Welcome Reception for New and Returning Students January 12

It’s time to celebrate! Join other new and returning international students to celebrate the start of a great semester on Sunday, January 12 at 6 pm in the Maucker Union Ballroom B. There will be appetizers, drinks, and plenty of time to meet people. Students are encouraged to wear their traditional clothing.

Mall of America Trip Sign-Up

Our first trip of the semester will be on Saturday, February 1 to the Mall of America (http://www.mallofamerica.com/) in Bloomington, Minnesota. The bus will be leaving from Wisconsin Street behind Maucker Union at 7:30 am and returning at approximately 7:30 pm. Total cost of the trip is $10 per student. Lunch may be purchased on your own. Come to the ISSO Office (113 Maucker Union) to sign up. Please bring $10 cash (exact change) when signing up. This is a great opportunity to do some shopping at the more than 400+ stores, go to the amusement park, and hang out with friends. Sign-up closes Wednesday, January 29.

International Friendship Program Student Applications Due Jan. 17

The International Friendship program was created to build relationships between UNI students and local families in the community. The goal of this organization is to promote cultural exchange between international students and American host families. Students who apply for this program are seeking to learn more about American culture by becoming a part of a family and finding a home away from home. Families volunteer to host an international student as a way to learn about the student's country and to build a friendship. Application forms can be picked up from the ISSO Office or printed from http://www.uni.edu/internationalservices/sites/default/files/untitled-1_1.pdf. Student applications are due by 5 pm, Friday, January 17 in the ISSO Office, 113 Maucker Union.

National Student Exchange

Have you ever thought of attending another university far, far away…but still within the United States, its territories and Canada. With the National Student Exchange Program (NSE), you can do just that! NSE enables students to attend one of 170+ colleges and universities for one or two semesters while paying UNI tuition. This is a chance of a lifetime you won't want to miss. Attend an upcoming information session on Thursday, January 16 at 3 pm in the Elm Room, Maucker Union.

January's Student Health 101 is now available

So why should you read Student Health 101, the UNI online health and wellness magazine at https://www.uni.edu/wellrec/index? First, you can enter the January drawing for $1,000 for checking out the January issue. And second, there are some great articles such as how to conquer your stress, strategies for successfully sharing living spaces and organizing your job search.

Iowa N.E.W. (National Education for Women) Leadership Institute

The Iowa N.E.W. (National Education for Women) Leadership Institute at the University of Iowa is a national program that originated in 1991 from Rutgers in New Jersey and the Center for American Women and Politics.
The U of Iowa offers this unique, competitive program to women students across the state in Iowa and accepts roughly 35 students each year. This is a 5-day residential institute geared at further developing women's public leadership skills, engagement in civic life, and build networks with women involved in public leadership on local, state and national levels. Though the program is intense and costly to put on, it is offered to all participants at no cost to them. For additional information, please visit [http://wrac.uiowa.edu/initiatives/iowa-n-e-w-leadership/](http://wrac.uiowa.edu/initiatives/iowa-n-e-w-leadership/)

**Small Refrigerator for Sale**
Igloo 4.6 cubic ft refrigerator and freezer for sale. Bought in May for $138, barely used, selling for $100. Cash, first come, first serve, you remove. You may see it at the ISSO office.

**Like and Follow Us!**
Like us on Facebook [https://www.facebook.com/UNI.ISSO?ref=tn_tnmn](https://www.facebook.com/UNI.ISSO?ref=tn_tnmn) and follow us on Twitter [https://twitter.com/ISSO_UNI](https://twitter.com/ISSO_UNI) to stay informed about ISSO news and events!

**ISSO Office Hours**
ISSO office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday.

**ISSO - Enhancing International Experiences**

*At any time if you would like to unsubscribe from our mailing list, please reply "unsubscribe"*

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Regular office hours 8:00 a.m. to 5:00 p.m.  
Summer office hours 7:30 a.m. to 4:30 p.m.  
The University of Northern Iowa provides transformative learning experiences that inspire students to embrace challenge, engage in critical inquiry and creative thought, and contribute to society.