

Welcome to City University of Seattle and the chance to have fun along with your studies. Our activity calendar includes one or more organized events per month. These activities are intended for all of you to experience as much of the United States and its culture as possible. We welcome your ideas! For questions and suggestions please contact Inese Woodward at 425-709-5310 or iwoodward@cityu.edu

US Academic Expectations Workshop, Cultural Adjustment Workshop & CityU Library Visit: July 7, Bellevue, building G, Room 1

Join these workshops to learn about US classroom expectations and cultural adjustment. Meet the friendly CityU library staff and get information about the resources available to you during your studies! Lunch will also be provided!

New Students' Outing: July 7, 10am-3pm, Bellevue – Seattle – Bellevue

Learn how to ride the bus in Seattle. We will meet at 10am in Building G, room 1 for breakfast and short cultural adjustment presentation. Afterwards we will take a public bus to downtown Seattle to show you the most popular places to visit and explore! Pack your camera, \$20 and get ready for a fun afternoon in downtown Seattle!

Bite of Seattle: July 17, 12pm -4pm, Seattle Center, Downtown Seattle

CityU Mentors will take you to the Northwest Premier Food Festival! Please join an event of delicious food and great entertainment at the Seattle Center. A great opportunity to get to know other students and experience one of the annual Seattle festivals!

OPT Workshop: July 21 and September 8, 4pm – 5pm, Bellevue, Building G, Room 8

Come and have your questions answered about Optional Practical Training (OPT) and fill out the required OPT forms.

Seattle Mariners Game: July 23, 7:10pm, Seattle downtown, Safeco Field

We'll take you out to the ball game! Come and see Seattle Mariners play Boston Red Socks! Come and see a traditional American sport played in the Seattle's baseball stadium – Safeco Field! Details on fees will follow.

Picnic with International Student mentors: August 7, 11am -2pm, Bellevue, Meydenbauer beach park

Join the mentors and other CityU students for a fun Saturday afternoon at a beach park near Lake Washington. Enjoy some food, outdoor games and even go for a swim if you'd like! A great opportunity to spend a weekend with your fellow students! Details on the event will follow.

CityU is going hiking! August 14, 9am – 6pm, Mt. Rainier National Park

Don't miss out on seeing Mt. Rainier National Park! Mt. Rainier towers over the Cascade Range as the most prominent mountain in the contiguous United States at 14144 feet (4392m). Come for a scenic hike with lots of wildlife viewing! Details on trip will follow. For more information and pictures, please visit <http://www.nps.gov/mora/index.htm>

Let's Go Blueberry Picking!, August 25, 2pm -4pm, Mercer Slough Blueberry Farm, Bellevue

Pick and eat as much blueberries as you possibly can! Join us for a short trip to the farm & an afternoon of blue berry picking! Mercer Slough Blueberry Farm is located in 5 min. drive from CityU Bellevue campus and offers a great opportunity for a significant blueberry intake! Information of fees will follow.

Coffee Hour: September 1, 3pm – 4pm, Bellevue, Building G, International Student Office

Please join us for a quarterly get together that features one of the countries our students and staff come from! Come and meet other students and CityU staff + learn some interesting facts about the country they represent. Fun, informal coffee & snacks break! We hope to see you there!