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WELCOME

Welcome to Omaha, one of America's best cities to live, work and learn.

We are happy to host you at one or both of our outstanding institutions: the University of Nebraska at Omaha (UNO), Nebraska's premier metropolitan university; and the University of Nebraska Medical Center (UNMC), with our primary clinical partner, Nebraska Medicine, a health science center with the mission to lead the world in transforming lives to create a healthy future.



I am privileged to serve as chancellor of both institutions. And, through this synergy, we are committed to leveraging the strengths of each university to create a more cohesive global engagement program. With the combined power of these two universities, we provide numerous opportunities to cooperate and collaborate on global engagement issues related to education, research and service.

We are committed to international collaboration, partnership and friendship. We challenge you to reach your full potential, with appropriate institutional guidance, encouragement and support. Your success is our success.

We are here for you. We are glad to have you here with us.

Please become familiar with this handbook, and take full advantage of the resources noted herein.

My best wishes as you begin this exciting journey.

Now, together, let's get to work.

Jeffrey P. Gold, M.D. Chancellor

WELCOME



We are pleased that you have made the decision to join the University of Nebraska Medical Center or University of Nebraska at Omaha.

We welcome and support students and scholars from diverse nations and cultures. Your presence on our campus contributes to the rich tapestry of students, staff, and faculty.

You have taken an important step investing in yourself and your future. We provide personalized support services to international students and scholars, and opportunities for all students to enhance their experience. All around you are

individuals, groups, and activities that serve to enrich your life and help you feel at home in your new community.

This handbook will provide information for current and future students, visiting scholars, international partners as well as faculty and staff.

Our staff welcome you and hope that you will always feel free to stop by for assistance, ask questions, or just say a friendly hello. We extend warm greetings and wishes as you begin your academic program here.

Jane L. Meza, PhD Associate Vice Chancellor for Global and Student Support University of Nebraska Medical Center and University of Nebraska at Omaha

WELCOME

Welcome to UNMC. You are entering an academic health science center where possibilities for personal growth and learning are limited only by your own diligence, intelligence and imagination. Here, you will study and work with researchers and health care professionals known around the world as experts in their fields. You will learn from the best because we want you to be the best in your chosen discipline.

Congratulations on your first step toward a career through which you will surely make a difference in this world.

H. Dele Davies, MD, MS, MHCM Senior Vice Chancellor for Academic Affairs Dean for Graduate Studies Professor of Pediatrics University of Nebraska Medical Center





Welcome to the University of Nebraska at Omaha (UNO), where our mission is to change lives through excellence in education. Here, we make a positive impact on our local community and our world each and every day.

UNO is more than a university. We are a diverse community that believes in the power of collaboration. All learners who have done the hard work of preparation are welcome here. Together, we explore new, innovation ideas. We address pressing local and international issues. We serve others

As you begin this journey, I encourage you to take advantage of the many rich academic and student life opportunities at UNO. Please also take time to explore Omaha. Learn how our campus touches every part of our city.

And know that if you are ever in need of support, or simply have a question you need answered, we stand ready to help with staff and services provided specifically for our international students and scholars.

We are glad you are here.

B.J. Reed, Ph.D. Senior Vice Chancellor for Academic and Student Affairs University of Nebraska at Omaha

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INTRODUCTION

Careful planning and preparation by students and exchange visitors can ensure that the process goes smoothly. Here are some things you should do:

Before leaving your country, confirm that your passport and visa are still valid for entry into the United States. The passport should be valid for at least six months beyond the date of your expected stay.
Check to see that your visa accurately reflects your correct visa classification.
If the visa states the name of the institution you will attend or identifies the exchange program in which you are participating, verify that this information is accurate as well. If your review indicates any discrepancies or potential problems, visit the U.S. Embassy or Consulate to obtain a new visa.
Students and exchange visitors entering the United States for the first time under their respective non-immigrant visa classification may only be admitted up to 30-days prior to the program start date .
When you receive your U.S. non-immigrant visa at the Embassy or Consulate in your country, the consular officer will seal your immigration documents in an envelope and attach it to your passport. You should not open this envelope! The Customs and Border Protection Officer at the U.S. port–of-entry will open the envelope.
Make sure you are in contact with the International Office at your campus, unmc.edu/IHME or world.unomaha.edu.
UNMC International Health and Medical Education Business Services Center, 3034K 402-559-8326
UNO International Programs Arts and Sciences (AS), 241 402-554-2293

DOCUMENTS

VISA INFORMATION

A visa is a grant of permission to enter the country. The U.S. entrance requirements are as follows:

 You must be healthy. Specific admissible health conditions change from time to time, please consult your U.S. embassy or consulate for current information.



- You must be law-abiding. Criminal behavior is grounds for deportation.
- You must be able to support yourself financially during your stay.
- You intend to leave the U.S. after you complete your studies.

There are three types of student visas:

- F-1 (Student Visa) The F-1 visa is for full-time students enrolled in an academic or language program. F-1 students may stay in the U.S. for the full length of their academic program, plus any post-completion practical training, and an additional 60-day grace period. F-1 students have strict enrollment requirements throughout their academic programs and, unless granted an authorized extension by the program sponsor, must complete their studies by the program end date listed on their I-20 form. Most F-1 students enrolled in degree programs are eligible for practical training (OPT employment) during or following each successful degree level completion. Students who complete degree programs in certain STEM-eligible fields may also be eligible for additional practical training employment authorization.
- H1-B (Occupational) The H-1B visa allows a professional to work under sponsorship of a business. These positions typically require a bachelor's degree or higher in the field of study related to the occupation (e.g., engineers, scientists, or mathematicians). The H1-B visa is usually associated with an occupational position that requires specific specialized duties and complex knowledge to perform the duties. The initial period of stay is 3 years with possible extensions available in 3-year increments. The H1-B visa issuing process is more complex than for a student.
- J-1 (Exchange Visitor Visa) The J-1 visa is issued for several different categories, including degree and non-degree students, short-term and research scholars as well as medical residencies and others. Its length of authorization will often be determined by the purpose of the visit and will generally be limited to the dates identified on the DS-2019 form issued by the sponsoring institution. The J-1 visa in many categories may require the visitor to return home for a minimum of two years before returning to

the U.S. with employment sponsorship, such as H-1B or Permanent Residency. There are also time-limited bars on repeat participation in certain J-1 categories. The most common categories are:

- » J-1 Research Scholar The Research Scholar category is used to invite students and scholars to the U.S. to engage in research or training in a particular field of study. This visa type allows stays for as little as three weeks and as long as five years, and requires demonstration of financial support for the duration of time requested. This support can come from any source, including from the inviting institution (as employment), the home country institution, personal funds or private affidavits from family/friends.
- » J-1 Short-Term Scholar The Short-Term Scholar category is similar to the Research Scholar category except that it has a maximum duration of six months (no minimum duration).
- » J-1 Student The Student category is issued for any level of education, including Non-Degree study under certain circumstances. It's duration is determined by the average length for the program of study, typically four years for undergraduate, two-to-three years for masters and five years for doctorate students. The J-1 Student category has features and requirements similar to the F-1 Student visa, but has some significant differences in both how it is administered and the post-completion training (employment) opportunities available. This category is not commonly used unless there is a reason the F-1 visa would not be available to the student.

Of these, the F-1 and the J-1 are the most common for international students.

SPOUSE AND CHILDREN

- Your spouse and unmarried, minor children who intent to reside with you during your study may apply for F-2 visas. Your school must issue them an individual Form I-20, which is required to apply for their visas. You must provide a copy of your F-1 visa and provide proof of relationship.
- Your minor children are permitted to attend school in the United States while accompanying you.

For more information, visit: unmc.edu/ihme/visa studyinthestates.dhs.gov uscis.gov/working-united-states/working-us

CHANGING VISA STATUS AFTER ARRIVAL

The B-2 visa (Tourist Visa) is not considered a student visa for full-time study. Studying in the U.S. on a B-2 visa is grounds for deportation. Switching from a B-2 visa to a F-1 or J-1 visa after arriving in the U.S. is extremely difficult and may be grounds for deportation or prosecution for visa fraud. If you intend to enter the U.S. with a B-2 visa and possibly switch later to a F-1 or J-1 visa, be sure to get the visa with a "Prospective Student" stamp on it. You'll probably need to supply a copy of a letter of admission before they will grant you a B-2 visa with a "Prospective Student" stamp on it. As a general rule, if you intend to enter the U.S. as a student, you should get a F-1 or J-1 visa. If you decide to change status after arriving in the U.S., you should wait at least 60 days to avoid presumptions of visa fraud.

MAINTAINING VISA STATUS AFTER ARRIVAL

If a student on a F-1 visa is not able to complete their studies by the expiration date on the I-20 form, they must apply to the school's international advisor for an extension 30 days before expiration. Extensions are normally granted for academic and medical reasons so long as there have been no violations of visa status.

It is possible to transfer schools after arrival on an F-1 visa. You will need to notify your current school of the transfer and obtain an I-20 form from the new school. You will complete the student certification section of the I-20 and must deliver it to the international advisor at the new school within 15 days of beginning attendance at the new school.

If you are changing majors at your current school, you do not need to notify the U.S. Citizen and Immigration Services (USCIS). If you are changing degree programs (e.g., from a bachelor's degree to a master's degree program), you will need to have the international advisor update your I-20 to reflect the new degree objective. This will produce a new I-20 with new validity dates.

TIP: Always keep all I-20 forms issued to you, regardless of the dates or programs they reflect. <u>Do not discard or destroy any I-20 forms unless directed to do so by your international advisor.</u>

For more information, visit the UNMC Visa Sponsorship or UNO International Advising webpage: unmc.edu/ihme/visa unomaha.edu/international-studies-and-programs/

student-support/advising

ADDITIONAL VISA INFORMATION

Once you are in the U.S., check your visa status carefully before traveling to other countries. Your visa must permit multiple entry. Otherwise, you might not be allowed to re-enter the U.S. when you return from your trip. It is very difficult to get a new U.S. visa outside your home country and the U.S. if you've been denied re-entry into the U.S.

For students on an F-1 visa, your passport must be valid for at least six months when you enter the U.S. and your I-20 must have been signed by the international advisor within the past six months. You must also have a valid F-1 visa stamped in your passport and carry documentation of financial support. The rules for students on a J-1 visa are similar, except the DS-2019 form must have been signed by your sponsor within the past year. But there are exceptions for students on both visas, especially for students who have changed their visa type while in the U.S. or who come from certain countries, so check with your international advisor before any trip outside the U.S., including trips to Canada or Mexico. There are also limits on the amount of time you may stay outside the U.S. before your visa becomes invalid.

PROVING NON-IMMIGRANT INTENT

You may need to establish that you intend to return to your home country after your studies are complete. You may need to demonstrate economic, personal, social and cultural ties to your home country. Some of the methods of doing this include:

- Providing a list of the names, addresses, ages and occupations
 of close family members who remain in the home country.
- Providing documentation of financial ties to the home country, such as ownership of real estate.
- Providing evidence of job prospects in the home country, such as a letter from a potential employer.
- Providing an explanation of why equivalent educational training is not available in your home country or as suitable.

Likewise, if you have close relatives or financial interests in the United States, you may have difficulty getting a visa. If a consular officer believes that you intend to immigrate to the U.S., the officer must, as a matter of law, deny the visa.

You may be required by the USCIS to post a Departure Bond to guarantee your departure.

For more information visit travel.state.gov/visa

For tips on preparing for your visa interview, see this link prepared by the NAFSA organization: nafsa.org/findresources/Default/aspx?id-8643

PASSPORTS

Your passport must be valid for at least six months beyond the end of your intended stay in the U.S.

Before leaving for the U.S., make a photocopy of the page containing your photograph and passport number. If your passport is lost or stolen, this will make it easier to replace the passport. Keep the photocopy in a safe place, but do not carry it with your passport.



If your passport is lost or stolen, notify your embassy and the police immediately.

SUFFICIENT FINANCIAL RESOURCES

To get a F-1 visa approved, you will need to demonstrate that you have sufficient funds to pay for the first year of study and that you have resources available to cover the rest of your educational program. For a J-1 visa, you will need to demonstrate that you have sufficient funds to pay for all tuition and living costs for your entire stay in the U.S.

The information you provide on the I-20 form (F-1) or DS-2019 form (J-1) will be scrutinized very carefully by both the international advisor at the school and the U.S. Department of State. If you don't have the resources necessary for study in the U.S., you will not get a visa.

IMMUNIZATIONS

UNMC STUDENT HEALTH SERVICES

Student Health Services is located in Family Medicine Outpatient Clinic on Level 3 of the Durham Outpatient Center.

unmc.edu/familymed/studenthealth

UNMC OFFICE HOURS

 Monday
 8:00 a.m. - 4:30 p.m.

 Tuesday
 8:00 a.m. - 4:30 p.m.

 Wednesday
 8:00 a.m. - 4:30 p.m.

 Thursday
 8:00 a.m. - 6:00 p.m.

 Friday
 8:00 a.m. - 4:30 p.m.

STUDENT HEALTH CONTACT INFORMATION

Student Health Office: 402-559-5158
Appointments: 402-559-7200
Fax immunization forms to: 402-559-8118
Fax for prescription refills: 402-559-5550

OTHER HELPFUL WEBSITES

Student Counseling unmc.edu/stucouns

Scheduling Appointments unmc.edu/familymed/studenthealth unmc.edu/familymed/studenthealth/

student-health-insurance

UNMC IMMUNIZATION REQUIREMENTS

It is the intention of UNMC Student Health to provide knowledge of, and take precautions to prevent, communicable diseases for students preparing to enter the health care profession. Immunizations are an extremely important part of this



effort for students during their tenure at UNMC and as future medical care providers. Much of what health care students and professionals do in the health care setting comes under federal Occupational Safety and Health Administration (OSHA) guidelines. Under these guidelines, and those set forth by the Centers for Disease Control and Prevention (CDC), there are certain sets of immunizations that are required of all healthcare workers.

UNMC Student Health, along with Nebraska Medicine's Healthcare Epidemiology Department, has put in place an immunization policy which adheres to the recommended guidelines set forth by the CDC for healthcare workers

For the immunization requirements, visit the UNMC Student Health website at unmc.edu/studentservices/documents/immunization-Policy093013.pdf.

Tere Batt, Student Health Coordinator 402-559-5158 | tbatt@unmc.edu

Specifically, all UNMC students are required to provide evidence of vaccination against, or immunity to (titer), the following:

- Rubeola (measles)
- Rubella
- Mumps
- Diphtheria/Tetanus/Pertussis
- Polio
- Varicella (chicken pox)
- Hepatitis B
- Influenza immunization is strongly recommended for all students (required for all nursing students)
- Tuberculosis (a test to ensure negative status evaluated annually; see on next page for more information)

TUBERCULOSIS SCREENING ON ADMISSION

- a. Category 1 Students who currently undergo yearly PPD testing
 - i. Students, who are currently tested every year, submit the last 2 years of negative test documentation unless they have had continuous enrollment at UNMC. Ideally, students should have a negative test within 6 months prior to registration.
- b. Category 2: Students who have not had a PPD in the past 2 years
 - i. Students, who have NOT had PPD skin testing in the past 2 years, must have a 2-step PPD.
 - ii. A 2 step PPD is defined as 2 negative skin tests placed at least 7 days apart and each having been read 48 hours-72hours after placement. This must be completed within 6 months prior to registration.
- c. Category 3: Students who were given BCG as a child but have not had a positive PPD
 - i. Students who were given BCG as a child and have not tested positive to the PPD skin test should have the two-step PPD skin test performed. If the PPD is positive, the student should have IGRA testing performed.

- d. Category 4: Students with a history of positive PPD
 - i. If a student has had a positive skin test in the past (including those who received the BCG vaccine as a child), they must have documentation of a TB Interferon-Gamma Release Assay (IGRA) within 6 months prior to registration. IGRA blood testing will be used to meet the requirement for yearly TB screening.
 - ii. International Students without access to IGRA blood testing may submit evidence of a negative chest radiograph taken within 6 months prior to registration. Students should be screened at the Student Health Center upon arrival at UNMC.

e. Additional notes:

i. Students with a history of a positive PPD, positive IGRA or history of tuberculosis will be seen in Student Health Clinic and evaluated for current signs and symptoms of active disease. An initial negative chest radiograph must be documented within the student health record within

6 months prior to registration. If the screening is negative for symptoms of TB and the radiograph does not demonstrate evidence of active disease, the student will be allowed to register and engage in activities at UNMC. The student should be educated on symptoms of TB disease including fever, night sweats, dyspnea, cough, or hemoptysis; and asked to call the Student Health Center immediately if they experience any compatible symptoms.

YEARLY TUBERCULOSIS SCREENING

- a. All students must provide documentation of tuberculosis screening on a yearly basis.
- Students in Categories 1, 2, and 3 above are to submit a repeat PPD skin test
- c. Students in Category 4 should have an annual IGRA performed

PARTICIPATION IN STUDENT HEALTH COVERAGE THROUGH FUND B

Fund B is mandated by the Chancellor and is approved by the Board of Regents to support Student Health operations.

All UNMC Students are automatically enrolled in Student Health Fund B during registration if taking:

- 7 or more hours as an undergraduate student;
- 4 or more hours as a graduate student;
- 4 or more hours during Summer Sessions (both undergraduate and graduate students)

Part-time students (taking less than 5 hours) and dependents of students are allowed, but not required, to participate in Fund B.

Fund B for Student Health begins at 12:01 a.m. on the first day of the semester for which the premium covers. Fund B coverage ceases for UNMC students at 11:59 p.m. on a student's termination date, graduation date, or the last day of the semester (for continuing students).

STUDENT HEALTH INSURANCE

In addition to payment of Fund B (as described above), UNMC requires that full-time students have inpatient (hospitalization) insurance. Full-time students who wish to waive/decline UNMC's endorsed student health insurance program may do so by providing proof of coverage through their parents, spouse, employer or their own personal plan. If you decline the insurance you must be able to document that insurance from your home country will cover expenses in the U.S. In most cases it is better to purchase the UNMC endorsed student health insurance. If you wish to waive/decline the student insurance, you must fill out an electronic wavier form that can be found at https://net.unmc.edu/care/. Failure to complete the waiver will result in an automatic charge for the insurance to your tuition statement.

Also, all PhD students, regardless of enrollment status, must either accept the fee for health insurance or file the paperwork to formally waive the charging of the insurance fee.

For further information on health insurance see the student handbook at unmc.edu/studentservices/ documents/handbook.pdf

EMPLOYEE HEALTH INSURANCE

https://wiki.unmc.edu/index.php/Guidelines_-_Benefits

A flexible benefits program is offered as part of an employment agreement. The program allows you to choose from a group of benefit options. You can customize these options to fit your personal needs and lifestyle.

J scholars using UNO employee health insurance must consult their international advisor about buying immediate mandatory insurance for medical evacuation and repatriation.

UNO STUDENT HEALTH SERVICES

UNO Health Services is located in the Health and Kinesiology building, room 102

402-554-2374 | Monday thru Friday, 8:00 a.m. to 5:00 p.m. unomaha.edu/student-life/wellness/health-services

The major medical student insurance policy is available to UNO undergraduate students enrolled in at least seven (7) credit hours or a degree-seeking graduate student. This reasonably priced policy is designed to provide benefits for medical and dental expenses. Participation in this plan is voluntary for domestic students.

All UNO international students and scholars including ILUNO and IPD students on F or J visas who do not have U.S. based insurance provided by a government sponsor will be required to purchase the UNO health insurance plan.

UNO OFFICE HOURS

Refer to unomaha.edu/student-life/wellness/health-services

OTHER HELPFUL WEBSITES

Services unomaha.edu/student-life/wellness/

health-services/offered

Insurance unomaha.edu/student-life/wellness/

health-services/insurance-policy

UNO IMMUNIZATION REQUIREMENTS

unomaha.edu/student-life/wellness/health-services/ new-student-health/international

Proof of two rubeola measles/MMR immunizations or positive rubeola lab result

 A copy of your health care provider immunization record is required to show proof of two MMRs;

OR

- · Positive rubeola lab report
- A tuberculosis test done in Health Services when you arrive

ARRIVAL IN CUSTOMS

 If the inspector cannot automatically verify your information or you do not have all of the required documentation, you may be escorted to an interview area known as "secondary inspection." Secondary inspection allows inspectors to conduct additional research in order to verify information. Verifications are done



- apart from the primary inspection lines so that an individual case will not cause delays for other arriving passengers.
- It is recommended that you have readily available the name and phone number of your advisor at UNMC or UNO in case your admission/ participation needs to be verified.
- Failure to provide proper documentation and to comply with entry/ exit procedures is cause to refuse the student or exchange visitor admission into the United States. In limited circumstances, if a student or exchange visitor is mostly, but not fully in compliance, he/she may be issued a Form I-515A, Notice to Student or Exchange Visitor. This form authorizes temporary admission for 30 days into the United States and requires the student or exchange visitor to take immediate action to submit proper documentation. Non-compliance with the directions contained on these forms can result in future adverse action.
- Once you have your visa stamp in your passport, it is safe to make your travel arrangements to the U.S., though you need to be aware of the timelines for arriving. F-1 and J-1 student visas allow you to arrive up to 30 days in advance of the start date of the form you hold (I-20 or DS-2019). The I-20 specifies an "Earliest Admission Date" which is the earliest date that you can enter the U.S. The DS-2019 will not specify this date, but you can simply count back from the start date to establish the earliest date to enter (up to 30 days prior).
- If you find you are unable to arrive prior to the start of classes identified
 on your form, please communicate this to your international student
 advisor and academic program as early as possible. Arrangements may
 need to be made regarding your registration and course attendance
 depending on the length of the delay. If necessary, a letter will be sent
 to you by your international student advisor that indicates you have
 permission to enter the U.S. after the start of the semester.

- Upon arrival at the Port of Entry, you will be directed to a Customs and Border Protection (CBP) station to have your documents examined. Be sure to have your documentation ready, including your I-20 or DS-2019 and your passport. You should also have readily available your admission letter and your financial support documentation (if not indicated on your admission letter). Be sure your passport is open to the proper visa page (F-1 for I-20 and J-1 for DS-2019). If you have any other U.S. visas in your passport, be sure that the CBP Officer is inspecting the one for which you are seeking entry. If they mistakenly have your passport open to a valid B1/B2 visa, you may end up receiving the wrong status of entry, which can be very difficult to fix if not identified immediately.
- In some cases, even if all documentation is presented, you may be selected to undergo "Secondary Inspection." This allows CBP officers to conduct additional research in order to verify information. These verifications are conducted apart from the primary inspection line so that an individual case will not cause delays for other arriving passengers.
- If for some reason you are asked to, or if you feel the need to contact your UNMC or UNO international advisor, remember that the name and phone number of the person is on your DS-2019 (not on I-20). You should also have the email address of this person through continued correspondence regarding your admission to UNMC or UNO.
- Upon completion of your initial CBP encounter or at the conclusion of Secondary Inspection, your passport should be stamped (near the visa) with the date, your visa status and how long you can remain inside the U.S. with that status. For F-1 and J-1 visa holders, this should be indicated as D/S which stands for Duration of Status. This means that as long as you are in compliance with your visa regulations, you can remain in the U.S. even after the visa stamp in your passport expires. If the stamp does not indicate D/S and shows a specific date instead, you should inquire why it is a date instead of D/S.
- If, upon completion of the CBP inspection, you are found to be mostly, but not fully in compliance with the status you are seeking, you may be issued a Form I-515A, Notice to Student or Exchange Visitor. This form authorizes temporary admission into the United States for 30 days and requires you to take action in order to have your status updated to D/S. You should bring this form to your international student advisor immediately upon your arrival to campus. Your advisor will help you prepare a response to the I-515A and submit it to the proper authority. Once the I-515A response has been recorded, your status will be updated to reflect D/S rather than a specific date of expiration.

- Within a day after your entry to the U.S., your arrival will be recorded in the online I-94 system where it can be retrieved. It is important to check your I-94 each time you enter the U.S. to ensure that your entry was recorded properly. Your international advisor can assist you with this each time if you need help. If you discover an error in the I-94 information, or if you cannot retrieve your I-94 from the system, please contact your international advisor right away to investigate and take corrective action. The I-94 system is responsible for identifying the status you hold while in the U.S. and if it is incorrect or missing, your status may be considered invalid until the correction is made. Corrections are generally quick and easy so long as the error is through no fault of your own.
- Once you arrive on the UNMC campus, you should arrange to meet
 with your academic department to discuss your registration and other
 important student topics relevant to your program. After meeting with
 your department, you should arrange a meeting with your international
 student advisor to have your SEVIS record activated. Your international
 student advisor will make copies of appropriate documentation (I-20,
 passport, visa, I-94) and collect information from you regarding your
 local address and course registration, which are required for SEVIS
 activation to occur.

At UNO, you should attend International Orientation or visit the International Office first.

• If you are offered on-campus employment, through an assistantship or some other type of on-campus job, you will qualify to receive a Social Security Number (SSN). To obtain this number, you must apply in person at the Social Security Administration (SSA) and present your documents, including your passport, I-20, I-94 and two letters from UNMC or UNO, respectively. One letter is your on-campus job offer and the other letter is from your international student advisor. During your initial visit with your international advisor, you should mention whether or not you will be working on campus and need this letter.

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PACKING FOR DEPARTURE

WHAT TO BRING

The following checklist will help you make sure you haven't missed anything important.

OFFICIAL DOCUMENTS

□ When you travel, you should carry some specific documents on your person. Do not check them in your baggage! If your baggage is lost or



delayed, you will not be able to show the documents to the Customs and Border Protection Officer. As a result you may not be able to enter the United States.

- ☐ Passport, plane tickets and I-20 or DS-2019 (immigration documents)
- ☐ Official academic transcripts and English translations
- ☐ Medical and dental records, including immunization and vaccination records and prescriptions, eyeglasses and insurance records
- ☐ Marriage certificate and birth certificates for all family members
- □ National and international driver's licenses.
- ☐ Make two photocopies of any important document. Leave one copy at home and bring one copy with you, but keep it separate from the originals. It might be worthwhile to bring several spare sets of passport photographs in case you need to get a new passport or visa.
- ☐ A list of the names, addresses, telephone numbers and email addresses of key contacts, both in the U.S. and at home, including the contact information for friends and family who live in the U.S.
- ☐ Books, including a dictionary and phrase book
- □ Business cards

ELECTRICAL CONVERTERS

☐ Electical converters/adapters. In the U.S. the power sockets are of Type A and B. The standard voltage is 120 V and the standard frequency is 60 Hz. (Note: Type A will work with Type B, but Type B will NOT work with Type A.



TYPE A





TYPE B



CURRENCY

- □ U.S. currency, credit cards, checkbook, traveler's checks, financial records (copy of bank statements and list of account numbers)
- After you clear customs in the U.S., use an ATM so you can have some U.S. currency.



- ☐ Emergency money (keep U.S. \$100 hidden somewhere on your person in the event of an emergency) after you arrive in the U.S.
- ☐ You should bring enough money with you to cover your first month's expenses until you are able to transfer funds from abroad. This will be at least U.S. \$1,500 but probably more (look at your budget to be sure).

CLOTHING

- Do not pack clothes for winter months such as heavy clothing, boots, coat, hat and gloves or mittens. You may purchase these items at a later date when needed.
- ☐ Your carry-on bag should also include one change of clothing along with all medications, critial documents and other valuables (jewelry, electronics, etc.)

OTHER TIPS

- □ The following items may seem inconsequential, but you will find them very useful: pen and pad of paper, safety pins, paper clips, sewing kit, extra buttons, first aid kit, alarm clock or watch, calculator, flashlight, spare batteries and plastic bags. If you lock your luggage, ensure that is a lock approved by the Transportation Security Administration (TSA). More information about TSA approved locks can be found under the "Checked Baggage Screening" heading at tsa.gov/travel/security-screening#quickset-security_screening_quicktabs_3.
- ☐ Label your luggage inside and out with your name, contact information. If your luggage is lost in transit, this will help the airline return it to you. Needless to say, critical documents, medicines, and other supplies should be carried in your carry-on luggage.

☐ It can be very expensive to transport a lot of belongings. It might be better to buy what you need in the U.S. If you decide to send your belongings separately, your main options are by boat and by air. Shipping items by boat takes longer, but is also about half the cost of sending them by air. Allow 8 weeks for items to arrive by boat, or one or two weeks for items shipped by air.

WHAT NOT TO BRING

Before you depart, you should be aware of USDA's guidelines for bringing agricultural items into the United States. USDA restricts or prohibits many of these items from entering the country because they could carry pests or diseases that could threaten human health or devastate the environment, crops, agricultural animals, ornamental plants, and community landscapes. *Foods not commerically packaged will be confiscated.* Individuals who fail to declare non-commercial agricultural items may be subject to penalties ranging from \$1,100 to \$60,000 per violation.

For more information about items that are not allowed, visit aphis.usda.gov/aphis/home

If you do not already have winter clothing, buy it here, to save space in your checked luggage.

WEATHER

Omaha experiences all four seasons. Summer brings average temperatures ranging from the mid to high 80s during the heat of the day to the mid-60s at night. In the spring, the average high temperature is around 63 degrees and the average low is about 40 degrees. Fall weather in Omaha usually stays around 70 degrees during



the day cooling off to the mid to low 50s at night. Wintertime average high temperatures are in the mid-30s with average lows dipping to the mid-teens. However, these are just average temperatures and not a prediction of what the weather will be like.

- July and August, on average, are the warmest months
- January and February are usually the coldest months
- Most precipitation normally occurs in April and May
- Average yearly snowfall is approximately 28 inches and usually falls during December, January and February

AVERAGE TEMPERATURES				
MONTH	HIGH	LOW		
January	25°F/0°C	12°F/-11°C		
February	30°F/3°C	18°F/-8°C		
March	40°F/10°C	28°F/-2°C		
April	63°F/17°C	40°F/4°C		
May	74°F/23°C	51°F/11°C		
June	84°F/29°C	61°F/16°C		
July	93°F/31°C	73°F/19°C		
August	95°F/29°C	73°F/18°C		
September	87°F/25°C	58°F/12°C		
October	65°F/18°C	41°F/5°C		
November	48°F/9°C	28°F/-2°C		
December	32°F/2°C	16°F/-9°C		

CALENDAR DATES

In the United States, dates are written as month/day/year. This is the opposite of the British method, in which dates are written day/month/year. So while 4/3/67 would be March 4, 1967 in Europe, it is April 3, 1967 in the United States. It is best to write out dates using the month name in order to avoid confusion.



OMAHA ARRIVAL

TRANSPORTATION FROM THE AIRPORT IN OMAHA

There are a number of ways you can arrange for transportation from the airport in Omaha. Below are some options.

RENTAL CARS

ADVANTAGE 800-777-5500

ALAMO 800-462-5266

AVIS 800-831-2847

BUDGET 402-348-0455

DOLLAR 800-800-4000 **ENTERPRISE** 800-325-8007

HERTZ 800-654-3131

NATIONAL 800-227-7368

THRIFTY 800-367-2277

SHUTTLES

If you stay at a hotel, check if they offer a shuttle service. Local hotel/motel (with or without shuttles) phone boards/reservation centers are located near the baggage claim areas.

TAXIS

zTRIP 402-292-2222

ztrip.com

SMARTPHONE APPLICATIONS

UBER

LYFT

UNO provides transportation from Eppley Airfield Omaha (OMA) on 1-2 days at the start of orientation week. UNO students should check the website for airport pickup information and watch their email for information about signing up for airport pickup.



TEMPORARY ACCOMODATIONS IN OMAHA

Call or reserve online

HOTELS CLOSE TO UNMC

MAGNOLIA HOTEL OMAHA

1615 Howard Street, Omaha, NE 68102 402-341-2500

magnoliahotels.com



1616 Dodge Street, Omaha, NE 68102 402-346-7600

doubletree3.hilton.com

ELEMENT OMAHA MIDTOWN CROSSING

3253 Dodge Street, Omaha, NE 68131 402-614-8080

elementomahamidtowncrossing.com

HOMEWOOD SUITES BY HILTON OMAHA DOWNTOWN

DOUBLETREE BY HILTON HOTEL OMAHA DOWNTOWN

1314 Cuming Street, Omaha, NE 68102 402-345-5100

homewoodsuites3.hilton.com

HOLIDAY INN OMAHA DOWNTOWN-AIRPORT

1420 Cuming Street, Omaha, NE 68102 402-341-0124

ihg.com

HYATT PLACE OMAHA/DOWNTOWN-OLD MARKET

540 South 12th Street, Omaha, NE 68102 402-513-5500

omahadowntownoldmarket.place.hyatt.com

HOTELS CLOSE TO UNO

unomaha.edu/student-life/housing-and-residential-life/off-campus-housing

Be sure to ask for the UNO rate.



UNMC HOUSING

unmc.edu/studentservices/student-life/housing

UNO HOUSING

unomaha.edu/international-studies-and-programs/student-support/housing-options unomaha.edu/student-life/housing-and-residential-life

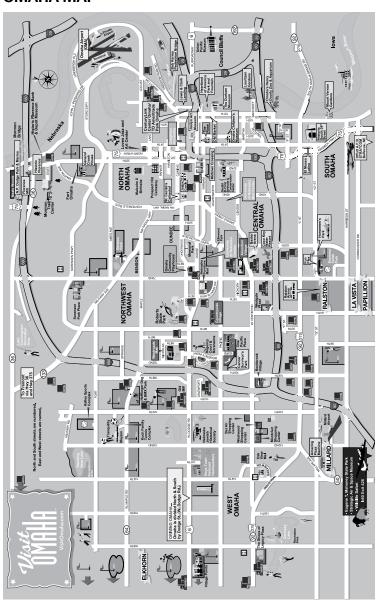
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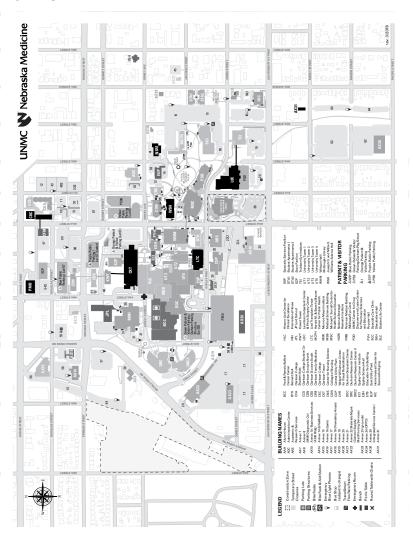
MAPS

ОМАНА МАР

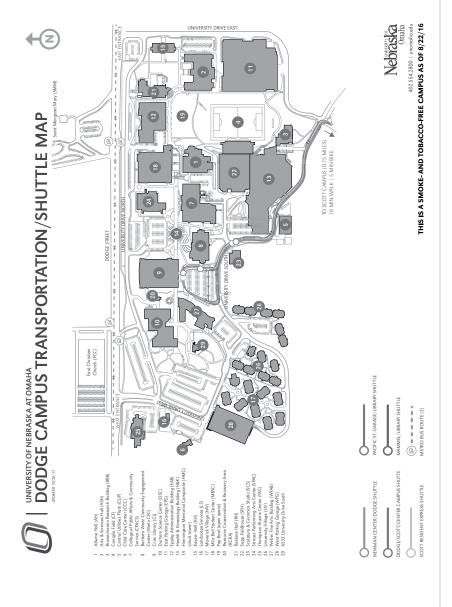


AFTER YOU ARRIVE

UNMC MAP



UNO MAP



MAP LINKS

ОМАНА МАР

visitomaha.com/about-omaha/omaha-map

UNMC MAP

unmc.edu/map

UNO MAP

unomaha.edu/about-uno/buildings-and-maps

AMBASSADOR PROGRAMS

UNMC AMBASSADOR PROGRAM

UNMC's Global Ambassador program was designed to provide practical information about living and friendly support to new international students as they prepare for their new living community. Ambassadors and new international students are partnered during the summer. Partners are



assigned based on information provided in your registration. An email will be sent to new students about how to register with the ambassador program. Partner communications should begin several weeks before coming to Omaha, Nebraska, U.S.A., and continue across the first several weeks of the fall semester.

UNO GETTING STARTED

Please visit the links provided below for Information to help international students prepare to attend UNO. These links provde directions for what to do upon arrival in Omaha, Nebraska, and how to prepare for UNO campus life.

UNO's Global Diplomat program provides students to meet and greet incoming international students at the airport and residence halls and assists with settling in and getting to know the campus and Omaha.

For more UNO information visit:

unomaha.edu/international-studies-and-programs/_files/docs/pre-departure-packet.pdf

unomaha.edu/international-studies-and-programs/student-support/getting-started

INTERNATIONAL STUDENT ORIENTATION

VERY IMPORTANT - ORIENTATION IS MANDATORY.

UNMC

2018 dates are August 8, 9, 10 (Wednesday – Friday)

Plan to arrive the last week of July or the first week of August. It can be difficult to find living accommodations near the UNMC campus. Arrive early to procure housing and settle in to your new environment, both of which will contribute to your academic success. To arrive in the middle of August or days before classes begin creates unnecessary challenges. Settling into new accommodations is an unnecessary distraction those crucial first days of the semester. Student groups and International Student Ambassadors are eager to help during those first weeks after your arrival.

UNO

For Fall 2018, International Student Orientation will be Tuesday, August 14– Saturday, August 18

Tuesday, August 14 – English and Math Placement Exams Wednesday, Thursday, and Friday, August 15-17 – Orientation Sessions Saturday, August 18 – Optional trip to Omaha's Henry Doorly Zoo

TRAVELSMART

TRAVELSMART PROGRAM

livegreennebraska.com/travelsmart

The TravelSmart program promotes *active transportation*, which includes biking, carpooling, taking the bus, and walking.

All staff and students affiliated with UNMC, Nebraska Medicine, and Clarkson College who primarily work or study at the 42nd & Dewey campus are welcome to participate.

As a TravelSmart participant, you have access to the following:

- Free online service to help match you with carpool partners (Zimride)
- Free carpool pass
- Free Omaha Metro bus pass and access to improved bus stops/ shelters around campus
- Free indoor/secure bike parking and access to lockers and shower facilities
- Free ride home if an emergency occurs on a day that you use active transportation (Emergency Ride Home)
- Opportunity to cancel or keep your current parking permit (if you cancel it, you have a 3-month grace period to request it back for the same parking lot)
- \$3 Daily-rate flexible parking for the days you travel to campus by yourself in a vehicle (assuming you cancel your current parking permit)

PUBLIC TRANSPORTATION

Omaha does not have an extensive public transportation system. However there are bus routes to many places. You may also ride the Omaha city buses for free with your UNMC student I.D. or UNO MavCard.

Go to **ometro.com** for more information on fares and routes.



EMERGENCY INFORMATION

EMERGENCY TELEPHONE NUMBERS

In most communities in the United States, but not all, dialing 911 on any phone will connect you to emergency services such as ambulance, fire and police. You do not need to put money in a pay phone to dial 911. Likewise, your college or university will have an on-campus emergency service with its



own telephone number. You should memorize these telephone numbers.

You should receive a card with these phone numbers when you obtain your UNMC ID card. When on the UNMC campus, dial the security number rather than 911. Security will dispatch someone to your location immediately and then call 911 if needed. UNMC security officers are familiar with the campus and may be able to reach your sooner than Omaha police officers.

Another way to get emergency help is to dial 0, which reaches a telephone operator. Tell the operator that you have an emergency and the street address and city where help is needed. The operator will connect you to the appropriate emergency service.

Call the emergency telephone numbers if you need help immediately in a life-threatening situation. For example, you should dial 911 if a crime is in progress, someone is badly injured or ill, there is a fire or you fear for your life.

For non-emergencies you should call the non-emergency telephone number for the local police station or campus police. For example, if a car is blocking your driveway, someone broke into your apartment but is no longer there or to report vandalism.

EMERGENCIES (FIRE, AMBULANCE, SERIOUS ACCIDENTS) 911

UNMC INTERNATIONAL STUDENT HOTLINE 402-559-5111

(This is the security office at UNMC. International students may call this number to ask for assistance with problems they encounter while new to living in Omaha.)

UNO PUBLIC SAFETY 402-554-2648

UNO ON-CAMPUS EMERGENCIES 402-554-2911

OMAHA POLICE (NON-EMERGENCY) 402-444-4877 HEALTH AND HUMAN SERVICES 211 UNIVERSITY OF NEBRASKA'S PHONE DIRECTORY

UNIVERSITY OF NEBRASKA'S PHONE DIRECTORY nebraska.edu/4in1

SAFETY AND SECURITY

Most people you meet in the United States will be friendly and helpful. However, there is still a moderate amount of crime. A few simple precautions will help keep you safe. Visit **crimemapping.com** for more information about crime rates in Omaha and other major cities in the U.S.

The following common tips will help prevent you from becoming the victim of a crime:

- **Tips for the Home**. Remember to lock the doors and close the windows to your apartment when you are not at home. You should also install window locks or stops on all the windows, especially if you are renting a first-floor apartment. Some people leave on lights and a radio to give the impression that someone is home.
- **Tips for the Car.** Keep your car doors locked at all times. Get a map and know where you are going and how to get there before you leave on a trip. Always park your car in a well-lit area. Never leave valuable articles or packages on the seat; lock them in the trunk.
- Walking at Night. Don't walk alone at night. Try to walk with a
 group of friends. Walk on busy well-lit streets and avoid poorly lit and
 deserted areas. If you are lost, walk as though you know where you are
 going and stop at the police station or a gas station for directions. Do
 not hitchhike, especially if you are female. It is not safe.
- Crossing the Street. In the United States cars drive on the right side
 of the street, not the left. So on most streets cars will be approaching
 you from your left. Many international students have been hit by cars
 because they expect the cars to approach from the right. Always cross
 the street at a corner and look both ways before crossing the street.
- Bicycle Safety. Bicyclists are encouraged to wear a helmet at all times.
 Ride to the right side of the roadway. Never ride against the traffic.
 Wear brightly colored clothes and reflectors. Try not to ride alone. Use hand signals. For more tips on bicycling, go to dot.nebraska.gov/media/4011/bicycle-safety-current.pdf
- Phone Scams. A phone scam is when someone calls and says you have been specially selected (for this offer), you have won

a valuable prize, or you owe money to the government. These are just some examples. If you answer the phone and hear this, hang up immediately. For more information, go to **consumer.ftc.gov/articles/0076-phone-scams**.

UNMC STUDENT HEALTH SERVICES

Student Health Services is located in Family Medicine Outpatient Clinic on Level 3 of the Durham Outpatient Center.

unmc.edu/familymed/studenthealth

UNMC OFFICE HOURS

 Monday
 8:00 a.m. - 4:30 p.m.

 Tuesday
 8:00 a.m. - 4:30 p.m.

 Wednesday
 8:00 a.m. - 4:30 p.m.

 Thursday
 8:00 a.m. - 6:00 p.m.

 Friday
 8:00 a.m. - 4:30 p.m.

STUDENT HEALTH CONTACT INFORMATION

Student Health Office: 402-559-5158

Appointments: 402-559-7200 or 402-559-7204

Fax immunization forms to: 402-559-8118 Fax for prescription refills: 402-559-5550

OTHER HELPFUL WEBSITES

Student Counseling unmc.edu/stucouns

Scheduling Appointments unmc.edu/familymed/studenthealth unmc.edu/familymed/studenthealth/

student-health-insurance

UNO STUDENT HEALTH SERVICES

UNO Health Services is located in the Health and Kinesiology building, room 102.

402-554-2374 | Monday thru Friday, 8:00 a.m. to 5:00 p.m. unomaha.edu/student-life/wellness/health-services

The major medical student insurance policy is available to UNO undergraduate students enrolled in at least seven (7) credit hours or a degree-seeking graduate student. This reasonably priced policy is designed to provide benefits for medical and dental expenses. Participation in this plan is voluntary for domestic students.

All UNO international students including ILUNO and IPD students on F or J visas who do not have U.S. based insurance provided by a government sponsor will be required to purchase the UNO health insurance plan.

UNO OFFICE HOURS

Refer to unomaha.edu/student-life/wellness/health-services

OTHER HELPFUL WEBSITES

Services unomaha.edu/student-life/wellness/

health-services/offered

Insurance unomaha.edu/student-life/wellness/

health-services/insurance-policy

PRACTICAL DAILY NEEDS

SHOPPING SUGGESTIONS FROM OTHER STUDENTS

Aksarben Village

(aksarbenvillage.com)
Located near the University of
Nebraska at Omaha (UNO) campus,
Aksarben Village is an entertainment
and shopping community with
unique shops, restaurants, bars, bike
trails, movie theater, fitness facilities,
outdoor live entertainment and green spaces.



• Asian Market (asianmarketomaha.com)

Asian Market carries a wide selection of both Asian and non-Asian fresh vegetables, fruit, seafood and meat, as well as other grocery items: Chinese, Vietnamese, Indian, African, Filipino, Korean, Japanese and more.

• Bakers (bakersplus.com)

This is a grocery store close to UNMC campus on the southwest corner of Leavenworth and Saddle Creek Road.

• Crossroads Mall (target.com)

They have food, clothing, health and beauty products and a pharmacy.

• CVS/Walgreens (cvs.com or walgreens.com)

There are many Walgreens in town. One is located walking distance from campus. They have everything except fruits and vegetables. Make sure you check for coupons and online offers before you visit.

Rating: 5/5

• Family Dollar (familydollar.com)

This store is in walking distance (4412 Dodge Street) and you can get practically everything here. Check this place out before you venture out any further.

Student Rating: 4/5

Midtown Crossing (midtowncrossing.com)

This is an entertainment district one mile east of campus on Farnam street. There are moderate to expensive restaurants here. There is a movie theater, a park area and many public events in the summer. Also, on Wednesday evenings there is a Farmers Market which has fresh vegetables and foods from local growers and food preparers (cheese, meats, eggs, pastries and pies).

- The Old Market (oldmarket.com) This is the downtown area of Omaha. It is east on Farnam and between 10th and 13th streets. There are restaurants of all types and price ranges. There are also stores that sell music, books, furniture, novelties and clothing. A farmers market is held on Saturday mornings in the summer and early fall.
- Westroads Mall (westroadsmall.com) This mall features JC Penney's, Von Maur, restaurants, a movie theater and a lot of other shops. Make sure you check for offers on the website before you shop.

Offers: westroadsmall.com/en/events

Student Rating: 5/5

CLOSER TO UNO

- Hy-Vee (hy-vee.com)
 This is a grocery store located at 51st and Center Street, close to UNO.
- Target (target.com)
 They have food, clothing, health and beauty products and a pharmacy.
- Walmart (walmart.com)
 This particular store is close to UNO, specifically the Scott campus. You can get practically everything here.

HOUSING

UNMC HOUSING

A variety of on-campus and off-campus housing options are available. For students with families, as well as single graduate students, the UNMC student housing is a popular choice. All rental units are located on the UNMC campus, within a short walking distance to all campus buildings. Properties consist of one, two and three bedroom units. Prices range from \$485 - 700 per month for a one bedroom and \$580-900 per month for a two bedroom apartment. Additional housing details can be found on the UNMC housing website, unmc.edu/housing. All rental agreements are made through the Business Services Department, Rental Property Management. The on-campus student apartments are located at the east end of the Student Life Center parking lot. Maintenance and campus security are available 24 hours-a-day. Leases are based on the academic year. Parking is provided. For additional information, contact Esther Collins at 402-559-5201 or ecollins@unmc.edu. Students should also know that there is a waiting list for UNMC housing; therefore, they should contact Esther Collins as early as possible if they are interested in livingin the UNMC apartments.

The majority of students that choose to live off campus live near UNMC, while others find apartments in other areas of the city that may require a longer commute. There are a few apartment buildings between 36th and 38th Streets and between Farnam and Jones Streets that are reasonably priced and are located in a relatively safe part of the city so you can still walk to campus. Most students recommend not searching for apartments in the North, South and especially East of these blocks. Apartments that fit your requirements and price range can be found throughout Omaha. There are many apartments and homes to rent between the UNMC campus and 72nd Street. Drive times are only about 10 minutes and these neighborhoods are nice. An excellent resource for housing options off-campus is GradRent. Their website is gradrent.com.

UNO HOUSING

If you plan to live on campus, submit a housing application for Maverick Village, University Village, Scott Village, Scott Court, or Scott Hall. Apply as early as possible. For additional information and to apply, visit housing.unomaha.edu.

Or learn about other housing options at unomaha.edu/student-life/housing-and-residential-life/off-campus-housing.

WEBSITES THAT MAY BE HELPFUL DURING YOUR HOUSING SEARCH:

rent.com gradrent.com apartments.com omaha.com

apartmentguide.com omaha.craigslist.org

forrent.com angieslist.com

Some things to keep in mind when you are searching for apartments:

- Most apartment complexes will require the security deposit and first month's rent at lease signing. The security deposit could range from \$250 to an amount equivalent to one-month's rent.
- If you are bringing a pet a pet deposit will be required, which ranges from \$150-\$400. In addition, you may be asked to pay a monthly pet rent. Some complexes only allow cats and some only cats and small dogs.
- 3. At the time of lease signing, you will also be asked to fill out an application for services from the Omaha Power Public District (OPPD) for electricity and the Metropolitan Utilities District (MUD) for natural gas and water. If you do not have a payment record with either one of these companies, you will be asked to pay a security deposit to have these services started. OPPD and MUD can ask for a deposit in the range of \$50-\$200. The exact amount is often determined by the average monthly payments from the previous tenant.
- 4. Most leases are one-year long. In some cases you will be able to sign six-month leases or go on a month-by-month basis. With shorter leases the monthly rate may be higher.

UNDERSTANDING APARTMENT LISTINGS

Apartments for rent are often described using cryptic language and abbreviations. You will need to learn to decode apartment listings in order to find a place that meets your needs.

Common abbreviations: incl (included), elec (electricity), 1 1/2 baths (one full bathroom and one with just a toilet and sink), a/c (air conditioning), w/w (wall to wall carpeting), h/w (hardwood floors), dw (dishwasher), furn (furnished), cpt (carpeted), gar (garage for a car), yard (includes a backyard), eff (efficiency), immed (available immediately), fp or frplc (includes a woodburning or gas fireplace). A security building has a locked front door in addition to locks for each apartment.

Rental costs depend primarily on the size, condition and location of the apartment, and whether utilities are included. Larger apartments and apartments which are closer to the school or shopping usually cost more.

The first distinguishing characteristic is the type of the apartment. The different types are defined as follows:

- **Sleeping Room.** A sleeping room is a single room, usually furnished, located in a private home, with a shared bathroom and kitchen. This is the least expensive option, but provides little privacy.
- **Efficiency.** An efficiency is a single room with a private bathroom. The room will include a small alcove that serves as a kitchen and should provide a stove, refrigerator, sink and cabinet space.
- **Studio.** A studio is somewhat larger than an efficiency, and has a separate kitchen and eating area.
- One, Two or Three Bedroom. Regular apartments include a separate kitchen, bathroom, living room and/or dining room and the number of bedrooms advertised.

The next important consideration is what is included in the rent and what is not included.

- Utilities. If the advertisement says that utilities are included, that usually
 means electricity, heat/gas and water/sewage, but not telephone or cable
 TV. If the advertisement doesn't specify any utilities, assume that you will
 be responsible for paying for them. If heat is included, this sometimes
 means that the landlord controls the temperature, not you. Water and
 sewage fees are usually paid by the landlord, except if you are renting a
 house.
- Furnished or Unfurnished. A furnished apartment will include a bed, chest of drawers or dresser, a couch or sofa and a dining room table and chairs. A furnished apartment will also include a stove and refrigerator. An unfurnished apartment will include a stove and refrigerator, but nothing else. A furnished apartment will cost extra each month. Graduating students often sell their furniture to incoming students. Most apartments rented are unfurnished.
- Parking. If you intend to own a car an apartment that includes a garage
 or off-street parking is best. It is sometimes difficult to find a parking
 space on the street, especially if many students with cars live nearby.
- You should also ask whether there are any laundry facilities. In apartment buildings there is usually a coin operated washer and dryer, but not always.

 Renter's Insurance. This is property insurance that provides coverage for a policyholder's belongings and liabilities. It is generally inexpensive.

LEASES

A lease is a written contract between the tenant (you) and a landlord which allows you to use a dwelling for a designated period of time in exchange for monthly rent payments. The lease outlines the restrictions on the use of the dwelling and the responsibilities of tenant and landlord. A lease is a legal document and should be read carefully before signing.

If you don't understand part of the lease, ask the landlord or a friend to explain it to you. Don't be afraid to cross off sections with which you disagree just because it is a printed form. Both you and the landlord must initial any changes to the printed lease. If the landlord promises to make certain repairs or there are pre-existing problems with the property, attach a list to the lease and have the landlord sign it. The list should include all problems, including leaking faucets, clogged drains, stains on the walls and rugs, peeling paint, cracks and holes in the walls and ceiling, non-functional kitchen appliances and anything else you notice.

When you pay for the rent and security deposit, get a receipt. Get a separate receipt for the rent and security deposit. It is best to pay the rent by check and to use a separate check for the security deposit. You will need this at the end of the lease in order to recover your security deposit. To get your security deposit returned when you move out, return the key to the landlord and provide a forwarding address. We recommend sending this by certified mail, return receipt requested, so that you have proof the key and forwarding address were received by the landlord. The landlord then has 30 days to return your deposit or send you a list of the repairs, their actual cost and any money left in the security deposit.

RENTER'S INSURANCE

Many students obtain renter's insurance to insure their possessions against fire or theft. The landlord is not responsible for your belongings if they are destroyed in a fire or stolen. Most renter's insurance policies also protect you if someone is injured while in your apartment. Ask for replacement value coverage, so that the insurance covers the cost of replacing the item.

MOVING IN

INTERNET SERVICE

The major companies that provide internet service in Omaha are Cox and CenturyLink. Each provide internet, cable TV and landline phone services.



TELEPHONE SERVICE

Many students will choose to have a cell phone. There are a few options to choose

from. The two basic options for cell phone service are called prepaid and contract. Prepaid are plans in which you pay for the minutes you use before you use them. When your minutes are close to being used up, you purchase more minutes. Stores such as Target and Walmart often sell these phones.

Cell phones with a contract have monthly charge that you pay whether or not you use the minutes the plan includes. Some of the companies that provide cell phone services are Sprint, AT&T, Verizon, Cricket and T-Mobile. Each company has stores in the area that sell their services. Visit each company's website to locate a store.

International phone calls often cost significantly more than domestic calls. However, many internet services such as Skype and Google Voice offer free or low priced international phone calls. This technology is always changing, so search the internet or talk with fellow international students about which are the current best options.

PLACING PHONE CALLS

U.S. country code: 001 or +1

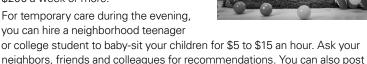
East Nebraska prefix: 402 & 531

DEPENDENTS

CHILD CARE

If your children are too young for school and both parents are away during the day, you will need to enroll them in a day care center. Day care can be very expensive, costing between \$100 and \$200 a week or more

For temporary care during the evening, you can hire a neighborhood teenager



CHILDCARE CENTERS AROUND UNMC

an advertisement on bulletin boards on campus.

Donna's Little Darlings

1025 South Saddle Creek Road 402-558-7050 donnaslittledarlings.com

Kathy's Kinder Kids

4175 Cass Street 402-553-5733

Kids Count 2 Childcare Preschool

4827 Dodge Street 402-884-0089

Kidz First Child Development Center

5001 Leavenworth Street 402-553-1600

Little Lamb's Davcare and Preschool, Inc.

4408 Capitol Avenue 402-554-1171 littlelambs.biz

PUBLIC SCHOOLS

Dependents of a non-immigrant visa holder of any type, including F-1, are not prohibited from attendance at either a public primary school, an adult education program or another public educational institution.

Montessori Learning Center of Dundee

5103 Capitol Avenue 402-558-6018 montessoriofdundee.com

NE Medical Center-Family Place

115 South 42nd Street 402-552-2375 nebraskamed.com

UNO Child Care Center

(for ages 18 months and older) 6001 Dodge Street 402-554-3398 unomaha.edu/child-care-center

U.S. DRIVER'S LICENSE

DRIVING IN THE U.S.

For more details visit dmv.ne.gov/examining

 An International Driving Permit (IDP) translates information contained on your driver's license into 10 languages so that officials in foreign countries are able to interpret your license. An IDP supplements a valid government-



- issued license—it does not serve as a replacement for a license. If you are stopped by law enforcement, you will most likely be asked to produce both your IDP and your official driver's license. The United States does NOT issue International Driving Permits to foreign visitors, so you will need to obtain this before traveling to the U.S.
- 2. If you are going to reside in the U.S., you can get a U.S. driver's license once you are in the U.S. Since you have to present at least two documents showing that your home address is in Nebraska it may take a few weeks to have these documents. The website referenced above shows which type of documents you can provide.
- 3. F/J students and scholars must be registered in SEVIS prior to visiting the DMV office. Additionally, all USCIS documents are verified prior to the issuance of a license or State ID Card. This verification process can take up to twenty (20) federal work days to complete.
- 4. There is a written test and a driving test. After you complete the written test, you can get a Learner's Permit that allows you to legally practice driving. Do not practice driving before you get this permit.
- 5. Driver's licenses are issued from the state you reside in, not from the federal government. Once you receive your driver's license, you will be permitted to drive in all other U.S. states. The laws in each state vary from one to another. It is your responsibility to know and obey the laws of the state you are driving in.
- 6. Do not purchase a driver's license online as these are all fraudulent. You have to go to the local Department of Motor Vehicles (DMV) office in person to take your written and driving test.
- 7. The local DMV offices are listed below. They are open during federal work days Monday through Friday 8:00 a.m. 4:00 p.m.

4208 S 50th St, Omaha, NE 68117 402-595-2039 5730 S 144th St, Omaha, NE 68137 402-595-2424

7414 N 30th St, Omaha, NE 68112 402-595-2040 2910 N 108th St, Omaha, NE 68164 402-595-3106

GETTING A DRIVER'S LICENSE

dmv.nebraska.gov/examining

To get a driver's license in the U.S., you first need to pass a written test, and then you must pass a driving test. For detailed information visit dmv.nebraska.gov/manuals

Written Test: This is a basic test to make sure you understand the rules of driving. After passing this exam, you are given a Learner's Permit which gives you the right to legally practice driving for the driving test.

Driving Test: You driving skills will be assessed by an official who rides in the passenger seat while you drive. You must provide the vehicle for the test

F1 VISA DRIVER LICENSE ADDITIONAL REQUIREMENTS FOR INTERNATIONAL STUDENTS:

- I-20 from your school in U.S.
- Enrollment verification letter from school (only from UNMC)

You can also take classes to learn the information needed to pass the written test and practice for the driving test.

For more information dmv.ne.gov/examining/trngtest/com

SOCIAL SECURITY CARD

GETTING A SOCIAL SECURITY CARD

Social Security numbers generally are assigned to people who are authorized to work in the United States. Social Security numbers are used to report your wages to the government and to determine eligibility for Social Security benefits. Social



Security will not assign you a number just to enroll in a college or school.

If you want to get a job on campus, you should contact your international advisor (designated school official) for international students. This official can tell you if you are eligible to work on campus and give you information about available jobs. Also, your school may approve certain limited off-campus employment, as permitted under Department of Homeland Security (DHS) regulations. If your school has authorized you to work either on or off campus, and you meet Social Security's eligibility requirements described in the next section, you can get a Social Security number.

For more information go to socialsecurity.gov

NEBRASKA OFFICE LOCATION

604 North 109th Court Omaha, Nebr. 68154 866-716-8299 800-772-1213

OFFICE HOURS

Monday - Tuesday 9:00 a.m. - 3:00 p.m.

Wednesday 9:00 a.m. – 12:00 p.m. (noon)

Thursday - Friday 9:00 a.m. - 3:00 p.m.

Closed on Federal Holidays

DIRECTIONS

Office located at 108th and Dodge on the North side.

BANKING

CHECKING ACCOUNTS

You will need a checking account to pay bills, such as rent and utilities. It isn't safe to send cash through the mail. It also isn't safe to carry large amounts of cash on your person, so you should pay for most of your purchases using a check or credit card.



To open a checking account visit a bank and ask to open a checking account.

You will need to deposit money into the account when you open it. You can deposit cash or traveler's checks or arrange for a wire transfer from your home bank. American Express also offers a variety of services that make it easy to withdraw money from your checking account back home. Additional deposits and withdrawals may be made at any time.

The bank will ask you for your social security number. If you are exempt from this requirement fill out an IRS Form W-8, which you can obtain from the bank.

Most checking accounts will include a debit card you can use to withdraw money from your account at any ATM, 24-hours per day. This lets you make deposits, withdrawals and other transactions (e.g., balance inquiries) at any time, even when the bank is closed. ATMs are located throughout the city near shopping areas and sometimes inside grocery stores. Most people don't carry a lot of cash because they can get cash from an ATM when they need it. ATMs limit the amount of your daily withdrawals usually to a maximum of \$300.

If your ATM card is ever stolen notify the bank immediately. Your liability for a stolen or lost card is limited to \$50 if you report the loss promptly.

Be careful in selecting an ATM to use because the bank that owns the ATM can charge a fee (typically \$1 - \$3) in addition to any fees your own bank may charge for ATM withdrawals. So it is best to use your ATM card to withdraw money only from ATMs owned by your bank. Although you can make withdrawals from almost any ATM, these fees can add up.

MONEY TRANSFERS

Wire transfers are a type of electronic funds transfer. They are usually considered the safest way to transfer funds, especially large amounts, to banks in countries overseas. Most large banks belong to a bank

network in Belgium called the Society for Worldwide Interbank Financial Telecommunications (SWIFT)[1] that helps to verify and process financial messages, including wire transfers. In order to make a wire transfer to another country, you will need information from the recipient and pay a fee to your bank to process the transfer. The recipient may be another person or another bank account in your name.

Most major banks have an online wire transfer option. You may be able to independently transfer funds via the bank's webpages. Do a search for international wire transfer options on your bank's website, or look for the wire transfers section on the top toolbar of your bank's website. If you cannot locate the online wire transfer page, call your bank for more information.

To complete an international wire transfer, you will need specific information from the recipient of the transfer, including:

- The full name and address of the recipient bank.
- The recipient's name, address, and account name (savings, checkings, money mart, etc).
- The recipient's account number, or International Bank Account Number (IBAN). Your recipient should be able to get this information from their bank, or from their banking statement.
- The recipient's bank's SWIFT/BIC code. Your bank will require the
 recipient's bank's SWIFT/BIC code in order to identify which bank they
 are transferring your money to. The recipient should be able to get their
 bank's SWIFT/BIC code by asking their bank for this information. Your
 bank may also be able to locate the recipient's SWIFT/BIC code based on
 the recipient's account information.

Most banks charge an international wire transfer fee ranging from \$40-\$50 per transfer. The receiving bank may also charge a small fee to process the wire transfer, ranging from \$10-\$20. The recipient of the transfer can ask their bank about the exact fee for receiving and processing a wire transfer.

Keep in mind that there are several online options for wire transfers, such as such as PayPal or OFX. These services charge reasonable fees for international wire transfers. They can wire the money directly from your bank or you can set up an ACH direct debit.

Source: wikihow.com/Make-an-International-Wire-Transfer Western Union: westernunion.com/us/en/send-money PayPal: paypal.com/us/webapps/mpp/send-money-online OFX: ofx.com/en-us

CREDIT CARDS

CAUTION! It can be easy to overuse a credit card and get into financial trouble. Use it sparingly and make timely payments. A poor credit rating will increase your level of credit card interest, ultimately resulting in a larger re-payment balance.

Credit cards are such an ingrained part of the American way of life that you will have trouble making certain purchases with anything other than a credit card. If you want to place an order by phone, rent a car or buy airline tickets, you need to have a credit card. Sometimes, you can use the debit card from your checking account for these transactions, but not always.

Many international students find it difficult to get a credit card in the U.S. because they do not have an established credit history. So if you already have a major credit card such as a MasterCard (Eurocard, Access, Chargex), Visa (Barclaycard, Carte Bleue) or American Express, it is a good idea to bring it with you. American banks can check your credit limit on the foreign card. This may make them more likely to issue you a credit card. Also, if you opened a checking or savings account with a bank that offers credit cards, it may be easier to get a credit card from that bank since you have money on deposit with them.

Because getting a major credit card is difficult for international students, you should take every opportunity to establish a good credit record. Be careful to not bounce any checks. If you open a department store credit card, pay the bills promptly. Mailing your payment late several times or missing a single payment can ruin your credit rating. After you've established a good credit history, it will be easier to get a major credit card. The major credit cards in the U.S. are Visa, MasterCard, American Express and Discover.

POSTAGE AND SHIPPING

U.S. POSTAL SERVICE (USPS)

The U.S. Postal Service delivers letters and packages. You can also purchase stamps and money orders here. They deliver mail both domestically and internationally.

Letters and correspondence are usually sent by First-Class Mail within the United States. There is no need to pay extra postage for air mail, because all



First-Class Mail is routinely sent by air. On the other hand, when sending mail abroad you should pay for air mail because surface mail travels by ship and is considerably slower.

ADDRESSING MAIL

When addressing mail for delivery within the United States, don't forget to include the zip code. If you don't include a zip code, delivery will be delayed. You can use a five-digit zip code if you don't have the nine-digit zip code. The zip code should be placed on the same line as the city and state, after the state, not before.

The following is an example of how you would address a letter to a person named "John Student". The number "12345-6789" is the nine-digit zip code. You should print the address in capital letters and omit punctuation, since that makes it easier for address reading machines to scan the address.

MR JOHN STUDENT 1234 MAIN STREET CITY STATE 12345-6789

For detailed information about how to address mail, visit usps.com/ship/preparing-domestic-shipments

OTHER SHIPPING SERVICES

In addition to the U.S. Postal Service, there are several companies that offer shipping services for letters and packages. The primary advantage of the U.S. Postal Service is the inexpensive rates for delivering letters. Also, only the U.S. Postal Service can deliver packages to a PO Box. The other shipping companies are only able to deliver to a street address.

The major shipping companies are:

FedEx: fedex.com UPS: ups.com DHL: dhl.com

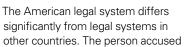
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LEGAL AND IMMIGRATION AID

LEGAL AID

If you are arrested in the U.S. for a serious crime, you have the right to not say anything until you have spoken to an attorney. If you cannot afford an attorney, one will be appointed for you by the court free of charge.





of a crime is considered innocent until proven guilty. The accused person is also entitled to a trial by jury for serious offenses, such as murder, rape, burglary and drug trafficking. Conversations with your attorney are private and cannot be used against you. These rights are guaranteed by the U.S. Constitution. If you are not already familiar with the U.S. legal system your attorney can explain it to you.

If you plead guilty to a serious crime or are convicted of a serious crime, you will be subject to deportation.

IMMIGRATION RELATED WEBSITES

AMERICAN IMMIGRATION LAWYERS ASSOCIATION (AILA) aila.org

AILA is a national bar association of more than 5,200 attorneys who practice immigration law. For more information, call 1-202-216-2400, fax 1-202-371-9449 or write to American Immigration Lawyers Association, 1400 Eye Street, NW, Suite 1200, Washington, DC 20005 U.S.A.

AMERICAN IMMIGRATION CENTER

us-immigration.com

This site provides information about topics relating to U.S. immigration.

INTERNATIONAL STUDENT IMMIGRATION ISSUES

UNMC: unmc.edu/ihme
UNO: world.unomaha.edu

General: studyinthestates.dhs.gov

CULTURE SHOCK

One consequence of traveling to another country is culture shock. The stress of a new situation, confusion due to language difficulties and a number of small cultural differences add up to culture shock. You might feel depressed, be homesick for your country and family, have difficulty sleeping or concentrating and avoid contact with others.

If you experience these symptoms, try talking to someone. All currently enrolled UNMC students are provided with free counseling services at the Counseling and Student Development Center (unmc.edu/stucouns). UNO students should contact Counseling and Psychological Services (unomaha.edu/student-life/wellness/counseling-center)

While preparing yourself ahead of time can help you deal with culture shock, you cannot completely avoid going through it at some level. Living and working conditions as well as the pace of life may seem totally unlike your familiar world, but the more you know, the more you can learn about what to expect when you arrive.

Before you ever leave home, study up on the area you will call home when you get to the U.S. Learn about unspoken rules and expectations, social manners and current affairs. Talk to anyone you know who has studied in the U.S. and ask them about their experience.

Most importantly, go into your adventure with an open mind. Put aside any stereotypes or preconceptions you already have. People experience culture shock because of mismatched cultural cues and expectations. When these cues collide, hostility and confusion ensue. Notice similarities and differences without judging them and realize that you can experience something as different without labeling it as inferior. Respect the new culture without denying your own.

SOCIAL & CULTURAL NORMS

STEREOTYPES

Don't believe all of the stereotypes you may have heard about Americans. Even the ones that are true in general may not be true about specific individuals or a large segment of the population. For example, although Americans tend to be louder and more boisterous than people from other cultures (especially at athletic events), many of the people you meet will be quiet and polite. Some people may be intolerant and afraid of people from other cultures, but most will be pleasant and welcoming. Remember that American films and television exaggerate in order to generate excitement. So this gives a distorted picture of what life in the United States is really like.

PERSONAL SPACE

When two people are talking to each other, they tend to stand a specific distance apart. Each person has an invisible boundary around their body into which people they do not know well are not welcome. If someone comes inside their boundary, they will feel uncomfortable and move away to increase the distance between them.

The average personal distance varies from culture to culture. Americans tend to require more personal space than in other cultures. So if you try to get too close to an American during your conversation, he or she might back away. Try to be aware of this and if the person with whom you are speaking backs away a little, do not try to close the gap.

Also, some Americans avoid physical contact while speaking. Touching is often too intimate for casual acquaintances. So don't put your arm around their shoulder, touch their face or hold their hand unless you know this is acceptable. Shaking hands when you initially meet is usually always acceptable.

DEMEANOR

Americans are much more assertive that most international visitors. Speaking for yourself and attempting to persuade someone to adopt your view are not only not taboo, but expected. You may need to become more assertive and speak out on your own behalf more than you might be used to. Take the initiative and volunteer information that will be of interest. In an interview, talk about your goals and accomplishments. It is ok to criticize someone's opinion, as long as you are providing feedback that is helpful.

Eye contact is also important and expected in conversations. It is not a sign of disrespect, but instead an indication of openness, honesty and enthusiasm

FORMS OF ADDRESS

American names are written and spoken with the given name first and the family name last. So John Smith's family name is Smith, not John.

In a formal setting, address men as "Mister" (abbreviated as "Mr."), married women as "Misses" (abbreviated as "Mrs."), and unmarried women as "Miss" (abbreviated as "Ms."). However, the distinction between Mrs. and Ms. is not as common now-a-days. Often both married and unmarried women go by Ms. If the person has an M.D. or Ph.D., they will often be addressed as "Doctor" (abbreviated as "Dr.").

In an informal situation, Americans will introduce each other by first name without titles. If you are introduced to somebody by first name, you can address him or her by first name the next time you meet. The only exception would be for someone who holds an important position, such as the university Chancellor or Vice Chancellor. Unless they tell you otherwise, faculty should be addressed using their title and last name (e.g., "Professor Smith").

When in doubt, use the formal manner of address, since it is better to error on the side of formality. It is also appropriate to ask how they prefer to be addressed.

ATTIRE

Americans do tend to be more informal than people from other countries. It is common for Americans to wear casual clothing to school and to greet professors by first name. Nevertheless, good manners and politeness are always appropriate.

However, there are situations and environments in which formality is the norm. Some businesses require their employees to wear a uniform or a suit. It would be inappropriate to wear a T-shirt and blue jeans to a job interview. Some of the more expensive restaurants require formal attire. Americans tend to dress up for cultural events (the opera, theater and ballet) and to dress down for athletic events. Americans usually wear formal attire at weddings and funerals.

BUSINESS CLOTHING

Proper business attire is important in the U.S. If you dress inappropriately for an interview, for example, your chances of getting the position are significantly reduced.

Men should have at least one suit, consisting of a coat and tie with a white button-down shirt. Dark suit colors, such as navy blue, black or dark gray, are best. The tie should match the suit and not be flashy.

Women's clothing is more difficult to describe. The goal is to achieve a conservative and professional look. Notice what other professional women are wearing and dress similarly.

BUSINESS-LIKE MEETINGS

Business visits, on the other hand, tend to be extremely punctual. If you arrive late to a business appointment, it will reflect badly on you. So try to arrive on time or even a little early. If you know that you will be arriving late, you should telephone ahead to let them know of the delay.

If a business meeting takes place over a meal, expect the business discussions to begin after everyone has been seated. Socializing tends to occur after the business is concluded, not before. This is in contrast with the practice in many other countries, where the purpose of the meal is to socialize and get to know each other before any business is discussed.

When businessmen or businesswomen meet, they usually introduce themselves by shaking right hands. When you shake hands, don't crush their fingers, but also don't hold their hand too lightly. A firm handshake is best and is a sign of self-confidence. This is an important aspect of American culture, so if you are not familiar with this form of greeting, practice with an American friend.

Business cards are not normally exchanged upon meeting. If you need a colleague's contact information, it is ok to ask them for their card. It is also ok to offer someone your card. But there is not an elaborate ritual of exchanging cards as in other cultures.

SOCIAL VISITS

Americans often plan social gatherings on short notice, so don't be surprised if you get invited to someone's home or to see a movie or baseball game without much warning. If you are busy, do not be afraid to decline the invitation. Perhaps suggest a time that would be better. Your host will not be insulted.

If a friend has invited you to drop by anytime, it is best to call before visiting to make sure it is convenient for them. Do not stay too long, since you do not want to overstay your welcome.

For a casual dinner invitation, do not arrive more than 5 minutes early, because your host may still be preparing for your visit. Arriving more than 10 minutes late is considered rude if very few people were invited. If many

people were invited, it is ok to arrive a little late, even as much as half an hour late. For example, it is ok to arrive late for a party, for a potluck dinner or for a social gathering involving a large group of people. The main consideration is whether there are enough people in the group so that your late arrival will not be noticed.

At a party, don't be surprised if you are asked what you do for a living. This is a normal opening line of conversation and not an insult.

TIPPING

The words "tip" and "gratuity" are used interchangeably, with "gratuity" having a slightly more formal connotation. Restaurants do not include a service charge in the bill, so you should tip the waiter 10 - 20% of the total bill. If service was slow or particularly bad, some Americans will tip only 10%. Likewise, if service was particularly good, it is appropriate to tip 20% Tipping is only appropriate in restaurants which offer table service. You do not tip the cashier in a fast food restaurant.

Taxi drivers expect to get a tip equal to 15% of the total fare. If the driver was especially helpful or got you to your destination more quickly than you expected, give a 20% tip. Hotel bellhops expect a \$1 tip for helping you with your bags. If you order room service, the gratuity is included in the bill. Coat checkroom attendants expect \$1 per coat. Hairdressers and barbers expect a tip of 15% of the bill. Valet parking attendants expect a \$1 tip.

Bribery, although common in many other cultures, is not considered appropriate and is often illegal in the U.S. Attempting to bribe a policeman will certainly get you arrested.

SMOKING

Smoking has become more socially unacceptable in the U.S. Smoking is prohibited in government and public buildings, schools and many businesses. In Nebraska, smoking is prohibited in almost every indoor environment other than some hotel rooms, stores that sell only tobacco and tobacco related items, facilities doing research related to the health effects of smoking and private residences (which are not licensed child care programs). Businesses, schools and public places have different rules about smoking outside on their property. Usually the rules are posted, but if they are not ask before you smoke.

Tobacco products may not be sold to anyone under 18 years old. Federal law requires stores to ask to see a photo ID for anyone under 27 years old. Buying

cigarettes for a child or giving a child a cigarette is illegal. Smoking on airplane flights within the U.S. is prohibited. There are severe penalties for smoking on an airplane or in an airplane lavatory. Smoking is prohibited on all public transportation.

If you are a guest in someone's home, you should ask whether it is ok to smoke. If there are no ashtrays in the house it is a good sign that smoking is not acceptable.

RECYCLING

In Omaha and on campus efforts to recycle materials are evident. On campus are wastebaskets colored green or blue. Items that can be recycled go in these bins. Plastic and aluminum items go in green bins while paper products go in blue.

Visit the website to learn more about recycling efforts across campus.

UNMC: livegreennebraska.com/recycling

UNO: unomaha.edu/sustainability/waste-recycling

City waste management also collects recyclables. These bins are green and are free to residents. To learn more, visit the Omaha website:

wasteline.org/mybin

GENDER RELATIONS

NON-DISCRIMINATION AND TITLE IX

Both campuses are committed to creating a diverse and inclusive work and learning environment free from discrimination and harassment. UNMC is dedicated to creating an environment where everyone feels valued, respected and included

UNMC and UNO do not discriminate based on race, color, ethnicity, national origin, sex, pregnancy, sexual orientation, gender identity, religion, disability, age, genetic information, veteran status, marital status, and/or political affiliation in its programs, activities, or employment.

UNMC and UNO comply with all local, state and federal laws prohibiting discrimination, including Title IX, which prohibits discrimination on the basis of sex.

UNMC and UNO require new international students to participate in an interactive Title IX training session during International Student Orientation or at another date during fall semester. Information provided in this session will help you to:

- Better understand U.S.A. culture and regulations
- The importance of creating an environment in which harassment and/or sexual assault is unacceptable and survivors are supported
- To identify situations in which sexual assault may occur
- How to step in/intervene safely to prevent situations in which sexual assault may occur

The Equal Opportunity in Education Act, commonly known as Title IX, is a U.S. law established in 1972. The law prohibits discrimination on the basis of sex in education programs receiving Federal financial assistance. Title IX states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

- Sexual harassment of students, which includes acts of sexual violence, is a form of sex discrimination prohibited by Title IX
- Title IX applies also to same-sex, bisexual and transgender students Sexual Violence
- Sexual violence refers to physical sexual acts perpetrated either against a person's will or where a person is incapable of giving consent due to the victim's use of drugs or alcohol
- An individual also may be unable to give consent due to an intellectual or other disability

 A number of different acts fall into the category of sexual violence, including rape, sexual assault, sexual battery, and sexual coercion. All such acts of sexual violence are forms of sexual harassment covered under Title IX

DEFINITIONS

Sex: At birth, infants are assigned a sex based on a combination of biological characteristics including: Chromosomes, Hormones and Reproductive organs

Gender: Refers to attitudes, feelings, and behaviors that a given culture associates with a person's biological sex:

- Behavior compatible with cultural expectations is referred to as gender-normative.
- Behavior viewed as incompatible with these expectations constitutes gender non-conformity.

Gender identity: A person's innate, internal sense of his or her gender.

Gender expression: The way in which a person presents his or her gender to the outside world.

Transgender: An umbrella term referring to a person whose gender identity or expression falls outside of stereotypical gender norms and who may or may not seek to change their physical sex characteristics through hormones, sex reassignment surgery or other actions.

Cisgender: Refers to individuals whose sex assignment at birth corresponds to their gender identity and expression.

Sexual orientation: An individual's physical and/or emotional attraction to people of the same or opposite sex or gender.

Transitioning: The process through which a person modifies his/her physical characteristics or manner of expression in order to bring his/her internal gender identity in harmony with his/her external gender expression, such as:

- 1. the taking of hormones,
- 2. sex reassignment surgery,
- 3. covering certain body parts,
- 4. changing speech patterns, hair, wardrobe, makeup or other changes

LGBTQ is an acronym that stands for Lesbian, Gay, Bisexual, Trans and Queer, and is used to designate a community of people whose sexual or gender identities can create shared political and social concerns.

Lesbian: A woman who is attracted to other women.

Gay: A man who is attracted to other men.

Bisexual: An individual who is attracted to both genders.

Trans: An umbrella term that seeks to incorporate individuals whose gender identities do not match their biological sex.

Queer: Individuals who experience fluidity in their experience of sexuality or gender and therefore do not identify strictly as LGB or T. The term 'Queer' can also include those who do not identify as either gender.

UNMC and UNO have resources for students who seek assistance, have questions, or want to learn more. UNMC and UNO encourages you to review the following websites:

- UNMC Title IX website: unmc.edu/TitleIX
- UNMC Title IX Resources Omaha campus website: unmc.edu/titleix/campus-resources/omaha
- UNO Gender and Sexuality Resource Center website: unomaha.edu/student-life/inclusion/ gender-and-sexuality-resource-center

At UNMC, the following persons have been designated to handle any questions, concerns or complaints you may have:

Discrimination or Disability Inquiries

Cheryl Bagley Thompson, PhD, RN Assistant Vice-Chancellor Academic Affairs/Student Affairs Student Life Center – Office# 2036 Telephone: 402-559-2792

Telephone: 402-559-2792 cbthompson@unmc.edu

Title IX Inquiries

Carmen Sirizzotti, MBA
Title IX Coordinator
Administrative Building (ADM), Office# 2010
Telephone: 402-559-2717
csirizzotti@unmc.edu

At UNO, please contact:

unomaha.edu/office-of-equity-access-and-diversity/resources/title-ix

RELIGION

The U.S. Constitution guarantees religious freedom for all faiths. Omaha has many Christian churches and Jewish synagogues. There are also religious centers for Muslim, Hindus and Buddhists. The best way to find out more information is to search online for these various houses of worship.



Freedom of religion also means that you're likely to be solicited by people who want to invite you to their religious group. Some of these groups can be quite aggressive. There are a few that target college students, especially international college students. It is often best to avoid these people. If you are interested in their religion do research about the group online. Then, if you want to, initate contact with the group.

AMERICAN HOLIDAYS

The American calendar is filled with numerous holidays. The following table shows some of the more popular holidays. National holidays have been indicated in bold face. Most non-essential government offices will be closed on these National Holidays. Banks and post offices also tend to be closed on these days and many businesses will also give their employees the day off.

HOLIDAY	DATE
New Year's Day	January 1
Martin Luther King, Jr. Day	Third Monday in January
Ground Hog Day	February 2
Valentine's Day	February 14
President's Day	Third Monday in February
St. Patrick's Day	March 17
April Fool's Day	April 1
Patriot's Day	Third Monday in April
Mother's Day	Second Sunday in May
Memorial Day	Last Monday in May
Flag Day	June 14
Father's Day	Third Sunday in June
Independence Day	July 4
Labor Day	First Monday in September
Columbus Day	Second Monday in October
Halloween	October 31
Election Day	Tuesday after the first Monday in November in years divisible by 4
Veterans Day	November 11
Thanksgiving	Fourth Thursday in November
Christmas Day	December 25

DAYLIGHT SAVINGS TIME (DST)

Daylight Savings Time—often referred to as "Summer Time," "DST," or "Daylight Savings Time"—is a way of making better use of the daylight in the evenings by setting the clocks forward one hour during the longer days of the summer, and back again in the fall.



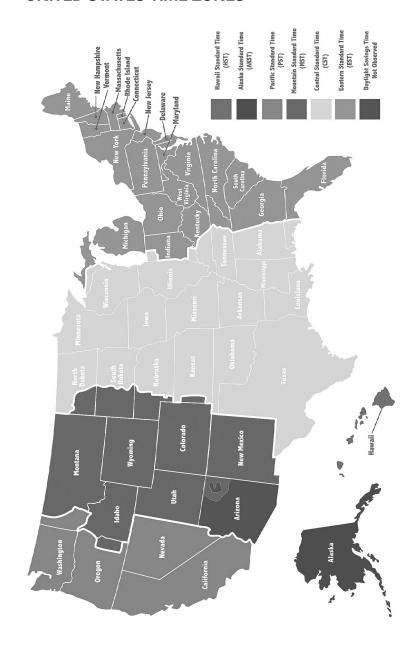
CLOCKS BACK OR FORWARD?

The clock moves ahead (= losing one hour) in the spring when DST starts, and falls back one hour (= gaining one hour) when DST ends in the fall. To remember which way the clock goes, keep in mind one of these sayings: "spring forward, fall back" or "spring ahead, fall behind."

WHEN WE CHANGE OUR CLOCKS

Most of the United States begin Daylight Savings Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S., each time zone switches at a different time.

UNITED STATES TIME ZONES



COMMON MEDICATION TRANSLATIONS

Mandarin to English

IVIALIC	darin to Englis	П			
注意事项	肝功能减退着清 慎用.喝酒时请不 要服用	高血压及肾功能减 退者请慎用	高血压者请慎用	高血压者请慎用	
CAUTION	- liver insufficiency - Please do not take Tylenol with alcohol	- Kidney insufficiency -Hypertension	- Hypertension	- Hypertension	
一般成人用量	如需要,每4到6 小时服用至2粒, (每粒325毫克).24 小时内请不要服用 超过4克,	每4到6小时,如 需要,口服1-2粒 (每粒含量200毫 克),如无医嘱,24 小时内请不要服用 超过6粒.	如需要,每4到6 小时服用1粒, (每 粒60毫克). 24小 时内请不要服用 超过240毫克.	如需要,每4到6 小时服用1粒。(每 粒10毫克). 24小 时内请不要服用超 过60毫克.	每日一片 (每月10毫克)
COMMON ADULT DOSAGE	Take 1 to 2 tablet(s) (325 mg/ tablet) every 4- to 6-hours as needed. Do not to exceed 4g in 24 hours.	Take 1-2 (200mg/ tablet) tablets by mouth every 4 to 6 hours as needed. Do not exceed 6 tablets within 24 hours.	Take 1 tablet (60mg/ tablet) by mouth every 4 to 6 hours, as needed. Do not exceed 240mg within 24 hours	Take 1 tablet (10mg/ tablet) every 4 to 6 hours as needed. Do not exceed 60mg within 24 hours.	Once daily (10mg/ tablet)
常见的适用症状	暂时退烧及缓解 由风湿引起的轻 度至中度的疼痛	智时缓解由于感冒引起的肌肉酸 清,头痛,牙 痛,肌肉疼痛, 胃痛,关节炎, 有痛,关节炎,	伪麻黄碱可智时 缓解鼻塞症状	去氣肾上腺素可 智时缓解鼻塞症 状	暂时缓过敏症状, 如流鼻涕, 打喷 嘘, 喉咙发痒, 流泪
COMMON	Temporary reduce fever and relief of mild to moderate pain associated arthritis.	lemporary relieve minor aches and pains associated with the common cold, headache, toothache, muscular aches, back pain, arthritis, menstrual cramps, and etc.	Pseudoephedine is indicated for the temporary relief of sinus and nasal congestion	Phenylephrine is indicated for the temporary relief of sinus and nasal congestion	Temporary relieve allergic symptoms, such as running nose, sneezing, itching of the nose of throat and watery eyes.
DRUG	Tylenol	Advil	*Sudafed Pseudoephedrine	Sudafed PE Phenylephrine	Zyrtec

DRUG	COMMON	常见的适用症状	COMMON ADULT DOSAGE	一般成人用量	CAUTION	注意事项
Claritin	Temporary relieve allergic symptoms, such as running nose, sneezing, tiching of the nose of throat and watery eyes.	暂时缓过敏症状, 如流鼻涕, 打喷 嘘, 喉咙发痒, 流泪	Once daily (10mg/ tablet)	每日一片 (每片10毫克)		
Benadryl	Temporary relieve allergic symptoms, such as running nose, sneezing, tiching of the nose of throat and watery eyes.	米海拉朗可暂时 缓过敏症状,如 流鼻涕,打喷 嚏,喉咙发痒, 流泪	Take 1 to 2 tablet(s) (25 mg/tablet) every 4- to 6-hours as needed. Do not to exceed 300 mg in 24 hours.	如需要,每4到6 小时服用至2粒, (每粒25毫克).24 小时内请不要服用 超过300毫克.	- Please do not drive or operate heavy machine, after taking Benadryl due to its side effect of causing drowsiness.	由于苯海拉明会引 起腦腫症状 服勢 后请不要卡车或操 作重型机械.
Pepto Bismol	Temporary relief symptoms of diarrhea, indigestion, diarrhea, indigestion, anses and nausea	智时级解腹泻, 消化不良, 肠胃 不, 患心等症状	Take 1 tablet or 1 tablespoonful (262mg/tablet or tablespoon) every 30 to 60 minutes as needed. Do not exceed 8 doses within 24 hours	如需要,每30到60 分钟服用粒或1 大汤匙,(每粒或每 汤匙262毫克).24 小时内请不要服用 超过6次.	- Please take Pepto Bismol tablet with a full glass (8oz) of water	-服用片剂时请服 用一整杯(8央司) 水
Imodium	relief of symptoms of diarrhea	缓解腹泻症状	Take 1 tablet (2mg) by mouth 3 times daily	每天口服3次,每 次一粒		
Delsym	Cough suppressant	止咳	Take 10-20 mg every 4 hours or 30 mg every 6-8 hours, as needed. Do not to exceed 120 mg daily	如需要每4小时服用0-20毫克。或者6-8小时服用30毫克。每天请不要毫克。每天请不要是克。每天请不要服用超过120毫克		

* Due to illicit usage, medication containing pseudoephedrine is now kept within the pharmacies in the United States. Please show a photo I.D. for purchasing. *在美国由于非法使用,所有含伪麻黄碱成份的药物必须要通过药房购买,购买时请出示带有照片的有效证件.

OVER-THE-COUNTER DRUG TRANSLATION

BRAND NAME	商品名	GENERIC NAME	药品名	INDICATION	主治
Abreva	_	Docosanol	建第二十二	Cold sore medication	冷疮/口腔溃疡
Advil Cold and Sinus	1	lbuprofen and pseudoephedrine	布洛芬,伪麻黄碱	Cold and sinus relief, analgesic	感冒,鼻塞,止痛
Advil	ı	lbuprofen	布洛芬	Anti-inflammatory/ Analgesic	消炎止痛
Afrin	鼻福靈	Oxymetazoline	鹽酸羥甲唑啉滴鼻液	Nasal decongestant	鼻塞
Aleve	1	Naproxen	萘普生	Anti-inflammatory/Analgesic	消炎止痛
Anbesol	ı	Benzocaine	苯佐卡因	Oral cavity analgesic (toothache)	牙痛
Aspirin	阿司匹林	Acetylsalicylic acid	乙酰水杨酸	Analgesic (headache)	头痛
Benadryl	苯那准, 苯那坐 尔, 可他敏	Diphenhydramine	苯海拉明	Allergy relief	过敏,流鼻涕
Claritin	开瑞坦	Loratadine	氯雷他定	Allergy relief	过敏,流鼻涕
Claritin-D	开瑞坦-D	Loratadine and pseudoephedrine	氣雷他定,伪麻黄碱	Allergy and sinus relief	过敏,流鼻涕,鼻塞
Colace	_	Docusate	1里 東国 東国 東国	Stool softener	软便剂
Dayquil	I	Acetaminophen, dextromethorphan, and phenylepherine	撲熱息痛,右美沙芬, 苯腎上腺素	Allergy and cold relief	日用感冒鼻塞药
Delsym	-	Dextromethorphan	右美沙芬	Cough suppressant	止咳
Dramamine	茶苯海明,晕 海宁	Dimenhydrinate or meclizine	氣茶硷苯海拉明, 美其敏(敏克静)	Motion sickness medication	晕车,晕船,晕飞机

BRAND NAME	商品名	GENERIC NAME	药品名	INDICATION	主治
Halls cough drop	1	Menthol or pectin	薄荷醇,果胶	Antitussive	止咳
Imodium	易瀉停	Loperamide	洛哌丁胺	Antidiarrheal	腹泻
Motrin	美林	lbuprofen	布洛芬	Anti-inflammatory/ Analgesic	消炎止痛
Mucinex	美清痰化痰药片	Guaifenesin	愈创甘油醚	Expectorant/ antitussive	祛痰,止咳
Neosporin	消炎傷口清潔膏	Polymyxin B, Neomycin, bacitracin	多粘菌素B,硫酸新霉素, 杆 菌肽锌	Topical Anti-infective	外數,抗感染
Nyquil	ı	Phenylephrine, chlorphe- nirame, dextrometho- rphan, acetaminophen, or doxylamine	苯腎上腺素 氯苯那碱, 右美沙芬, 撲熱息痛, 多西拉嫩	Cold and allergy relief (night time)	夜用感冒鼻塞药
Orajel	牙浦凝胶	Benzocaine	苯佐卡因	Oral cavity Analgesic (toothache)	牙浦
Pepto Bismol	铋莫溃	Bithmuth subsalicylate	碱式水杨酸铋	Antidiarrheal	拉肚子
Robitussin	乐倍舒	Guaifenesin, dextromethorphan,	愈创甘油醚,右美沙芬	Cough relief	上咳
Sudafed	=	Pseudoephedrine	伪麻黄碱	Cold and sinus relief	感冒,鼻塞
Tylenol	泰诺	Acetaminophen	撲熱息痛	Analgesic,	止痛,退烧
Zyrtec	仙特敏	Cetirizine	西替利嗪	Allergy relief	过敏,流鼻涕

Some of the information provided in this handbook has come from the following sources.

www.cbp.gov

www.ice.gov

https://studyinthestates.dhs.gov

www.travel.state.gov

www.uscis.gov

www.visitomaha.com

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