

## Gratitude and Humility

**A**FTER 36 YEARS of working in the field of international education, I retired in June of 2012. It seemed the right time to undertake a grand adventure to a part of the world I had always dreamed of seeing.

What I did not anticipate was the emotional impact of the trip. Without partner universities to visit with a wallet full of business cards, I was a student again, and I was blessed to find great teachers each day.

My teachers on this particular morning were the young monks of Luang Prabang, Laos. Tourists, local residents, and even touring monks join this remarkable ritual, which begins shortly after sunrise along the picturesque streets of this historical town. We knelt on the sidewalk and placed handfuls of sticky rice and other foods into the bowls carried by the monks gathering their daily donations.

Back home, I've resumed a long-abandoned daily meditation routine and am determined to be a student with an attitude of humility and gratitude. What could be better than that?

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**YOU'RE INVITED!** We invite you to submit your photos along with a brief (approximately 200 words) description of why these images are important in your understanding of a person, place, idea, or incident from your experiences in international education. The photos could be of a simple moment on your home campus involving international students, a major event in an exotic location, or anything in between. The editors of *International Educator* will run selections on this page throughout the year. Please contact us for submission details at [elainal@nafsa.org](mailto:elainal@nafsa.org).