

NOVEMBER 2022

# OISS Newsletter

## International Education Week

Engaged • Resilient • Global

### Dear International Gauchos,

Every November, colleges and universities throughout the U.S. celebrate International Education Week (IE Week). This initiative led by the U.S. Department of State and the U.S. Department of Education gives us the opportunity to celebrate our international students and scholars. Indeed, international education and global exchange lead to a more prosperous world.

Please join us in thanking our international community for their vast cultural and academic contributions to our campus. Read on to see how you can participate in IE Week this year!

In community,  
The Office of International Students & Scholars



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# OISS EVENTS

Speaking of  
International  
Education Week... More models are  
needed for the  
Showcase of Cultures:

*fashion Show!* The call for models  
(participants) deadline  
has been extended to  
November 4th!

**Calling all  
Culture Enthusiasts,  
Fashionistas & Models!**

**International Education Week**

**Showcase of Cultures:**

**Fashion Show**

**Nov 18th 7-8:30PM**

**We're currently recruiting models  
to showcase cultural clothing,  
jewelry, dress attire, etc.**

**Open to all UCSB students, staff  
and faculty!**

**Scan QR code to register  
by 11/4/22**

**International  
Education  
Week**

**Engaged • Resilient • Global**



**UC SANTA BARBARA  
Office of International  
Students & Scholars**



**MULTICULTURAL  
CENTER**

**CLAS**



# OISS EVENTS

## International Education Week

# 2022

Engaged • Resilient • Global

IEW is November  
14th - 18th!

Search International  
Education Week  
on Shoreline for a list  
of all campus wide  
IEW events!

JOIN OISS AS WE KICK OFF INTERNATIONAL EDUCATION WEEK 2022  
BY CELEBRATING COUNTRIES & CULTURES THAT MAKE UCSB A  
DIVERSE & WELCOMING CAMPUS.

**INTRAMURAL SOCCER WORLD CUP  
ONLINE BRACKET CHALLENGE**

**NOV 14 8AM - NOV 18 4PM**



**"THIS IS ME/US" -  
A CULTURAL OPEN MIC**

**12PM - 1PM  
STORK PLAZA**



**BEYOND F-1 & J-1 VISAS:  
INFORMATIONAL ON H-1B & GREEN CARDS**

**2PM - 3:30PM  
SRB MULTIPURPOSE ROOM**



**POTLUCK DINNER PARTY FOR  
GRADUATE STUDENTS**

**6PM - 8PM**

**GRADUATE STUDENT LONGUE**

**A TASTE OF  
CALIFORNIA (BURRITOS)**

**2:30PM - 3:30PM  
SAN CLEMENTE COMMUNITY ROOM**



**SHOWCASE OF CULTURES:  
FASHION SHOW**

**7PM - 8:30PM  
THE HUB**



**THURS  
NOV 17**

**FRI  
NOV 18**




UC SANTA BARBARA  
Department of Recreation



## OISS RECOMMENDS

International Student Association (ISA)  
invites you to their  
Annual Yosemite Trip




**YOSEMITE  
NATIONAL PARK  
THANKSGIVING ADVENTURE**

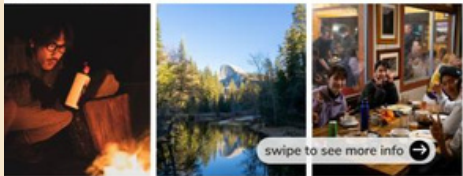

4 days 3 nights | 11/24-11/27

- Date: 11/24 - 11/27 (Thanksgiving Weekend)
- Location: Yosemite National Park
- **EARLY-BIRD PRICE (by 10/24): \$518-**  
Regular Price: **\$599** *First come first serve!*
- Payment Method: Cash, Money Order, or Venmo  
(details in registration form)

More details @UCSBISA:



Sign up NOW!



swipe to see more info

## OISS UPDATES

### Graduate Students!

OISS will have an International Student Advisor present during the GSA Bagel Hours!

### DAYLIGHT SAVINGS ENDS

Make sure to set your clocks backward one hour on Sunday November 6th!

## OISS FYI FOR YOUR INFORMATION

### Scholars for Ukraine Fundraiser

An initiative co-organized by students at UCSB, Caltech, MIT, Harvard, Yale, Stanford, Cornell is hosting a fundraiser to help small, vetted volunteer groups in Ukraine. Their goal is to provide rapid aid in areas that are not easily reached by larger organizations, focusing on food and medical supplies. Please consider supporting their cause by donating or becoming their UCSB ambassador. For more information, please visit the [official website](#).

## OISS EVENTS

### English Conversation Program

ECP is looking for volunteers to help lead our class sessions. If you or someone you know would be interested in getting involved with the international community and leading a class/conversation session, please have them fill out our volunteer interest form here: <https://forms.gle/A6msXz1YJsxhR38m7>.

# CAMPUS SPOTLIGHT

**Belinda Lu:  
Health &  
Wellness**



Happy Week 6 International Gauchos. My name is Belinda and I am a Health & Wellness intern with an emphasis on International Student support. I hope you are all taking good care of yourself and are ready for a new week. Health & Wellness and the Women's Center are located on the first floor of the Student Resource Building. We offer a variety of well-being programs as well as some tea and snacks. Some events we have going on to help you maintain a healthy school-life balance are the following:

**Monday:** Want to start your morning and a new week with mindfulness? Come join us for a quick Morning Meditation from 9-9:30 am by the SRB bike path.

**Monday:** Want to build a community and improve your relationships through positive psychology? Come join our Happiness Challenge from 1-2 pm at the Health & Wellness and Women's Center Community Room.

**Tuesday:** Do you need a place to unwind and take a break from the academic stress? Come visit our Rejuvenation Station from 3-5 pm at the Health & Wellness and Women's Center to help yourself with some tea, enjoy 5-minute first come first serve massages, and check out our coloring books and origami-making stations.

**Wednesday:** As the weather becomes cooler, are you looking for some tasty soup to warm up your body and your mind? Come help yourself with some Wellness Soup starting at 11 am at the Health & Wellness and Women's Center.

**Wednesday, Nov 16th:** Feeling stressed about the upcoming finals week, and want to pet some certified therapy dogs? Come to our Dog Therapy Day from 11am-2 pm outside the SRB patio to enjoy the company of these cute pups.

**Thursday, Nov 17th:** Do you enjoy eating burritos? Are you interested in learning how to make some creative burritos? Come join us for A Taste of California, Burrito Making Event from 1:30 pm- 2:30 pm at San Clemente Villages to learn how to make burritos and meet other international gauchos.

As we finish up midterms and move towards finals week, please remember to take some time to do something for yourself that makes you feel recharged and relaxed to strengthen your well-being. We are so proud of all your accomplishments. If you have any questions, please feel free to reach out to me through my email [Belinda.Lu@sa.ucsb.edu](mailto:Belinda.Lu@sa.ucsb.edu). I would love to hear from you for any future program suggestions or if you just want to make a new friend!



# Solidarity with the Iranian Community

*-Coffee Hour to Support Iranian Students & Scholars-*

NOVEMBER 10TH 4PM-5PM  
@THE MIDDLE EASTERN, NORTH AFRICAN,  
SOUTH ASIAN RESOURCE CENTER  
IN THE STUDENT RESOURCE BUILDING

Join us for a casual coffee hour to support our Iranian community in light of the current protests and unrest in Iran



# STAFF SUGGESTIONS

Craving a croissant? Desiring a donut? OISS is happy to share the best spots for baked delights in Santa Barbara and Goleta! Pop into one of these nice locations for a nice treat on your next day out this fall.

## Renaud's Bakery & Bistro

A favorite with OISS office staff! We're big fans of their almond croissants, but we also suggest their amazing array of fruit or chocolate tarts. A great place to grab a simple fresh baked baguette or brownies also! Their brunch is also a hit, be sure to give the French Toast a taste.

(Upper State) 3315 State Street,  
Santa Barbara 93105  
(Downtown) 1324 State Street,  
Santa Barbara 93101  
@renaudspatisserie

## Lilac Pâtisserie

Lots of delectable treats and bakes, and the best part...they specialize in gluten free goods! Stop in for a slice of their famous cakes, or pop by for their breakfast and lunch selections.

1017 State Street,  
Santa Barbara 93101  
IG: @lilacpatisserie

## Hook & Press Donuts

Offering an exciting and ever-changing menu of donuts! Try exciting flavors such as pumpkin cheesecake, tiramisu or thai tea inspired donuts. Everytime you stop by there will be something new and exciting to try! A downtown SB classic!

15 East Figueroa Street, Santa  
Barbara 93101  
IG: hookandpressdonuts

## Alessia Patisserie

Elegant little cafe directly across from the historic El Presidio. Large selection of unique croissants, tarts, French macaron, cookies and coffee. They also serve a nice brunch, but do come early...this cute little shop has limited seating!

134 E Canon Perdido Street,  
Santa Barbara 93101  
IG: alessiapatisserie