

The Porvenir Times

International College of Seville Newsletter

S U M M E R 2 0 2 6 E D I T I O N

THIS MONTH'S ISSUE

CULTURAL VISITS

Read about the Alcázar tour that our students took this month.

SUMMER TRIPS

View pictures from our day trip to Córdoba, our three-day journey to North Africa.

COOKING CLASSES

See how our students enjoyed learning to make delicious Mixed Paella and Fruity Sangría.

STUDENT CORNER

"My Return to Sevilla", by Augustana College student, Mia Sturm.

To view all of our student blogs, visit: ics-seville.org/blogs.





THE CATHEDRAL

Summer Cultural Visits



Guided tour by Professors Duda Popovic
and Jeff Brideau.



Built on the site of the former Muslim Great Mosque, the Seville Cathedral is the largest Gothic church in the world. Legend has it that those who designed the Cathedral of Seville claimed "Let us build a church so beautiful and so grand that those who see it finished will think we were mad".



Click on pictures to see full
Facebook album.



SPANISH COOKING

Mixed Paella & Fruity Sangría



Our home-cooked meals of exceptional food and even better fun!

We thank our students and our dear housemoms, Esther Gil & Rocío Albéniz, for making Spanish cooking such fun!



Click on pictures to see full Facebook albums.



SUMMER TRIP CÓRDOBA



Exploring the original vestiges of Al Andalus

A day spent visiting the
ancient Muslim Mosque
and medieval Jewish
quarters in one of the most
charming towns of Spain.

History & Beauty



[Click on pictures to see full Facebook album.](#)





SUMMER TRIP **MOROCCO**



Our three-day
adventures in
North Africa.



Three days and two nights touring
the towns of Tangiers, Tetuan and
Chefchaouen. We experienced an
authentic Moroccan Fantasy
dinner and rode along the coast of
Cape Spartel on camels.



A trip to remember!

Click on pictures to see full Facebook album.





My Return to Sevilla



WELCOME
= BACK! =

When I first studied abroad in Sevilla through ICS, I vividly remember Lisa Dolan, my study abroad coordinator, saying, "We always help students figure out ways to come back." It was the last week of my study abroad program, and I did not want to go home at all, so this information started a fire within me. I knew I had to come back, and if I ever got the opportunity, I would make minor changes to the way I lived so I could get the absolute most out of it. Being able to come back as an intern through ICS, a little older and a little more mature, I have done a lot of reflection on the differences and similarities between my two times in Spain and how the lessons I've learned have transformed who I am.

Initially, I felt the differences almost immediately. I was provided the unique opportunity to live with the same house mom I had when I studied here previously. This caused a direct comparison that was almost unavoidable. I was looking at the exact same environment filled with different people, and that was hard for me to grasp at first. I naively believed that returning to the same house would mean stepping back into the exact dynamic I had experienced previously.



In the Alcázar, June 2024

I was obviously incorrect in my assumption, but this reaped some extremely valuable life lessons. The biggest thing I learned through this experience was not to come into experiences like these with expectations of how people should or shouldn't act. It's easy to cling to your own beliefs of what a study abroad program should look like and project those beliefs onto your peers; however, that can be extremely damaging to the dynamic of any relationship.

Even though each experience was unique, two things consistently stood out to me: the absolute need for self-awareness and balance. Self-awareness in the sense that you need to be tuned into your physical and mental health. It's so easy to say the age-old words, "You're only studying abroad once, do it!" and while I can completely understand this mindset, I've found that when I took this mindset to an extreme, I found myself burnt out by the end of the semester because I never stayed home a single night out of fear of missing out. Is this inherently wrong? I would say not necessarily, but at a certain point, I found myself ignoring my body's need for rest and revitalization for a dinner, shopping spree, or "discoteca." This is something I ensured I prioritized this time around. Yes, I wanted to make the absolute most out of my time here, but I also wanted the energy and clarity of mind to do so, which meant taking days where I stayed home when everyone else went out.



My Return to Sevilla

Part II



WELCOME
BACK!

Looking back, I think both of these lessons stem from the same place: maturity. During my first experience abroad, I often focused on what I thought the experience should look like. I had expectations about the people I would meet, the friendships I would make, and the activities I should be participating in. Returning to Sevilla showed me that some of the most rewarding experiences happen when you let go of those expectations. Instead of trying to recreate my first experience, I learned to appreciate this one for what it was. Rather than saying yes to every opportunity out of fear of missing out, I learned to be intentional with my time and energy.



In the Alcázar, June 2026

What made this experience especially unique was returning not as a student, but as an intern. During my first time in Sevilla, I primarily saw the program through the eyes of a participant. This summer, I have had the opportunity to see the work that goes into creating these experiences for students. Whether it is hearing students' stories and content creation or simply observing the behind-the-scenes effort that makes a study abroad program successful, I have gained a new appreciation for the people who make these opportunities possible. In many ways, coming back to Sevilla has been just as meaningful as my first time here, but for entirely different

reasons. My first experience taught me how to step outside of my comfort zone and embrace a new culture. My second experience has taught me the value of perspective, self-awareness, and adaptability. It has also allowed me to see how much I have grown since the student who reluctantly boarded a plane home at the end of her semester abroad.

If I could give one piece of advice to future study abroad students, it would be this: come with an open mind, but stay grounded in who you are. The experiences, people, and challenges you encounter abroad may not always look the way you expect them to, and that is often where the greatest growth happens. At the same time, understanding your own values, boundaries, and needs will allow you to make the most of every opportunity. Returning to Sevilla as both a former student and an intern has shown me that while every study abroad experience is different, the lessons you take away from it can stay with you long after you leave.

Summer Farewell Party

What a great Summer Term we had, filled with memorable moments and a truly great group of students. We hated saying goodbye, but since we had to... well, we wanted to turn it into a truly delightful celebration!



[Click on pictures to see Facebook album.](#)

UPCOMING AT THE ICS

THIS COMING FALL SEMESTER

We will receive our
Fall students on
September 16 for what
will certainly be a
fabulous semester.

Follow us to stay updated and visit
our website to learn more about our
programs!



c/ Porvenir, 15 , 41013 Seville , Spain

Phone: (+34) 95-423-3838

Email: info@ics-seville.org