

Tryphene Bulape Mishambo

Gilman Program Alumni Ambassador
United Kingdom, 2023



“My study abroad experience revealed just how vast the world is and the transformative power of learning and engaging with others. It taught me never to underestimate my potential, reminding me that I can achieve anything I set my mind to.”

- CIEE Comparative Public Health Summer Fellowship (London and Amsterdam)
- Gilman Foreign Policy in Focus: Refugees and Migration, Jordan Seminar participant
- Live Más Taco Bell Scholarship

Tryphene’s time in London marked a period of significant growth, as she navigated being in a new space without her family for the first time. Through this experience, she learned a lot about herself and realized that the effort she put into her new environment directly affected what she got out of it. The more she engaged with her newfound community, the more she grew. Navigating life on her own abroad gave Tryphene newfound confidence.

She credits her Gilman Program experience with revealing her potential. Since returning, she has become more involved at her school, serving as a senator for her college and pursuing a certificate in human rights. The confidence she gained from her time abroad helped her overcome impostor syndrome as she took up space in new and challenging environments. This confidence also allowed her to apply for and receive the Council on International Educational Exchange (CIEE) Comparative Public Health Fellowship in London and Amsterdam. With the knowledge she has gained from her Gilman Program experience, shooting for the stars has never been easier for her.

Now a senior at Boise State University, she is majoring in social work and obtaining a human rights certificate. Tryphene hopes to pursue a master’s degree in global public health, and she credits her time in Jordan with the Gilman Program Foreign Policy in Focus Refugees and Migration Seminar for introducing her to a variety of opportunities available in numerous fields. She regularly volunteers at the Center for Global Engagement at her school, hoping to educate others, and is excited to step into her new role as a Gilman Alumni Ambassador to be a resource for many and to spark curiosity in students who might never have pictured themselves studying abroad.

