Comfort and Connections

What is your favorite way to relax and feel at home in the fall? Consider making adjustments to your routines and open up to new monthly events.

Looking for a Change of Scenery?

If your days are feeling dull, consider finding ways to explore off Grounds. Check out some local favorites:

HOO? KNEW?

3 out of 5 UVA undergraduates perform community service or volunteer activities during their leisure time

Embrace a Change of Pace

Sketch up your routine with one of these suggestions:

- Volunteer with CASPCA, Madison House, or Habitat for Humanity.
- Stargaze in open spaces like O'Callaghan, Bond Memorial, or Lewis Mountain.
- Write a letter to a loved one or send an encouraging note to someone who may be experiencing social isolation.

“Keep the February 2018 KAIA with you-props from UVA undergraduates.”