



Welcome to CCIS monthly newsletter!
 Our goal is to provide news, program updates, and stories about life in the U.S. to international graduate students, post docs, visiting scholars, and their families at Stanford.
 Please let us know if you would like to write an article for a future newsletter.

SPOUSE INTERVIEWS

Three of our international Stanford University students' spouses participated in a Q & A session with us, giving us a glimpse into their former lives, what motivated them to move here to the United States and how they have been adjusting to their new surroundings since their move. If you happen to meet any of them at a Bechtel International Center social event, we hope you will say a friendly hello to them.

Introducing Stephanie Lee

Stephanie Lee is a law professional from Taiwan whose primary priorities are family and people. Below is an excerpt from her Q&A session.

What inspired you to move to the United States from your home country?

I'm a girl who has a housewife's dream. I came here just because my husband wanted to come to the US and fulfill his dream. I came here to support him. I studied Law for my bachelor's degree, but I'm the kind of person who doesn't have a specific career goal or dream. I prefer focusing on my family and relationships. Before I came here, I worked as a paralegal so I could have a work/life balance and spend time with my family and friends.

Tell us one of your favorite first memories after arriving here in the United States?

Because I'm from Taiwan, I would like to share a homeware purchasing experience. We bought everything we needed at first sight, but after a few days, we found cheaper goods in the same or better condition at Asian markets, especially in Chinatown. What's more, we are more familiar with the goods those places sold! So, hold your horses; you might be able to save money.

When you miss your home back in your birth/home country, how do you cope?

I buy some food from my country or just make a plan and browse for airplane tickets! And I will either be satisfied by the food, or I will look over at my husband, and feel he is so stressed, so I can't escape alone.

What have you learned so far about California?

I would say the weather, the environment, and people here are good, comfortable, and friendly. But the healthcare system and transportation are so inconvenient and so expensive. Especially, the healthcare system, so if any newcomers are reading this newsletter, I would say, JUST BUY CARDINALCARE, even though it's pricey, it's worth it! You can save time and energy by seeing a doctor and be happier or more peaceful.



Introducing Enrique Cari Gormaz

Enrique is a doctor from one of Chile's main clinics. Below is an excerpt from his Q&A session.

What inspired you to move to the United States from your home country?

My husband got accepted into Stanford, so I chose to come with him. I'm a doctor but, for a period of five years, I will not be able to work in the US as one, so that made the decision tough. Ultimately, I realized that I would have more opportunities for professional development here.

Tell us one of your favorite early memories in the first few weeks of your arrival here in the United States.

On my first Dish hike, I got to see a herd of wild deer very close and that was the first time I ever saw them so close.

When you miss your home in your birth /home country, how do you cope?

Every time I miss home, I cook or bake something we would find in Chile, especially homemade bread.

What have you seen so far in California?

We've been to San Francisco a couple of times and saw the Coit Tower, Ghirardelli square, Salesforce Park, Union Square, and The Golden Gate Bridge. We also went to Half Moon Bay with some friends.



Introducing Anne Paulsen

Anne Paulsen is a teacher from Norway who is enthusiastic about her work and passionate about improving herself and the education system for people with special needs.

What inspired you to move to the United States from your home country?

My wife, Katrine, was going to do her MBA. I knew this when I met her, and this was a complicating factor in our relationship. However, because of Covid, she got a suspension. This made it possible for us to deepen our relationship which led to the decision that I would join her in the US for her second year at Stanford. I would never otherwise have considered coming! Now I am really glad I did!

What were you pursuing in your home country prior to moving to the United States?

I have never really made a plan in my life. I have taken the opportunities that came up, and life has just evolved from there. I spend 6 years studying humanities (political science, history, religion), then I did my teacher's degree before specializing in special needs education. I have worked as a teacher for the last three years and absolutely love it. I still have my job in Norway and I will go back to that job in August. I am by nature enthusiastic about what I do and I love improving my skills at work and improving the school system, especially for kids/youth who struggle with learning difficulties or language.

Tell us one of your favorite early memories after your arrival here in the United States.

My first visit here was in February last year. I came for a week to see my wife. After my flight landed, my wife and I went straight to a car to go to Yosemite. We left on a Friday afternoon - a big mistake I soon realized. After 7 hours in the car, we finally reached an Airbnb. It was a dreadful drive where we were stuck in traffic most of the time. In the morning, due to jetlag, I woke up early to go for a walk. The nature there stunned me. It was beautiful and all the trees were so big! It was a great morning, which I spent alone before the others woke up. After all the others woke up, we started our journey into Yosemite Valley (a 1-hour drive). Then we hit traffic again! After two hours in the car, I felt like I had had enough. It took us three hours to get inside the valley... we realized once we got in that it was a "Firefall weekend". Apparently, there was a waterfall coming down from one of the mountains which would be hit by the sun in a special way making it look as if the fire was coming out of the mountainside. That made me realize why there were so many people there!

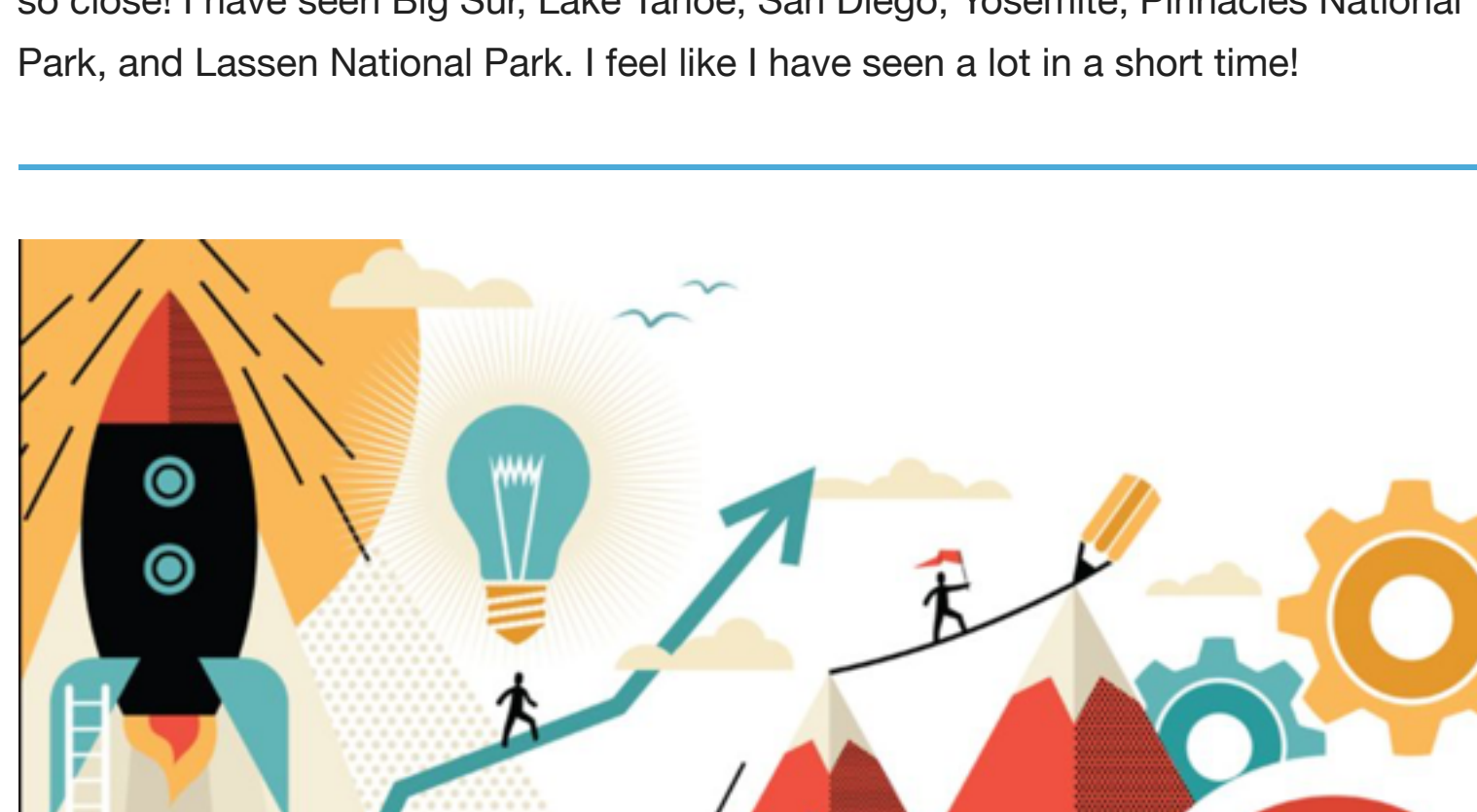


The valley was packed with people camping, sitting in camping chairs, and looking at the mountain. People had big cameras, and some were even wired up with computers to live-stream the event! There were thousands of people! We didn't quite get through to see the actual waterfall. When we asked a stranger about the waterfall, he said, "there is no water in the fall this year"; we were puzzled by this because there were a lot of people looking at where the fall should have been... When we asked someone else who also happened to be standing if there was any water in the fall, he replied, "well you never know! miracles can happen!" I thought to myself, "No, water does not appear from nowhere!" All the traffic and people lining up to see something that simply is not there?!" This was my first impression. It was pretty bad. Since that, I have been a keen planner to avoid traffic!

Another favorite memory was when I went skiing here! My first time skiing in Lake Tahoe filled up a part of my soul that I didn't know I missed. It felt like a part of me was back. Since then, we have gone to Tahoe regularly to cross-country ski!

What have you seen so far in California?

Beautiful nature, hares, squirrels, blue jays, deers, coyotes! So many cute animals, so close! I have seen Big Sur, Lake Tahoe, San Diego, Yosemite, Pinnacles National Park, and Lassen National Park. I feel like I have seen a lot in a short time!



Announcement of a new Career Coaching Program

About the Program:

Moving to a new country is a significant event for an individual. Putting your career on hold can be stressful and navigating your career path in a new country is not an easy task. If you need professional support in this journey this program is for you.

CCIS at Stanford in collaboration with Erickson Coaching is committed to helping you to choose a new career and planning how to get there, helping to navigate through life-changing events, overcoming fears, boosting self-confidence, and taking action in your career development.

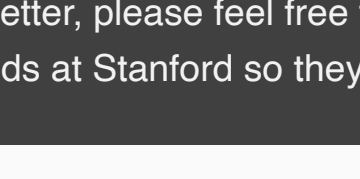
Additionally, you will be able to:

- recognize your own value and mission
- plan and set goals for career development
- identify your personal formula for work-life balance and avoid burnout and much more.

You can learn more about the Career Coaching Program, how to participate, and sign in [HERE](#).

If you have any questions: president@ccisstanfordu.org

If you enjoyed this newsletter, please feel free to share this link with your international friends at Stanford so they can receive it too.



CCIS this month is edited by Kirsty Lienard and Kate Khatseyeva. Interviews by Arthi Britto

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