

Recipe for Success!

Discovering culture through tasty adventures

Have you heard of Risengød, Picadas, Döner or Vereniki? So often we connect foreign experiences with food we have tried, liked and even disliked. Tastes and smells make up our memories and often we tell our friends and family 'back home' about food. Travel and exchange experiences are filled with new foods as well as 'comfort' food from home that is missed. Come along as we hear from students about what they have discovered another country and their food discoveries.

DENMARK

Brianna Hall, ASSE Exchange student from Rangeley, Maine USA spending a year in Denmark, notices the variety of Danish pastries and how amazing they are. "It's quite difficult to not go to the bakery every day and get these perfectly backed, fluffy, flaky delights," she states. Other dishes she discovered are Risengød which is rice soaked in milk and cooked on the stove a little like oatmeal. It is served with cinnamon sugar and sometimes milk and butter. "Very rich and thick" Brianna mentions. Brianna made a chocolate cake for her host mother's birthday, which she said her host family enjoyed!

Kirstine Ahle, ASSE Exchange student from Denmark discovers the United States also through the food and brings her culture to an American dining table. Living with the Faurholt Family in Kennewick, Washington USA, Kirstine has discovered a lot of good dishes, especially fish. She thinks that Americans have really great hamburgers which exceed her expectations since America is all about pizza and hamburgers. She also introduced the Danish cuisine to her host family making typical meat balls and Danish sandwiches for them.

GERMANY

Kristin Guess, ASSE Congress-Bundestag exchange student from El Dorado Hills, California USA living in Germany, had her first Döner experience while in Germany. Döner Kebab is considered to be an ethnic fast food of Turkish origin in Germany and very popular among all ages. During the first weeks of her stay in Germany, she went with her peer Congress-Bundestag students to a local Döner restaurant. She says "We all loved the döner! It is very delicious, fast, and not that expensive. Other things she discovered are that "mineral water is loved, still water is strange, and tap water is unheard of". She enjoys the German chocolate and a "piece of bread with



Kirstine Ahle, ASSE exchange student (Denmark) shares her culture through cooking a national dish from her home country along with some self made rye bread.

Nutella for breakfast, maybe brotchen with cheese, meat, and butter for lunch, and some rye bread with cheese and meat again for dinner. They have so many different spreads and bread is always bought fresh for same day consumption."

Lily Louise Kriemann, ASSE Congress-Bundestag Exchange student from Germany was impressed before her arrival in the US when her host mother asked her to bring some German recipes with her. Living with the Anderson/Burns host family in Redding, California USA, Lily has been happy about the many foods she recognized, including "German food" of mashed potatoes with meat and brown sauce. Lily remarked that she was excited to visit Trader Joes supermarket for the first time and see international foods from all over the world. Several tasty foods that Lily has experienced in the USA for the first time are salted pumpkin seeds, sweet potatoes and zucchini bread.

Chance Losee, ASSE 2010-11 Congress-Bundestag alumni from Boise, Idaho USA says the food he misses most from his year in Germany is Schitzel Weiner Art or the Döner. Chance also added that "not only did I master eating with a fork & knife, I still do it to this day, even though I am home."

UKRAINE

Anna Solohor, ASSE FLEX Exchange Student from Ukraine told us about her discovery of ice cream flavors. "Of course I had ice cream in Ukraine before but here there are so many different flavors to discover like butter pecan, brownie butter and vanilla. Ice cream just tastes different from the one in Ukraine. My favorite is chocolate of - naturally!

Living with the Szczepanski family in Traverse City, Michigan USA, Anna says "I also discovered tomato parmesan bread which my host mother made and we prepare a lot of pasta. My host family cooks a lot together and I can learn from them. I also shared a Ukrainian dish - Vereniki - and apple pie for the Ukrainian Independence day. Most special to me is cereal. I guess we have cereal in Ukraine but I have not eaten it before. Here, all the kids eat cereal all the time for breakfast!"

FRANCE

Clémentine Ferré, ASSE Exchange Student from France living with the Walters Family in Charleston, South Carolina USA said that she is in a host family where my host Mom cooks French cuisine so the home cooked family meals are similar to the foods in France.

However, Clémentine said when she went to different restaurants or for fast-food she discovered some food that were very special. Clémentine commented "I eat chicken in France of course but here it seems be the first meat, everybody eats chicken like

fried chicken or chicken soups. American people don't eat a lot of bread, I think that's the food that I miss the most. I cooked crêpes and chocolate cakes for my host family and my friends, they found them delicious, I will cook some other French dishes I think but I don't have any idea yet. I like the food in USA, if you try not to eat fat food which is unhealthy everything else is good. I love USA!!"

CHINA

Susan Elliot, ASSE Exchange Student from Katy, Texas USA spending a year in China says she has tried a lot of new foods and has enjoyed most of it very well. She commented that she loves baking and since her host family doesn't have an oven so she can't make anything from scratch. She had fun when she went to a friend's house today and together they made an American cake and a Chinese cake to compare the difference.

She misses fresh out of the oven chocolate chip cookies along with Mexican food.

When she arrived in China, Susan says "I brought my family some sauces from Texas (picante, barbeque and hot sauce) I made them fajitas of sorts (using what I could find here and I think it turned out more like Chinese food then Mexican but whatever it still had picante on it) and they liked it."

Chuqiao ("Coral") Li, ASSE Exchange Student from China spending her exchange year in Hedgesville, West Virginia USA

enjoys homemade pizza, complete with pepperoni, sausage, onions, mushrooms, green peppers & fresh tomatoes. Coral's host mom, Elaine Roussos says that they were confused when Coral called any type of sandwich a 'hamburger'. Coral really likes chocolate and bagels. She also misses dumplings from China which she tried to make once but it was a 'mess'.



Coral Li, ASSE Exchange Student (China) makes her favorite American dish - pizza

GAZA

Minna Al-Barqi, ASSE YES Exchange Student in 2009-10 is currently back in the US studying. We asked her what foods she missed from home when she was in the US and what foods she missed once she returned home to Gaza. Minna said, "I really missed home made falafel and some dishes like Maqloba, made from rice, meat, spices, and vegetables. When I came home from the US, I really missed all kinds of pasta and sauces, sushi, Mexican food and chocolate chip cookies."

Students continue to discover different flavors and even dishes from their home countries that are prepared a bit different in their exchange host country. Food is an essential part of each culture and one can experience it not only through eating but also the manners on how food is eaten. (We also hope you are getting hungry now for more international wonders! Let us know your tasty discoveries & maybe you will find yourself highlighted in future newsletters! - ASSE newsletter editors)

INSIDE THIS ISSUE

- Recipe for Success!
- Amazing Experiences in Alaska
- Native American PowWow
- Great Times in Texas
- A Trip to the White House
- Experiencing Baseball For The First Time!
- Challenges + Determination = Success
- Photos and more!

Editor's Box

Many thanks to all of you who have contributed your wonderful articles and photographs. Without you, there would not be any ASSE News! Are you in the school band or orchestra? Or did you bring a musical instrument? Tell us about it and find yourself highlighted in the next newsletter.

Please send your best photograph and article to:
ASSE News, 10725 Boston Street, Henderson, CO 80640, USA
Tel: 303-227-7634 • Fax: 303-252-0629 • E-mail: mloving@asse.com

Until next edition,
Mary Loving ASSE News Editor

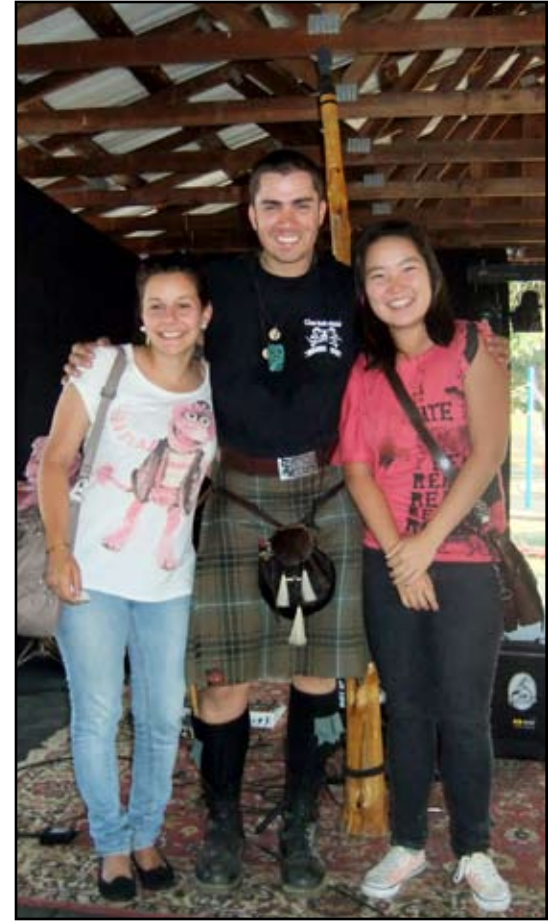
ASSE News is published three times a year. It is provided free of charge to ASSE participants, host families, representatives and other friends of ASSE. Any copyright material is published with written permission of the published and is so indicated. Any other material may be used for publication without permission of ASSE.

ASSE Photo Gallery

ASSE is very grateful to receive so many photos from around the ASSE world! Enjoy the following examples of all of the fun!



ASSE American CBYX (Congress Bundestag) Scholarship Exchange Students gathered in early August 2011 in Washington DC for an orientation before departing to Germany. During the 3 day orientation, students visited the offices of Senators /Representatives from their home state; visited and learned about the US Capitol / National Monuments; met with US State Department CBYX program officers and had discussion sessions to prepare for the new cultural experience awaiting them in Germany



Eva Anton Parada, ASSE Exchange Student (Spain) and Dulam Soros, ASSE Exchange Student (Portugal) enjoyed the Kelso Highlander Festival & the music of the "Wicker Tinkers".



ASSE Exchange Students spending their exchange year in northern California, USA enjoy meeting together: Lucia Orru (Italy); Leonie Welle (Germany); Rana Hama (YES Egypt); Anastasiya Venhrynovych (FLEX Ukraine); Lily Kriemann (CBYX Germany); Mirkka Hiort (Germany)



As a blind exchange student, Abidin Karademir, ASSE Exchange Student (YES Turkey) had one of his dreams to ride a horse fulfilled early in his stay in America. The Fowler Center for Outdoor Learning who provides programs for individuals with disabilities helped to make Abidin's dream come true.



Anisa Hodjieva, ASSE Exchange Student (FLEX Tajikistan) experienced a water park for the first time in her life. Anisa says, "It was amazing!!! I can't find words for describing my feelings. There were so many different places and I tried everything! I had a nice rest and got many new impressions!" (Anisa is on the middle slide!)



ASSE Exchange Students present were Chiara Bonduri (Italy), YiKai Chao (Taiwan), SeungRak Choi (South Korea), Prospere DeSouz (CBYX Germany); Christine Halvorsen (Norway); Isabelle Paul (CBYX Germany); Tetyana Tanchyn (FLEX Ukraine), Victor Westerlund (Denmark), SoHyun Kim (South Korea), Alisha Lauter (Germany), Laura Navarro (Brazil), Moritz Ness (Germany) Ecatrina Scerba (FLEX Moldova).



ASSE Exchange Student Florian Jehn (Germany), currently living with the Davies Family in Whakatane New Zealand enjoyed the New Zealand vs Japan Rugby World Cup game. (Florian is the boy in the front with the curly hair).

Amazing Experiences in Alaska

Submitted by Erick Chavez, ASSE Exchange Student (Mexico)

Erick Chavez, ASSE Exchange Student (Mexico) and his host brothers Zac and Josh participate in an October canoe race at the Chena River, Alaska USA as part of a Boy Scout activity.

"I have a great experience here in Fairbanks Alaska USA and everything is good and new to me. On the first weekend I had a lot of first times. I went on my first camping trip ever. This was lots of fun and just an amazing experience. We went into the mountains where I saw snow for the first time in my life. This trip was with the boy scouts with whom I never done something like that either. We put up the 'camping houses' (tents) and slept in our sleeping bags. I can remember that it was cold that night. We made rice and other food for dinner and then I had my first S'mores. Those are so delicious. I never have

been skiing before either but I really want to go sometimes."

Erick has discovered food in the US is new for him. He says his host family cooks a lot and there are things like Dr. Pepper soda which he says he has never had before. Erick really likes trying new things and one of his favorites foods now is Chili. When asked how he likes Mexican food in the US, he says it is very different from home in the way it is prepared here in the US. Erick added that it still very is tasty. Once Erick made picadas, little pizzas made of tortillas and cheese for his host family. A special part of the treat was that he made the tortillas by himself!

Erick Chavez, ASSE Exchange Student (Mexico) and his host brothers Zac and Josh participate in an October canoe race at the Chena River, Alaska as part of a Boy Scout activity.



Brigitta Jakob, ASSE Exchange Student (YES Indonesia) and Native American Spirit dancer

Native American PowWow

Submitted by Brigitta Jakob, ASSE Exchange Student (YES Indonesia)

Brigitta Jakob, ASSE Exchange Student Kennedy-Lugar Youth Exchange and Study participant (YES) from Indonesian living with the Reichling Family in New Hampton, Iowa USA experienced a Native American PowWow shortly after her arrival in the USA. Brigitta says, "The powwow was really fun. It's like a ritual/ceremony to commemorate Native Americans who died at war fighting for their country. I really liked it, especially the costumes. Most of the ceremony was filled with many types of dancing and the dancers were ranging from kids to the elders. They were wearing really beautiful and colorful costumes (Lucky me, I could take picture with them!) with certain make up, head accessories, and feet bracelets. There was bells for each bracelet, so that it rang every time people danced/moved their body.

My favorite part was: At the end of ceremony all visitors/audience were invited to go to the field together to dance victory dance. It was such an honor. Gorgeous!

Brigitta also tells about a first time experience trying smores (graham cracker outside; marshmallow melted often over an open fire and chocolate pieces on the inside). "I tasted it when we had fire at my host mom's sister's, in Dubuque. I really liked it and it tasted really good! It was new for me and in the first try, I burned it. I would love to try it again. It tasted awesome."

Great Times in Texas

Submitted by Felix Rohde, ASSE Exchange Student (CBYX Germany)

Felix Rohde, Congress Bundestag scholarship student (CBYX) from Germany has been having a wonderful time and soaking up every minute in Smithville Texas USA. He started community service within days of his arrival to give back to the community who welcomed him. Felix volunteered at a distribution center to help receive donations for those affected by the wildfires. The top city officials, Mayor and City Manager went out of their way to meet him after hearing about all the help he had been at the local distribution center.

Felix has enjoyed going to football games, school spirit and being in the marching band playing various instruments while he has been here. One of his favorite places is Texas Roadhouse, which he says looks just like a diner in the movies where he enjoys their hamburgers the best.

Felix Rohde, ASSE Exchange Student (CBYX Germany) standing with City Manager Tex Middlebrook and Smithville Mayor Mark Bunte at the Smithville Area Chamber of Commerce mixer held in September at Milton's Furniture. The city officials informally welcomed him to Smithville Texas.



Challenges + Determination = Success

Once upon a time, a responsible and organized girl in a far off country called Kazakhstan wanted only to succeed in her life. She found out about a great opportunity to travel to America for an academic year. It seemed unreal, impossible! "I do not want to miss this opportunity!" she said to herself. Each competition round to win a scholarship to America to live with a host family and attend an American high school was very difficult and challenging.

At the end of April she received an answer to her hard work when she was notified that she was chosen to spend an academic year in America! Joy, surprise, uncertainty, fear, all flooded at her in an instant. Although she had a whole summer ahead to prepare for her August journey to America and to make her thoughts clear, she was still very nervous.

When she found out that her host Father was a Pastor, her first thought was 'Oh no! I will have to go to church every Sunday at 8 AM.' She found it was not like she had imagined and he was more spiritual than religious.

When she arrived in America, everything was new, different, and unfamiliar. The first week was the most difficult time in her life. She felt she couldn't understand the

language because people talked so fast, and it was such a different style of life, another way of thinking.

School started the day after coming to America. For her, it was another shock. The school building was huge, the breaks between classes were short, and there were lots of students moving really fast. Everyone had their own schedule and it was not at all like Kazakhstan where she used to go to all subjects with the same group of people. She also was upset that she could not leave school early, but instead, had to wait until a certain time, even if she had two free hours at the end of her day. In that first week, every day brought homework in almost every subject; and for her, it was really difficult, because she was not yet confident in her English ability. Homework occupied almost all her free time. This was a pretty hard situation: school, then homework, then bed and again in the same manner the next day. "Olga, stop, breath, relax, and organize your day" - she said to herself. Although it did not work immediately, over the next week it became clearer how to manage her day. She started to ask for help from others. Not only was it saving her time, but also helped to communicate and make friends. The world



Olga Popova, ASSE Exchange Student (FLEX Kazakhstan) is enjoying the opportunity for a year in America and lives with the Daniel Stinson & Linda Schultz family in Grand Island, NY

around her became brighter. She became more confident, and comfortable in her family and environment. The future now was not looking so impossible and she realized how lucky she was.

As you may have guessed, this was my story, and it was a very good lesson for

me. I realized there is no need to jump to conclusions from first impressions. Instead, I should wait to understand things better, and only after that, evaluate situations with a clearer mind. It helps all the time! I need to remember that situations are not better, not worse, just different.



left to right: Jennifer Hurt, ASSE Area Coordinator, Kareen Hoffmann, ASSE Exchange Student (Congress-Bundestag Germany), Shanna Bauer, ASSE Exchange Student (Congress-Bundestag Germany), Sandra Eisenmann, ASSE Eastern USA Regional Director

A Trip to the White House

German Chancellor Angela Merkel visited Washington, DC USA June 6-8, 2011. On June 7, 2011, U.S. President Obama and the First Lady hosted the Chancellor on the White House lawn. ASSE Congress-Bundestag Exchange Students, Shanna Bauer who spent her exchange year in Purcellville, Virginia USA and Kareen Hoffmann who spent her exchange year in Valley Lee, Maryland USA were invited to the welcoming ceremony which was held in the Chancellor's honor. Joining the ASSE Congress-Bundestag students were Ms. Jennifer Hurt, ASSE Area Coordinator and Sandra Eisenmann, ASSE Eastern USA Regional Director.

The four representing ASSE said that they were far from the dignitaries but they enjoyed feeling the excitement in the air. They felt 'goosebumps' when the national anthems from both the USA and Germany were played. Being invited to a 'once in a lifetime' opportunity was an honor the four will not soon forget.

Experiencing Baseball For The First Time!

Cheering for the Minnesota Twins

Sundus Ali, World Heritage Exchange Student (YES Yemen) living with the Nau Family in Prior Lake, Minnesota USA, experienced the game of baseball for the first time as well as the 'culture' of a baseball game!

"The baseball game was awesome! I just



Sundus Ali, World Heritage Exchange Student (YES Yemen)

can't explain how much fun I had there. It's an amazing experience and the activities they do in there like showing people on the screen doing different things for example, dancing, singing, kissing, waving and asking them questions - that is my best part! I loved watching people smiling and having fun. American people are cute they are having fun, smiling, laughing and eating. They don't worry about things. They just live their life and enjoy it and that's cool. I am doing like them - I love their life."

When asked specifically about the actual baseball game, Sundus replied that she remembered cheering for the Minnesota Twins and they lost the game to the Yankees. Sundus said again it was something she would never forget!

Sundus is bubbling with excitement and appreciation for the opportunity that the YES program has given her. She says, "Thank you so much for welcoming me here in your sweet country America. Since I came here more than ten sweet people welcomed me and that is such a sweet cute thing from you guys. American people, it really helps us and makes us feel that we are not far from our home because you all care about us. Thanks to the ASSE/WH organization for caring and asking about us."

Cheering for the Pittsburgh Pirates!

Leyla Khamidullina, ASSE Exchange Student (FLEX Russia) living in New Castle, Pennsylvania USA with the Shelok Family enjoyed her first visit to experience a baseball game.

Leyla, along with her host family and friends from the host family's church piled into a van to see the Pittsburgh Pirates play the Cincinnati Reds soon after Leyla's arrival.

Leyla said she had read the rules of baseball before the game so she could understand most of the moments of the game. She noticed that the colors of the Pirates were black and yellow and that most of the people in the stadium wore yellow.

Ice-cream balls tasted "fantastic" to Leyla. Later in the game, Leyla went upstairs to try out some more snacks. On her way, she hurt her toe, which she noted with excitement, was her first 'injury' in America. She said she wasn't significantly hurt and she enjoyed trying to explain to employees what had happened. She said her host-dad became a translator

from her not very good English to 'normal' language... To add to the excitement the 'Pirates' were winning when it happened. As soon as they got back to their seats Leyla said "3 guys from the 'Reds' ran to 'home'.

Reflecting on the experience, Leyla said, "It was really good game and good practice of English for me! And by the way, on the way in the van, some tried to pronounce my last name (Khamidullina), it was pretty fun."



Leyla Khamidullina, ASSE Exchange Student (FLEX Russia)