Night at the Museum Halloween Celebration
On Sunday, October 30th the George Bush Presidential Library will host a free event and will include trick-or-treating throughout the museum, face painting, and a costume contest. This event will also be free.

Booths will be set up along with carnival games, a petting zoo, and other attractions. This event is being written for you, so if you have ideas and suggestions on topics important for the area, please contact us.

Some Solutions for Culture Shock

Culture shock is the physical and emotional discomfort one suffers when going to a new place different from the place of origin. The former ways of thinking and doing things no longer work. Culture shock can include feeling a lack of direction, feeling of not knowing what to do or how to do things in a new environment. It is generally experienced after the first few weeks of coming to a new place.

Here are some solutions for culture shock:

- Work on your English
- Explore your surrounding
- Keep active
- Be aware that it is normal to have questions you already have to answer when first coming to a new place
- Take advantage of resources available to you like the International Student Services office
- Make American and other international friends
- Decorate your room with familiar objects
- Don't just be with friends from your own country
- Be patient
- Exercise
- Understand that there are not "good" cultures and "bad" cultures. There are just different cultures
- Find people to interact with
- Seek help
- "Different cultures" include "American culture" also
- Try to explore and understand the culture a bit before you judge it
- Don't just rely on tourists things to do, there are so many other things you can do
- Be aware that living in a new country is not just about having fun, there is a lot of hard work
- A lot of writing and researching things about a new culture is important!

Halloween in the US

On October 31st many Americans celebrate what is called Halloween. It is thought of as scary or "spooky" but is generally just a fun time to dress up in costumes and eat candy. Perhaps the most popular Halloween activity for teenagers and adults typically don't go trick-or-treating throughout the museum, face painting, and a costume contest. This event will also be free.

Check candy bags to make sure all treats are properly wrapped and safe. Always accompany your children while trick-or-treating (stay close, watch doors, ways, only crossing at corners, etc)

Make sure your children eat a good meal before going trick-or-treating so they won't be tempted to eat too much candy!

Trick or treat at the Museum of Science and History! For more information, visit http://www.brazosvalleyfair.com/

The Brazos Valley Fair and Rodeo will be taking place from October 21st to 23rd at the Brazos County Expo Complex. This is a wonderful opportunity to learn about Texan culture. There will be concerts, rodeo, livestock show, etc. For more information, visit http://www.brazosvalleyfair.com/

The International Student Services office will have an event hosted by the City of College Station at Wolf Pen Creek Park on Friday, October 28th from 5PM to 10PM. Various candy stalls will be set up along with carnival games, a petting zoo, and other attractions.

Email saharzubairy@tamu.edu

In This Newsletter:

- November 4th from 10AM to 6PM on Saturday, and from 6PM to 10PM on the evening of Friday, November 5th. Join ISS at the Global Village on Saturday as we enjoy international cultural displays, cooking demonstrations, international foods, and a chance to interact with people from all over the world! This is also a great opportunity for you to volunteer! For more information, visit http://www.brazosworldfest.org

International Spouses Forum

This year"s International Spouses Forum is being written for you, so if you have ideas and suggestions on topics important for the area, please contact us.

Mark your calendars!

The TAMU Women's Club is meeting with the University Police where you can ask questions regarding personal safety. The meeting with the University Police is being written for you, so if you have ideas and suggestions on topics important for the area, please contact us.

In September, Phil gave an awesome presentation about adjusting to life in the US. If you missed it, there is a short summary in this newsletter about it.

We hope you'll join us again on October 14th for another meeting with the University Police where you can ask questions regarding personal safety. For those who missed the first meeting, there is a short summary in this newsletter about it.