

Dear Students & Scholars,

We hope you are staying safe & healthy! Have you adjusted to the online class format? We have Virtual Global Coffee Hour coming up next week & we hope you will join us. We would love to catch up with you & see how things are going! We are open [online](#) for you, so please do let us know if you are facing any challenges or if there is anything we can do to support you/help you!

-The OIP Staff (Janice, Andrew, Julie-May & Emily)

Valpo News

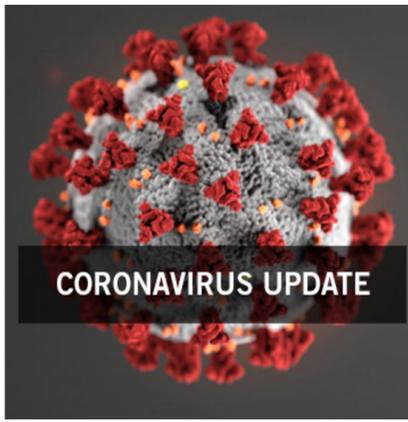
Spring Sunshine

What a difference a week makes! One week ago, we had a snowstorm. Now it's sunny & the temperature is warming up nicely here in Valpo. We hope wherever you are, you can also enjoy the sunshine! If possible, get outside for a walk/run/bike ride & enjoy the fresh air this week (safely maintaining distance between others of course).



Indiana Stay-At-Home Order

Governor Eric Holcomb of Indiana signed an order for everyone to stay home except for essential business (like going to the grocery store) which took effect on March 24th at 10:59pm & will go until April 6th at 11:59pm. There is a possibility that the order will be extended dependent on the coronavirus situation at the time. For more information on what the stay-at-home order means, click [here](#).



Upcoming OIP Event



Reminders & Resources

International Travel Plans e-form on iValpo: If you are traveling internationally during the rest of the Spring 2020 semester while university classes are online, please complete the International Travel Plans e-form on iValpo (under "F-1 Student Services") so we can help you get a travel signature if you need one & so that we have an idea of where you are in the world.

Bias Incidents: There has been an increase in bias incidents against international people in the US recently due to coronavirus. If you have been the victim of a bias incident either on-campus, online or in the Valparaiso community, please fill out the [bias incident form](#) OR contact VUPD at 219-464-5430. A bias incident is when someone says or does something hurtful to you because of where you come from, what you look like, your religion, gender, viewpoints, race, etc. We want you to feel safe on campus & in the community, so please report if something has happened to you or even if you know of something that happened to someone else!

Help For Returning to Home Country: If you want to return to your home country, but are struggling to find flights or your country is currently on lockdown preventing you from returning home, you can contact your [embassy/consulate](#) here in the US to see if they can provide you any assistance in getting home.

Career Center: The Career Center is still open online. Check out their calendar & other resources [here](#). Next Wednesday, they have a [virtual Q&A session](#) at 12pm. Here is a [great article](#) with tips on searching for jobs as an international student among this coronavirus situation.

Counseling Center: The Counseling Center is here to support you online. They have [TAO Connect](#) self-help OR you can register for a phone consultation by calling 219-464-5002. Check out this [Red Table Talk](#) on managing stress & anxiety through the coronavirus crisis.

Featured Fun

Virtual Tours of World Famous Museums

This week, take in some history, culture, & art by exploring 12 world famous museums through virtual tours & activities. Your options include the Smithsonian, the Louvre, NASA, & more! Click [here](#) for the link.

