

# Global X: Suggested Activities

As a Global X Mentor, you are committing to meeting with your mentee **5-10 times** throughout the semester. This can be attending ISSS events together, getting lunch on-campus, showing them around downtown Harrisonburg, bringing them to an event your student org is hosting... *you are only limited by your own imagination!* If you need a few ideas to help you get started, here are some:

## ON CAMPUS:

- Attend ISSS events together! Just email Thomas Lavenir ([lavenitp@jmu.edu](mailto:lavenitp@jmu.edu)) to be added to the International Programs email list.
- [See a movie at Grafton](#) - they're FREE, just present your JAC!
- Take a walk around the [Arboretum](#).
- Attend a free Saturday show at the [Planetarium](#).
- Check out [UPB events](#) like *Late Night Breakfast*.
- Visit [the Studio](#) in the Counseling Center (3rd floor, SSC). This is a self-care space equipped with all kinds of art supplies. Not only is this a fun way to get creative and relieve stress together, but it will help your mentee feel more comfortable with the Counseling Center, in case they ever need other services.

## OUT AND ABOUT\*:

- The blog "[I Love My Burg](#)" lists weekly events happening around town - just click the "Harrisonburg Happynings" tab near the top of the page. You can also check out the [Downtown Harrisonburg](#) site.
- Meet up on Tuesday or Saturday mornings and walk or bus to the [Harrisonburg Farmers Market](#).
- Attend [First Friday](#) downtown together.

*\*ISSS cannot recommend that you drive your mentee to off-campus activities, as we can't provide auto insurance in case of an accident.*