PROGRAMS & ACTIVITIES
Spring 2020

International Student
& Scholar Services
January 2020

Basic Language Training (BLT)
Sign up January 20 through January 31 (courses Feb. 10 – April 10)
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. BLT courses for spring 2020 are: Arabic, Cantonese, Chinese, Hindi, Italian, Korean, Russian, Sindhi and Spanish. For more information, please visit https://www.ksu.edu/isss/programs-events/blt/index.html

Union Expo and Activities Carnival
Thursday, January 23 // 6:00 – 8:00 pm // K-State Student Union
The Activities Carnival is a great opportunity for students to learn more about student organizations and find ways to get involved on campus. For more information, please visit https://www.k-state.edu/student-involvement/get-involved/carnival.html

International Spouse Orientation
Wednesday, January 29 // 10:00 am // ISC
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 Alexandra Aranda, ISSS Graduate Assistant.

U.S. Culture Issues
Thursday, January 30 // 6:30pm // ISC
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.

Health Insurance Waiver Deadline
Friday, January 31 // 11:59 pm
This is the last day to fill out the health insurance waiver form to waive the health insurance fee for students meeting the requirements. For more details, visit www.k-state.edu/isss/students/health_insurance/index.html

International Buddies Social
Friday, January 31 // TBA
Join domestic and international communities for a fun-filled night! Watch the ISSS listserv for more details.
Adjustment to U.S. Culture
Thursday, February 6 // 6:30pm // ISC
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.

Legal Issues
Thursday, February 13 // 6:30pm // ISC
Learn about various legal issues you could encounter while you’re in the United States. During this workshop, we will cover topics such as what to do if you get a ticket, what a power of attorney is, alcohol violations and regulations, online buying scams, car purchasing, and apartment rental issues. Please join us to discuss these issues and to ask questions. Presented by Sarah Barr, Student Legal Services Attorney.

Coffee Hour: Tanzania
Friday, February 14 // 4 – 5pm // ISC
Coffee Hour is an informal forum for international students to showcase their home countries. Meet new people, sip coffee, and sample traditional foods!

Tax Workshop with H&R Block Representative
Date TBA // Time TBA // ISC
Questions about filing your taxes? A representative from H&R Block will discuss tax terminology, forms, and much more.

Criminal Offenses and Immigration
Thursday, February 20 // 6:30 – 8:00 pm // ISC
Learn about Criminal Offenses and immigration laws. Presented by Gabriela A. Vega of Addair Thurston, CHTD.

International Buddies Social
Monday, February 24 // TBA
Join domestic and international communities for a fun-filled night! Watch the ISSS listserv for more details.
Healthcare in the U.S
Thursday, February 27 // 6:30 pm // ISC
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., please join us for this presentation. Presented by Lafene Health Center.

Coffee Hour: Botswana
Friday, February 28 // 4 – 5pm // ISC
Coffee Hour is an informal forum for international students to showcase their home countries. Meet new people, sip coffee, and sample traditional foods!

International Coordinating Council (ICC) Social
Friday, February 28 // 6:00-8:00 pm // ISC
Join domestic and international communities for a fun-filled night! Watch the ISSS listserv for more information.

March 2020

Healthy Relationships
Thursday, March 5 // 6:30 pm // ISC
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
Thursday, March 19 // 6:30pm // ISC
Learn about Kansas Driving and Insurance laws as well as the legal requirement for owning a vehicle, including insurance and registration procedures. Presented by Maria Beebe, Associate Director of ISSS and Officer David Anderson, Community Outreach Officer.

Coffee Hour
Friday, March 20 // 4:00-5:00 pm // ISC
Coffee Hour is an informal forum for international students to showcase their home countries. Meet new people, sip coffee, and sample traditional foods!
**International Buddies Social**  
Tuesday, March 24 // TBA  
Join domestic and international communities for a fun-filled night! Watch the ISSS listserv for more details.

**Safety and Security in the U.S**  
Thursday, March 26 // 6:30 pm // ISC  
Are you wondering about bike safety and regulations? Are you confused by traffic lights? 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 workshop to help you understand all of these issues and more.  
Presented by Officer David Anderson, Community Outreach Officer of the K-State Police Department.

**ICC’s International Week**  
March 29 – April 4  
International Coordinating Council works with various international organizations to create a week of celebration and displays of music, dance, fashion, and culture from around the world. This year’s events include:

**International Fashion Show**  
Sunday, March 29 // 6:00 pm // Union Forum Hall

**International Parade**  
Monday, March 30 // 4:00 pm // ISC

**International Panel Discussion**  
Tuesday, March 31 // 4:00 pm // Union Wildcat Chamber

**International Dance Lessons**  
Wednesday, April 1 // 6:00 pm // Union Courtyard

**International Cultural Exhibition**  
Thursday, April 2 // 11am-1pm // Union Courtyard

**International Talent Show**  
Saturday, April 4 // 6:00 pm // Union Forum Hall  
More information will be provided through the ISSS listserv.
April 2020

Exploring Cultural Differences through Drama
Thursday, April 2 // 6:30pm // ISC
Everyone experiences culture shock when moving to a new place, but how do you move forward through the shock to a deeper understanding? This workshop will provide an enjoyable way to learn more about adjusting to U.S. culture. Come prepared to share your stories and have fun problem-solving through role play, drama games, and discussion. Facilitated by a Master’s student in Drama Therapy, Holly Emmerich.

Learn More about H1-B & Permanent Residency
Date TBA // Time TBA // ISC
Learn the basic information about obtaining H1-B status as well as pathways to employment-based permanent residency. Presented by Judy Bordeau, an immigration attorney.

See more than Manhattan
Thursday, April 9 // 6:30 pm // ISC
Get ideas for travelling within the region while staying on a budget! Presented by Ruth Newton, Advisor for ISSS.

A college student’s guide to eating healthy
Thursday, April 16 // 6:30 pm // ISC
Are you afraid of gaining weight while eating U.S food? Are you struggling to adapt to U.S foods? If so, come join us in a discussion presented by students in the WellCAT Ambassadors program through Lafene Health Center.

K-State Open House
Saturday, April 18 // 9am – 3pm
Enjoy food, fun, and plenty of purple at K-State Open House. More information is available at http://www.k-state.edu/openhouse/

Kansas Weather
Thursday, April 23 // 6:30pm // ISC
Are you prepared for Kansas weather? This workshop will present information on our weather patterns and what you can expect while in Kansas. Presented by Mary Knapp, as Associate Agronomist with K-State Research and Extension and state climatologist.
Coffee Hour: Iran
Friday, April 24 // 4 – 5pm // ISC
Coffee Hour is an informal forum for international students to showcase their home countries. Meet new people, sip coffee, and sample traditional foods!

International Buddies Social
Saturday, April 25 // TBA
Join domestic and international communities for a fun-filled night! Watch the ISSS listserv for more details.

International Graduation Celebration
Wednesday, April 29 // 4:00 – 6:00pm // K-State Alumni Association
Come celebrate graduation with the Alumni Association. Watch the ISSS listserv for more information and the RSVP link.

Love Your Body
Thursday, April 30 // 6:30 pm // ISC
Do you compare yourself to toned and fit bodies advertised in the media? Are you unsure how to balance eating and exercise? If so, come join a discussion about food in the U.S. and body image. Presented by students in the WellCAT Ambassadors program through Lafene Health Center.

M A Y 2 0 2 0

Coffee Hour: Hungary
Friday, May 1 // 4 – 5pm // ISC
Coffee Hour is an informal forum for international students to showcase their home countries. Meet new people, sip coffee, and sample traditional foods.

A Moment of Mindfulness
Thursday, May 7 // 6:30pm // ISC
Take a break and recharge. Mindfulness exercises for students who would like to reduce anxiety and stress, decrease self-criticism and perfectionism, nurture kindness instincts and authenticity, improve focus and increase self-compassion. Facilitated by Counseling Services.
**OPT Workshop**
Optional Practical Training (OPT) workshops are held every second and fourth Monday of the month when the university is in session at 3:30pm in the International Student Center.

**International Speakers Bureau (ISB)**
Join a group of students sharing their cultures and experiences with community organizations and student groups through presentations, demonstrations, and/or performances.  
[www.k-state.edu/isss/programs-events/ISB.html](http://www.k-state.edu/isss/programs-events/ISB.html)

**J-1 Scholar Orientation**
New J-1 scholars must attend orientation, which takes place the first Tuesday of every month at 10am in the International Student Center.

**Programs & activities website:**
[www.k-state.edu/isss/programs-events/](http://www.k-state.edu/isss/programs-events/)

Join our listserv to stay up to date about important information and events: [http://listserv.k-state.edu/web](http://listserv.k-state.edu/web)