

NICOLE MALKOWSKI

Graduate, Exceptional Education
IPDS Italy | January 2018

CONFIDENCE

I had always wanted to go to another country, but was too scared to travel alone. This program was so group-based that I was reassured - by being with others who were experiencing the same things and faculty leaders who help along the way. I quickly realized that I have the intelligence and mindfulness to be able to explore without getting lost or putting myself in danger. By day three I even ventured out in Rome - solo - which gave me confidence in myself and helped me learn to trust my instincts. Whether in a big city or a small village you need to be able to be comfortable on your own - you may get separated from the group or just want to do something alone! This trip gave me a tremendous amount of courage.

LANGUAGE

One day in Torremaggiore I went shopping for 2 oranges. I ended up walking away from the merchant with oranges...2 POUNDS of oranges! The children at school helped me learn basics, like numbers and days of the week. We taught each other, which I thought was beautiful. I realized that communication is very important and learning a new language is difficult, but should be a priority.

ADVICE

Plans change all the time when you're traveling, and that's OK! Sometimes things don't work out the way you wanted. Be okay with being flexible. Be open to new plans and exciting ideas.

