight your time here in this newsletter. Reflect on the past, and get excited about the future!



CIMBA Spring '16 Statistics

110 CIMBians:

58 Men 52 Women

14 Universities:

Clemson University

Furman University

Iowa State University

Kansas State University

Oklahoma State University

Purdue University

University of Alabama

University of Arkansas-Fayetteville

University of Connecticut

University of Delaware

University of Georgia

University of Iowa

University of Kansas

University of Minnesota

University of Missouri

University of Nebraska-Lincoln

University of Wisconsin-Madison

Virginia Tech University

West Virginia University

Western Michigan University

13 Majors:

Accounting

Business Administration

Communication Studies

Economics

Entrepreneurship

Finance

Human Resource Management

International Business

Logistics, Supply Chain, Operations

Management Studies

Management Information Systems

Marketing

Most Common Major: Finance

Countless Passions

1 CIMBA Family

Where in the World is... A CIMBA Student



Cortina, Italy



Alex, Andrew, Sid, and Grant skiing the Dolomites

“When you come to a fork in the road...take it”
– Yogi Berra

Barcelona, Spain



Nicole, Alyssa, and Marcy at Park Güell

Home Sweet Paderno Del Grappa By Emily Kurtz

Paderno del Grappa is a "small town in the province of Treviso found in the heart of the Veneto region of Italy. The campus is at the base of Mount Grappa, which is a mountain in the foothills of the Dolomite mountain range. Paderno Del Grappa is about forty-five minutes north of Venice, and has a population of just over 2,000, making it a quintessential small Italian town. Paderno also plays neighbor to the larger towns of Asolo and Bassano Del Grappa.

While, Paderno Del Grappa may be small, it is mighty! At first glance, it may seem as though there is not much to do, but after spending the semester exploring, I can safely say that some of Italy's greatest hidden gems exist within walking distance from the CIMBA campus. Without further ado, I present to you...

The 2016 PDG List of Best Places. No Exceptions.



Alpina Cafe: Complete with indoor and outdoor seating, this cafe is only a 2 minute walk from campus and is the perfect place to grab a fresh pastry or satisfy your caffiene fix

Pizzeria Al Sole: A great place to practice your italian, and indulge in some of the best pizza in all of Italy - who am I kidding?! The planet!



Tabacceria 2: An italian convenience store and a lifesaver. This shop carries everything from bus tickets, to toiletry items. There are two right outside of campus, but "Tabacchi #2" also makes delicious made to order panini sandwiches



Gelateria: A nice 25 minute walk from campus, so you never have to feel guilty about getting gelato every day again! Don't be afraid to mix and match and try unusual flavors! combos taste!



What in the world is an "EWAP"?!

EWAP stands for "Events With A Professor" and gives CIMBA students a chance to get to know their professor's in a more casual setting while participating in a variety of activities that expose students and professors alike to some of the best parts of Italian culture!

Suit Shopping

By Justin Giola

Fine wine, delicious pasta, and of course, quality suits. This semester I have had the opportunity to experience all three and I can attest that drinking fine wine and eating delicious pasta is best when wearing an Italian suit. Earlier this semester I had the opportunity to go suit shopping with Christina Turchet, Executive Director of CIMBA, and Kevin Breitnother. During our shopping trip, I had the opportunity to try get fitted for suit sizes. After getting properly sized, I walked the store until I found the perfect suit. I received a great deal on a high quality suit that will last me for many years to come. If you get the chance I would highly recommend investing in a suit while in Italy, you won't regret it.



Spring 2016 EWAPs

- ◆ Italian Suit Shopping
- ◆ Pizza Making
- ◆ Pasta Making
- ◆ Hiking Mount Grappa
- ◆ Professor led Runs
- ◆ Farm to Table Dinner
- ◆ Ribs in Bassano

Pasta Making

By Mikaela Donelan

Luca taught us how to make the dough, showed us how to roll and cut the pasta and let us try our hand at rolling gnocchi! His skill was outstanding—the only utensils he used was a fork, a knife and a rolling pin! I am now inspired to make my own pasta; It was amazing! Luca was full of energy and so excited to share with us how his mother taught him to make pasta many years ago. The majority of his family was with us and was very welcoming. One of favorite cultural experiences (and certainly the most delicious one)!



Left to Right: Luca, Ashley, Abby, and Alex learning to roll gnocchi

Under the Tuscan Sun by Angela Defilippo

When I reflect on my travels throughout Italy, what sticks out most in my mind is the food. This may be partly because I have had so many great things, but mostly because it's a huge part of Italian culture. It only takes a week of cafeteria food to really miss a home cooked meal and our AirBNB host Susanna in Tuscany provided us with just that!

Aside from waking up to an breathtaking view every morning, Susanna provided us with the perfect, home-cooked, four-course, classic Italian meal! She paired each course perfectly with her Husband's Chianti wine right from their own vineyard!



The following day we were able to visit an "agriturismo" or organic farm, in San Gimignano. Our tasting included four different wines, (a young red and an aged red, a young white and an aged white), bread, two types of cheese, olives, and the olive oil produced on the farm, for only 8 euro! And as an added bonus, we were able to tour the farm to see where the wine is stored and even meet the cows!

On Sunday morning before leaving I was totally in my glory and finally got a chance to cook! We ended the trip with a real breakfast – eggs, not croissants (for once!), and the reassurance that yes, I definitely will be back to spend more time under the Tuscan sun.



Flying First Class By Allie Abney

One weekend, I decided to stay on campus, but this time, instead of making travel plans...I made plans to jump off a mountain! Although I was ready to commit to this crazy adventure it didn't become real to me until we started weaving up to the launch point at the top of Mount Grappa. The gentleman I coordinated paragliding for a group of CIMBA students with asked me, "Alexandra, how much Italian do you speak?" and I replied, "un po" (a little). After some difficulty and a little translation help – he explained to me that my paragliding guide "spoke very little English, so he was happy I spoke some Italian". (What he didn't know was that by "un po" I meant that I could say "hello!", "goodbye", "I'm sorry," "perfecto!", "vino", "yes", and "no"). If I didn't already have a look of fear on my face, it was there now! I was about to jump off the side of a mountain, with a complete stranger, that spoke very minimal English. From the preparation stage to running for takeoff, there was very minimal effort before I was swept off of my feet up into the sky. The view was absolutely amazing. It didn't matter that my guide barely spoke any English because I was at a loss for words gazing at the natural beauty that surrounded me. The view of the mountain tops, the valleys, and the small towns scattered underneath me, were simply incredible. It was an amazing experience from takeoff to my surprisingly smooth landing. After flying first class, I'm not sure RyanAir will ever be the same again!



Allie Abney and Paragliding Guide



Getting Lost In Ljubljana

By Julie Gulbranston

If you asked me where I wanted to travel while I am studying abroad here in Italy, I can assure you that Slovenia was not on my list. I had no plans to travel one weekend until I heard that a group was taking a shuttle to Ljubljana, the capital of Slovenia. On a whim late Wednesday night I decided why not just jump on board for an adventure to a country I have barely even heard of, and certainly never thought about.

To be honest, I was a little nervous taking such a spontaneous trip, as I have always been a planner, especially when it comes to travel. Yet, here I was, ready to embark for Slovenia, without any plans, research or expectations.

My first impression of Slovenia was how absolutely beautiful and picturesque it was. We spent Friday night wandering the streets covered in snow, taking in the scenery. It was almost like a scene from a

movie. None of us had any idea of what there was to do, or to see... So our "plan" was to just get lost.

The following morning, we grabbed a map and asked some locals what they

Left to Right: Julie, Marissa, Mikaela, Allie, Rachel, Rachel



thought we should see and do. Come lunch time, we stumbled upon a little restaurant with the funniest signs on the side and one of the most amazing bacon cheeseburgers (I promise) you will ever have. After lunch we headed to the castle we had been eyeing in the

distance all morning. As we hiked up the castle, the sun started to come out from behind the clouds. By the time we reached the top, the sky was blue and we were rewarded by the most breathtaking view of the city backed by mountains that were just astounding. Down below you could just see what seems like such a peaceful city full of churches, bridges, and cafes.

Sunday came with unfortunate rain - it seemed that we experienced all four seasons in just one weekend, but it only made the experience that much more unique. We spent the morning wandering the streets for kebabs and sitting in a pub drinking the most amazing chai latte I have ever come across. I loved every single second of this spontaneous trip with a group of seven amazing people. A group that started off as complete strangers turned into a family in our weekend getaway to beautiful city known as Ljubljana.



What is LIFE? By Rachel Damman

LIFE, or “Leadership Initiative For Excellence” was an experience I will never forget. Those who have been through LIFE will understand just how difficult of an experience it is to describe. Nonetheless, I will ~~TRY~~ ~~to~~ express what I gained from this eye opening experience.

During LIFE, our trainers and coaches taught us different “tools” to help us both form and reach our goals. One in particular really struck me as something I could use in my daily life. We were instructed to close our eyes and relax. Our trainer walked us through our day 10 years from now. She asked us, “Where will you be working? Where will you go to lunch during the work day? What will you do when you come home at the end of the day? What will your hobbies be?...” Every prompt I remember with vivid detail and it was very inspiring that what I was visualizing could become my reality if I really put my mind to it.

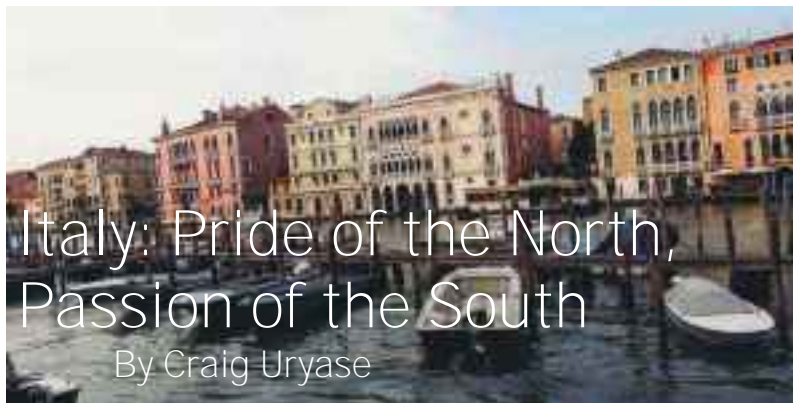
The coaches in LIFE really pushed me to find out what I *really* want out of life, and gave me the drive, desire and tools needed to achieve these goals. The intensity of the trainers, the detailed awareness of my thoughts and feelings, and the bonds of team #1068 that were created throughout LIFE will remain with me forever. LIFE inspired me to work every day to make my vision become a reality!



Left to Right: Mr. Aneglo Balest
And Mr. Brooks Rennie as he



Team 1068 after their LIFE Gradation Ceremony



Italy: Pride of the North, Passion of the South

By Craig Uryase

In my travels I have noticed a variation of the cultures of the Northern Italians and their Southern countrymen. I have personally classified the two regions as follows; The North for me includes Venice and the Veneto Region, Milan and the Lombardi Region, and Florence and the Tuscany Region. The south is Rome, Naples, Sicily, and a few smaller towns. Keep in mind that I can only comment on what i have seen and cannot extend my observations beyond these jurisdictions as what I am saying already runs the risk of stereotyping. On that note my observations are all generalizations and I am sure there are exceptions to each one but that does not take away from their potential value. Without further ado let's jump in.

My first observation is that those living in the North seem to more frequently jump into a conversation without hesitation, while at other times they will tell you that they are too busy to talk to you. This applies to their friends, family, and even customers. I have noticed in the South it almost seems like its obligation that if you say Ciao to

someone you must talk to them for twenty minutes regardless of what you were doing.

Gender roles also differ between the two regions. In the North you are almost just as likely to see a woman



Amalfi Coast, Italy

doing any given job as a man. On the other hand, the south has a very apparent gender role divide. Religious attitudes differ between the two regions of Italy. Though the landscape is scattered with churches no matter where you go in Italy, they are more fully attended in the South than I have seen in the North.

The last clear cultural difference that I have noticed on a large scale between the North and South of Italy is that Northern Italians tend to follow the trends, while Southerners pride themselves in their uniqueness. In

addition, the those from the north tend to be more reserved, while those in the south seem to be more carefree. This was extremely apparent to me after attending concerts in both places and observing that the timid actions of the northern crowd contrasted starkly with the wild crowd in the south. Overall, in my time here in Italy, I have really come to appreciate the culture as a whole as well as the ins and outs that make each region so unique.



Colisseum in Rome, Italy

Useful Italian Phrases

ENGLISH

1. Hi/Bye
2. Good Morning.
3. Good Evening.
4. How are you?
5. I would like...
6. I'm vegetarian.
7. I'm allergic.
8. So....
9. Where is...?
10. Bathroom
11. I'm Hungry!
12. Help Me!
13. The Bill!
14. Please.
15. Thank You.
16. Excuse me/Welcome/
You're Welcome/Can I
Help You?

ITALIAN

1. Ciao!
2. Buongiorno
3. Buonasera
4. Come Stai?
5. Vorrei...
6. Io Sono Vegetariano.
7. Io Sono Allergico.
8. Allora
9. Dov' é...?
10. Bagno
11. Io Sono Fame!
12. Aiutami!
13. Il Conto, (Per Favore)
14. Per Favore.
15. Grazie.
16. Prego

Mindfulness Photo Competition



2



1

Every semester CIMBA holds a contest between the students to see who can take a picture that best represents the concept and practice of



3

What is Mindfulness? By Ed Miller

To me, Mindfulness is the act of stepping back and appreciating everything in the moment. Mindfulness is the calming of one's inner mind and body, slowing down for a single instance our hectic lives and accepting life for what it is; beautiful. Mindfulness has come in many different forms throughout the course of my life. Here at CIMBA, it comes as a course where students may choose to learn the importance of clearing the mind, focus on the breath, and give

Social Media Blasts



*Want to learn more about a day in the life of a CIMBian?
Check out our blogs and social media!*

Bloggers

Social Media



Alicia Baker



Allie Abney



Mikaela Donelan



Claire Egan



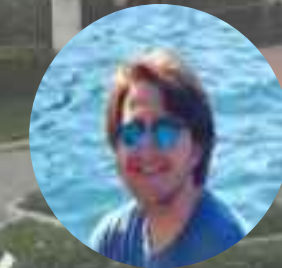
Emily Kurtz



Zach Mayer



Kevin Breitnother



Alex Songaila

Social Media



<http://cimbaitaly.com/blog/>



<https://twitter.com/CIMBAItaly>



<https://www.youtube.com/user/CIMBALife>



<https://www.linkedin.com/company/cimba?>



<https://instagram.com/cimbaitaly/>

Special Thanks to the Contributors



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LINKEDIN

CIMBA Alumni Association:
www.linkedin.com/groups/1668

First, add CIMBA to the Education section of your LinkedIn profile:
"Education: CIMBA Undergraduate Spring 2016"

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