



## FRIDAY GREETINGS

FROM OIE

### Hello, Students & Scholars!

Get ready for a week full of spine-chilling scares (and yes, it's cold too)! Pittsburgh has transformed for October with eerie events and hauntingly great gatherings. There's no shortage of spooky spectacles as we count down to Halloween. If you need a break from the spooky fun, take a moment to relax and explore fantastical worlds, both on ice and in the stars. There's truly something for everyone this week. We hope you enjoy this issue of the OIE "Friday Greetings" newsletter!

### OIE & CMU News & Events



#### LovingKindness Meditation

**Oct. 21 from 12 to 1 p.m.**

Need a break? These meditation sessions will introduce you to Buddhist meditation techniques that help calm the mind and develop the wholesome mental state of loving-kindness. Loving-kindness is a wholesome inner capacity of the human mind that heals both oneself and others.

[Learn More](#)



#### Playtest Night

**Oct. 22 from 6 to 8 p.m.**

Ready Player 1! Playtest Night is an ongoing event series where Entertainment Technology Center and IDeATe students make their project work available for playtesting. This is an exciting, hands-on opportunity to interact with new, dynamic projects and give feedback to fellow Tartans who are in the process of testing and tweaking their creations. Pizza will be provided!

[Learn More](#)

### Our Pittsburgh Picks



#### Pittsburgh Moving Picture Festival: Thriller Picture Show 2024

**Oct. 24 @ 6 p.m.**

Grab the popcorn and get ready for some jump scares! It wouldn't be October in the 'Burgh without the Thriller Picture Show. Check out the work of independent Pittsburgh filmmakers as they bring out their creepiest films just in time for Halloween.

[Learn More](#)

#### Disney on Ice

**Oct. 24 to 27**

Tired of spooky season? Step inside the magical fictional worlds of Frozen and Encanto instead! Part ice skating spectacular, part immersive storytelling, this event is fun for everyone.



[Learn More](#)



#### SpaceBurgh

**Oct. 19 from 12 to 8 p.m.**

Pittsburgh is an emerging space city with significant advancements in robotics, astronomy, and space science. At SpaceBurgh, you can join in the exploration! Check out interactive exhibits or get hands on with robotics demonstrations (some from fellow Tartans!). Plus so much more!

[Learn More](#)

#### Black & Ghost Tour

**Available Nightly**

Experience the spookiest of the city of black and gold's Downtown! Explore outstanding historic landmarks and learn about their history, including which spirits might lurk in them. Don't worry about picking up any ghostly travelers; the entirety of the tour takes place outdoors! Are you ready to get chills and be scared by some obscure ghost stories?



[Learn More](#)

### Have an announcement to share?

If you have an event or announcement that you wish to submit for inclusion in OIE's Friday Greetings newsletter, please submit it via our [Event Submission Form](#) by **Wednesday at 5 p.m. EST** for inclusion in the following Friday's newsletter.

*CMU's Office of International Education distributed this email. You are receiving it because of your status as an international student or scholar.*

Carnegie Mellon University  
Office of International Education  
5000 Forbes Ave, Cyert Hall, Suite 101  
Pittsburgh, PA 15213  
[www.cmu.edu/oie](http://www.cmu.edu/oie)

