Friendship Program would like to thank all of you who came out for our Fall 2012 – Spring 2013 School Year Kickoff last month! Over 100 of you attended and we hope that you all had a wonderful time meeting your match! For those of you who weren’t able to attend, we hope you have found an opportunity to connect with your match.

We have started off great and currently have 75 hosts and 100 international students and scholars in the program! Our students and scholars are coming from countries all over the world such as China, South Korea, India, France, Taiwan, Indonesia, Malawi, Malaysia, Czech Republic, Germany, Colombia, Norway, Pakistan, Brazil, Dominican Republic, Tanzania, Mexico, Saudi Arabia, Romania and many more! We look forward to an exciting year and wish you all a wonderful experience, rich cultural exchanges and long-time friendships!
ANNOUNCEMENTS

October Events

On Campus
Oct. 6th – UT Football
- Texas vs. West Virginia
- For tickets and more information, please visit http://www.texassports.com/
Oct. 30th – Longhorn Halloween
- For more details, please visit http://www.utexas.edu/events/halloween/

At the International Office (IO)
Oct. 27th - ISSS Texas Excursion to Six Flags Fiesta Texas Fright Fest
- Registration opens Monday, October 8th
- For more information and details, please visit http://world.utexas.edu/isss/intercultural/excursions

Around Austin
Oct. 4th – First Thursday on South Congress
Oct. 12th–14th – Austin City Limits Music Festival (ACL)
Oct. 27th – Austin Yoga Festival

*Please visit www.austin360.com for more details regarding the above events.

DISH OF THE MONTH

Bibimbap (비빔밥) [Korean]

Ingredients:
- 2 cups medium-grain Korean (or Japanese) white rice
- 1 large cucumber
- 1½ cups bean sprouts, parboiled and squeezed of excess water
- 1½ cups spinach, parboiled and squeezed of excess water (3/4 lb before cooking)
- 2 carrots, juliened
- 4 shiitake mushrooms, rehydrated if dried and then sliced
- 1 zucchini, sliced into thin strips
- ½ lb meat (optional, both and cooked ground meat work well)
- Fried egg sunny side-up as a topping (optional)
- 2 Tbsp sesame oil
- Sesame seeds

Method:
1. Cook rice in rice cooker or on the stove.
2. Give cucumber strips a saltwater bath for 20 minutes and then drain.
3. Season spinach and bean sprouts with 2 tsp of sesame oil, 1 tsp of salt, and a dash of sesame seeds.
4. Sauté carrots, mushrooms and zucchini with a dash of salt
5. Place cooked rice in a large bowl and arrange vegetables on top.
6. If desired, beef or egg can be placed in the center.
7. Serve each with small bowls of red pepper paste (kochujang) and sesame oil.
8. To eat, add a small amount of oil and desired amount of red pepper paste to your bowl and mix everything together with a spoon.