



Hello, Students & Scholars!

With finals just around the corner, we know things are about to get hectic — don't worry! We've got a mix of fun and relaxing activities to help you take a quick study break and make the most of these last few days. There's plenty to do before you hit the books! And remember, we're cheering you on. We hope you enjoy this issue of the OIE Friday Greetings newsletter!

OIE & CMU News & Events

Meeting of the Minds

April 30 from 10 a.m. to 4 p.m.



Witness the brilliance of your fellow Tartans as they showcase groundbreaking research and creative projects that span every discipline imaginable. This symposium is your front-row seat to the future! Can't make it in person? No worries! The virtual symposium platform will feature posters, slide decks and videos, ensuring you don't miss a moment of the excitement.

[Learn More](#)

Finals Wellness Week

April 28 to 30

Take a well-deserved break and recharge your mind and body with a week of relaxing, rejuvenating events designed to help you de-stress during finals. Kick off the week with Hygge Hideaway, a cozy space where you can enjoy warm beverages, snacks, crafts and good conversation. Later, find your inner calm with Sky Meditation. And on Wednesday, experience the restorative power of Non Deep Sleep Rest. Then, end your day with some furry cuddles at Pet Therapy.

[Learn More](#)

MON 28 APR	HYGGE HIDEAWAY Take a break and experience some coziness and comfort by sipping a beverage, enjoying a snack, and engaging in craft & conversations. 10-4 PM WELL-BEING LAB (ROOM 104), HIGHMARK CENTER
MON 28 APR	SKY MEDITATION 5 TO 6 P.M. WELL-BEING LAB (ROOM 104), HIGHMARK CENTER
WED 30 APR	NON DEEP SLEEP REST 1 TO 1:30 P.M. WELL-BEING LAB (ROOM 104), HIGHMARK CENTER
WED 30 APR	PET THERAPY 7 TO 8 P.M. WELL-BEING LAB (ROOM 104), HIGHMARK CENTER

Our Pittsburgh Picks

Art All Night

April 26 to 27



Art All Night is a free 22-hour festival that features art and performances from hundreds of new, emerging and established artists! Enjoy unique works of art, around-the-clock performances from musicians and performers, dozens of films and interactive activities for both children and adults.

[Learn More](#)

Knights of the Arcade: Epic D&D Adventure

April 26 @ 9 p.m.

A comedy quest awaits! Knights of the Arcade is an award-winning comedy show that takes audiences on a wild, madcap adventure every month. A recurring cast of characters (a dwarf, a monk, a rogue, a sorcerer and a fighter) are joined by special guests and led by their maniacal dungeon master. Where they're going, who they fight and if they ultimately succeed is decided upon live dice that are rolled and projected on the theater wall.



[Learn More](#)



TacoMania

April 26 from 2 to 8 p.m.

TacoMania features an unparalleled line-up of local food vendors and live on-stage mayhem. For one day only, a dozen of the city's top-tier taco spots will bring you all their best offerings. Eat tacos, enjoy live music and see some of the best local pro wrestling performers. This event is 21+ only; a valid government ID will be required for entry.

[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

