If you are an international undergraduate or graduate student at Dartmouth, and are looking to connect with other international students to share experiences, discuss the transition to living in the U.S., gather information and resources, and explore ways to take care of yourself — join us for dinner and discussion on Thursday nights at FOCO.

Possible topics of discussion include:
- Your identity as an international student: who are you at home vs. at Dartmouth?
- Experiences in intercultural friendships, romantic, and sexual relationships.
- Engaging and succeeding in your academic career
- Navigating stress or anxiety
- Getting through winter at Dartmouth
- Experiences of discrimination and how to deal with it
- Feelings of loneliness or homesickness
- Navigating acculturation vs. biculturalism

Open to Undergraduate and Graduate students at Dartmouth.

No prior registration needed, just drop in!

For more information, contact 603-646-9442

Co-sponsored by the Dartmouth Counseling Center and OPA