

Dear {{Person-First}},

A network of social connection is a basic need. While you're away from family and home, it can help mentally and physically to have a few people to connect with nearby.



Here are a few helpful ways to build support before your arrival:

- **Make a connection** with a current student and your advisor in your [program](#).
- **Look out for invites** from your program or campus organization to “mixers” or “meet and greets.” These terms refer to a social gathering with the intention of making friends.
- **Attend the Division of Graduate Studies Q + A session** to connect with other international students arriving at the UO for graduate studies – details forthcoming.
- **Expect a call** from the Division of Graduate Studies, but don't feel pressured to answer unless you would like. We're calling to congratulate you on your acceptance and offering an opportunity to speak to a current graduate student to ask general questions about life in Eugene. You may always call us back -or- email us to schedule a time that works best for you.
- **Optional** – Indicate interest in [International Peer Mentor Program](#).



Helpful hint

It's a good time to begin [booking your travel](#) to Eugene or Portland and. The UO does not provide any shuttle services for your arrival, however, many people want to help you to arrive safely. As you meet your advisor or make friends in your program, you might politely ask if anyone is available to pick you up from the airport. Expressions of gratitude, such as saying thank you or planning to share a meal together after you've settled in, for someone who has volunteered to pick you up at arrival are very much appreciated.

More information is available on our [International Student Portal](#), and we are here to help you along the way. Please contact your program directly for support -or- view this [list of contacts](#) for various types of questions.

Let's connect soon!

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