

Sophia Norha

Gilman Program Alumni Ambassador
2022, The Netherlands



“My Gilman Program experience allowed me to travel to Brussels, Belgium, with the Gilman Brussels Study Tour, where my interest in international law and diplomacy was strengthened. I am more interested in international law now than ever!”

Sophia studied abroad as a Gilman scholar during the fall of 2022 through the Institute for the International Education of Students (IES) Abroad Law and Criminology program in Amsterdam, Netherlands. Her time in the Netherlands provided the opportunity to learn Dutch, meet new people, and visit the International Criminal Court in The Hague. She also participated in the Gilman Program’s Study Tour to Brussels, Belgium, to learn about the European Union, how it functions, and its role in transatlantic relations.

Sophia is from a small, rural town in northern Minnesota. She grew up thinking that traveling outside the United States was something that only happened in books and movies, so the opportunity to study abroad and live in a capital city was life-changing for her. It also broadened her entire perspective on the United States and other parts of the world. Sophia credits her Gilman Program experience with helping solidify her interest in law.

Sophia is a senior at Macalester College, where she studies environmental studies with a legal concentration. She also works as a student communications liaison for Macalester Groveland-Community Council in St. Paul, and she interned in the summer of 2023 for Judge Jay Quam in Minneapolis. She is excited to be a Gilman Alumni Ambassador and spread the word about the Gilman Scholarship. She also is looking forward to being an advisor and informant for Gilman applicants, especially to those in rural areas who might not know they can study abroad.

- Hometown: Virginia, Minnesota
- Pursuing a Bachelor of Arts in environmental studies with a legal concentration from Macalester College
- Student communications liaison for Macalester Groveland-Community Council
- Participated in the Gilman Program’s Study Tour to Brussels, Belgium, in November 2022

