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One of my memories about living in Scotland was how cold I was. I am from Los Angeles, and before participating on the Education Abroad Program 37 years ago, I had hardly left the Golden State. Figuring it might be a harsher climate than, say, in Santa Monica, I cleverly brought with me a thin, nylon windbreaker. In St. Andrews, on the Coast of Fife, when the wind whips off the North Sea the narrow streets become wind tunnels. I spent my first term shivering. It was an auspicious start to my year abroad.

As you see, since then I have learned how to dress for Scottish weather. My kilt pays tribute to my year in Scotland, but also to celebrate my heritage as, on the one hand, an offspring of Scottish/Irish immigrants, but on the other hand, an immigrant myself. I am not alone. In a 2013 Census Survey, about 39 million Americans reported identifying their ancestry as being Irish or Scottish. Going in the other direction, there are about 8 million Americans living abroad.

More topically, wars in Syria, Iraq and parts of Africa have led to unprecedented waves of immigration. Images fill our screens of refugees risking their lives to reach the safety of European shores. Immigration is a hot topic.

My words to you tonight therefore will be about immigration and multiculturalism and—for the students present--the lessons I have learned as an immigrant and multiculturalist.

Immigration, social change, social media, globalization, modern transport and communications are creating a multi cultural world. Mobility is increasing and migration cycles are getting shorter.

I reckon that my ancestors took upwards of 50 generations before emigrating from Britain to Ireland in the 17th century. It took then only 8 generations before my Great Grandfather, left central Ireland in 1848 with his 2 brothers to arrive in California. He married a Scot. Only three generations later, his great Grandson, me, immigrated back to Europe from the USA. And it took just one generation, for my second Daughter to spend a year at UCSC from her University in Kent, England.

These trends are irreversible. This means you will lead your lives in a more multicultural world than your predecessors.

My wife, who is French, and whom I met in an economics tutorial at St. Andrews, recently delivered a Paper at a Jungian Psychology conference in Italy about Multiculturalism and Immigration. Feel free to ask her about it during the Cèilidh, but in a nutshell, she argues that immigrants (and expats) experience unique issues, which both create stress--multiculturalism as a psychological 'trickster'--but also form a rich backdrop, and teacher, for our life experience.

You may not think of yourselves as immigrants, but you are definitely making your own contribution to, and will be shaped by, this phenomenon. You are experiencing a crash course in multi culturalism.

For many of you, this is a difficult time. You have left family, girlfriends, boyfriends, teachers, classes, comfort and familiarity to come to Europe to study. The excitement of leaving California is beginning to wear off. You are faced with having to adapt to new systems, culture, language, classes, currency, and traditions. It is not easy. So here is some good news: this will be one of the richest and most exciting years of your lives. To paraphrase Hemmingway, this year abroad will be your 'moveable feast'.

I guess I should be a Poster Boy for the UC Education Abroad Program: During my year at St. Andrews, I met many of my closest friends; I've been an expat for 30 years; travelled the world; done business on 5 continents; my three

children were each born in a different European country and each speak three languages; I have taken on a second citizenship; our friends and family are scattered across the globe. My son's girlfriend is Dutch; my Daughter's boyfriend is English; they live in Berlin; my other daughter's roommate is from Cameroon.

I take this opportunity to thank the University of California Education Abroad Program. If my thesis is correct, multiculturalism is a great strength and the EAP has done a superb job fostering it. This is unfortunately rare for US institutions, including the US Government, which tend to be inwardly focused. I always find it curious that a country which was forged by immigrants discourages Americans from living abroad.

I am entering the autumn of my life; you are just in early spring. Here are my three lessons:

1. Listen and Learn

My year abroad taught me that understanding multiculturalism gives you insights. And the best way to understand multiculturalism is to listen and learn.

Of course listening is important, but when you are in an international context, you need to develop this into a fine art. Throughout my life, whenever I am in a situation which I don't understand (which is often!) I try to find experts and talk to them. People love talking about themselves. I can't tell you how many insights I have gleaned, in multicultural settings, meeting people and asking questions. When I first moved to Paris in the mid-1980s to work as a consultant, using my EAP experience, I spent the better part of a year trying to understand French culture, language, business practices, and values. It helped.

2. Don't try to predict the future, but adapt when it happens

Pericles (495-429 BC) was a Greek philosopher from the 5th century BC. He was also General of Athens during the Peloponnesian wars. Probably referring to military strategy, he proclaimed: 'the key is not to predict the future but to be prepared for it (when it happens)'. I have always felt that success is more about good execution rather than being the most clever, analytical or prescient.

When I first learned I had been accepted by EAP, I raced to the McHenry Library at UCSC (before google maps!) to determine where Fife was. I had no clue. 37 years later, who could have predicted my path? My EAP experience helped me become adaptable. You will come across situations which are foreign, new sports, new customs, and new food. Adapt, become agile, and relish change.

3. Finally, follow your passion

After my year abroad, I held a burning desire to return to Europe to live and work. I am glad I followed my passion. Thirty years later, I look back on that risk I took by applying to EAP, and see that it has encouraged me to do things differently. During most of my career, I created and filled jobs that didn't exist before. I find that professional life can be terribly boring. By contrast, there are endless opportunities to create new things, inject energy into projects and take risks, in small and large enterprises alike.

Follow your passion-- If anything, it will give you enormous satisfaction. Five years ago, we decided to create an Olive Oil company in Provence. I'm at the beginning of this project. I don't even know if it will succeed. But already, it is providing me with great enjoyment.

To conclude: listen and learn; don't predict the future; adapt; follow your passion. I wish you a fantastic year in Europe. This will be a step in your lives toward multiculturalism and wisdom.

Oh, I have one final piece of advice for you, as we enter the colder months: dress warmly!

Thank-you.