



Upcoming Events

January 23rd:
Classes Begin

February 7th:
UNA-USA
Conference at
UN
Headquarters

LGS Express

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Hei from Norway

By Allison Lazzaro

Living in another country may sound scary at first, but once you jump in and warm up to it, it's worth it. I have come out of the small bubble I was living in my quiet Long Island town, and was introduced to the world that is out there. New people, foods, places, cultures, and the list goes on. I felt that I have not only just had fun, but have become a better person from it.

This trip has made me see things in a new light, from something as big as the world, and as small as myself. I would not hesitate to recommend studying abroad in Norway for a second. I will take my experiences here, and the friends I've met with me for the rest of my life, and look back with a smile. If you ever find yourself in the lucky position of choosing a country to study in, Norway is your best bet.

I studied at the American College of Norway in a small town called Moss an hour south of Oslo, the country's capital. The student

body contains mostly Norwegians, which enables you to fully assimilate into the culture. Don't be afraid of a language barrier though as almost 91% of the country speaks fluent English. I arrived here with no prior knowledge of Norwegian but thanks to my new friends, I have picked up on a few phrases and don't feel as left out in conversations.

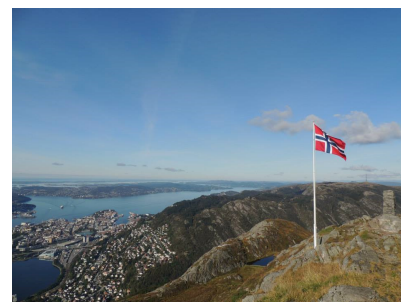
The food in Norway is a lot more similar to home than I originally thought. Although they do have a few specialties, don't be surprised to find things such as bacon in a tube (it really isn't as bad as it sounds). Reindeer meat could be on the menu. Hopefully it isn't Rudolph! Fish is a popular meal choice in many variations from fishgraten and fish sticks to fish pudding and even fish burgers. Don't worry if you don't find those specialties appealing, Norwegian grocery stores have a range of options similar to our own. Norwegian supermarkets also carry a range of products for those with food allergies. Starting the semester, I was a picky-eater but now I can truly say I have expanded my palate to enjoy many



Norwegian foods.

Throughout my time abroad, I have had the opportunity of traveling even further, and visited more than just Norway. I have been to Denmark, Italy, France, Ireland, Belgium, England and Spain. I plan to come back to Europe and expand that list. Each country offered its own culture, broadening and reshaping the world around me.

For me, studying abroad in Norway was one of the greatest decisions I have made in my lifetime. It is an experience that has left a lasting impression on me, and has changed the way I view the world. If you can take one thing from what I've said, it's this. **STUDY IN NORWAY!**



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Fatalities	5,242 confirmed
Damage	\$1.36 billion (2013 USD) (Preliminary total)
Areas affected	Micronesia Philippines Southern China Vietnam

Did you Know???

On November 8, 2013 Typhoon Haiyan hit Tacloban City located in the Leyte Province of the **Philippines**.

It then headed west, sweeping through six central **Philippine islands**. As of November 11, 2013 officials have estimated that up to **10,000 people have died** in Tacloban city and elsewhere.

In October of 2012, **Hurricane Sandy** brought **89 mph winds** to Long Island.

Typhoon Haiyan ripped through the Phillipines with **185 mph winds**. **Approximately 11.3 million people** have been affected in nine different districts in the **Philippines**, and as of November 11th the storm continues to move towards **Vietnam**.



*As of November 14, 2013

The destruction left by Typhoon Haiyan has left large populations displaced and without access to food, water, shelter and medical care.

How can **YOU** help?

RAISE AWARENESS about the devastation left by Typhoon Haiyan and how you can make a difference by donating to a various organization's efforts such as the **Red Cross** and **People Water**. **Stay on the lookout for ways that you can support the relief efforts at Adelphi University!**

Insightful Conversations About "The World We Want"

By Valeria Mendoza

The United Nations Association of the United States of America (UNA-USA) chapters throughout the country are engaging the public in open dialogue, on behalf of the United Nations, in the hope of gathering the country's feedback and consensus on the post-2015 Development Agenda. Contributions made at these consultative meetings will be used by UNA-USA in their report to be presented to the United Nations Secretary General at the end of the year.

In November, Adelphi students, field experts, nonprofit representatives, and savvy business professionals gathered to take part in the Southern New York State Division's Post-2015 Development Agenda Consultation. It was fascinating to get a first-hand account of the process and to be included in the discussion. My LGS peers - Ida Eriksson, Steven Marchese, Andrew Martin, Erica White, - and I could not have been more grateful to participate!

To ensure that students like myself are prepared to respond to the problems of tomorrow, this type of dialogue with experts and professionals is crucial in fostering youth's civic engagement. Maintaining an active role in organizations such as UNA-



USA could not be more helpful to this effort!

For those interested, make your opinion count by taking the My World United Nations for a Better World Survey at: www.myworld2015.org.

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Photos credit: UNA-USA Southern NY Division



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Congratulations to our alums Reaz Khan '13, Janae Cummings '13, Hilda Perez '11, and Emmanuel Hector '10, who were recently highlighted in Adelphi University Magazine for engaging the world through their experiential learning.



On behalf of the Levermore Global Scholars Program, we would like to wish everyone the best of luck during finals.

Congratulations to our graduating seniors Gabby Ali-Marino and Kristie Ranchurejee.

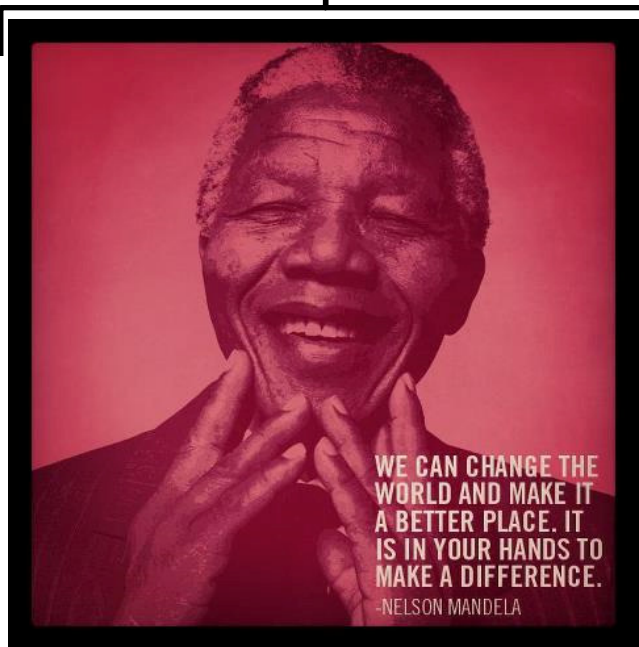
December is CSI Spiritual Diversity and Awareness Month!

Happy Holidays from LGS



Remember to sign up for the LGS Relay for Life Team! To register, visit: <http://main.acsevents.org/goto/LGS>.

Our Candy Gram fundraiser was a great success! Thank you to everyone who supported LGS's fundraiser for the American Cancer Society.



RIP Nelson Mandela
18 July 1918 – 5 December 2013

Our book discussion/ India Cultural Night took place in our new living and learning community in Finen Hall. Thank you to everyone who attended the event!



Call for Submissions

If you would like to include feedback, offer an idea for a story, or write an article, feel free to e-mail Erica White at ericawhite@mail.adelphi.edu.

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