

LOG IN



BUREAU OF EDUCATIONAL AND CULTURAL AFFAIRS

INTERNATIONAL EXCHANGE ALUMNI

Inspire. Empower. Connect.

[View disclaimer](#)

Select Language ▼

Search →

February 27, 2020

The Transformational Effect of Exchanges

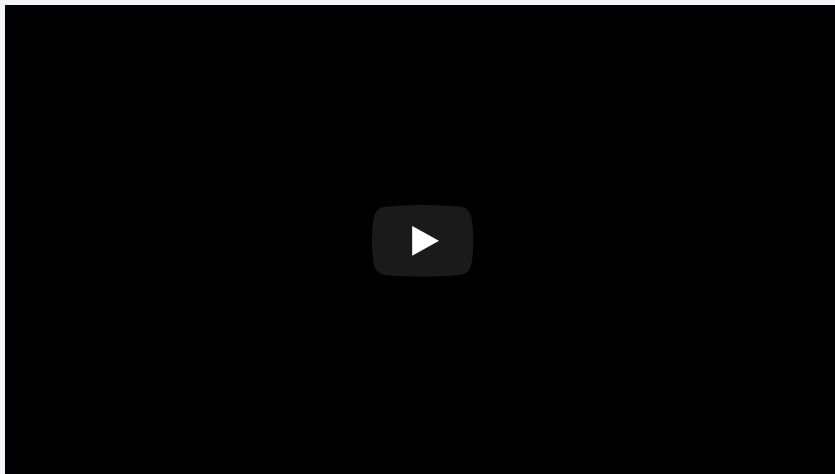
share ✉️ f 🐦



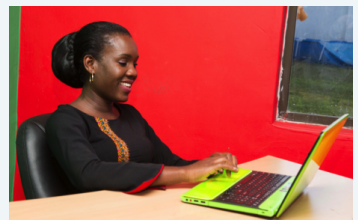
Photo courtesy: *TechnoculturePodcast/Federica Bressan*

Why do we still do exchanges? Fulbright exchange alumna Federica Bressan sat down with Rick Ruth, a former senior diplomat at the U.S. State Department, to talk about the importance of exchange programs and people-to-people interaction in a world connected through technology.

"One of the most wonderful things about exchanges, first of all, is that they are based on human nature. They're based on the reality of how people engage each other and understand each other," Ruth told Bressan. Watch the clip for more. You can also check out the full episode at <http://podcast.federicabressan.com/rick-ruth.php> (<http://podcast.federicabressan.com/rick-ruth.php>).



You might also be interested in



[\(/highlight/yali-alumna-uses-technology-create-ripple-effect-change\)](/highlight/yali-alumna-uses-technology-create-ripple-effect-change)

YALI Alumna Uses Technology to Create a Ripple Effect of Change
[\(/highlight/yali-alumna-uses-technology-create-ripple-effect-change\)](/highlight/yali-alumna-uses-technology-create-ripple-effect-change)



[\(/dr-meredith-lillich-1953-fulbright-student-belgium-1983-fulbright-scholar-france\)](/dr-meredith-lillich-1953-fulbright-student-belgium-1983-fulbright-scholar-france)

Dr. Meredith Lillich, 1953 Fulbright Student to Belgium, 1983 Fulbright Scholar to France
[\(/dr-meredith-lillich-1953-fulbright-student-belgium-1983-fulbright-scholar-france\)](/dr-meredith-lillich-1953-fulbright-student-belgium-1983-fulbright-scholar-france)



View Related Content by Tag

[Fulbright Program](/program/fulbright-program?term_referrer=node/24706&term_referrer_title=The%20Transformational%20Effect%20of%20Exchanges) (/program/fulbright-program?term_referrer=node/24706&term_referrer_title=The%20Transformational%20Effect%20of%20Exchanges)