International Programs Newsletter_Alumni Newsletter_Spring 2022

University of Maine International Programs

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Fwd: Spring International Alumni Newsletter
1 message

Orlina Boteva <orlina.boteva@maine.edu>
To: Matthew Revitt <matthew.revitt@maine.edu>

On 8 Mar 2022, at 19:40, OIP - UMaine <international@maine.edu> wrote:

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Alumni Newsletter

Happy International Women's Day!
In 2006 Nadiya Dragan and Ion Iepure hosted a European-style Women’s Day celebration in Minsky Hall. They recruited UMaine faculty musicians, a ballroom dance duo, the Maine Steiners and a number of their talented friends for a fabulous show. To celebrate International Women’s Day 2022 we bring you a special treat "from the vault". Click here to enjoy the show.

Spring 2022 Orientation

This spring, we were thrilled to welcome 43 new students - 18 new undergraduate students, 19 new graduate students, and 5 new IEI students! We hosted a variety of events to welcome our new students, such as Campus Safety, Classroom Culture, a shopping trip, and the New International Student Social -- where we gave away free winter coats from a clothing drive organized by Trish Perry of the Graduate School.
During the fall semester we explored Maine! Our trips included Acadia and Bar Harbor, Fort Knox and the Penobscot Narrows Observatory, and downtown Portland. We also worked with the Maine Bound Adventure Center to provide international students with 1/2 off waivers for Maine Bound trips. These included hikes at Bigelow Range, Cadillac, and Big Chick, along with a private climbing session. We also had local trips, including an outing to the Zillman Art
Museum and a coffee shop in Bangor. This spring, we will offer trips to Portland and Camden.

Ongoing Student Support

We continue to meet individually and with groups of students to provide support, in addition to ongoing events and projects. We are currently working with the Counseling Center to create a Wellness Survey, which will gauge the mental health needs of our international student population, whether the University is addressing them, and how gaps in services can be closed. We have also created an 'Employer's Guide for Hiring UMaine International Students,' which details the processes for employers to hire international students.

Survive & Thrive

In coordination with the Counseling Center, we facilitate Survive & Thrive, a weekly, virtual support group where international students can share stories of

Career Series

This fall and spring, we have worked with the Career Center to provide a series of info sessions and workshops. These include
struggles and triumph in a safe space. Counseling Center staff rotate weekly to host the session, offering a different mental health theme to spark discussion each week.

interviewing skills, resume building, job/internship searching, H-1B information, highlighting skills as an international student, and networking. We have also updated our website to include career information and resources.

International Student Handbook
During the fall semester, we launched an International Student Handbook, created by and for international students. Current students can submit all kinds of advice, from applying for housing to finding certain spices.

Coffee Hour
Coffee hour is hosted by the International Student Association every Friday afternoon. Students can enjoy food, games, and music, usually pertaining to a specific culture each week.

International Dance Festival

We were excited to host the International Dance Festival this year! Despite a two-year hiatus, Covid-19 restrictions, a date change, and a snow storm on the day of the dress rehearsal, our performers put on a phenomenal show. Over 50 cast and crew members brought incredible energy and effort to the performances, which showcased an array of music, dances, and costumes from our diverse student body. We were also thrilled to be able to live stream the event this year! For those of you who missed the live stream event, we will be sharing the YouTube link as soon as the video recording is available. This was the 18th year of the show. Mark your calendars for the 20th year reunion!