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International Engagement Weekly Newsletter, April 29, 2022

University of Northern Iowa. Office of International Engagement.

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University of Northern Iowa.
International Engagement

Announcements

Staying On Campus This Summer?

Summer is almost here and we want to know where you're going to be spending it! If you are an International Student, please take the time to [fill out this form](#) and let us know if you will be in the area for the summer. We have lots of fun events that we will be announcing soon for this summer and we want to make sure you know about them! Signing up on this form is also signing up for our activity emails and notifications this summer.

HELP WANTED: ORIENTATION DRIVERS (9\$/hr)

Looking for a way to make extra money this summer and help support our international community? If so, OIE has a great opportunity for you!

We are looking for 2-3 Amazing individuals to pick up international students from the Cedar Rapids or Waterloo Airport and bring them to UNI to start their new chapter at our university. It would be a great time to meet new people and connect with other international students.

Vehicles will be provided but you do have to have a *current drivers license* and have a *good driving record*. Dates will vary, but we are looking tentatively at August 12 - August 15. If you're interested, please email international@uni.edu to find out more!!



Summer Storage

Packing up for school breaks can be stressful if you live in the dorms! Often times, college housing does not have anywhere you can leave your stuff, and bringing it all home with you can be impractical and costly. Luckily, you can find storage units that can help you save money and is hassle-free. Check out [this guide](#) to learn all about storage units, and how you can get one for yourself over summer.



Congratulations Marge!

We are very excited to share that International Engagement's own Marge was selected as the staff winner of the 2021-2022 [Beverly Funk Barnes Staff Excellence Award](#). If you see her, tell her congrats!

The Beverly Funk Barnes Educator Excellence Award is focused on rewarding university faculty who continually create new value for those they work with through dedication, passion, and creativity for the benefit of the University of Northern Iowa (UNI). Based on the principle of “Fred the mailman” from Denver, Colorado, this award focuses on rewarding UNI employees who embody the “Fred Factor.” For more information on the Fred Factor, visit these

links: <https://youtu.be/4GKQ9kTnSg4> & https://youtu.be/AXDsr-QL_m4

Upcoming OIE Events

End of the Year Celebration

Next Friday, May 6th, is International Engagement's *End of the Year and Graduation Celebration!* It will be from 5:00 PM - 7:00 PM in the University Commons. We will recognize and celebrate all of our graduating international

students along with those ending their exchange student programs here at UNI. If you are planning on coming please [RSVP here!](#)

**THE OFFICE OF INTERNATIONAL
ENGAGEMENT PRESENTS:**

*Graduate and
Semester*
2022
Party!

*Come and join us as we celebrate
graduates from the CIEP, OIE, and our
international community! We are so
proud of each and every one and want to
take the time to recognize and celebrate
them!*

FRIDAY, MAY 6TH

IN THE UNIVERSITY COMMONS

FROM 5-7PM

Sandwiches, snacks and beverages will be provided :)

Final Talk Tuesday

CIEP's Final Talk Tuesday will be taking place May 3rd in Bartlett 1017! Stop by at noon for some pizza, and some awesome conversations! We would love to see you all there and it is an awesome excuse to take a break from final projects and papers!

Events Around Campus

Finals Week De-Stress Days

Student Wellness Services and other campus partners will be hosting De-Stress Days on May 2, 3, & 4 between 11:00 AM - 2:00 PM in the Maucker Union Ballroom. Stop by to enjoy the following stress relieving activities:

- Coloring
- Puzzles
- Bracelet making
- Inspirational rocks
- Panther Punch
- Notes of gratitude, gratitude journal, & gratitude board
- Dogs provided by Pet Pals & Cedar Bend Humane Society
- The Labyrinth (a walking meditation that can be used to experience peace and relaxation)



MOVEment Spring Showcase

The MOVEment is a multicultural student organization hip-hop dance group. They have been looking forward to their spring show all year! This event is FREE to attend, and there will be dancing, games and a raffle! It will be Saturday, May 7 at 7:00 PM in the Lang Auditorium. See you there!

"The Graduate" Film Screening

Before we have to deal with real life graduation, see how Ben Braddock handled graduation in the classic comedy, "The Graduate." Friday, May 6 in the Kamerick Art Building Room 111 at 7:00 PM.

Immigration Tips

Planning for international travel in the Summer?

Make sure your most recent I-20/DS-2019 document is endorsed for travel by the DSO. No need to make an appointment for this, however, be prepared that you may need to leave the documents to be signed and come back to pick them up later. The signature is valid for a year if you are enrolled.

Our office is currently in Bartlett Hall 3025. If you want to meet with our Immigration Advisor, Edyta, you can email her at edyta.cichon-barche@uni.edu or schedule a meeting using her [Calendly](#).

OPT Q and A

This Wednesday, April 27th at noon, students will have the opportunity to ask OPT-related questions over Zoom.

Feel free to “drop by” ask your question and leave or stay if you have time. Follow the link to join: <https://uni.zoom.us/>

Starting a new degree after graduation?

All transfer-related changes need to be completed within 60 days of the graduation date. The admission letter from the new program and School information along with the date for which transfer is requested are needed for successful transfer.

Tips From our CIEP Instructors

Resources at UNI

The end of the semester is just around the corner! Here are some resources that can help minimize the finals week stress levels and be of use at any time during the year.

Student Health Center:

The [Student Health Center](#) offers five free therapy sessions during any academic school year. Enrolled students are able to get a free initial assessment and clinical recommendations. You can seek help for: individual, group, and couples counseling, counseling crisis services, referrals to a community agency, or medication.

Apps:

[Calm App](#) - The #1 app for Sleep, Meditation, and Relaxation.

[Headspace App](#) - Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

[FitOn](#) - A digital fitness platform that offers unlimited free classes spanning everything from cardio to strength training to meditation.

Last Week at OIE

Last week was the final week the students from Yucatan were here on campus. While we are sad to see them go, they had a ton of fun last week, doing a cross campus scavenger hunt, and we had an amazing farewell party!







Our Yucatan farewell party.

Office of International Engagement (OIE)
University of Northern Iowa

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