

8-1-2019

ISSO Weekly Newsletter, August 1, 2019

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Recommended Citation

University of Northern Iowa. International Students and Scholars Office., "ISSO Weekly Newsletter, August 1, 2019" (2019). *ISSO Weekly Newsletter*. 155.

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ISSO Weekly Newsletter

Thursday, August 1, 2019

ACTIVITIES AND EVENTS

Iowa Irish Fest August 2-4

[Iowa Irish Fest](#) is dedicated to celebrating Irish culture in Iowa and takes place in the Lincoln Park area of downtown Waterloo. The 2019 Irish Fest offers 55 performances from 22 different groups. Interactive activities include dancing, language instruction, playing Irish instruments, and learning about the rich history of the Irish.

Movies Under the Moon: Iron Man August 9

Movies Under the Moon features an array of free, family-friendly films under the stars on select Friday nights during the summer at Overman Park in Cedar Falls. The public is encouraged to arrive early and bring blankets and lawn chairs. Musicians from the Cedar Valley Acoustic Guitar Association will take the stage at 6:30 p.m., and the Movies Under the Moon featured film will begin at dusk, or around 9:00 p.m. Yummy food, popcorn, sodas, and an assortment of snacks are available for purchase throughout the night.

Friday'Loo August 9 – Laurie Morvan Band

Friday'Loo has music by the Laurie Morvan Band from 5:30-9:30 in Lincoln Park, Waterloo. Lots of food and beverages. For this and other events check out [Cedar Valley Tourism](#).

IMMIGRATION

Important Immigration Information

As the summer break approaches, the ISSO would like to remind you of two very important points:

1. If you plan to travel outside of the U.S. over the summer vacation and return to UNI to resume your studies in August, you must make sure that you have a valid **travel endorsement** on page 2 of your I-20 form or page 1 of your DS-2019 form. Travel endorsements are valid for one year, so new endorsements are only needed if your previous endorsement will expire before you plan to re-enter the U.S. If you are not sure if you need a travel endorsement, please check with us and we will be happy to review your documents.

2. International students are responsible for **maintaining their U.S. immigration statuses**, and an important part of this is **always having a valid, unexpired I-20 or DS-2019 form**. I recommend that F-1 students check the "Program of Study" section near the center of their I-20 forms once per month to make sure they do not study past the program end date indicated in that section. J-1 students should always be aware of their DS-2019 form validity dates in section 3. Page 3 of all I-20 forms specifies that "If you cannot complete the educational program by the program end date on page 1 of your Form I-20, you should contact your DSO at least 15 days before program end date to request an extension." I am your Principal DSO, and I am always happy to help when students need extensions.

HEALTH AND WELLNESS

Summer Heat Stress

Extreme heat increases the risk for heat stroke, heat exhaustion and heat cramps. Environmental Health and Safety reminds the university community to take steps to stay cool during hot weather. See the attached handouts to learn more about heat stress.

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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.