





INSIDE THIS ISSUE:

AND THE RESIDENCE OF THE PARTY	
Letter to the Editor	3
Suit Shopping	4
How CIMBA Makes a Difference	5
How to Survive Oktoberfest	6
Mindfulness	7
Wine Tasting	8
MBA vs Undergrad Fútbol Showdown	9
CIMBian Adventures	10
Solo Travel	11
Pasta Making	12
What Was Your Favorite Part of CIMBA?	13 -14
CIMBA Social Media and Blog Ambassadors	15
CIMBian Fall 2015 Statistics	16
Special Thanks	17
Contact and Address Information	18

IMBA Newsletter 2015

Letter from the Editor

Yes, it is sad to say but the show simply cannot go on. I came for a study abroad experience but after a semester with you all, I can honestly say I found a family. In this letter you will find a sound bite of the many experiences we had this fall at CIMBA and hopefully you will get an idea of what kind of memories we made here and throughout Europe.

It has been a surreal experience that went by in a blink of an eye and I wouldn't trade it for the world. Fifty-nine students came together in a rustic Italian town and found love, true friendship, and new worldly perspectives that will forever change our idea of happiness. We watched each other grow and experience things we have always dreamed of doing. We made plans to live every single weekend like it was our last and to travel every inch of land possible. This is our story.

Edited by Phillip James McCauley



FALL 2015

Suit Shopping



Keegan looking fly in his new Italian digs.



Earlier this semester, Dr. Al and Christina took a group of guys to go shopping for suits at a local store - it reminded me of Brooks Brothers. When we arrived, Christina and the sales associate began to give us shoulder measurements by just looking at us and they were surprisingly accurate.

The suit shopping experience here in Italy was pretty similar to the experience back in the US. The sales associate gave us our measurements and let us walk the store until we found a suit we liked. After finding a suit, he showed us to the tie section. The ties here were a lot more expensive than the ties I buy back home, as the cheapest one I saw was around €80. I decided to take a picture of a tie I liked and just buy a similar one back in The States for a lot cheaper. I really enjoyed the experience, as there was no pressure to purchase a suit or any item from the store.

Sorelle Ramonda - Where the Men suit up.





Connery checking out the goods.

After browsing through the suits I finally found one that I liked and tried it on. It fit perfectly and I absolutely had to buy it, especially since it was half off the original price! I can't wait for the next gourmet dinner so I can finally wear it!

By Keegan Dees

How CIMBA Makes a Difference

Conversations with Italian Students

One of the great things about CIMBA is the assortment of events that are available to students throughout the semester. Not only are there are events with professors, gourmet

dinners, and career workshops, but there are also opportunities to volunteer with the Italian students that share our campus. During Week 3, AJ and I were able to go into an Italian high school classroom and have conversations with a few of the students. We had a blast! They asked us questions about America and studying abroad, and we asked them about Italy and the Filippin Institute. We also compared travel destinations, talked about our favorite Italian cities, and had the Italian students give us recommendations for other places we should see in Italy.



Thanksgiving with the Filippin.

As it turned out, we didn't have to do much teaching. The students had a great foundation of English, so we were able to have good conversations and learn a little bit about each other. Given that CIMBA is all American students, it was really nice to have a chance to hear about the lives of Italian locals. After all, we are living in Italy!

By Elizabeth Luke

Reading to Elementary Kids

Walking into the first grade classroom was a familiar scene for me after working at an elementary school the past three summers. I knew right away I was going to enjoy the next



Kindergarten: Hannah Weinstein, Nicole Bartman, and Briana Collins

hour and a half reading to these kids after seeing how excited they were when my partner, Taran, and I walked into the room. After the teacher explained that we were from America and here to study, their faces surprised me with their sincere curiosity about us. Since they are just starting to learn English, the first book we read was a pop up about various animals such as rabbits, spiders, ladybugs, and birds. Our lesson plan was to simply read the book and explain each animal in English, what sounds they make, where the live, etc.

After our lesson plan was completed, I was sad to leave this awesome group of kids. In all, volunteering was a great way to get involved with the small community in Paderno and I am so thankful to have participated.

By Jackie Pratt

How to Survive Oktoberfest

Oktoberfest - the ever-daunting, ever-exciting festival that calls millions of tourists to Munich every September. Yes, that's right, September. Little known fact that Oktoberfest doesn't actually take place in October. This is just one of many tips that you need to know about the festival before attending.



<u>Munich:</u> Travis Poley, Nicole Bartman, Greyson Holle, Shannon Collyer, and Morgan Powell

- experience real German culture outside of the festival. In all honesty, I enjoyed Sunday exploring Germany more than I did Saturday at the festival. Experiencing Oktoberfest was incredible, but I really enjoyed getting to see Munich and all it had to offer.
- ject to during WWII. It was a humbling experience that you can't find many places in the world.
- 5. Prepare for the Weather: I learned the hard way that it's important to prepare for the weather. Remember: you are going north so it is going to be colder.

- 1. Pace yourself: Oktoberfest is not a race. Enjoy your time there and make sure it's something you'll remember! If you start too fast you'll finish too fast.
- 2. It is not just a bunch of tents in a field: Picture a carnival filled with rides, food, and beer.
- 3. Venture beyond the Tents:
 There is so much more to
 do than just sit in a tent all
 day enjoying soft pretzels
 and drinking German beer
 so get out and explore!
 Munich is an incredible
 town. Make it to the city
 center and you'll see some
 beautiful architecture and



Theresienwiesse, Munich, Germany

- 4. Visit Dachau concentration camp: This experience is one I won't soon forget. It was very moving to see the longest standing concentration camp and see firsthand the unfortunate and inhumane conditions that some were sub-
- 6. Dress Up: After all, how many times are you going to be able to drink a stein, in Germany, in your dirndl or lederhosen?

By Shannon Collyer

Mindfulness

Runner Up



Morocco: Juliet Jacobs, Gabriel Migala, and Claudia Bové

Mindfulness Photo Competition



Cinque Terre: Claudia Bove

Bronze Medal



Summit of Monte Grappa: Taran McCusker

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

Being mindful is clearing your mind of distractions, focusing on the present, and enjoying inner tranquility. This semester we received a record number of entries; here we have chosen some of the best entries that demonstrate mindfulness in a creative way or exotic location.

CIMBA started this competition to encourage students to be mindful and take the lessons they've learned in class wherever their travels may take them.



Cinque Terre: Hannah Weinstein



Cinque Terre: Nicole Bartman



Bosnia: Juliann Keating



Santorini, Greece: Dishuang Jin



Cinque Terre: Juliann Keating

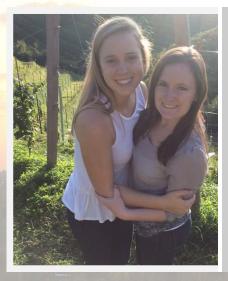
Wine Tasting

Cartizze Pdc Vineyard



CIMBA is located in the Veneto region which is also home to many vineyards that make the famous sparkling prosecco wine. About 10 students this semester visited a winery in the prosecco wine area. We visited the Cartizze Pdc winery and met the owner, Pietro de Conti. Pietro explained the production of prosecco and the four key aspects needed to make a specialized type of prosecco.

Pietro specializes in a specific type of prosecco called Cartizze. He makes two types of this premium prosecco: brut and dry. We were first educated on the scents within the wine and then the taste of each type. We were also given a tour of the vineyard. The vineyard was located on a small area of land, but contained rows upon rows of grapevines. Lastly, we were able to taste the wines a second time with specific foods pairings. We connected the characteristics of the wine with certain types of food because of complimenting flavors. The brut is best paired with fish and meats because it is a salty and acidic wine while the dry is best paired with fruits and dessert because of its sweet qualities.



Meredith Wegner and Erin Garland

The Wine Cynosures of CIMBA

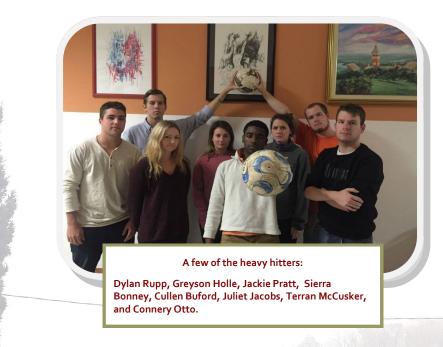


The prosecco region is full of rolling hills and many qualities that allow for unique weather conditions, the cultivation of superior grapes. Over the course of three hours with Pietro we learned about this special region in Italy that produces a product enjoyed around the world.

By Meredith Wegner

MBA VS Undergrad Fútbol Showdown

Some say that the world's soccer stage is dominated by names such as Ronaldo and Messi, but in Paderno del Grappa, that is simply not the case. Superstars have been born in this small town just below Monte Grappa. Once every couple of weeks, we love to venture to the other side of campus to play sports. Our favorite has definitely become soccer, so much so that we, the undergrads, decided to challenge the MBAs to a match. Around 35 people came to either play or spectate. It didn't matter if you were a seasoned veteran, played once in high school, or had never touched a soccer ball. We divided teams and so it began.



The MBA team was led by Carlo Napoli, a supposedly semi-pro soccer player, and that was not hard to believe. The skill he exhibited dazed the undergrads and made for a close game. The undergrad team followed their star player, Gabe Migala. Both teams exchanged goals for about an hour, eventually culminating in last goal wins... The undergrads had been holding onto a small lead, but that was history now. It is sudden death. Play moved up and down, to both sides of the field. Ultimately, Carlo Napoli was able to find some daylight and ripped an excellent shot past the undergrad goalkeeper. The MBAs had come out on top, nonetheless, the undergrads left the game laughing and chatting about what homework they had just procrastinated on.

The night was filled with a lot of fun and great competition. No one got seriously hurt (that's for any parents reading this) and we couldn't wait for the opportunity to play again.

By Greyson Holle

CIMBian Adventures





<u>Eiffel Tower:</u> Morgan, Macgregor, Ashley, Karina, Sheldon, and Emma "Traveling is an art in which The only disappointed Are the ones Who never knew why, Only how"

~ Naida, Western Michigan University



<u>Buckingham Palace:</u> Erin, Katherine, Meredith, and Christine

Solo Travel

Let's just start off with traveling solo isn't as dangerous as others might make it. Before I left the states I was confronted by a man who'd lived in Italy for some time. However, he had only traveled the northern part. He told me going to Venice alone was fine, everyone is friendly, don't worry. He alarmed me when he mentioned never EVER travel to Rome



alone. Despite his advice, I packed my things and headed to Florence alone for an extended weekend. CityMaps2Go in tow, a small carry-on back and only the essentials in my backpack, I hopped the train from Bassano to Padova, then Padova to Rome. I've mastered keeping myself safe. You have to keep your eyes on the prize. I keep my passport in a little leather holder my mom found at the

goodwill, tucked in between my pants and leg at the waist. You see sights you'd never dreamed because you're not keeping track of others. It's far more difficult than being with people. This was my second solo adventure. Florence made for an amazing time; meeting new people in my hostel, going out on the town with them, meeting girls from the UK. It was all fun and games but all too boring.

You have to rely solely on yourself. Being on your own time is a blast. Being alone in a huge city with no one to worry about is exhilarating I chased the sun through Rome to

make it to the Spanish Steps at sunset, I wandered the streets eating gelato and finding souvenir penny machines. You experience life and learn things you never knew about yourself. You open your mind and expand your horizons. Trust yourself and jump head first into solo traveling.



By Alexis VanScoder

Pasta Making

Pasta making was a fun and interesting time! We went to Ristorante Monte Grappa and met the head chef /owner, Balzan Luca. He was enthusiastic, fun person and we found out that he learned how to cook after watching his mother in the kitchen when he was a boy, helping in her later years.

He began by making the tiramisu which required eggs, sugar, coffee, and wafers. The eggs and sugar needed to be whipped into a cream and added as a layer on the base of a pan. He then dipped the wafers into the coffee and began to layer them, covering them with cream. After adding a double

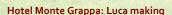
layer of coffe-ed wafers and cream, he then cooled the whole dish in the fridge while he made the rest of the dinner.



Tiramisu: Hotel Monte Grappa

For the antipasto, Luca ₋ made the gnocchi by adding eggs to potatoes and then cutting them in to small, edible chunks. It was amazing how quickly he was able to do it. Not needing a recipe, he just

knew what the consistency was supposed to feel like. Afterwards, he handed the gnocchi to his daughter to take in the back and cook while he made the pasta.



He started with a mound of two different kinds of flour, one for taste and one for consistency. After fashioning the mound into a dish, he then added a ton of eggs to the center and began mixing it all together. As the flour and eggs became a dough, he again moved very quickly and began rolling out the pasta. Luca then folded the dough up time and again before ultimately cutting it into strands. Nobody could tell what the final product was until he unfolded the noodles with a practiced flair. The experience was great and I would highly recommend it!



Hotel Monte Grappa: Luca makes pasta from scratch.

By Peter Gottsacker

What was your favorite part about CIMBA?

"The LIFE program showed me that I can do what"The LIFE program showed me that I can do whatever I set my mind to and that what people thought
of you didn't really matter."

"Coming home on Sunday nights and seeing the friends you missed while getting to hear everyone's travel stories."



LIFE Graduation

"Experiencing the different cultures, languages, foods, and architecture has all been spiritually rewarding. I got to see the world from a different perspective and make life long friendships along the way."



Travel Weekend: Croatia

"The intimacy within the program. Its easy to get close to your classmates and its fun to make travel plans with throughout the semester. You discover a lot about people when you travel with them."



Santorini, Greece: Shannon and Kayla

"I loved the pesto in the Amalfi Coast more than anything: Pesto is love, pesto is life. The coast was beautiful as well!"



Almalfi Coast

What was your favorite part about CIMBA?



"I got to travel every weekend to so many different countries. The opportunities that I had were endless, and I made memories I will never forget."

"Paris was a weekend to remember, the fact that I stood under the Eiffel Tower was a memory I will never forget. It was full of good times with some great people!"

<u>Venice:</u> Greyson Holle, Sebastian Hubard, Macgregor Collins, Addison DeLancey, Shannon Hessen, and Kayla Cartee

"Exploring Venice on a sunny day is like seeing a piece of heaven on Earth. The gondola ride was definitely a highlight of our visit!"



<u>Paris:</u> Meredith, Katherine, Christine, Erin, and Sam

"The friendships I've made with so many different people from all around the United States."

"I have gained so much from this experience and met some fascinating people along the way. Grazie Italy for giving me the best 3 months of my life!"



Colosseum, Rome: Sierra, Drew, Spencer, Stephanie, and Taran



Travel Weekend: Slovenia

Want to learn more about life at CIMBA? Check out our blogs and social media!

Bloggers

Social Media



Elizabeth Luke



Connery Otto



Addison DeLancey



Phillip McCauley



Drew Marlier



Shannon Collyer

Social Media Links



http://cimbaitaly.com/blog/



https://twitter.com/CIMBAItaly

AJ Tjaden



https://www.youtube.com/user/CIMBAlife



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



https://instagram.com/cimbaitaly/

CIMBA Fall 2015 Statistics

59 CIMBians:

22 Boys1

14 Universities:

Bloomsburg University of Pennsylvania

Christopher Newport University

Evangel University

Iowa State University

Purdue University

University of Colorado

University of Connecticut

37 Girls

University of Delaware

University of Iowa

University of Kansas

University of Minnesota

University of Nebraska-Lincoln

West Virginia University

Western Michigan University

Best Represented University: Furman University

13 Majors:

Accounting

Business Administration

Communication Studies

Economics

Finance

Human Resource Management

Liberal Arts

Management Studies

Management Information Systems

Marketing

Political Science

Pre-Business

Other

Most Common Major: Marketing

100% of CIMBians Graduated from LIFE

1 Unforgettable Experience

Special Thanks to the Contributors



Keegan Dees



Elizabeth Luke



Jackie Pratt



Addison DeLancey



Alexis Vanscoder



Shannon Collyer



Meredith Wegner



Greyson Holle



MacGregor Collins



Peter Gottsacker



ITALY LOCATION

CIMBA Italy
Via San Giacomo 4
31017 Paderno del Grappa
(TV)
info@cimbaitaly.com

US LOCATION

The University of Iowa 108 PBB Suite C300 Iowa City, IA 52242-1000 info-us@cimbaitaly.com +1-319-335-0920

