



Welcome to CCIS's first-ever monthly newsletter!
 Every month we will be providing news, program updates, and stories about life in the U.S. for our international graduate students, post docs, visiting scholars, and their families at Stanford.
 Let us know if you would like to write an article for a future newsletter.

CONNECTING OVER COFFEE

By Claire Bailey

Although I'm a tea drinker, I am a big fan of the Bechtel Centre's Wednesday Coffee for spouses, partners, and families. It's a place to meet new people from all over the world – all of us figuring out how to live in this place we now call home.

Every week I seem to meet someone new. Never before have I had the chance to get to know so many people whose cultures and upbringings are so different from my own. I am constantly learning about what life is like in places scattered all around the globe, thousands of kilometers (or should I say miles) away from my home country – Australia. This week I learnt that asking someone how old they are is generally seen as rude in India, but is more than acceptable in South Korea. In fact, in South Korea, even a one-year age difference can affect how you should talk to and interact with someone!

One element of Wednesday Coffees I have greatly appreciated is being surrounded by people going through similar challenges to me. While the transition to life in America has no doubt been easier for me than others given that I'm a native English speaker, connecting with other partners and spouses has been incredibly valuable to me. I am grateful to have a space where I can talk to people who are also unable to work or who are navigating the frustrating visa system. While I've enjoyed getting to know my partner's Ph.D. cohort and my on-campus neighbours, it's nice to be able to socialize with others who are also learning how to fill up their abundance of free time and create some structure in their lives. I'm not the only one going through this.

Something else that I like about Wednesday Coffees is that it's an event I can mark on my calendar each week. It provides a little bit of structure to my mostly routine-free week. Every Wednesday I know that I can go to the Bechtel Centre at 10:30 and see some familiar (and new) faces, grab a cup of tea, and have a chat. It has been a great constant in my life during this period of uncertainty and unknowns.

But my favorite part of Wednesday Coffees is the people. We tell each other stories, share photos of our travels, and give each other advice and recommendations. We laugh, eat, and drink. We update each other on how our visas are going, the job hunt, or our kids. Chatting with my Bechtel friends is one of the best parts of my week.

If you haven't been to a Wednesday Coffee yet I encourage you to come along. Every week I come away feeling refreshed and happy, having spent a few hours chatting and laughing with new friends.



EATING ON CAMPUS

By Alan Tan

Graduate students, postdoc, visiting scholars and their families have a variety of options to eat on campus.

Besides cooking at home, the student dining halls offer great selections of foods at relatively affordable prices. Here are some highlights of our dining halls on campus:



Dining halls locations on campus

1. Arrillaga Family Dining Commons

Special supply: Monday – Friday at Dinner

Saffron Mediterranean Kitchen is an innovative Mediterranean concept located in Stanford's Arrillaga Family Dining Commons. Saffron highlights the core values of Mediterranean cuisine: quality ingredients, elevated flavors, and food that feeds the soul and nourishes the body. Saffron's menu features cuisines from all the countries in the Mediterranean, offering house-made pasta, saffron bouillabaisse, hummus, baba ghanoush, and many other authentic dishes.

2. Lakeside Dining

Special supply: Monday – Friday at Lunch

Chef Tanya Holland of Oakland's Brown Sugar Kitchen and Bravo Top Chef alum brings her inventive take on modern soul food to Red Skillet Kitchen at Lakeside Dining. Students can enjoy Tanya's interpretations of soul food starring southern classics such as chicken and waffles, smoked meats, grits, and greens along with a diversity of cuisine from Africa and the Caribbean.

Late night kitchen open at Lakeside Dining, Sunday-Thursday | 9:30 pm - 2:30 am.

3. Wilbur Dining

Special supply: Monday – Friday at Lunch

Nationally-acclaimed Chef Mai Pham of Sacramento's Lemon Grass Kitchen and Star Ginger showcases her fresh Southeast Asian cuisine at Wilbur Dining's Star Ginger. Menus feature the bright flavors of Vietnam, Thailand, and beyond, from hearty authentic Thai curries and grilled meats to fresh, flavorful Vietnamese noodle soups and salads.

4. Stern Dining

Special supply: Monday – Friday at Lunch

Prominent Mexican-born Chef Iliana de la Vega of Austin's celebrated El Naranjo restaurant incorporates her innovative Oaxacan flavors into the menu at Cardinal Sage, located at Stern Dining. The menus offer a range of modern Mexican favorites featuring slow-marinated meats, fresh house-made salsas, and flavorful rice and bean dishes cooked from scratch. Chef Iliana de la Vega's culinary genius was honored in 2022 with The James Beard Foundation's Best Chef award in the first-ever Texas category.

5. Florence Moore Dining

Special supply: R&DE Stanford Dining offers the Glatt kosher meal program at Florence Moore in partnership with students, the Office for Religious Life, Hillel and Residential Education. All meals are prepared in their kosher kitchen and served under the guidance of R&DE Stanford Dining's Mashgiach.

In addition to the wonderful dining halls, there are many resources to support your family to eat well at Stanford.

In partnership with Second Harvest of Silicon Valley, Stanford R&DE hosts monthly [on-campus food pantries](#) for undergraduate and graduate students and their affiliates who need additional food support. Each student household is eligible to receive produce, dairy, meat or poultry, and non-perishable items at no cost. The pop-up events include seasonally appropriate stone fruits, apples, squash, and greens, plus chicken, cheese, yogurt, milk, eggs, legumes, cereal, and peanut butter among other food items.

If you are interested in reducing food waste, ShareMeals is an app that is [used by many students on campus](#) and allows students to share leftover food from events or excess meal swipes.

For further reading on this subject, you can check out the [Food on Campus](#) page where you will find a variety of options for affordable food on and off campus, as well as various forms of financial support that can help with food security. You can also view some local international food markets on our [international student resources page](#)! Bon appétit!

GLOBAL CHEFS at CCIS

By Aidana Jussupova

Global Chefs is a cooking opportunity to learn about different cuisines and meet new people from around the World. Last year Global Chefs prepared cuisines from 14 different countries with the help of chefs across 16 different languages.

Global Chefs is part of Windows on the West Program (WOW). In the past, Bob Spears ran both the movie and the dinner part. This year we separated these two programs. Bob would run the movie and Tooran would run the dinner part.

Starting Friday, Oct 14 we will have the program dinner beginning at 6 pm and the movie at 6:30 pm. The movie will have English subtitles to help for better understanding. Check out the [WOW schedule](#).

The program will continue every Friday except holidays. Learn more about [Global Chefs](#).



THE POWER OF COMMUNITY

By Juan Miguel Valois Martinez

Arriving on campus from a foreign country and realizing that there is a place such as Bechtel International Students Center is amazing! We come with a lot of expectations but also with fears and, why not, a little bit overwhelmed, but this is completely normal if we consider that we are moving to a new place, changing our way of life, and tackling new everyday problems and concerns. However, the hospitality and kindness of the CCIS staff and the bunch of amazing activities and programs carried out by them is a perfect chance for our spouses and dependents to have a smooth transition to their new lives, to meet wonderful people from around the world and to keep physically and mentally healthy, by improving diverse skills and enjoying a very pleasant time.

We had the chance to share with very valuable people during the Orientation and International Spouse Coffee Time. My wife just felt really comfortable, and got more attracted to share with new friends and to join volunteering programs at the same time she takes advantage of courses and activities to improve her English skills and to know more about different cultures and ways to see the world!

Our time at the Orientation and Coffee time at Bechtel was just the best way to realize that Stanford is an amazing place even for students' spouses and we were able to see that the University community cares about their personal well-being!



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

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