


Hello International Students!

Rustling of leaves, scattered showers of rain, and a bit of sunny weather, as we have observed this week, is setting a scene for a beautiful fall. "Every leaf speaks bliss to me, fluttering from the Autumn tree". These words by Emile Bronte refers to the fact that fall foliage, a natural event, is an exciting treat to experience.

Please remember to take a break from studying to enjoy the fall colors while they last. [Click here](#) and [here](#) for lists of places with beautiful autumn scenes and mark them for the coming fall break (14th and 15th Oct.). And don't miss the events & notices below!

[The OIP](#)


Indiana Dunes Hike, Sat. 2:30 PM, Oct 9

If you haven't been to the Indiana Dunes National Park yet, here's your chance! There are still a few open spots. The OIP will take a group to go hiking around the sandy hills at the Dunes & Lake Michigan shoreline (about 30 minutes drive away) on **Saturday, Oct 9, leaving the Union at 2:30 PM and returning at approximately 7 PM (leaving the Dunes about 6:15 PM, at sunset).**

Sign up through [this Google Form](#).

We will take a hike through the beautiful woods and end up at the amazing Lake Michigan shore! The weather could be a bit chilly, but will likely still be very pleasant.


Volunteer to Be Interviewed

Prof. Zubaidah Albaro, M.A., Adjunct Instructor, of "VALPO CORE: The Human Experience" (a class taken by many freshmen at VU) would like to have her students interview some people who are different from them in many ways, so she is looking for international students who would be interested in being interviewed (virtually or in-person) about their culture, hom country, and their life on campus. Also, this gives you an awesome chance to:

- Make new friends on campus.
- Let more people know about your culture
- Learn more about American culture.

Click on this [link](#) to sign up for being interviewed!

World Mental Health Day

October 10th marks the annual mental health awareness day. Being an international student and having a short stint with feelings like homesickness, stress and anxiety is not unsurprising. Just remember that sharing your inner feelings with friends, family and even strangers can bring respite. A list of mental hacks, shared by Valpo counseling center, are at your disposal [here](#).


Homecoming & Food Bazaar Video

Check out the fun from homecoming (click on picture below to see the video), and don't miss the International Food Bazaar clip! (seconds 33-36)


Beware of Scammers

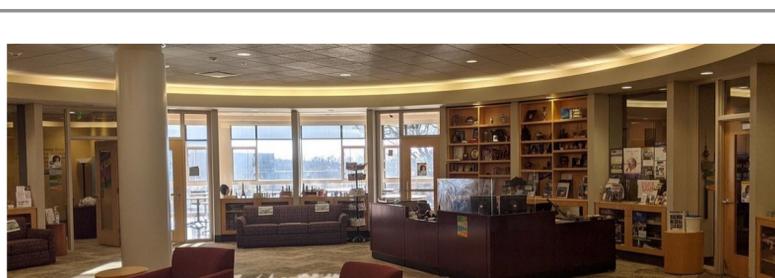
Individuals are impersonating government representatives, Valparaiso University professors, and on-campus departments, some even using fake email-IDs belonging to Valparaiso University while offering enticing on-campus job opportunities to international students! Be very careful and do not share any information with these individuals over a phone call or through email. **Legitimate calls and emails from US government agencies and Valpo professors/departments will never ask you to provide bank numbers, buy gift cards at Walmart, or other personal details.**

And remember, the only type of allowed work for F-1/J-1 students is for on-campus, Valparaiso University departments (including Parkhurst Dining).

Check these links for tips on how to avoid scammers.

<https://studyinthestates.dhs.gov/2018/08/students-read-these-tips-avoid-scams>

<https://studyinthestates.dhs.gov/2017/05/students-protect-yourself-common-scams>


OIP Hours

Stop by Room 209 in the Harre Union (Ghandi-King Center) to pick up documents, make an appointment, or just chat between **9am and 4pm, Monday to Friday.**

See you around campus!