

My visit to Kyrgyzstan



UVU delegation at Alamedin Gorge near Bishkek, capital of Kyrgyzstan. Hannah is the fourth from the left.

The experience I had in Bishkek, capital of Kyrgyzstan, and its countryside, is one I will remember forever. I visited it as part of the study abroad program at Utah Valley University together with my other five peers and two faculty during August 2-12, 2019. We were shown great hospitality by our hosts and the locals. We visited many spots in Bishkek, including the Osh Bazar, the Ministry of Foreign Affairs of the Kyrgyz Republic, the U.S. Embassy and other places.

The Kyrgyz cuisine was some of the best food I have ever had. I especially enjoyed the local “[boortsogs](#)” which we named as “*doughnut holes*” dipped in honey. I think I had it at every meal. The Kyrgyz people are some of the nicest people that I have ever met. Whether it was one of our hosts or the cashier at the market, they were all so helpful and nice to us. I have formed friendships with the people from Kyrgyzstan that I hope will last a life time.



(L to R): Hannah Elizabeth Peay and Sarah May Michaelis in Bishkek

It was a humbling experience that has shaped my perspective of life. We had the opportunity to visit a children's hospital. We brought them toys, diapers and other necessities. It was defiantly a highlight to give a little boy who was three years old, a set of three toy cars. His happiness and gratitude were something that will stick with me for a long time. I admire the local people's pride of Kyrgyzstan even with the struggles the country currently faces.



Hannah Peay at Issyk-Kul lake with eagle

One of my favorite places that we visited was Issyk-Kul Lake. The lake was one the prettiest lakes I have been too. It was so large I felt like I was at the ocean. It was really fun to swim and hangout at the beach eating ice cream. I really enjoyed walking around the resort, every spot was beautiful and unique. A highlight at the lake was the opportunity to hold an Eagle. It was cool to see one so up close. I also enjoyed hiking up the Alamedin Gorge near Bishkek. The mountainous scenery of the park was beautiful. Afterwards we hot got spend time in a yurt eating *doughnut holes* with honey.



UVU students inside the yurt. Hannah is the second from the right.

I will miss my time in Kyrgyzstan, from the people, to the sites and especially from the food. It was one of my favorite countries I have visited. I hope this trip will not be my first and only trip to Kyrgyzstan. I hope I will have another opportunity to visit Kyrgyzstan.

Hannah Peay, UVU student