



# Just Published!

**Sherpa in My Backpack:**  
A Guide to International Social Work  
Practicum Exchanges and Study  
Abroad Programs  
by K. Schwartz, L. Kreitzer,  
C.A. Barlow, and L. Macdonald

ISBN 13: 978-1-897160-82-4 (softcover)  
Pub date: May 2014  
Pages: 196  
Price: \$21.95

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*Sherpa in My Backpack* guides undergraduate and graduate students through the difficult terrain of international exchanges and study abroad programs. It also enables faculty to be better academic Sherpas who help guide students through this process.

The primary data source for this study was a Canadian/EU social work exchange funded by HRSDC and Erasmus between four cities in Canada (Calgary, Kelowna, Montreal, and Ottawa) and four countries in the EU (Austria, Belgium, Finland, and Poland).

This practical guide is divided into eight chapters. Each chapter represents a stage in the process of organising international field placements. Each chapter starts with a brief introduction and ends with some reflective questions. Numerous stories from students are included to give a hands-on perspective.

## Features

Designed in an easy-to-access format to support learning and instruction, the chapters in this book feature:

- practical guidelines for developing international exchanges
- detailed information on how to prepare students
- student experiences in the form of case studies and personal narratives
- learning activities that can be adapted to a range of settings

## Contents

Introduction  
Chapter 1 – AOP  
Chapter 2 – Starting the Process  
Chapter 3 – Academic Sherpa's Role  
Chapter 4 – Guided Learning  
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Chapter 8 – Summary and Conclusion  
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## About the Authors

As social work academics, the authors have organized and supervised international social work internships for much of their careers and have witnessed the transformative nature of these exchanges. They came together to share these stories with you in the hope that it will enhance your international experience.