August 2020

International Buddies Sign up
International Buddies is a student group that pairs U.S. and international students in small groups. If you would like to sign up to be a part of this group, you can sign up until August 31st. Groups will be announced the week of September 8th. Watch the isc-l listserv for more information!

Activities Carnival
_Thursday, August 20_
6:00 to 8:00 pm
The activities carnival held each semester is a great opportunity for students who are looking to get more involved to find an organization matching their interests. They are also great opportunities for registered student organizations to recruit new and excited students to join their organizations. This will be hosted virtually via Zoom. The link will appear at [https://www.k-state.edu/student-involvement/get-involved/carnival.html](https://www.k-state.edu/student-involvement/get-involved/carnival.html)

International Block Party
_Friday, August 21_
8:00 to 10:00 pm
Live Zoom featuring DJ Panama Tr3. Create your own cultural artwork while listening to International music! Pick up free art supplies at noon, Wednesday, August 19 at the UPC Booth on the first floor of the Union. Limited to the first 200 people. Gift cards awarded to the favorite chosen art pieces. Visit kstateupc.com for details.

Basic Language Training (BLT)
_Sign up from August 24 to September 4. (Classes will be from September 14 to November 5)_
BLT is a non-credit course taught by an international student. The student teaches the basics of his/her language and explores the culture of his/her country. The languages offered this semester include: Chinese, Chinese-Advanced, Portuguese, Russian, Spanish and Spanish-Advanced. The dates and times are still to be determined. These classes will be offered through Zoom. The cost is $35. More information can be found at [https://www.k-state.edu/iss/e/programs-events/blt/index.html](https://www.k-state.edu/iss/e/programs-events/blt/index.html).

U.S. Culture Issues
_Thursday, August 27_
5:00 pm
Ever wonder why your U.S. classmate says, “Hi, how are you?” and then walks away without waiting for your response? This workshop is designed for students, scholars, and dependents in their first year in the U.S. who want to learn about and discuss cultural differences between the United States and their home country. Now is your chance to ask questions you have wanted to ask! Presented by Sara Thurston, Director of ISSS. Join us for the live Zoom presentation. Watch our listserv for the link.

Health Insurance Waiver Deadline
_Monday, August 31 at 11:59 pm_
This is the last day to submit the health insurance waiver form. See [https://www.k-state.edu/iss/e/programs-events/blt/index.html](https://www.k-state.edu/iss/e/programs-events/blt/index.html).
state.edu/isss/students/health_insurance/index.html for more information on international student health insurance.

**September 2020**

**Adjustment to U.S. Culture**  
*Thursday, September 3*  
*5:00 pm*  
Are you excited to be in the U.S. or are you counting the days until you can return to your home country? This workshop is designed for students, scholars, and dependents in their first year in the U.S. who would like to talk about adjusting to U.S. culture. Learn about the normal pattern of adjusting to a new culture, hear some tips for adjusting, and discover resources on campus and in the community. Presented by Sara Thurston, Director of ISSS. Join us for the live Zoom presentation. Watch our listserv for the link.

**Online Game Night**  
*Friday, September 4*  
*6:00 pm to 8:00 pm*  
Sponsored by the International Coordinating Council

**Kansas Weather**  
*Tuesday, September 8*  
*6:30 pm*  
Are you prepared for Kansas weather? This workshop will present information on our weather patterns and what to expect while in Kansas. Presented by Mary Knapp, as Associate Agronomist with K-State Research and Extension and state climatologist. Join us for the live Zoom presentation. Watch the listserv for the link.

**International Spouse Orientation**  
*Thursday, September 10*  
*10:00 am*  
If you are a spouse of an international student or scholar, we invite you to attend this orientation to help you navigate K-State and the Manhattan community. Presented by the ISSS Graduate Assistant. Join us for the live Zoom presentation. Watch our listserv for the link.

**Intercultural Learning: Building Community, Sense of Belonging, and Emotional Well-Being**  
*Thursday September 17*  
*5:00 pm*  
This workshop will introduce “intercultural learning.” Intercultural learning is about strengthening awareness of self, awareness of others, and understanding how to respond, behave, and reflect when around people like us or different from us. Intercultural learning is not about changing who we are or what we value. It is about being able to work successfully in community with others who are different from us both in the classroom, personally, and professionally. Presented by Debra Bolton, Office of Diversity and Multicultural Student Affairs and Sara Thurston, Director of ISSS. Join us for the live Zoom presentation. Watch our listserv for the link.

**Wildcat Dialogues**  
*Monday, September 21*  
*7:00 to 9:00 pm*  
Join all new and first-year K-State students for a night of meaningful dialogue and building connections. You must RSVP for this event. See https://www.k-state.edu/leadership/events/wildcatdialogues/ for more information.

**Coffee Hour: Mexico**  
*Friday, September 25*
4:00 to 5:00 pm
Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live Zoom program to learn about the geography and culture of another nation. Watch our listserv for the link.

Photography Contest
Submissions accepted from September 28 to October 9 at 5:00 pm.
Sponsored by the International Coordinating Council

Watch listserv for more information.

October 2020

Love Knows No Borders
Tuesday, October 6
5:00 pm
Learn about immigration laws regarding marrying a U.S. citizen or permanent resident. Presented by Gabriela A. Vega of Addair Thurston, CHTD. Join us for the live Zoom presentation. Watch our listserv for details.

See More Than Manhattan
Thursday, October 15
5:00 pm
Get ideas for travelling within the region while staying on a budget! Presented by Ruth Newton, International Student Advisor. This will be a live Zoom presentation. Watch our listserv for the link.

Coffee Hour: Turkey
Friday, October 16
4:00 to 5:00 pm
Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live Zoom program to learn about the geography and culture of another nation. Watch our listserv for the link.

Coffee Hour: Paraguay
Friday, October 23
4:00 to 5:00 pm
Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live Zoom program to learn about the geography and culture of another nation. Watch our listserv for the link.

November 2020

Thursday, November 5
6:00 pm to 8:00 pm
Sponsored by International Coordinating Council. Watch our listserv for the link.

Coffee Hour: Nepal
Friday, November 6
4:00 to 5:00 pm
Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live Zoom program to learn about the geography and culture of another nation. Watch our listserv for the link.
Coffee Hour: Iran
Friday, November 13
4:00 to 5:00 pm
Coffee Hour is a forum for international students to showcase their home countries. Grab some coffee and join us in this live Zoom program to learn about the geography and culture of another nation. Watch our listserv for the link.

In addition to the above, we have provided other recorded programs accessible through the ISSS Programs Canvas Course. These programs will provide resources regarding the K-State community as well as living in Manhattan. You can access these at https://k-state.instructure.com/courses/100897

Healthcare in the U.S.
Are you confused about the healthcare system in the U.S.? Is health insurance a completely new concept to you? If you would like to learn how healthcare and insurance work in the U.S. Presented by Lafene Health Center.

Legal Issues
Learn about various legal issues you could encounter while you are in the United States. During this workshop, we will cover topics such as what to do if you get a traffic ticket, what a power of attorney is, alcohol violations and regulations, online buying scams, car purchasing, and apartment rental issues. Presented by Sarah Barr, Student Legal Services Attorney.

Healthy Relationships
This workshop will explore definitions, explain community resources, and discuss the difference between healthy relationships and domestic violence. Presented by the Center of Advocacy, Response, and Education (CARE).

Kansas Driving and Insurance Laws
Learn about Kansas driving and insurance laws as well as the legal requirements for owning a vehicle, including insurance and registration procedures. Presented by Officer David Anderson, Community Outreach Officer.

Safety and Security in the U.S.
Are you wondering about bike safety and regulations? Do traffic lights confuse you? Are you worried about walking alone? How do alcohol laws differ from your home country? What is the role of the police in the U.S.? Why are universities so serious when it comes to security issues? Here is a presentation to help you understand all of these issues and more. Presented by Officer David Anderson, Community Outreach Officer of the K-State Police Department.

Eating Healthy in the U.S.
Are you afraid of gaining weight while eating U.S. foods? Are you struggling to adapt to U.S. foods? Are you interested in learning how to make your meals more nutritious? If so, come view this presentation about food in the U.S. Presented by students in the WellCAT Ambassadors program through Lafene Health Center.

Love Your Body
Do you compare yourself to toned and fit bodies advertised in the media? Are you unsure how to balance eating and exercise? If so, view this presentation about food in the U.S. and body image. Presented by students in the WellCAT Ambassadors program through Lafene Health Center.