



Program for International Families at Stanford



Winter Quarter

[January 4th - March 18th]

Welcome!

The Program for International Families, Spouses and Partners at Stanford invites you to join our great variety of classes and workshops this winter quarter.

On the following pages you will find detailed information about Cooking and Language classes, Arts and Crafts workshops, science lectures & workshops, 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? No registration needed. To attend, simply go to a class at the dedicated starting time.

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

MORE INFORMATION? www.icenter.stanford.edu

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!

Special Friday Morning Coffees this Quarter:

- **First Friday Morning Coffee in Winter Quarter on Jan 8th 2016 (*Meet the teachers*)**
- **CCIS SWAP during Friday Morning Coffee on Jan 16th 2016**
- **Chinese Spring Festival celebration - Friday Morning Coffee on Feb 5th 2016**
- **Valentine's Day - Friday Morning Coffee on Feb 12th 2016**
- **International Women's Day - Friday Morning Coffee with Potluck brunch on March 4th 2016**



Language classes

🇨🇳 Chinese Language Class - every Friday, from 3 to 4:30 pm (Dates: Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, March 4, 11). I-Center, Back Lounge.

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. I-Center, Post Room.

With Anne Effenberger. This class is for everyone who is interested in the French language. You will learn basic grammar, vocabulary and pronunciation, as well as listening comprehension. This ongoing class has been started in Fall Quarter, but new students (beginners and intermediate level) are always very welcome. Fee: \$4 (photocopies).

🇮🇩 Indonesian Language & Culture - every Friday, from 2 to 3 pm. I-Center, Post Room.

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"].

🇰🇷 Korean Language & culture - every Tuesday, from 1 to 2 pm, Back Lounge

With Sujin Cho. This class is for everyone who are interested in learning Korean language and the Korean culture. You'll learn the Korean alphabet and some practical expressions for daily life such as shopping at Korean super market and ordering foods in Korean restaurant. We will also explore the Korean culture from traditional to trendy through interesting materials such as video clips and photos. Learning the Korean alphabet will be repeated and new expressions will be introduced every 1 or 2 weeks. It is a fun and easy way to learn Korean language and the Korean culture. Fee: \$ 5 for photocopies.

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

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, Back Lounge**

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.



Spanish language class - every Monday, 10:30 am to noon, Back Lounge

With Julia Cortes. Come and join the Beginners Spanish class where you will learn spelling, grammar, pronunciation, and more! An easy and fun way to start with Spanish! \$ 5 material fee.



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

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 Friday, 1:30 - 3 pm, until Jan 22nd**

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? No specific music or singing skills required, but basic French is recommended. Fee: \$5 for photocopies.

Would you like to join the class, but you don't speak French at all? Join the preparatory course, every Friday 1 - 1:30 pm, before the Singing Class!

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

With Valentina Consolo. We will improve our vocabulary and reading skills by discussing articles & short stories.

 **Italian conversation (advanced) - Thursdays, 1 to 2:30 pm**

With Valentina Consolo. By reading some easy texts, we will improve the knowledge of Italian culture, vocabulary & grammar structures


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

 **"A Sumptuous Fare" Series 3 - Around the World - Mondays from 11 am to 2 pm & Thursdays from 10:30 am to 1:30pm (please check for specific dates below)**

With Amrita Kahaly. Amrita will resume with her successful cooking class in winter quarter and invites you to try her wonderful new recipes:

- Palak Paner, Herb Roti, Kalakand (North India) - 01/28
- Vegetable Gyros with Tazaziki Sauce and Fabouleh (Mediterranean) - 01/28
- Jambalya (Cajun) - 02/08 (cancelled)
- Moo Gobi, Masala Kulcha and Carrot Halwa (North India) - 02/22
- Chicken Gyros with Takini & Fatoush (Mediterranean) - 02/29
- Hunan Chicken with Egg Fried Rice - 03/07


Fee: \$17 / person/class

 **Eggless Goodness Baking Class - (Jan 25th) Monday, from 11 am to 1 pm**

With Harsha Jain & Kaljani Boralkar. Whether you are allergic to eggs, avoid them for spiritual purposes or do not use them for any other reasons, We will introduce you to recipes that are as yummy as ever. Chances are that you will not miss them at all! To all the sweet-toothers, don't miss this one.

- Candied fruits cookie + Rose Falooda (Indian cold & sweet beverage)
- Pineapple cake with frosting & crunchy butter cookies
- Eggless vanilla sponge cake & tiramisu with a little twist

Fee: \$17/ class

 **American Desserts - Jan 28, Feb 4, Feb 11 & Feb 28 from 11am to 2pm**
Please note that this cooking class will take place off site in Palo Alto

With Robert Paugh. We will be preparing dessert recipes. After sampling what we have prepared, the leftovers will be available for class members to take home to their families. Bring some storage containers to each class for leftovers.

- January 21: Mango Pudding
- January 28: Apple Spice Cake
- February 4: Fresh Pineapple Upside Down Cake
- February 11: Homemade Ice Cream

If there is time during one of the four classes, we will also prepare and eat Cherry Clafoutis.

Fee: \$10.00 per class or \$36.00 for all four classes

 **The famous Hungarian Gulash (gulyas leves) - Wednesday, Jan 27th from 10 am to 1 pm**

With Eva Gaal. Join me to learn how to cook the traditional hungarian goulash as my mum makes it. If you never heard of it, Goulash is a soup/stew of meat and vegetables, seasoned with paprika and other spices. It is one of the national dishes of Hungary and a symbol of the country. Fee: \$10.

 **Philippine Cooking Class - Tuesday, Feb 23rd form 11am to 1pm**

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.

 **Eastern European Cuisine - Thursdays (01/14 - 03/17) from 2 to 5 pm**

With Anna Konopka. Rich in culture and history, the countries of Eastern Europe have all contributed something unique to the regional cuisine, which is rich and diverse, and strongly influenced by climate. Flavors vary, but the key components are the same and they include meat, poultry & fish, potatoes in all forms, variety of pickled and fermented veggies, grains, and crops. Hungarian Goulash, Ukrainian Borscht, and Hungarian Schnitzels are just a few well known examples of the nalve dishes of Eastern Europe, that you will learn to prepare in this class. Golabki - cabbage rolls stuffed with meat & grain baked in rich tomato sauce; Sour Dill Pickle Soup - yes a pickle soup, and it is delicious; or Potravka - chicken breast in creamy horseradish sauce, are some of the less known regional favorites, which I will teach to cook this winter. If you are passionate about food and cooking, curious to try out new cuisines, and want to learn new recipes which evoke the essence of Eastern Europe, this is a class for you. Cheers!

Fee: \$17 - \$19/class (vegetarian recipes \$17, meat \$18, fish \$19)

Meet-up Groups

Bechtel Book Club - (Feb 1st, March 7th this quarter), from 7:15 to 8:45 pm, Living Room

With Isabel Santoro. 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.

Future books and meetings

1st of February "The Elegance of the Hedgehog" by Muriel Barbery
7th of March "The White Tiger: A novel" by Aravind Adiga
11th of April "Kafka on the Shore" by Haruki Murakami
9th of May "Crossing to Safety" by Wallace Earle Stegner
6th of June "Let the Great World Spin: A Novel" by Colum McCann

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).

Arts & Crafts Classes

Pearl Crafts - Monday (Jan 14th, 21st, 28th), 3 pm - 4 pm

With Harsh Jain. Open to everyone who is interested in learning beautiful pearl coasters, dining table mats etc. No prior experience necessary. Pearls (white & crystal), fishing line will be provided, but please bring a needle if you have them. Fee: \$7.

Photoshop for beginners. Thursdays from 6 to 7:30 pm.

With Angelica de la Barra. Let's get into the digital image world. Learn how to edit any image you want! Improve your pictures, create your own images using digital graphic tools, illustrate documents, create greeting cards and so much more...We'll learn the editing basic tools such as lighting, contrast and color management as well as the use of filters and layers. We'll be working on your own pictures, so bring projects! Own laptop with Photoshop CC or CS installed is required.

Photography as a language - Wednesdays from 4:30 to 7:30 pm

With Christina Felschen. Learning photography is like learning a new language: We can express ourselves from the very beginning, but the more we learn the more we enjoy it. In this class we are going to explore photography as a form of creative expression and as an agent for social change. We look for gestures, lines, colors, twists. We paint with light. We get close and closer. And our cameras will open doors: We will connect with people we would otherwise not have met at all.

In each class, you will get to know a different genre: landscape, portrait, macro, street and documentary photography. You will learn from famous photographers and from each other. While you will expand your technical control of your camera (aperture, shutter speed, ISO, artificial lightning) and learn some basic editing rules, the focus of the class lies on developing your personal style hands-on: in warm-up exercises, homework assignments. Thus you will go from taking photographs to making them and develop your personal style. If you are interested, we will work towards a small exhibition and a final photo book.

The class is open to all levels, but you will get most out of it if you use a DSLR or another digital camera with controllable aperture/ shutter speed for the practical exercises.

Basic Japanese Calligraphy - Thursdays (Jan 21st to Feb 25th) from 1 to 2 pm

With Tamae. We will practice Hiragana, Katakana and Kanji (Chinese character) using traditional brushes. First we will use water and special sheets, and after you become familiar, we will use traditional black ink and thin sheets.

 **Japanese Art workshop - Mondays (Feb 1st, Feb 8, Feb22 & Feb 29) from 1:30 to 3:30 pm**

With Ayako & Satomi. You will learn how to create beautiful traditional hair accessories made of silk and paper. TSUMAMI-KANZASHI is a traditional Japanese craft creating hair accessories of a special silk.

Knitting Group - March 03, 07, 14 from 12 pm - 2 pm

With Rainbow. The knitting group meets every Monday. You can join the knitting group any time. Please bring your own knitting project.

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. You can join any time!

Transition and Career

Professional Liaison Program - starts Jan 8th, Fridays from 9:45 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. Class topics will include, but not limited, to the following: Cultural and social differences; U. S. work culture and environment; Common idioms and phrases used in daily life and the media; Enhancement of presentation skills for both formal and informal environments; Educational tours; and, invited talks by female executives. Free.

Film screening: Women in a new Land on Wednesday, March 2nd, from 5:30 to 7:30 pm & Workshop: Changes and Transitions on Wednesday, March 9th, 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 & Ana Daria Androne & 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.

Personal development & life abroad - a psychological perspective: Wednesdays (Jan 13th through March 2nd), from 3:15 - 4:45 pm

With Ana-Daria Androne. A life abroad sounds always appealing to everyone. Although, when you decide to live abroad, your personal development is influenced by a certain number of factors: cultural differences, your type of personality, your flexibility to adapt and meet new people, your ability to protect yourself and your couple in a new environment, your relation towards your job/sport/religion/food/etc. Let's go through these aspects together and get some answers towards your personal balance and 'a better self' abroad.

This course is meant to be an open session where participants can find concrete answers to their concerns/struggles they face abroad. Support materials will consist of: psychology book references, articles and tests; audio and video materials; personal experience.

Sessions themes*:

● **Cultural differences:**

1/2h: discuss Geert Hofstede's cultural dimensions theory.

1h: discuss personal experiences.

● **Type of personality:**

1/2h: discuss types of personality.

1h: a self-test + interpretation.

● **Flexibility to adapt:**

1/2h: How to face your own 'negative interior criticism' and boost your self-esteem? Christophe André (French author) reference.

1h: discuss personal experiences.

● **Manipulation:**

1/2h: How to detect and fight against 'narcissist manipulators'?

1h: Watch extracts from latest movie "Mon roi" + discuss personal experiences.

● **'Couple life' and how to continue on building your relationship abroad?**

Workshop.

● **How to be ok with yourself?** Your job perspective, favorite sports, religion beliefs, alimentary habits, etc. Workshop.

*Please note that the content might change slightly.

Job Search Networking Group - every Tuesday, from 12:00 pm – 1:30 pm

With Irena Kotikova. This class is for all spouses who are interested in getting a job or other professional development in the Bay Area. The class will cover the basics of US-specific job searching but also serve as a community for spouses who struggle to find professional fulfillment, to share their struggles as well as successes. Emrah Gursoy, a very experienced manager and strategist, who used to be a Stanford spouse and successfully found a job with Hewlett-Packard, will also be advising remotely.

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

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

! This class takes place 47 Olmsted Raod - room is in the back !

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

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!

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 - Feb 9, March 1st & 8th from 5:30 pm to 6:30pm

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.

Lectures

Oral Hygiene Awareness - Wednesday , Feb 17th, 11:30 am - 12:30 pm, Conference Room.

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 - Tuesdays (01/12- 02/09), 10:15am - 11:15am

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.

Organize your entire home - workshop, Monday, Feb 8th, from 9 am to 1 pm. Assembly Room.

With Brasil Dobbin. In this workshop you will learn how to break big projects down into small tasks so what seemed impossible to organize becomes achievable!

Sports nutrition guidelines for professional and amateurs athletes - Wednesday, Feb 3rd, 11:30 am to 12:30 pm, Conference Room

With Yael Dror. Sports nutrition is a separate field in the world of general nutrition that focuses on recommendations and guidelines for sports activity. The aim is to improve physical performance by eating correctly. Sports nutrition answers the question: "What and when should I eat relative to type, time and duration of activity in order to maximize physical abilities and performance?"

The lecture will focus on this question and will provide important eating guidelines and practical tips.

The effect of exercise and training on the immune system; How to improve it with nutrition Wednesday, March 2nd 11:30 am to 12:30 pm, Conference Room

With Yael Dror. Many people start to exercise to improve their health, but may find themselves sick more often. Especially athletes are sick more often during the winter time, and it is damaging their training program and their ability to stay in shape. Why does it happen? Could there be a connection? What kind of influence does an exercise have on the immune system in the short & long term? According to studies, supplements will not really help in this situation and the nutrition is very important for improving the recovery, preventing diseases and improves health. I'll focus in this lecture on answering the question: "How can we improve the reaction of the body to intense exercise through simple nutritional tips?"