



Creating Your Study Abroad Elevator Speech

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Now that you've completed your program, you may find that it can be challenging to succinctly explain your experience abroad, with the exception of those who have had similar experiences. Often, people may not be interested in or able to understand the full impact of your time overseas. We recommend thinking about how you can identify some highlights of your program in a 30-60 second "elevator speech."

REFLECT ON YOUR TIME ABROAD

For many, living abroad is a transformational experience, but one that is difficult to describe to an audience at home. For example, how would you respond to the question, "How was Spain?" You'll likely be asked general questions like this, and it can be frustrating when the person you're talking to doesn't seem to care about the answer as much as you do. We recommend taking some time to reflect on the value of your international experience. Questions to get started are included below. For more reflection exercises, tips on telling your story, and activities for assessing skills gained abroad, check out the [Returning From Abroad Resource Packet](#).

- What three words come to mind when you think about your time abroad?
- What do you feel people most misunderstand about your time abroad?
- What personal and professional skills did you gain while abroad?
- How have you changed now that it's over and you're back home?
- What's one thing you wish you had done differently? How would that have impacted your study abroad experience?
- What was unexpected during your time abroad?

TIPS FOR TELLING YOUR STORY IN 60 SECONDS OR LESS:

- Keep it simple – an effective elevator speech doesn't need to go into any unnecessary details
- Grab your audience's attention – assume that your audience is looking for a reason to tune out. Don't let them!
- Articulate how much you learned and the skills you gained
- Explain the impact of your international experience on what you are accomplishing now and/or working towards in the future
- Practice your speech out loud until you can deliver it confidently. This will come in handy in both your personal and professional encounters!

ADDITIONAL RESOURCES

- [From Around the World to Finding the Words: Telling Your Study Abroad Story](#)
- [How to Give an Elevator Pitch](#)
- [Elevator Speech and Mock Interview Examples](#)



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