



**A GUIDE TO SURVIVING
AND THRIVING IN
MADISON'S**
Winter



FUN WINTER ACTIVITIES

Sledding

Giddings Park

429 Castle Pl
Madison, WI 53703

Olbrich Sledding Hill

3201-3299 Oakridge Ave
Madison, WI 53704

Ice Skating

UW-Madison: The Shell

(paid)

Tenney Park Rink

402 Thornton Ave
Madison, WI 53703
(free)

**equipment rentals
available at both locations**



HEALTH TIPS



- Be connected with people / friends to combat isolation
- Consider sun lamps in your room or living area to help with shorter daylight hours
- Some people find increasing their Vitamin D (through supplements or food sources) helpful due to the reduced exposure to sunlight
- Use lip balm or Chapstick for your lips
- Invest in a good moisturizer (water-based or oil) for your skin
- Be in contact with your physician or with University Health Services (UHS)



International
Student Services

UNIVERSITY OF WISCONSIN-MADISON



Advice from Maxwell and Jeeva

