Welcome Deb Prvanovic to the OIS Team!

Originally from Northeast Ohio, I came to Pittsburgh five years ago. I have been interacting with international students and scholars for more than 15 years first as a volunteer with ESL and eventually as a staff member in the international office at Kent State University. Prior to joining OIS, I worked down the street (at CMU) and then took some time off to be with my son. When I’m not playing with him, I spend my time advocating for rescue dogs, keeping in touch with friends and family around the world and reading novels. I look forward to meeting and assisting the international community at Pitt over the next few months.

Deb will be with OIS until at least October and will begin working with employees and scholars.

WALK-IN TRAVEL SIGNATURE WEEK

OIS will be hosting a Travel Signature Week for international students with questions about travel requirements or who need a travel signature on your I-20 or DS-2019. Please remember — we can only provide travel signatures on Pitt issued forms.

◆ Dates:
  ◆ Monday, April 13 — Friday, April 17
◆ Times:
  ◆ 1pm — 4pm
◆ Where:
  ◆ 708 William Pitt Union
◆ Please bring:
  ◆ Passport
  ◆ Form I-20 or DS-2019
◆ FREE COOKIES!
Do You Need Reduced Course Load Authorization this Summer?

Full time enrollment is 9 credits for grad students and 12 credits for undergrads. You only need to submit a Reduced Course Load Request (through My OIS) for the Summer Term for the following situations.

- This is your last term at Pitt in your current program.
  - For example, you will be completing all course requirements by the end of August but do not plan to register full time. OR
  - For example, you will be starting a new degree program at Pitt in the fall and you are taking classes in the summer to complete your current program.

- Summer 2015 is your first term on a new I-20 or DS-2019 and you will not enroll full time. This includes changing degree levels.

- You will not be taking classes in the fall. If you are planning to take a leave of absence for the fall term (and only the fall term), you should request a Reduced Course Load.

For more info about RCL, visit OIS’ website.
Cruises can be a very economical way to enjoy a vacation to a beautiful warm weather destination. Popular cruises include stops in Mexico and/or islands of the Caribbean. For those with children, cruises offer a great family friendly vacation with activities for all ages.  

There are several ways to plan your cruise, including working with a travel agent, using a site like Expedia, or booking directly with a cruise company. 

CONSIDERATIONS: 

- Some ports of call may require visas, be sure to research that information with the cruise line or by contacting the embassy or consulate of that country in the United States before you go.  
- It is important to check that you re-entered the United States in the correct immigration status after a cruise. Make sure you check that your I-94 is correct when you return: https://i94.cbp.dhs.gov/I94. 
- Remember: it is possible to take a cruise with an expired U.S. visa. This is known as Automatic Revalidation. 

Many cruises offer a variety of onboard activities. Attend a wine tasting, play sports, go to a dance workshop, play bridge, do yoga, or see a live music performance!
Alison’s Zappa-tite: Prince of India

For this month’s Zappa-tite, a group of OIS members walked down Fifth Ave. to indulge in some delicious Indian food at Prince of India. Located at 3614 Fifth Ave., Prince of India offers a great (and reasonable) lunch buffet. I love going to Indian buffets so that I have the opportunity to sample lots of different dishes. Especially since I am not super familiar with the spices and cooking techniques of Indian cuisine, I sample all that the buffet has to offer. My favorite dishes that I sampled on this recent visit were the Palak Paneer (creamed spinach with cubed cheese) and Chicken Tikka Masala (roasted chicken in a creamy tomato-based sauce). As you can see by my plate, I did sample much more than those two items! Also, always remember to save room for dessert; I can never leave without having the Kheer (similar to a rice pudding).

Another perk about Prince of India is that there is a 10% discount for Pitt and UPMC employees, just simply show your ID when paying your bill! Prince of India is one of the restaurants in Oakland that takes reservations, so it is convenient for large groups. On this particular Zappa-tite occasion we celebrated Jess Hartman’s birthday and Deb Prvanovic’s return to OIS! Needless to say, our group had a great time together over tasty Indian food.

MORE ZAPPA-TITES

You can always review old Zappa-tites in the Global Perspectives Archives, or see featured Zappa-tites on the OIS Blog.

WHERE DO YOU WANT ALISON TO EAT?

If you have a suggestion for a future Zappa-tite review, please email OIS@pitt.edu. We love to try new restaurants!

The great thing about buffets is that you get to try EVERYTHING!
The 2015 DICK’s Sporting Goods Pittsburgh Marathon, held the weekend of May 2-3, 2015, is a weekend-long event for which registration is still open! There are many ways to be involved, either as a marathon, half marathon or relay runner, a 5K Run participant or by joining in the kids’ marathon or pet walk! The event will host close to 30,000 runners from all over the United States and across the world!

If you are not planning on running, why not volunteer? Be one of 3,500 volunteers and help runners reach their goal of crossing the finish line on race weekend. Volunteer positions start on Friday, May 1 at the GNC Live Well Pittsburgh Health and Fitness Expo and continue until runners reach the finish line on Sunday, May 3.

All volunteers receive:

- Official DICK’S Sporting Goods Pittsburgh Marathon volunteer t-shirt
- $10 DICK’S Sporting Goods gift certificate
- Volunteer of STEEL lapel pin
- Invitation to the annual volunteer appreciation party

You’re guaranteed a great experience while supporting one of the biggest events in the city! A wide variety of volunteer positions are available, so you can find the perfect fit for you at this website.

It is also really fun to watch the race in action! Find out the race course map here. Also, if you plan to travel around Pittsburgh on race day (Sunday May 5), make sure to check out street closures and plan your trip appropriately!

Several of the members of OIS’ staff are participating in the half marathon held on Sunday, May 3, 2015. We wish Alice, Alison, Claire and Katy the best for the race! Richard Sherman’s spouse Beth is also running. Best wishes Beth! Get out and volunteer or cheer for these folks!

OIS Staff pictured following previous races in which they have participated. LtoR: Alice Zdrole, Immigration Specialist; Alison Zappa, Immigration Services Coordinator (pictured with her sister Liz Popowicz); Richard Sherman, Immigration Specialist (pictured with his daughter Claire and then with his wife Beth); Claire Mokry, Immigration Specialist (pictured with her spouse Brad); and Katy Gongaware, Office Assistant.
Congratulations on completing your program at Pitt!

Some important reminders:

- Your Form I-20 or DS-2019 expires on your date of degree completion or the program end date listed on your Immigration Document, whichever comes first.

- OIS will shorten your program end date in SEVIS to accurately reflect when you complete your program.

- F-1 students who have completed their program have a 60 day grace period after their completion date. Likewise, J-1 students have a 30 day grace period after their completion date.

- During the grace period, you have the following options: apply for OPT or AT, continue your studies at Pitt in a new program, transfer to another institution, change your status, or permanently leave the United States.

If you are planning to continue your studies at Pitt, but you are continuing your studies at Pitt in a new degree program, OIS will prepare a new I-20 or DS-2019 for you.

If you wish to apply for Optional Practical Training or Academic Training, please review the process of applying detailed on our website.

If you plan to transfer to another institution in the U.S., please complete the Transfer Out E-form in My OIS.

If you plan to permanently leave the U.S., please have a safe trip! If you have permanently left the United States or changed your status within the United States, please complete the Departure Notification E-Form in My OIS so we can complete your SEVIS record.

Whatever your future plans may be, please log-in to My OIS and update your contact information to include your non-Pitt email address since your Pitt email address will be deactivated shortly after you graduate.

If you have any questions, please contact OIS.

Thank you for choosing to be a member of the international Pitt community and good luck in the future!
2015 Studio Arts Student Exhibition

2015 Studio Arts Student Exhibition
APRIL 1–25, 2015

Opening Reception:
Wednesday, April 1, 4–6 p.m.

Conversations with Artists in the Gallery:
Wednesday, April 15, noon

Gallery Hours:
Monday–Friday, 10 a.m.–4 p.m.
Saturday, April 25, 10 a.m.–4 p.m.

University Art Gallery
Frick Fine Arts Building, 650 Schenley Drive,
Pittsburgh, PA 15260
For more information, call 412-648-2430 or visit studioarts.pitt.edu.
Sexual Assault Awareness Month

April is Sexual Assault Awareness Month in the United States. Get the facts; know your resources.

Go to share.pitt.edu for:

* On-campus and off-campus resources for victims
* U.S. definitions of behaviors relating to sexual violence
* Information about confidentiality
* Opportunities to become a peer educator

Please also participate in the Association of American Universities (AAU) Climate Survey in April. This is a completely anonymous survey for all students at Pitt to gauge student views about the prevalence of sexual violence on campus. The University hopes to use this aggregate data in its efforts to maintain a safe campus with appropriate and adequate resources for all students. The survey will be available April 2 – April 22.

Sexual Assault and Violence in the United States and You

Coming from another culture, it may be hard to understand why there is so much emphasis on sexual assault awareness in the United States. It might make you wonder if sexual assault is such a common occurrence that you need to be worried. Or you may think the opposite — that Americans put warning labels on everything and this is just another example. The truth is, sexual violence is an issue in most parts of the world. In the past few years in the United States, people have started opening up more about their experiences and as they have done so, many people has recognized that we need to be more proactive in our education around this topic.

One of the most effective ways to prevent sexual violence is to help people understand more about it. Sexual violence does not only include rape and sexual assault, it is really any unwanted sexual activity or attention, varying from harassing comments to stalking or sexual attacks.

WHAT CAN YOU DO? SPEAK UP!

Make yourself clear when you are in a relationship. These are not always easy conversations to have, but if you care about the person you are in a relationship with and they care about you, then you both want the other person to feel good about your physical relationship. If you are uncomfortable, or think your partner might be, the best thing to do is talk about it and figure out how to better communicate your needs.

If you are in a situation in which you are made to feel uncomfortable or unsafe, please talk to someone. Everyone at Pitt should feel valued, respected, and safe. If that is not your experience, there are resources to help you. Please visit share.pitt.edu for more information.

Complete the AAU Climate Survey. You have a unique voice on campus. The international student population is only 3% of the overall student body at Pitt, but the more of you that participate in this survey, the better the university will be able to identify issues that you faces and how you experience the culture here. This could help not only you, but other current and future international students at Pitt.
Versatile Ph.D: Planning Your Career Path (STEM Fields)

On Thursday, April 16, 2015, GPSG is hosting a Versatile PhD Career Panel at Conference Room A in the University Club from 5 - 6:30 pm.

The Versatile PhD is a web-based, woman-owned, socially positive business that helps universities provide graduate students with non-academic professional development. Our mission is to help graduate students identify, prepare for, and excel in possible non-academic careers.

We want graduate students to be informed about academic employment realities, educated about their non-academic career options, and supported in preparing for a wide range of careers, so that in the end, they have choices. The key concept here is versatility: the ability to apply skills, abilities and interests in a wide variety of positions and fields.

This career panel seeks to introduce PhD students and postdocs to the resources available to them at Pitt and provide some concrete examples of PhDs who have non-academic jobs!

Panelist: Philip E.C. Stone, PhD, Electrical Engineering, Lead Engineer/Technologist, GE Energy Power Conversion; Megan E. Bowers, PhD, Biomedical Engineering, Patent Agent, Pepper Hamilton LLP; Cetin Mericli, PhD, Computer Science, Senior Robotics Engineer, National Robotics Engineering Center; Hank Safferstein, PhD, JD, Human Anatomy and Neurobiology, Executive-in-Residence, Pittsburgh Life Sciences Greenhouse; Mary Besterfield-Sacre, PhD, Industrial Engineering, Associate Professor, Institutional Leader, Center for the Integration of Research, Teaching and Learning (CIRTL).

There will be hors d’oeuvres at the event.

Please RSVP at versatilephd.eventbrite.com

TALK ABOUT IT

Some conversations are difficult to start. “I need help” can be a scary thing to say. And “Do you need help?” is a question that many people are afraid to ask a friend. Pitt’s depression awareness campaign, “Give Depression a Voice: Talk About It,” is one way that Pitt is making its campus a safe, supportive place where conversations like this can happen more easily.

If you need to Talk About It, please contact the: University Counseling Center 412-648-7930 counseling.pitt.edu Twitter: Pitt_TAI
## CALENDAR OF EVENTS — April

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>3</td>
<td>OPT Information Session, 1:30 — 2:30 PM. Register <a href="#">here</a>.</td>
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<tr>
<td>3</td>
<td>Introduction to Data Science for the Humanities and Social Services, 10 AM—12 PM, register and find other great University Library System Events <a href="#">here</a>.</td>
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<tr>
<td>10</td>
<td>OPT Information Session, 1:30 — 2:30 PM. Register <a href="#">here</a>.</td>
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<tr>
<td>12</td>
<td>TEDxUniversityofPittsburgh, 10 AM—3 PM, more information about speakers and attending this inaugural event <a href="#">here</a>.</td>
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<tr>
<td>13</td>
<td>Pittsburgh Pirates Home Opener vs Detroit Tigers, 1:35 PM, PNC Park. More information about the Pirates’ Schedule and purchasing tickets <a href="#">here</a>.</td>
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<tr>
<td>17</td>
<td>OPT Information Session, 1:30 — 2:30 PM. Register <a href="#">here</a>.</td>
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<td>17</td>
<td>Last day of classes for Spring 2015</td>
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<td>20-25</td>
<td>Finals Week—Good luck to all the students studying and taking exams!</td>
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<tr>
<td>22</td>
<td>Earth Day! Join in Pittsburgh’s celebration happening all over the city! <a href="#">More details here</a>.</td>
</tr>
<tr>
<td>23</td>
<td>OPT Information Session, 1:30 — 2:30 PM. Register <a href="#">here</a>.</td>
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**Office of International Services**

708 William Pitt Union  
Pittsburgh, PA 15260  
Telephone: 412-624-7120  
Fax: 412-624-7105  
www.ois.pitt.edu  
ois@pitt.edu  

Office Hours:  
Monday to Friday,  
8:30 AM to 5:00 PM

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Newsletter is edited and published by the Office of International Services. If you have any comments regarding the newsletter, please contact OIS at ois@pitt.edu.