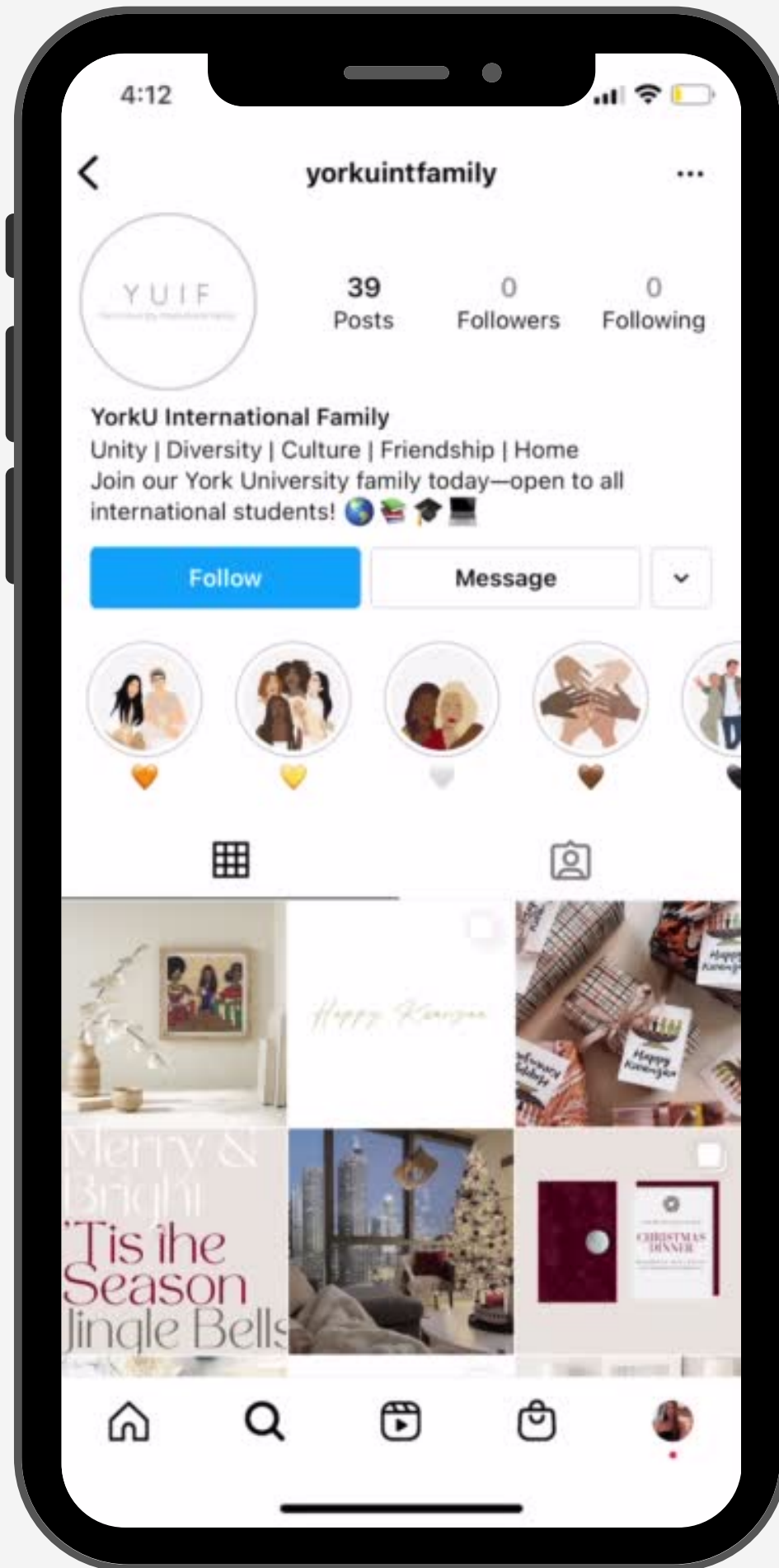


Please Note:

- When you're at the bottom of the Instagram page, you will notice I started the holiday posters in 2021 (because I started the assignment in December)—**the following holidays/events after NYE are set in 2022.**
- Before viewing the Instagram posts, kindly **look at the story highlights first** as I explain the purpose of this activity, my goals, etc. The stories are included in this file, if you would like to read the posts in a file instead of on IG, let me know and I'll send them!
- I created a "meet and greet" (Sept 2021) for international students to get to know their peers (it is in the story highlights)!
- This activity is strictly **cultural and family-based**; it does not include awareness on other topics such as sexual orientation, gender, etc. There are so many important topics that I would love to include but there are one too many—the Instagram page would have a lot more posts and I didn't want it to be too broad.
- This social club is designed to give international students the opportunity to spend the holidays with their peers since they cannot be with their families
- **I linked the Instagram account to the iPhone** (next page), if you click it, it should direct you to the IG page! If it doesn't work, the account is **@yorkuintfamily**
- Please ensure to **swipe on the posts with more than one picture**
- Fun fact: I designed most of these posts, I hope you like them and enjoy my activity as much as I enjoyed creating it!



Purpose and Goals

International students are people who relocate from their country of origin to another with the goal of completing their education. Many have come from countries far away, leaving their family and cultural traditions. This idea would be a way to create a "York University" family for international students that are feeling homesick and experience culture-shock. Many international students do not have the opportunity to spend the holidays with their family and, consequently, spend them alone. I sympathize with those who do not live with their family as they study abroad. I am very close with my family and cannot imagine spending the holidays alone or not seeing family as frequently as I do now.



The purpose of this tutorial activity is to create a fun and inclusive social club for international students to celebrate their cultural traditions and holidays with others from the same — or different — backgrounds. This social club will include various celebrations and activities and is designed around the idea of **multiculturalism** which celebrates, recognizes, and respects international students from diverse and supposedly "inferior" **cultures**.

My goal is to establish a support system of a mutual aid structure to reduce acculturation stress, social exclusion, and potential feelings of cultural loss by addressing international students' vulnerabilities. As a domestic student, I am aware that international students experience countless challenges in addition to being separated from their families, thus, I will use my knowledge to engage in a community with international students.



Our Mission

York University International Family (YUIF) is a social club for all international students at York University, regardless of race or religion—everyone is welcome! Our predominant goal is to eliminate feelings of loneliness, culture loss, and bring about an inclusive community of family, unity, tradition, and friendship. YUIF hosts celebrations for various cultures to make you feel more at home and connected to your family. These celebrations are open to all students as a way to meet new people and learn about cultures different from your own.







Experiences and Barriers

The idea of international students living in a different country from their family members can be recognized as **astronaut families**. International students are expected to adapt to and participate in Canadian culture, a process known as **acculturation**. Consequently, this affects international students through re-socialization. Because of the differences in cultural norms, values, language, and race, an international student from Ethiopia will have a very different experience from a white Italian student or an Asian student from China. The one thing that these students have in common is that they have all left their homes, families, and cultures to complete their education at York University. International students' ability to cope may be restricted due to a lack of resources. Further, they may experience **social exclusion** within and beyond educational systems which can compromise their mental well-being and their adjustment to a new country.

It is important to recognize that not all international students will have the same experiences; they will face different struggles based on **social attributes** of race, culture, sexual orientation, gender, etc. Their experiences can be analyzed through an **intersectional lens** as it allows us to understand the coinciding intersections between social difference and identity. My social group recognizes how power, privilege, and oppression shapes international students' experiences. There is always room for more improvement and greater support for international students, especially during COVID.

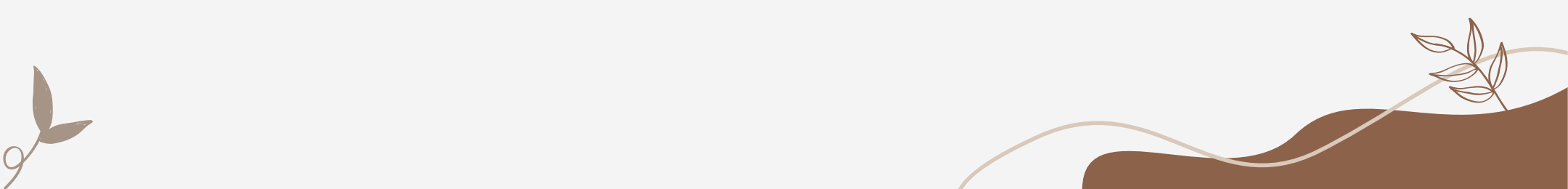




Inspiration

My TA, Jade, inspired me to create this club by proposing the idea of mutual aid groups; a solidarity and community-based support system in which people unite against a common struggle. My friend, Carlotta (an Italian international student) also inspired me to create this social club. I met her at York University in my first year and she told me that she was spending the holidays alone so I invited her to my aunt's house to celebrate Thanksgiving with us. Because we share the same culture, our food, language, and traditions were all familiar to her. Although she was not with her family, she was able to spend Thanksgiving with people who have the same values.

Because classes at York University are held online, it is much more challenging for international students to interact with others and meet new people. Feelings of loneliness and isolation are heightened because there aren't any social activities or in-person opportunities; international students are particularly impacted by this.





Meet and Greet

Welcome to YUIF! Our meet and greet is a great way to start the semester and meet other international students from around the world. The goal is to create a York University international family where you can celebrate and share your traditions and cultures with others.

YUIF invites you to meet on September 7th, 2021 at Wendy's in York Lanes at 2pm. Look for flags with our "YUIF" logo. Take this opportunity to meet your fellow international students, exchange phone numbers, and provide input into upcoming YUIF events!

