

August 2025 - Office of International services Newsletter

Welcome Billikens!

OIS is excited to welcome back new and returning Billikens for the Fall semester! Be sure to check your email monthly for immigration and other updates via newsletter.



Campus Life

As you adjust to St. Louis this semester, consider visiting these spots on and around campus!

- [Einstein Bros. Bagels](#)
 - SLU has many food and restaurant options on campus. Located in the Pius XII Memorial Library, Einstein's offers gourmet bagels, sweet treats, and caffeinated drinks to fuel your study sessions.
- [Samuel Cupples House](#)
 - A historic mansion turned into a museum - this is a great activity to do with friends! Walk-in visits are welcome for groups of all sizes.
- [The Fabulous Fox](#)
 - Looking for a weekend activity? Iconic Broadway musicals are within walking distance of SLU's campus! Catch The Rocky Horror Picture Show, Life of Pi, or Les Misérables this fall.
- [City Foundry STL](#)
 - A one-stop-shop for groceries, restaurants, drinks, shops, and entertainment, the City Foundry STL has it all! Just a short walk across Forest Park Ave will get you to foundry favorites: Puttshack, Golden Gems, Fresh Thyme Market, Sur Este, and more.

FAQ's

How many credit hours do I need to be enrolled in?

According to federal law, international students must be enrolled in courses full-time.
Undergraduate: 12 credit hours
Graduate: 6 credit hours
Talk to your OIS and academic advisors if you have less than full-time hours left to graduate.

Do I need a letter from OIS for my family to receive a visitor visa?

No. OIS does not issue invitation letters, as US consular officials have made it clear they do not take the letters into account. You may choose to write your own letter of support for your family, explaining the need for them to travel to the US.

If I updated the SEVP portal with my OPT employer, will I receive an employer I-20?

No. To receive an OPT employer I-20, you will need to submit an OPT employer update request in the student portal. OIS advisors are not notified when a student updates the SEVP portal.

Do I need an updated local address in Banner?

Yes. The federal government requires all updates to be made within 10 days of any changes.



Immigration Updates

Are there any current restrictions on travel?

Currently, there are restrictions on travel to the US for nationals of select countries. OIS has emailed affected students. Consult your OIS advisor before planning a trip outside of the US. For more information about travel restrictions, visit this [LINK](#).

What documents should I bring for my return to the US?

Required documents: valid passport, valid visa, current signed I-20 (with travel signature, no more than 1 year old), EAD card (if on OPT/STEM-OPT)

Recommended documents: proof of course enrollment for upcoming semester, SLU acceptance letter, proof of finances, proof of US address, job offer letter (if on CPT/OPT/STEM-OPT)

What should I do if I cannot return to campus on time?

Students **MUST** return to SLU campus NO LATER THAN August 18th for Fall 2025 courses.

Students **MUST** return to SLU campus NO LATER THAN January 12th for Spring 2026 courses.

If you cannot return to the US by this date, you should contact your OIS advisor about taking a leave of absence for a semester, and returning on-time in the Spring.

Who should I call if I experience issues at the border?

Students should contact the DPS emergency line if they experience difficulty entering the US or rejection at the border: 314-977-3000

OIS is limited in ability to assist students in these situations.



International Student Welcome Party - Aug. 2025

Upcoming SLU Events

Billiken Night at the Ballpark

Date: Wednesday, August 27th

Time: 6:45 p.m.

Location: Busch Stadium

purchase tickets [HERE](#)

OIS Townhall: Visa and Immigration Update

Date: Friday, September 5th

Time: 1:30 p.m. – 3:30 p.m.

Location: Anheuser Busch Auditorium

OIS Essentials: CPT, OPT, and Off-Campus Employment Options

Date: Monday, September 15th

Time: 12:00 p.m. – 1:00 p.m.

Location: Anheuser Busch Auditorium

STUDENT SPOTLIGHT

Vishaka Gujar



Vishaka Gujar

Favorites

Vishaka says the best part about being a student at SLU is feeling included in all communities and being able to talk to people from different backgrounds without hesitation. She enjoys spending her time at the Center for Global Citizenship (CGC), which she finds very comfortable. Outside of school, Vishaka is passionate about painting and has a special love for cats.

All About Vishaka

A dedicated Public Health major, Vishaka is making a difference both on campus and in the community. She currently serves as a Community Wellness Advocate at the University Counseling Center, supporting student mental health initiatives. She is gaining hands-on experience through an internship at the Missouri Public Health Institute. In addition to her internship, she leads service projects as the Service Co-Chair for the Student Association of Public Health.

Successes and What's Next

Vishaka completed a summer internship at the City of St. Louis Department of Health. As an international student, she views her academic journey in the U.S. as a significant achievement. She plans to pursue a Ph.D. in Public Health after her OPT period.

Show Me St. Louis: Your Local Adventure Guide

Friday 5th August 2022

August Events



NIGHT AT THE ZOO

Date: Friday, August 22nd

Time: 6:00 p.m. - 9:00 p.m.

Location: STL Zoo

Price: \$40

Sip and stroll through the Saint Louis Zoo after hours. Sit where you want on the train and enjoy some chaos-free moments of connection with animals. 21+ event. [LINK](#)



ELL VIRTUAL CONVERSATION PRACTICE

Date: Tuesday, August 26th

Time: 10:00 a.m. - 11:00 a.m.

Location: STL Public Library

Price: FREE

Is English your second language? Practice your English conversation skills, learn new expressions and improve your pronunciation. It's informal and it's FREE. [LINK](#)



GLOW CITY

Date: August 24th - August 30th

Time: 10:00 a.m. - 9:00 p.m.

Location: City Museum

Price: \$23

The last full week of each month, light becomes dark as Art City transforms into GLOW CITY! Join us under the blacklight for glow-in-the-dark arts, crafts, and spin art. 4th Floor in Art City. [LINK](#)



LINKIN PARK CONCERT

Date: Saturday, August 23rd

Time: 7:30 p.m.

Location: Enterprise Center

Price: \$58+

The From Zero World Tour is a concert tour by American rock band Linkin Park in support of the band's eighth studio album From Zero. [LINK](#)



YOGA UNDER THE STARS

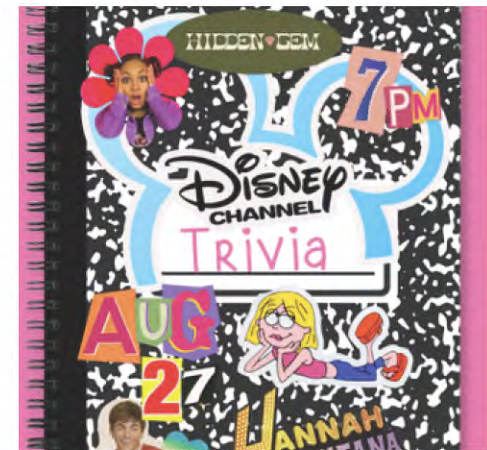
Date: Monday, September 1st

Time: 6:30 p.m. - 8:30 p.m.

Location: St. Louis Science Center

Price: \$25

The evening begins with a 15-minute guided Star Show, exploring the current night sky. The lights stay low but the stars stay bright for the 60-minute yoga class that follows. Class is intended to be gentle and beginner-friendly. [LINK](#)



DISNEY CHANNEL TRIVIA

Date: Wednesday, August 27th

Time: 7:00 p.m.

Location: Hidden Gem

Price: FREE

Trivia is always free to play and welcome to teams of any size, but space is limited and spots are first come, first serve. No reservations or sign-ups necessary. Trivia about all things Disney Channel. [LINK](#)

SPOONFUL STORIES: BITES AROUND THE LOU

EL BURRO LOCO

313 N EUCLID AVE SAINT LOUIS MO
63108

Burrito Fajita Shrimp

Flour Tortilla stuffed with Grilled Shrimp, Onions, Bell Peppers, and Beans. Topped with Cheese Dip and served with Rice, Lettuce and Pico De Gallo

Price: - \$17.95



SAUCY PORKA

3900 LACLEDE AVE. ST. LOUIS, MO 63108

Shrimp Baco

Guajillo Shrimp topped with corn salsa (w/ mayo) and chipotle aioli served on steamed bao bun. Select grilled or tempura fried shrimp.

Price: - \$4.85



PASSPORT TO LEARNING: MAPPING THE ORIGINS OF INTERNATIONAL STUDENTS



SLU CURRENTLY HAS 3 STUDENTS FROM PANAMA AND 14 STUDENTS FROM SRI LANKA. LEARN MORE ABOUT WHERE ARE STUDENTS ARE HAILING FROM!

PANAMA



- Panama is in Central America, making it a key link between North and South America.
- Casco Viejo blends colonial charm with modern vibes, making it a cultural heart of Panama City.
- Bocas del Toro and Boquete offer tropical beaches and misty highlands perfect for adventure seekers.
- Sancocho, a savory chicken stew, and ceviche are staples of Panama's flavorful cuisine.
- Handcrafted molas and traditional festivals highlight Panama's rich artistic traditions.

SRI LANKA

- Sri Lanka is an island nation located in South Asia
- It's home to eight UNESCO World Heritage Sites.
- Ceylon tea, one of the world's finest, comes from Sri Lanka.
- Sri Lanka has a multi-religious, multicultural society, with Buddhism, Hinduism, Islam, and Christianity coexisting.
- Known as the Pearl of the Indian Ocean, Sri Lanka is an island nation with rich biodiversity and stunning beaches.





Newsletter Quiz - Prize Opportunity

Did you read the entire newsletter? If so, this is your chance to test your knowledge to potentially win a prize!

A quiz will be posted at the end of each newsletter about the content: immigration, events, etc....

The highest correct scores will be entered for the chance to win a small prize. One prize will be awarded per newsletter.

A new quiz will be posted each month.

Winners will be notified via email. If the winner does not claim their prize within a week of being emailed, a new student will be chosen.

Quiz link: [QUIZ](#)



Thank you for reading!



Student Spotlight Nominations

The next Student Spotlight could be you! Submit a nomination for yourself or a friend by scanning the QR code below, or by clicking the link.

SLU International Students can be nominated for ANY positive reason - good grades, a unique talent, helping in the community, obtaining a great internship, etc...

Students who are selected for a Student Spotlight will receive an email from OIS. The chosen student will need to report to OIS to have a professional photo taken within the dates/times listed in the email. If the student nominated does not appear for their photo, a new student will be selected in their place.

Nomination link: [FORM](#)



OFFICE HOURS

8:30 a.m. - 5:00 p.m., Monday - Friday

ADDRESS

3694 West Pine Mall
Des Peres Hall, Suite 102
St. Louis, MO 63108

CONTACT US

PHONE: +1 314-977-2318
Email: internationalservices@slu.edu

FOLLOW US ON INSTAGRAM!

[@sluinternationalservices](#)