

# INScription

Department of International Studies (INS)

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## WHAT'S INSIDE

Tips for Ramadan

Meet the Professor

Conversations with Alumni

Department Colloquium

## رمضان كريم

### Reem Al-Dulaimi - Senior II, INS and PSY double major

As your sleeping schedule changes, your peak performance hours will too. I find studying after suhoor and praying fajr to be a time I can get productive work done. Once it hits about 6 am I go back to sleep and then wake up for my classes

Remember to create an organized and realistic study schedule. Don't overshoot the amount of hours you'd like to study during the day and get disappointed. If you're starting to feel tired, try splashing your face with some cold water to reenergize yourself.

Finally, remember that with the right intention, studying is an act of worship! Ramadan Kareem! ❄️



### Maryam Trumboo - Junior II, INS major

I think coming up with a personalized Ramadan schedule that works for you is very important rather than just going with the flow. This will help you juggle studying, working, and praying.

Taking time out for yourself will make your Ramadan more productive. I function better at night and take as much rest as possible during the day because of the meal timings.

Getting proper sleep is essential. Don't ignore that. Otherwise, you're going to burn out!

### Hamda Al Zaabi - Junior II, INS major

Since I follow a strict diet, my main advice would be meal prep!!! Always make sure you are getting all the nutrients you need with as less prep time as possible because we get very busy during the week.

Second advice would be to take naps whenever you can, naps are really beneficial because we tend not to sleep much during Ramadan.

Thirdly, I would recommend that people should have fun during Ramadan and surround themselves with people and good vibes. Ramadan has not been the same ever since we've had it during the academic year so we do need to try our best to create good memories and stay positive!

## Dr. Giacomo Chiozza

I run. It is my commitment, my passion, and my joy. I run at least 5K every day. I run longer during the weekend, 10K or 10 miles. No matter how busy the day is, I carve out the time to go for a run. It makes me feel well, it gives me energy, it clears my mind, and it gives me inspiration and motivation for all the tasks ahead in the day. I started running 13 or 14 years ago. I can't remember how it all started. It was one mile at first, then two miles, and then three... My first marathon was the Los Angeles marathon in 2014. I have run 10 since then. My favorite is the Abu Dhabi Marathon. It is a great race: it is very well organized on a scenic course and with lots of cheering along the way. (It is very much needed, especially around mile 21...) So, dear reader, give it a try... one mile, then two miles... and I will see you at the next edition of the Abu Dhabi Marathon!



## Faculty Research Grants



## Call for Application

Dr. Juana Park was recently awarded a Faculty Research Grant to study bilinguals. Discover more about her fascinating project and seize the opportunity to get involved!

### Self-talk in Bilinguals

Dr. Juana Park, in collaboration with Dr. Thomas Brinthaupt (Middle Tennessee State University)

Inner speech (also called self-talk, inner monologue or private speech), that is, the speech directed to oneself (e.g., I must not forget to buy some bread before I go home), has been the subject of research and debate for many centuries. In fact, this concept has been addressed at least since Plato. Ever since, many scientists have tried to elucidate different aspects of this phenomenon, such as its relationship with thinking and consciousness, the similarities and differences between self-talk and external speech (i.e., the speech directed to other people during social interactions), the brain areas activated during inner speech, its cognitive, emotional and social roles, or the influence of self-talk on the likelihood of suffering from certain psychological disorders such as depression or anxiety.

Despite the abundance of research on self-talk, very few studies have investigated in what way the self-talk produced by bilingual and multilingual people is different from the self-talk produced by monolingual people. More specifically, the literature investigating which language(s) bilingual and multilingual people use when talking to themselves about different topics is very scarce.

This project has three main goals. First, we want to investigate which language(s) bilingual and multilingual people report using when talking to themselves in general. Second, we want to analyze if the language bilingual and multilingual people use when talking to themselves depends on the topic they are thinking about. Lastly, we want to examine how emotions influence the choice of language(s) that bilingual and multilingual make when talking to themselves about emotionally charged topics.

### QUALIFICATIONS

- Being a graduate student at AUS (preferably from our new Master's in International Studies, but he/she can also belong to other departments, such as English or Arabic and Translation Studies)
- Willing to work 8-15 hours a week (in exchange of tuition remission and stipend)
- Perfectly Arabic-English bilingual (able to translate different materials, such as interview questions, linguistic stimuli, inventories and scales) from English to Arabic and vice-versa. The RA must be excellent at speaking, understanding, reading and writing in both Arabic and English



## Khalisah Stevens, Sustainability Consultant (INS Alumna, Class of 2011)

### What is your current position, and what inspired you to pursue this role?

I am a Sustainability Consultant at a boutique consultancy that works with over 100+ destinations on their sustainability strategies and practices. I first heard about this company through a guest speaker at my master's program and I talk more about it in my [TEDx Barcelona talk here](#).



### Which Master's Program did you do after graduating from AUS and why did you decide to proceed with that program?

I graduated from AUS in 2011, so my master's came an entire decade after completing my undergrad and getting work experience. I started my master's in Sustainable Tourism Management of Resources and Destinations in October 2020 at Ostelea and completed it in June 2021.

I had been contemplating a career change and an international move from Dubai for a while in the lead-up to the pandemic, but things didn't seem to line up. Breaking into sustainability seemed challenging without a degree or background experience, and I couldn't seem to shift sideways into the sustainability industry as a content marketer. Then a friend sent me a free online course in 2019 called "Driving business towards the Sustainable Development Goals" offered by the Rotterdam School of Management and I realised that I wanted to make a sustainability master's my entry point into a new country, help me establish a network and ground my knowledge into the space before going back to work in a new role.

I ultimately selected Ostelea for several practical reasons. The 10-month program allowed for minimal time away from the job market, and its affordability ensured that I wouldn't deplete my savings. Additionally, the streamlined student visa process for both my husband and me, coupled with the program being taught in English, eliminated any potential obstacles. Moreover, having never been to Barcelona or Spain before, I eagerly embraced the opportunity for a thrilling adventure.

### Did you look for scholarships? What was your process for finding them?

Most universities either posted about their scholarships or sent me more information through email. Now 3+ years later I see that LinkedIn is a great source for finding scholarships, fellowships, grants, and other forms of financial support.

### What was your research process to find the right programs and universities to apply for?

After the Coursera program, I did a lot of searching for sustainability master's programs, but needed to find something specific to me. A lot of North American schools were ruled out for being too expensive and/or too long (two years is a long time to be out of the job market). Others were more STEM-heavy (focused on turning out more solar and energy experts) or bio-focused (such as forestry, soil chemists, etc). With an IR undergraduate and 10 years in the marketing and tourism space, I wanted something that could play to my strengths, reinforce and build on the skills and knowledge I already have, and still teach me new things at the same time. At the time, Ostelea was one of the few sustainable tourism master's programs that I could find. The Netherlands had a few strong programs that I was interested in, but most required a year of 'pre-master's' study, and the cost of living in the Netherlands is much higher than Spain's. I spoke to 10 of these master's programs (most in Europe) and narrowed it down to the ones that were more flexible and friendly.

### How was the process of finding yourself a meaningful job? What did you learn? Do you have any advice for students in finding meaningful and economically sustainable employment?

Meaningful and economically sustainable employment was, is, and I suspect always will be, a huge challenge—especially for those of us who don't come from affluent families or circumstances. When I graduated during the financial crisis, it was a struggle just to get a job—any job. At the time, I believed my brief work experience at the UN and various NGOs would land me a prestigious role, but I ended up working in entry-level customer service and operations for a fashion startup. Little did I know that I would learn so much about people management and company culture from that time, and still use those people skills to my advantage today. I still think Namshi.com is one of the few places I've worked at that has a healthy company culture (in 2012 we didn't know Namshi was going to be the success it is today). In this political and economic climate, there's no shame in the employment game when it comes to meeting our basic needs in a capitalist society.

Studying at a place like AUS made me ever-conscious of class differences, and I saw it when half of my friends continued their higher education after graduation at name-brand universities, and the other half rolled up their sleeves and tackled a flagging economy looking for work. The latter half were friends supporting parents and siblings with their livelihoods and I landed right in the middle—between the ones who received all the support and the ones who did all the support. I only needed to support myself, which was both a challenge and a privilege. Realizing that, I knew that meaningful work had to be specific to my interests, and economically sustainable meant it couldn't be within a humanitarian framework that is based on an outdated system (the time spent at the UN and some NGOs showed me that the ones who did well financially usually take advantage of a broken system, and they're usually not the best people).

## Travelling and Finding a Passion for Sustainable Tourism

I've always loved travelling, and enjoyed my role at an online travel startup in 2015, which led to my role at Dubai Tourism in 2017. One trip to Bali set off a bulb in my head where the dynamic between affluent tourists and the underserved and underpaid locals triggered a shift in me. Again I was in the middle where I felt more at home with the locals where we share a common language and culture, but at the same time, I was also a tourist who could afford to travel and be on vacation in Bali. The schism between the two worlds and how tourism relies on a dynamic of powerful vs exploited made me interested in pursuing sustainable tourism.

Overtourism has already degenerated the places we love, and Bali was no different: a party island where most locals cannot afford to eat or stay at the most popular spots of their land. I see this trend here in Barcelona now where locals rarely frequent the popular spots of the city centre because of a combination of price, lack of authenticity, and overtourism. Locals are also largely priced out of living in the centre or vacationing in the same places (perhaps the schism here is not as wide as in Bali, but it's wide enough to be a concern for residents and the city council).

I felt that my background in IR, growing up between 2-3 cultures, and my work experiences could shape a career in sustainable tourism, but I wanted to be strategic about this pivot. It took me a few years before I found out that my pivot works out later (some snags on the way, but mostly good).

## Finding Meaningful Employment: Personal Development, Introspection, and Inner-Work

Finding meaningful and economically sustainable employment can be a lonely journey sometimes. People closest to you might not understand what you want, what you're capable of, and/or how you're going to make it. At times when your best friends or closest family cannot advocate for you, you have to advocate for yourself. Take stock of what you have and your abilities if you decide to strike out on a journey that makes sense only to yourself. My guiding star has been that if it's somehow serving people and planet, if in the value and supply chain of things the impact is positive (or at least minimal), then I'm on the right path.

I did a lot of inner work plus took on a lot of different jobs and hobbies. Finding out what you suck at or what you don't enjoy is just as valuable as finding out what you are good at and what you enjoy. So I tried not to rule out anything and tried a little bit of everything where I could. I have friends that are 10+ years older and younger than me, I try to speak with people with different views and ideas (and I resist the impulse to change their mind and convince them of my POV). I took a lot of personality tests and did a lot of exercises like writing out my ikigai and studied the [Science of Well-Being](#) during the pandemic to figure out what my strengths were.

Everything is still a work-in-progress, but I feel a lot more closely aligned with my values in my current role and I learn something new every week, and I've been in this role for nearly 3 years now.

## Department Colloquium

### Assembling Stories of an Unsettling City on the Steppe

Dr. Rick Miller  
March 16, 2023


Dr. Rick Miller sheds light on the fascinating transformation of architectural structures on the Mongolian steppe in the aftermath of the Soviet era. These buildings, once part of an extensive Soviet military base in Baganuur, Mongolia, experienced a significant shift in purpose and narrative when the USSR disbanded and troops were relocated to post-Soviet states.

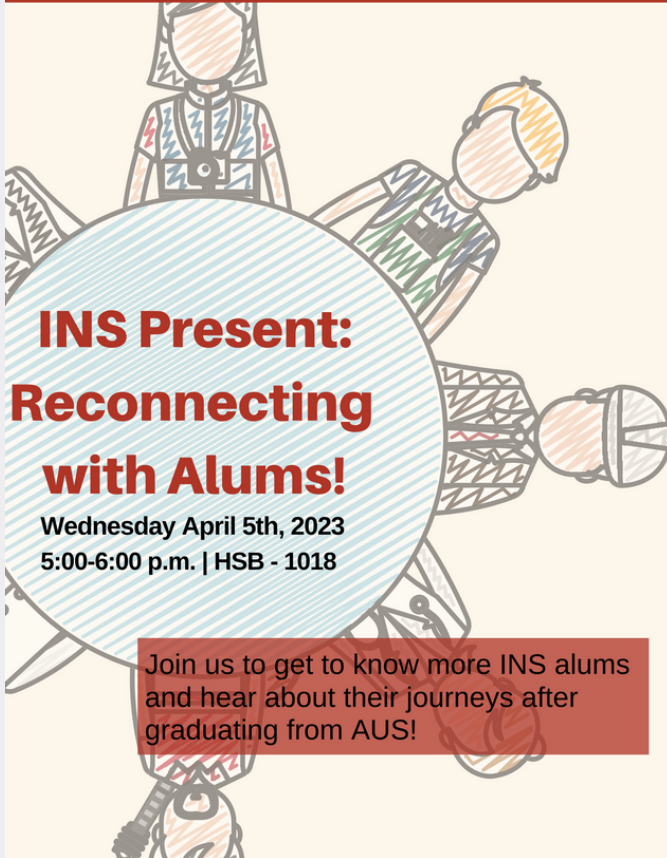
As the economic and cultural landscape evolved, these vacated structures at Baganuur took on new life and meaning. In an inspiring twist of fate, Mongolian families repurposed the military buildings into unique forms of housing, imbuing them with their own personal narratives and rewriting the structures' military legacy.

Dr. Miller's exploration delves into the intersecting narratives that have shaped these buildings over time, revealing a captivating material history that underscores the resilience and adaptability of both the structures and their current occupants.



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 **INS ALUMNI  
EVENT SERIES**  
DEPARTMENT OF INTERNATIONAL STUDIES



**INS Present:  
Reconnecting  
with Alums!**

Wednesday April 5th, 2023  
5:00-6:00 p.m. | HSB - 1018

Join us to get to know more INS alums  
and hear about their journeys after  
graduating from AUS!

INS Present: Reconnecting with Alums!  
Wednesday, April 5 | 5:00 – 6:00pm HSB 1018

INSA Senior Gala Iftar  
Wednesday April 5 | 6:30 – 8:00pm  
Closed Event - RSVP & Invitation only

Psi Chi Induction Ceremony  
Thursday, April 27 | Time & location: TBD

Department Colloquia

Dr. Sean Yom | April 13, 2023  
Associate Professor of Political Science Temple  
University  
"The Myth of Abandonment: Why US Interventions  
Weaken Client States"

Dr. Emilia Justyna Powell | April 26, 2023  
Professor of Political Science and Concurrent  
Professor of Law  
University of Notre Dame  
"The Peaceful Resolution of Territorial and  
Maritime Disputes"

Contact Us!



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