



**Hello International Students and Friends,**

We can't believe it's already December! You must be very busy as we wrap up the semester. Don't forget to take a rest from time to time. Take a look below for some events and useful information!

See you soon,

[The OIP](#)

## Japan Cultural Night Tonight

Don't miss Visa's Japan Cultural Night tonight at 5 PM in the lobby of Alumni Hall! If you want to learn more about Japanese culture while getting some free snacks, it is for you! There will be a game, origami, Kahoot, and prizes for game winners! Come join us tonight!

Email [visa.valpo.edu](mailto:visa.valpo.edu) if you have questions.



## Christmas Party

Are you looking for something fun after finals? If so, don't miss this! Friendship Families will be hosting a Christmas Party from 7 pm on December 16th, at Brown and Gold Room of Harre Union! There will be cookie decoration, entertainment, and more! Come join us to celebrate the holiday together!



## Graduate Student Housing

Just a reminder, but don't forget to apply for a Graduate Student Housing application if you need a place to stay. You can find an application form on Data VU. [Click here](#) for more information.



**Graduate Student Housing**

## How to Mange Stress

You must be swamped with papers, projects, and exams, but don't forget to release your stress from time to time. Here are [some tips](#) about how to manage your stress. Try one of these tips as you study!

1. **Stretching:** Relaxing your muscles will help you.
2. **Deep Breathing:** Stopping and taking a few deep breaths can take the pressure off you right away.
3. **Eat a well-balanced diet.**
4. **Take a break:** Meditation or yoga might help you.
5. **Make time for hobbies.**
6. **Go easy on yourself.**

Let's stay strong and finish up the semester!



## OIP Hours

OIP office is located at Harre Union Suite 250. Stop by to pick up documents, make an appointment, or just chat between 9 am to 4 pm, Monday to Friday.



**Happy Thanksgiving Break!**

**VALPARAISO UNIVERSITY**

OFFICE OF INTERNATIONAL PROGRAMS

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