

Ana Hernandez
International Travel Award 2011
Essay
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My two colleagues and I arrived at Schiphol airport on Tuesday morning very much excited and looking forward to our six nights in Amsterdam, The Netherlands. We immediately looked for the airport shuttle designation area where we met Damian a fairly tall friendly Dutch young man who was the point person for the International Family Therapy Association conference. He directed us to shuttle and 20 minutes later we were at the conference hotel located in Noordjawick, a town right outside of Amsterdam. There was a beautiful country side scenic view with beautiful homes.

We were very well accommodated by the hotel staff. We mingled, gathered information about the hotel and conference, and rested. On Wednesday we took our first trip into Amsterdam and explored the city. We toured the beautiful canals, took pictures of the wonderful architecture, and had good food. When we arrived at the hotel that evening we were informed that our presentation, originally scheduled for Friday morning, was moved up to Thursday morning. We had to rush and prepare all night for our presentation going through the power point, the equipment, and our respective sections. We presented on the Use of Self in Family Therapy: Implications for therapy and training. At the end we received great and constructive feedback from our faculty, including Director of the program, the Clinical Director, and current professor. The rest of that day and Friday, we attended workshops, plenary sessions, and mingled with other professionals from around the world. I also presented a poster presentation with our professor and two colleagues on National Policy and Social Justice.

On Saturday we decided to take another trip into Amsterdam. We visited the Anne Frank museum, the Van Gogh museum, and went biking around the city. We had plenty of time to get souvenirs for our families and friends and before we knew it, it was time to go back to home. This trip was a significant contribution to my professional development as now I am an international presenter and in my personal development for I was able to explore the rich culture and history of the Netherlands. I am immensely grateful and honored to have been the recipient of the Internal Travel Award.

