



# Program for International Families at Stanford



**Fall Quarter**

**[September 28th - December 11th]**

# Welcome!

The program for International Families at Stanford invites you to join our great variety of classes and workshops this Fall.

On the following pages you will find detailed information about Cooking and Language classes, Arts and Crafts workshops, Lectures in Sciences and American culture, Transition and Career workshops and Exercise classes as well as activities for children or meet-up groups like the Choir or Bechtel Book Club.

**WHERE?** All classes take place at the I-Center (584 Capistrano Way) unless specifically noted.

**HOW TO ENROLL?** Stop by at the Bechtel I -Center during Sign-up Week [Sept 21st - Sept 25th] and sign up for classes at the bulletin board in the I-Center lobby.

**HOW TO STAY UPDATED?** For current changes please check the I-Center web calendar and subscribe to our weekly newsletter.

**MORE INFORMATION?** Meet the Teachers on Friday,  
Sept 25th, during Friday Morning Coffee,  
or visit  
[www.icenter.stanford.edu](http://www.icenter.stanford.edu)

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## Friday Morning Coffee

Join us every Friday, between 10 am and noon at the I-Center!

This informal gathering is an ideal way to meet other spouses, and to learn about the many options for enriching your stay in the Stanford area. Conversation tables offer an informal way to meet others, practice English and share experiences. We each bring a snack, fruit or juice to go with the coffee & tea provided by the I-Center. Volunteers are always needed to help set-up (at 9:30 am) and put away afterward! Everyone, with and without children, new and returning, is equally welcome!

- WELCOME Friday Morning Coffee on Oct 2nd 2015
- Halloween Friday Morning Coffee on Oct 30th 2015
- Thanksgiving Friday Morning Coffee on Nov 20th 2015



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## Language classes

### **Chinese Language Class - every Friday, from 3 to 4:30 pm**

With Jingying Cai. The class is designed for the beginners to learn basic Chinese and Chinese culture. Students will learn the pronunciation, vocabulary, grammar, and conversation. The topics of the class will be discussed in the class, such as traveling, food, traditional culture or modern culture. There can be some homework for students who want to practice writing Chinese characters.

### **French Language Class - every Tuesday, from 12:15 to 1:45 pm**

With Anne Effenberger. We will practice basic listening, speaking, grammar and vocabulary skills while working with contemporary French songs.

### **All-Levels German Class - every Wednesday, 10 to 11:30 am**

With Sabrina Beirau. Open to everyone who is interested in German Language. Primary goals are to introduce beginning and continuing students to basic structures of the German language by developing vocabulary and familiarizing students with sentence structure and grammar through written and oral exercises. Contact Sabrina with any questions. \$ 5 material fee.

### **Basic German Language & Culture - every Monday, from 12:30 to 1:30 pm, until Nov 23rd**


With Jasmin Steiner. This class is for everyone who wants to speak, read and write simple German while exploring this interesting culture. This class is a great way to figure out what German and Germany is all about. It aims to equip the students with sufficient language, vocabulary and grammar skills to be able to visit Germany as a tourist. \$ 5 material fee.

### **Indonesian Language & Culture - every Friday, from 4 to 5 pm**


With Julia Zaeni. Indonesia is a fascinating country in Southeast Asia, the part of Asia that is south of China and east of India. Can you find it on a globe? In what oceans do the 17,000+ islands lie? What do you know about this island nation that has the 4th largest population in the world? Let's learn about the incredible country of Indonesia by learning Indonesian language.

Indonesian is a language spoken in Indonesia. Around 250 million people speak Indonesian as a first language and it is invaluable for understanding the culture, politics and economy of the nation. It belongs to the Malay family of languages. Commonly called Bahasa Indonesia ['the language of Indonesia'].

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 **Italian conversation (beginners) - every Thursday, from 3 to 4:30 pm**

With Valentina Consolo. Italian language from the basics on. By reading some easy text, we will improve the knowledge of Italian culture, vocabulary and grammar structures.

 **Italian conversation (advanced) - every Thursday, from 1 to 2:30 pm**

With Valentina Consolo. We will read and discuss newspaper articles and literary works to improve your wide vocabulary and to practice your Italian.

 **Japanese Conversation & Culture for Beginners - every Wednesday, from 2 to 3 pm**

With Yoko Ruckman. Upon completion of this course: Learn conversation through Japanese culture (Example: greetings, traveling, shopping, Japanese food recipes, a way of life, and etc.). Review hiragana, learn katakana, improve vocabulary, and improve grammar skills. \$ 5 material fee.

 **Japanese Conversation & Culture for intermediate students - every Wednesday, from 1 to 2 pm**

With Yoko Ruckman. Learn conversation through Japanese culture (Example: greetings, traveling, shopping, Japanese food recipes, a way of life, and etc.). Improve vocabulary, kanji reading/writing skills, and grammar skills. \$ 5 material fee.

 **Polish Language & Culture - every Tuesday, from 4:30 to 5:30 pm**

With Patrycja Nowak. Come to explore Polish language & culture! This is an interactive language class for all levels. Do zobaczenia!

 **Spanish language class - every Thursday, 10:30 am to noon**

With Sofia Gonzalez. ¡Bienvenidos a la clase de Español! In this class, you will learn about the Spanish language and culture through a variety of exercises covering all four skills (reading, writing, listening, speaking). You will learn the basic grammar and vocabulary to express yourself with confidence in real life situations and to overcome the language barrier. Emphasis will be placed on improving pronunciation and on learning simple dialogues.

 **Practicing French by Singing - every Wednesday, Time:TBD**

You like to sing and you want to practice your French language? Isn't it a funny way to improve your pronunciation, increase your vocabulary, experience culture, literature and a little of history of France by singing old traditional or modern popular songs in French? I don't promise you will become a talented opera singer by joining this class, but I guarantee a lot of positive effects as happiness, well feeling, sharing laughs and fun with friends and knowledge about French... . Secondary effect: Starting singing in the shower! No specific music or singing skills required, but basic French is recommended. Fee: \$5 for photocopies.



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## Cooking Classes (Max. 6 students each class. Various fees apply.)

 **American Holiday Dinner Recipes - Thursdays: October 8th, November 5th, and December 3rd, from 11am to 2 pm. ! This class will take place off site the I-center in Palo Alto. !**

With Robert Paugh. During the three classes, we will prepare an appetizer, a salad, a main course, and a dessert for a typical Thanksgiving or Christmas Holiday dinner:

- Basic Pie Dough and Apple Pie on October 8th (\$15 fee)
- Basic Gravy, Mashed Potatoes, and Roast Beef on November 5th (\$20 fee)
- Lion's Head Meatballs and Ko Du Salad December 3rd (\$15 fee)

Fee for all 3 classes \$47. Bring storage containers, as there will be food left over after each class to take home to your family. Aprons will be provided for each student to wear during class. We will prepare and cook the food in the kitchen of my home. Maximum number of students for each class is six.

 **"A Sumptuous Fare" - Tuesdays (September 29th, October 6th, October 13th, October 20th, and October 27th), from 11 am to 2 pm**

With Amrita Kahaly. In this class we will learn how to prepare 5 to 6 unique and seemingly unrelated dishes from around the world. The complexities of these recipes will vary from easy to elaborate and will span a range of culinary cultures inherently different in their approaches and styles.

These classes will be designed around popular Italian, Greek, French and Indian dishes and will be held at the Bechtel International Center Kitchen. A more detailed time-wise and recipe-wise breakdown of the classes will be available soon. Fee: \$15 per person. Maximum class limit of 6 people. Any one interested in joining the class would have to register at least 3 days in advance of each class. Bring your own aprons and air tight containers for left overs.

 **Vegetarian Indian Cooking Class - Fridays (October 16th, October 23rd, October 30th & November 6th), from 1:30 pm to 3:30 pm**

With Harsha Jain & Kaljani Boralkar. Learning to prepare Indian food at home will make you toss those take out menus in the trash. We will introduce you to an Indian pantry full of fragrant spices, healthful legumes, succulent sauces and then show you how to use those basics to create some of the country's most beloved food. You'll learn how to prepare Indian curries, breads and learn about the spice blends to compliment an incredible menu of native dishes. These are dishes you'll find yourself returning to again and again. Reserve your spots! 6 students/class. \$ 18 per class for ingredients.

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 **Popular Asian Noodles - Quick & Easy Way - Wednesdays, from 2 to 4:30 pm**

With Anna Konopka. Few foods are more versatile, come in a greater variety of styles, or are more popular in Asian cuisine than noodles. Ranging from glass noodles, to rice or egg noodles, to udon or soba, there is a perfect noodle for every dish. Different types of noodles require different cooking methods and specific seasoning, but they all are equally easy to prepare. You can stir-fry them, toss them in sauces, or serve them in soups and broths. They are fantastic no matter how they are prepared! If you already love noodle dishes, or if you want to try to explore them, join this class and you will learn how to prepare different noodles in a variety of ways. Visit: [www.facebook.com/cookingatbechtel](http://www.facebook.com/cookingatbechtel)

To inquire about the class, please contact the teacher at [cooking.class.bechtel@gmail.com](mailto:cooking.class.bechtel@gmail.com) Due to class popularity and nature payments must be received in advance. Cancellation and refund policy available upon request. Maximum 6 students per class. Fees: Single class: \$19. Packages: 3 for \$55; 5 for \$85; 10 for \$165.

 **Philippine Cooking Class - Tuesday, November 24th, from 11 am to 2 pm**

With Vida Revilla. The cuisine of the Philippines has evolved over several centuries, and has been influenced by European, American, and Southeast Asian countries with adaptation to indigenous ingredients and the local palate. We'll prepare both a delicious holiday entrée and dessert. Fee : \$10.

 **Homemade Christmas Cookies - Thursday, November 19th, from 2 to 5 pm**

With Sabrina Beirau. Christmas time is cookie time and the best cookies are homemade!

We will bake some traditional German Christmas Cookies using modern recipes with wholesome and high-quality ingredients to make cookies everyone will love! Please bring an apron and a box for leftovers. Maximum 6 participants. Fee: \$15 for ingredients.

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## Meet-up Groups

 **Bechtel Book Club - (September 14th, October 12th , November 9th, December 7th), from 7:15 to 8:45 pm**

With Isabel Santoro & Emily . The Bechtel Book Club meets once a month on Monday evenings for a friendly and informal discussion of a novel we have read (or, occasionally, short stories). It's a great way to think more deeply about why you loved or disliked a particular book, and to hear different perspectives on it from other Book Club members. Novels are chosen by Book Club members, so you will have a chance to put forward books for discussion that you are particularly interested in reading. The Book Club is also open to partners - please bring your significant other along if you would like to! Book Club is free, but members are responsible for sourcing a copy of the book each month and should try to finish the book before the meeting.

### Book Club Books this Quarter:

The Group by Mary McCarthy (Sept 14th),

Song of Solomon by Toni Morrison (Oct 12th),

Americanah by Chimamanda Ngozi Adichie (Nov 9th),

Colorless Tsukuru Tazaki and his Years of Pilgrimage: A novel by Hanuki (Dec7th)

 **Choir - every Wednesday, from 5:30 to 6:30 pm**

With Isabell Ang. Let's sing together and have fun! No experience required. We will be working on using good singing posture and breathing support. We will also talk about fundamental music theory, singing techniques and ensemble skills. We will be singing folk songs from around the world and beautiful pieces from classical to contemporary! Fee: \$5.

**Women's Night Out - every second and forth Thursday of the month, from 8 to 10 pm**

**! This group meets off site at different locations in Menlo Park and Palo Alto !**

With Emily Fayet and Isaline Jaccard. The Women's Night Out is an informal get-together for women & a wonderful way to exchange experiences with other international spouses at Stanford. For more information, especially about the changing locations join the Woman's Night Out email list (bulletin board I-Center lobby).

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## Arts & Crafts Classes

### Do It Yourself workshops - Monday (Oct 12th, 19th, 26th & Nov 2nd), 11 am - 12:30 pm

With Harsh Jain. Seen Do It Yourself craft projects on Pinterest? Always wanted to do but had no time or resources? So, lets get together and make some beautiful projects for home-déco like photo frames, canvas wall art, pendants etc. All materials will be provided, however do bring scissors and your favorite adhesive. We will make one project in each class and you will go home with a finished art work of your own!! Excited? Reserve your spots!!! 8 members/workshop.

### MANDALA: Practice and Theory - Tuesdays (Nov 11, Nov 17, Nov 24, Dec 01), 10 to 11:30 am

With Georgie Kapala. Learn about the ancient spiritual art traditions of Mandala and prepare your own Mandala painting! The Circle Concept slides presentation (with more than 200 pictures) gives you rich insight and inspirations about the ancient Tibetan version of Mandala. You will gain an integrated view and learn about the connection of the rose windows and the contemporary art analogues. The Mandala Workshop gives you the possibility to get acquainted with the traditional visualization of the Universe and harmony, and to find your own motifs. When you create your own Mandala, the entire progress is important, not just the result. Join the session and enjoy the liberating sensation of creation!

Please bring your own material (suggested: Acrylic paint - important colors: RED, Blue, Yellow, Green, Orange, brush set – 2 thin & 4-8 thick brushes, Gold and Silver felt-tip pen, artist pen, ruler & thick paper, for example aquarelle paper 12x12 inches or max 16x16 inches).

### Paper flowers workshop - on October 2nd, from 1 - 3 pm

With Patricia Boutigny. How to make wonderful roses with tissue paper, a few skills, and a lot of patience. Bring your own scissors and glue, if available. Maximum 8 students.

### Knitting for beginners - every Monday, from 1 to 2:30 pm

With Angi Lee. Knitting is quite popular among all age groups. Crafts such as knitting offer many health benefits to your brain to boost memory and cognitive function. In this class, you will learn basic knitting skills and finish 2 dish/face cloth. In this class, you will start to learn how to knit from cast on, knit, purl, and read the patterns.



Fee: \$20 (include knitting needles, yarn & copies)

## 🎨 Holiday Crafts Night - December 2nd, from 7 to 9 pm

This class will consist of a number of simultaneous crafts workshops that are designed to be done in one sitting to take home for the holidays or for holiday giving. Hot beverages available. Various fees apply.

### Needlepoint gift bags and kitchen towels:



The needlepoint portion of the workshop will focus on decorating gift bags for holiday giving. Designs will include holiday motifs and initials. No prior experience necessary. Materials: \$1.50 gift bag; \$4.50 per wine/tote bag.

### 4x4 Wall Art:



Use wooden embellishments and other holiday decorations (snowflakes, silver powder etc) to create a beautiful Christmas-themed gift similar to the one pictured below, but in a red and green color scheme. The cost should be around \$7-\$8 each.

### Folded paper star lanterns:



Lanterns similar to those pictured below with candles inside can be made for \$3 per lantern.

### Paper flowers:



Learn how to make beautiful paper flowers which can be used as festive decoration or impressive gifts. All supplies will be provided. Material fee \$5.

### Decorative notebook/pencil:



Decorate a notebook and pencil using decorative tape as pictured below. You can easily create a cute design by coordinating 2 or more colors and patterns. Approximate cost of materials \$12 - \$15.

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 **Holiday Decoration - Wreath making - November 24th, from 04:15 – 06:16 pm**

With Monika Effertz. While making wreaths, we will learn about the German Christian Tradition of Advent Wreaths and share information about each other's traditional holiday decorations. Fee: TBD.

 **Holiday Decoration – Window Paper Stars - November 17th, from 04:15 p.m. – 06:16 p.m.**

With Monika Effertz. We will learn how to fold paper stars from transparent paper. We will learn about the star as a symbol and talk about whatever we like. Fee: \$3.

**Needlepoint Workshop - every Tuesday, from 2:00 pm – 4:00 pm.**

With Judi Chun. Judi will lead an informal needlework group. Anyone is welcome to attend with any type of needlework project or without (you can come just to chat and/or watch and learn). However, beginners wanting to learn needlepoint (the focus of the group) will have the opportunity to make a needlepoint Stanford souvenir keychain, luggage tag, coin purse or decorative burlap ribbon or coaster. No prior experience necessary. Children are welcome if accompanied by parent. Materials will be provided, but please bring scissors if you have them. Cost varies by project (no cost if you bring your own project or do burlap decoration). There will also be samples available of other types of needlepoint work for those interested (pillow, door hanger, frame, coaster, tea tray, etc.). Contact instructor with questions (contact information at the bulletin board in the I-Center lobby). This is a continuation of an ongoing workshop.

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## Transition and Career

**Film screening: Women in a new Land on Wednesday, October 28th, from 5:30 to 7:30 pm & Workshop: Changes and Transitions on Wednesday, November 4th, from 5:30 to 7:30 pm**

**Film screening: Women in a new Land.** Join us for the screening of this film featuring the lives of four spouses who came to Stanford to accompany their husbands. Created and filmed by Maria Vaccaro, herself a spouse from Belgium, the film illustrates the many challenges faced by women (with and without children) whose lives and careers are interrupted by this international experience. After the screening, share your impressions during an informal discussion with Gwyn Dukes and Anna Fernandez, who were involved in making the film & Monika Effertz & Mai Hasegawa who have both recently come to Stanford. Refreshments will be served. Free.

**Workshop: Changes and Transitions.** With Anna Fernandez. This workshop offers support to help international families and spouses to adjust to their new life in Stanford. The workshop explores new roles, new identities, ways of thinking and stages of changes. It helps to deal with losses and to welcome the opportunities that new experiences can offer. Free.

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### **Professional Liaison Program - starts October 23rd, Fridays from 9:30 to 11 am**

With Henry Lum. The Professional Liaison Program provides for International Spouses who are unable to work in the U.S. with an opportunity to discuss their profession with another person in their area of interest and to obtain knowledge about other fields of interest. Weekly Friday Morning classes will be continued and are dependent on the interest and needs of the applicants - mothers may bring their children to the class. Past topics included presentation skills; creating a vision and a new business; alternate career opportunities; and, enhancing one's knowledge on vocabulary and idioms. Free.

### **Job Search Networking Group - every Wednesday, from 7:00 pm – 8:30 pm**

With Emrah Gursoy. A group of professional spouses looking for jobs at companies in the area. This class has been going on continuously for 4 quarters. We cover resumes, cover letters, interviewing, networking & negotiating job offers. We also do mock (practice) interviews live in class. This group is intended for those who are or will be eligible to work in the US. Although our group is open to anyone and everyone, it is more geared towards professionals looking for full-time positions in for-profit companies (rather than academic, volunteer or on-campus positions). This class helps in 3 ways: 1) Review content, materials & samples from different sources on how to find a job in the US including how to write resumes, interview and network the American way. 2) Learn from the experience of other internationals that have gone through the job search process in the US and successfully found jobs. Particular focus on “the American way”. 3) Share contacts at target companies with each other to extend network (Lack of a local network is one of the biggest disadvantages of internationals looking for a job); learn from each other's experiences interviewing at target companies; use each other as resources for proofreading resumes, mock (practice) interviews, case interview practicing, etc. The fee for this program is a promise to buy drinks or something to eat to the group when you get a job and receive your first salary payment :)

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### **Activities for Children (parents must stay with children at all times)**

#### **Friday Morning Coffee Singing - every Friday from 11:00 am to 11:30 am.**

With Nevin Alhaz. Come with your baby/toddler and join our singing circle every Friday as part of Friday Morning Coffee. Free

#### **World Language Reading Group for Infants and Toddlers - every Tuesday from 11:30 am - 12 pm**

Only for age 0 - 24 month. Max. 10 participants. Prior registration required.

With Yumin Sarah Liu. Every week one mom/dad will read a picture book in their native language with the group.

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### **Baby and Toddler Group - every Monday 10:30 am - 12 pm**

**!** Please note that this class will be held at the EV Community Center (Comstock Circle) **!**

With Sabrina Sargentini, Tamar de la Conception & Daniela Hotz.

Cosponsored by the WorkLife Office Stanford.

This is a great opportunity to meet other Bechtel parents and to have fun with the little ones! Come along to play, read and sing!



### **Fun Arts & Crafts for Kids (age 4-12) - every Wednesday 4:30 - 5:30 pm**

With Patrycja Nowak & Hanna. We will work with different age appropriate materials & techniques (clay, collage, bricolage, drawing) to create art projects. Material fee: \$2.

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## **Exercise**

### **Yoga for All - Vinyasa Flow Yoga - every Wednesday, from 10:15 am – 11:45 am**

With Yuko Ikeda. This fun, emerging set to mellow healing music teaches the fundamentals of Vinyasa Yoga Flow including sun salutations, standing poses, balancing poses, seated and reclining poses, backbends, core isolation and strengthening. There is no set sequence and the teacher brings her own style. Special emphasis is placed on moving into and out of postures safely, correct alignment, using the breath, and learning to quiet the chatter of the mind to find place and inner stillness. Aimed primarily at newer students and those with a casual practice. Come along and discover just how good yoga can make you feel! Please bring own yoga mat, towel, ice water, and wear comfortable clothes. Free.

### **Yoga - Prenatal and Postnatal Yoga with Babies - every Wednesday. from 12:00 pm – 1:00 pm**

With Yuko Ikeda. This special class is designed to support both prenatal and postnatal women with their new baby's, through all the physical and emotional changes. Come share the evolutionary process of motherhood by connecting with other women, allowing the opportunity for onward reflection, providing a health physical and emotional outlet for your experiences. Please bring your own yoga mat, towel, ice water, and wear comfortable clothes. Free.

### **Dance Exercise - on November 10th, 17th, 24th, from 5:30 - 6:30 pm**

With Vida Revilla. Various low-impact dances like jazz ballet, belly dancing, Bollywood, hip-hop will be viewed on the screen and students follow. Wear comfortable clothes and bring water to hydrate.



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## Lectures

### **American Ethics and Ideals - every Wednesday, from 12 to 1 pm**

**! Wednesday, November 11th lecture will begin already at 10:30 am !**

With Jasmin Steiner. Do you find some popular topics in American culture fascinating or hard to understand? In this lecture-style cultural history class, American Studies graduate Jasmin invites you to learn about current American ethics and ideals, such as liberalism, individualism, meritocracy, the American Dream etc. Join the conversation as participants bring their views and knowledge to the table!



### **Cancer - a common and complex disease - every Thursday (Oct 8th - Nov 12th) 11 am to 12 pm**

What do you know about cancer? Why do people who receive “chemo” sometimes lose their hair? What treatment options are there? How does modern cancer research change the way we fight cancer?

In this class we will look at the biological basics of what cancer is, hear about different options of cancer treatment, have a look at the history of how cancer has been tackled. Also, we will discuss ethical issues related to cancer research and therapy such as animal experiments and highly expensive medicine.

This course is not meant to give any medical advice, it will give you background information and a better understanding of the disease but does not replace an oncologist.

### **Oral Hygiene Awareness - Friday, October 16th, 12 pm - 1 pm**

With Priyanka Chokshi. Join us for a brief session about what dentistry is, then discuss the correct method to brush and floss, and how to know when to visit a dentist, followed by an open Questions & Answers session.



### **Astronomy – A Journey through the Universe - Wednesdays (10/07- 11/04) from 2 to 3 pm**

**! Wednesday, October 21st lecture will begin at 4:30 pm !**

With Aurélie Ruyer. Come and join us for a very special journey! Starting from our Solar System, we'll jump on a comet and go explore the Milky Way. On the way we'll meet up with one of the most mysterious objects in the Universe, the intriguing black holes.

We'll go further and discover other galaxies and finish our journey with a little time travel that will take us back to the origin of the Universe and the Big Bang.

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## Upcoming Events

**Dancing with the Scholars - a CCIS event. October 9th, starts at 7 pm** 

**CCIS Fall Swap - Friday, October 16th from 10:00 am to 12:00 pm**

**Halloween - Pumpkin carving (Thursday, Oct 29th)** 

**& Halloween Party (Oct 31st)** 