

MARIST COLLEGE

International Student Handbook

Useful Information for students new to the United States



Prepared by:

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American Culture



Picture provided by Phoenix Masonry Masonic Museum at <http://www.phoenixmasonry.org>

Introduction

Studying in another country is one of life's most enriching experiences. Throughout history, travelers have recognized the benefits of learning about different ways of thinking and living. Studying in a country and culture different from your own will enable you to look at the world from a new perspective. Over half a million students come to the United States to study each year from countries around the world. Their presence in the United States gives them the opportunity to benefit from our system of education and allows them to contribute to U.S. understanding of the world community.

-NAFSA's International Student Handbook

Adjustment

From your reading, from American films and TV, and from talking with Americans in your country, you have probably formed some idea of life in the US. Some of what you have seen and heard is true, some of it is probably distorted or just plain fiction. Your adjustment may not seem like a shock at all; you may just be uncomfortable at times, or more tired than you would normally be. Regardless, most foreign students and faculty

experience culture shock and most learn to accept the differences that they encounter and even adjust to them. Remember though, that each person's experience is different, and part of the value of your experience abroad will be your own discovery of America and Americans.

Common Symptoms of Culture Shock:

- Extreme homesickness
- Weariness of speaking English
- Desire to avoid social settings that seem threatening or unpleasant
- Lack of interest in studies
- Lack of motivation
- Physical complaints and sleep disturbances
- Loss of your sense of humor
- Constant yearning for familiar foods and spices
- Boredom or fatigue
- Hostility against the host culture
- Depression and feeling of helplessness
- Weight gain or loss
- Blaming others for your problems

Suggested Ways to Combat Culture Shock

- Get in touch with family and friends back home.
- Get enough sleep and try to relax.
- Involve yourself with college activities; interact with other students.
- Connect with other international students
- Be physically active! Participate in sports or exercise.
- Observe how others are acting in the same situation.
- Describe the situation, what it means to you, and your response to it.
- Ask local residents how they would have handled the situation and what it means in the host culture.
- Plan how you might act in this or similar situations in the future.
- Evaluate and test the new behavior, and see how well it works.
- Decide how you can apply what you have learned the next time you find yourself in a similar situation.

Throughout the period of cultural adaptation, find a way to make yourself feel better. Take good care of yourself, and take special notice of things you enjoy about living in the host culture. Being relaxed and keeping your sense of humor will assist you overcoming culture shock.

American Customs and Courtesies

Time

To many Americans, precision is very important. Having an appointment with American is like having a Swiss watch, which means "precision." Being late for class may result in lower grades. Be sure to arrive few minutes early to your appointment. Call or e-mail if you will be coming late or will be unable to keep the appointment.

Friendships

In this mobile society, friendships may be transitory and are often established to meet personal needs in a particular situation. The casualness of friendship patterns in the U.S. allows people to move freely into new social groups. These groups usually form around work, shared interests, school, or places of residence. You may be greeted with considerable warmth initially, but find that this does not always continue. That is why the American form of friendship remains a question to many foreign students and faculty. As an outsider, it is up to you to introduce yourself. Most Americans usually welcome new people to their social groups as long as you show an interest in them.

Handshaking

The handshake is the most common form of non-verbal greeting used in the U.S. Americans shake hands when greeting friends, work associates, and before and after business meetings. The handshake is an acceptable gesture to either men or women, as it conveys greeting and professional recognition at business events. Unlike other cultures, there is no social restriction regarding men shaking hands with women, but it is always appropriate in formal social situations to wait until the woman offers her hand first.

Greetings

Americans often greet each other (or you) with phrases such as "How are you?", "How are you doing?", "What's up?", or "Nice day, isn't it?" Usually, it's not a question at all, but rather a form of "Hello." A usual response to this question would be: "I'm fine, how are you?" You may not be "fine" at all, but this kind of greeting is a courtesy and is not intended to invite a lengthy conversation. Do not be too concerned if they do not follow up the greeting with other conversation.

Invitations

If you accept an invitation to a person's home, it is important to keep the appointment. The host expects you to call or e-mail well ahead of time to cancel your appointment if you cannot come. If you are not sure you can attend, it is probably better to decline. While you are not obliged to bring a gift if you are invited to dinner, a bottle of wine or flowers will always be appreciated. However, overnight guests usually bring an inexpensive gift. Before

leaving, thank the host and hostess for accommodating you and compliment them for the meal or meals that they prepared for you. Complimenting is a fine gesture that Americans always appreciate.

Tax

Upon your purchase of goods and services (clothing, foods, books, etc.), you will notice that advertised price does not include a sales tax. The sales tax is added on the price when you go to pay for your goods and services. Tax varies from city to city, but they are usually around 6-8 percent of the price listed on the sales tag. Some municipalities do not tax clothing purchases for single items costing less than \$110.00 each.

Tipping

Customers reward workers' (such as waiters and waitresses, taxi drivers, airport and hotel porters) good service by tipping them. When service is particularly poor, some people consider it appropriate to limit the amount of a tip. Your waiter expects a tip of 15-20 percent of your bill while a taxi driver expects an additional 10-15 percent of the fare shown on the taxi's meter. A porter expects \$1.00 for each bag he carries.

Cleanliness and Body Odor

Americans tend to choose products that will help them, their clothes, and homes smell like anything except their natural odors. Realize that your own culture's ideas about what smells good may be different from the American culture. For example, cooking odors can often be the most obvious and even offensive scents to most Americans. The smell of garlic on a person's breath would probably offend some Americans. Americans tend to bathe or shower daily and use deodorant.

Conclusion

These are just a few tips for situations that you may encounter during your first few days here. International Student Orientation, offered during the early part of your stay, will provide you with much additional information. Feel free to ask questions during the orientation sessions. College officials are here to help you make an easier transition into American collegiate life.

Banking



Introduction

Most students use banks to maintain checking, savings and other accounts, and to transfer money to-and-from their accounts. When opening a bank account, make sure that you have at least two valid forms of identification, such as your passport and student ID card.

Banks offer different types of accounts with different service charges. There are two basic types of accounts, checking and savings accounts. Checking accounts are essential because personal checks are a convenient and safe way to carry money. With a checking account, you will be able to write checks or transfer money electronically for the amount of money you have on deposit at that bank. Once a month, your bank will send you a statement of all your checking account activities. You are expected to balance the statement against your own records. If you write a check for an amount greater than the money that is held in your account, the check will be returned to the bank and you will be charged a fee by the bank (usually between \$10 and \$25).

Note: When you open your checking account, you will be given "starter" checks that do not have your name on them. You will also be instructed on how to establish online access to your account. You should keep cash, traveler's checks, or a credit card available for the first few weeks until you receive your permanent checks.

Another way to access your money is with a debit card. These cards allow you to withdraw or deposit money to your bank account using an automatic teller machine (ATM) and allow you to make purchases at stores.

When opening an account consider the following:

- a. What is the minimum opening deposit?
- b. Is the bank an FDIC or FSLIC or NCUA member? If the bank is a member of one of these organizations your total accounts with the bank will be insured up to \$100,000.
- c. Are there service charges, and how can they be avoided?
- d. Will there be a charge for every check you write? If so, how much?
- e. Is there a fee charged for every use of an ATM (Automated Teller Machine)? If so, how much?
- f. Can the bank accept wire transfers from a foreign bank, and vice versa?

With a savings account, you will not be able to write a check, but you will receive interest on the money you have deposited in the saving account. The interest you will get depends on the bank, the type of savings account you select, and the amount of money in that account. A typical setup for students will be to have about one-half of their money in a checking account, and the remaining half in savings, earning interest. When the checking account monies get low, users simply transfer money from savings. This way, most of the money is earning interest while waiting to be used.

Financial Institutions Close To Marist

TEG (Federal Credit Union)

TEG is located across from Marist campus. TEG is a not-for-profit financial cooperative association that offers savings and checking accounts to its members. TEG also provides ATM cards. TEG offers competitive dividend rates on saving and investment accounts, competitive rates on loans, and is a NCUA member. For more information on how to become a member, call (845) 452-7323, out of the area (888) 834-8255, or on the web at <www.tegfcu.com>

Rhinebeck Savings Bank

Rhinebeck Savings Bank is situated across from the Marist campus. It offers both savings and checking accounts. It is an FDIC member and also provides ATM cards. For further information about their banking products and services, call (845) 471-4467 or on the web at <www.rhinebecksavings.com>

Financial Institutions in the Poughkeepsie Area

A number of large international banks have branches in the Poughkeepsie area including HSBC, Bank of America, and Chase.

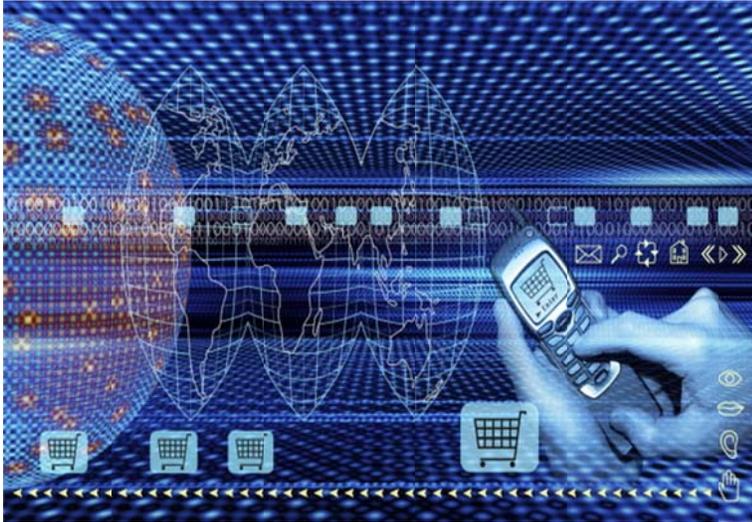
Automated Teller Machines

ATM cards will enable you to deposit and to withdraw money from ATMs that are located in most banks, shopping malls and in some grocery stores. Other services offered at ATMs include account balance inquiries and transfer of funds from one account to another. When using an ATM, be sure not to reveal your Personal Identification Number (PIN) to anyone. The bank will give you instructions on how to use the ATM card properly, including the security precautions to guard against theft.

There are ATMs located on the Marist Campus in Donnelly Hall and outside of the College Activities Office.

Most stores will allow debit card users to withdraw cash over the amount due for the items at the time of purchase so that shoppers can pay for their selections and receive cash back at the same time.

Communication



Mail Service

The Marist College post office is located on the second level of the Student Center. The College mailroom (post office) services include sale of postage and stamps, weighing of packages and letters, and sale of certified mail with return receipts, and overnight mail delivery through Post Office Express. Mailboxes are available for full-time undergraduate students.

From Monday through Saturday, the U.S. Post Office delivers mail to the College and to private residences. If you use a campus mailbox, be sure to notify the College post office where to forward your mail before the school session ends, otherwise, the Marist College post office will automatically send it back to your original home address.

College Post Office Service Counter Hours:

Monday to Thursday:	9:00 a.m. - 6:00 p.m.
Friday:	9:00 a.m. - 5:00 p.m.
Saturday	9:00 a.m. - 12:00 p.m.
Sunday:	Closed

Mailbox Area Hours:

Monday to Friday	8:30 a.m. - 8:30 p.m.
Saturday	8:30 a.m. - 5:00 p.m.
Sunday	12:00 noon - 5:00 p.m.

The U.S. Postal Service picks up mail from the Marist College post office at 3:30 p.m. from Monday to Friday. The U.S. Postal Service does not pick up mail at Marist on Saturday or Sunday.

There is no postage required for sending mail from one campus location to another. If you are sending mail to a student, you should write his/her name and MSC number on the envelope. If you are sending mail to a professor or a school official, you should write his/her name and department. On-campus mail is delivered during office hours Monday to Friday.

When filling out forms, or when having mail sent to them by friends and family, students often have questions about the proper format for addressing mail. If family members or friends in your home country have questions about how to address mail to you, below are examples of how mail should be addressed:

Sample Envelope for On-Campus Students:

Return Address Goes in this Area	Your Name
	Marist College, MSC 12345 (College, Mailbox number)
	3399 North Road (Campus number, Street name)
	Poughkeepsie, NY 12601 (City, State, Zip Code)

Sample Envelope for Off-Campus Students:

Return Address Goes in this Area	Your Name
	123 Delafield Street, Apt. 3C (House number, Street Name, Apartment Number)
	Poughkeepsie, NY 12601 (City, State, Zip)

Telephones

Commuter students planning to acquire telephone service may contact AT&T, Verizon, Sprint, or other companies for landline telephone service connection. Many of the same companies also offer cell phone service. Cell phones may be purchased from a brick and mortar outlet or sometimes online. There are prepaid services such as Tracfone and cell phone plans with contracts for one year or more. Internet telephone services such as Vonage may offer an economical alternative. Be aware that most telephone companies require identification including a social security number. When students first arrive, many get a calling card offered by one of several U.S. companies. Calling cards allow

callers to save some money on the cost of phone calls. In addition, calling cards may be used to make phone calls at any phone, including pay phones, and charge the call to your phone card account. Most international students calling overseas use a pre-paid calling cards because they offer cheaper calling rates especially when calling overseas and do not require a social security card. Pre-paid calling cards are sold in grocery stores across the country.

If you are a full time undergraduate International Student and are living on campus, you will receive information in your orientation packet about Paetec, the telephone service provider on campus. Paetec can be reached at 1 (800) 962-4772 or via email at <http://www.campuslink.paetec.com>

Electronic Mail

In order to obtain an e-mail address and have access to the Marist College mainframe, ask for an account number at the Help Desk in Donnelly Room 258 or by calling (845) 575-4357 (HELP). You will need your Marist College ID and be registered for classes to get an account number. The network is available to all Marist College students, faculty, and staff. If you have an e-mail account already, you may have your Marist Foxmail forwarded to you personal account.

Newspapers

You may purchase different newspapers, such as *The Poughkeepsie Journal*, the *New York Times*, *The Wall Street Journal*, etc., in supermarkets and grocery stores. *The Poughkeepsie Journal* provides news updates about the Poughkeepsie area, television program schedules, events, classified ads, etc. and is also available in newspaper dispensing boxes on campus. These publications are, of course, available at no charge online and in the library as well. You can purchase international newspapers at Barnes & Noble, located on Route 9 south of Marist College. The James A. Cannavino library also subscribes to a variety of local, national, and international newspapers that are available for readers.

Television

Cable reception is available to campus residents. If you live off campus and wish to have cable channels, you should contact the local cable provider. Your landlord will be able to furnish you with the name of the company that services your area. Cable stations provide a variety of programs in HD, including various news programs, which are an excellent source for international and headline news. If you are unable to get cable channels, national stations such as ABC, CBS, FOX, NBC, UPN, PBS and many others are still accessible. These television stations broadcast some international as well as national news (check your television program schedule).

Employment Guide for International Students



F-1 Visa Students

Both undergraduate and graduate students are eligible for campus employment. Please note that as an international student, you are only permitted to work on campus. Off-campus employment is prohibited. The only exception to this rule is if you are involved in an academic internship that is directly related to your field of study and is approved by the college. Students may also work off-campus if they are involved in an Optional Practical Training position that is directly related to their field of study. It should be noted that competition for on-campus employment is keen and students may not always be able to procure work when they first arrive at Marist, nor even during their first semester. Maintaining eligibility for most types of F-1 employment means that you must limit your work to no more than 20 hours per week while school is in session. You may work full-time when school is not in session and during summer vacations.

J-1 Visa Students

The definition of “employment” is any type of work performed, or services provided in exchange for money, tuition, fees, books, supplies, room, or for any other benefit. If you receive no pay or other compensation for the work performed, the activity is not defined as “employment”, but is considered to be volunteer work.

J-1 Students may apply for authorization for three kinds of employment:

- 1) academic training related to the course of study,
- 2) work related to academic funding or general campus employment, or
- 3) off campus employment authorization for unforeseen economic circumstances.

Each kind of employment has its own criteria and limits. Authorization must be obtained from the Responsible Officer or Alternate Responsible Officer for all types of employment. The exchange visitor is prohibited from engaging in unauthorized employment. Engaging in

unauthorized employment is considered a violation of the regulations and subjects the exchange visitor to termination from the program.

The Director of Student Employment, whose office is located in Student Financial Services in Donnelley Hall 200, maintains a list of all available positions on campus. Students can check the Student Financial Services website or visit the office in person. Students may call the Director of Student employment at campus extension 3535 to make an appointment to discuss employment possibilities. Open positions are also posted on the bulletin board outside of Student Financial Services.

For more detailed information, please check the Student Financial Services website at <http://www.marist.edu/financialaid/studentemployment/international.html>

When searching for a job of any kind, it is important to have a well-crafted resume. Guidance in preparing effective resumes is provided by professional staff members at the Center for Career Services in Library 332. Career counselors there meet with students on an individual basis to provide instruction and advice on resume preparation and all aspects of career planning.

For information about Career Services, please check their website at <http://www.marist.edu/careerservices/>

Housing



Undergraduate Students

Marist College offers on-campus housing to international undergraduate students. Once accepted as an on-campus resident for your freshman year, you are guaranteed two years of on-campus housing. Housing fills up very quickly. We advise you to make reservations well in advance. For more information about on-campus housing, you may contact the Office of Housing and Residential Life at (845) 575-3307 during regular office hours. You can read more about on-campus housing at <http://www.marist.edu/housing>

Graduate Students

All Graduate Students live off-campus, mostly in the vicinity of the Marist campus since Marist is only able to provide on-campus housing for undergraduates. Various local housing options are available to graduate students, including studio-type apartments, one-and two-bedroom apartments and many other shared housing options. The Marist College Office of Housing and Residential Life, located in Rotunda Room 387, maintains an updated listing of apartments for rent in the area. The list can also be found at <http://www.marist.edu/housing/off-campus>. *The Poughkeepsie Journal*, a local newspaper, is another good source for finding apartments, cars, etc. <http://www.pojonews.com>. You can buy the *Poughkeepsie Journal* at grocery stores or supermarkets or pick it up on campus at no charge from dispensers in the hallways of various buildings. Communication with current Marist graduate students via e-mail is another excellent way to check for availability of apartments. This information will also be made available upon request from the Office of Graduate Admissions or the Coordinator for International Student Programs. Apartments with one bedroom begin at approximately \$700 per month; two-bedroom apartments begin at \$850.

Reminders for Apartment-Seekers

It is advisable when looking for a place to dwell that you make sure that the apartment is in good shape. Check it very carefully.

- Check the doors and windows to make sure that they can be locked for your safety and security. Open and close the doors and windows to ensure that they work properly.
- Make sure that appliances and lights are working properly. Check the stove, refrigerator, oven, microwave (if available), and dishwasher (if available) to see if they are clean and have no signs of problems. All apartments should have a stove and a refrigerator.
- Turn on the faucets to make sure they work easily to produce hot and cold water.
Check the plumbing to see if there is any leakage.
- For those who have a car, parking is necessary. Ask the landlord if there is a place to park your vehicle in a driveway or garage. If you have to park on the street, be sure to pay attention to the signs regarding parking regulations.

Negotiating and Signing the Lease

Most apartment managers require a rental commitment, a written contract called a lease. Read the lease agreement carefully before signing. Make sure you like the apartment. The lease is usually for a one-year period, but sometimes this may be negotiable. The landlord expects you to pay rent on a monthly basis for the entire lease period, even if you move out on a date earlier than the end of the lease. Make sure that you have a written agreement with your landlord. If you make any verbal agreements with your landlord or are requesting repairs, write the request on the contracted lease. Make sure the landlord signs the written changes you have made. You *must* get a copy of the signed lease for your safety and security. If you see that the landlord is reluctant to put anything in writing, it is probably not a good idea to rent the apartment. Most landlords require one month's rent and a security deposit at the time that the lease is signed.

Central Hudson Gas & Electric Corporation

If electricity and/or gas service are not included in your rent, you will need to contact the provider for this service. To request installation of gas or electric, you can call Central Hudson's toll-free number 1(800)527-2714. You can apply over the telephone by providing them information such as your social security number, date of birth, your bank name, and a copy of your year lease. Installation usually takes 1-3 days. Initial deposit: \$75 and up depending on house/apartment. If you have a checking account, you may provide your check number, account number, and the routing number. Payment can also be sent through any Bank of New York. You can also mail your check to:

Central Hudson Gas & Electric Corporation
284 South Ave.
Poughkeepsie, NY 12601

Cable Television and Internet Service

Cable television and internet service is usually not included in your rent. Ask the landlord which company provides your cable service and contact the service provider for information on signing up for the service. Many of the same forms of identification that are needed for other utilities are also required for cable and internet service.

Time Warner Cable: (845) 331-1711
Cablevision: (845) 297-3333

Telephone Service

Apartment rental does not include telephone service. If you would like to have landline service in addition to cell phone service, you may contact one of the many local service providers. In order to get landline service, you may need to provide information such as your social security number or 2 forms of notarized identification--i.e., school ID, driver's license, and passport with valid visa. Installation usually takes 1 to 2 weeks. Depending on house/apartment address and type of telephone service, one-time installation fee begins at \$55, and basic monthly service begins at \$35. If you are interested in internet service, the telephone company can also give you information about that option.

Hotel Accommodations

If you arrive prior to the orientation period or need a place to stay after orientation, you can check the Dutchess County Tourism website at <http://www.dutchesstourism.com/lodging.asp> for accommodations. The hotels closest to Marist College are:

Holiday Inn Express

40 Civic Center Plaza
Poughkeepsie, NY 12601
Tel: (845) 485-5300/Fax: (845) 485-4720
Room Rate - Approximately \$109 (plus tax) per night
(5 minute drive from Marist College)

Grand Hotel

341 South Road (Route 9)
Poughkeepsie, NY 12601
Tel: (845) 473-1151/Fax: (845) 485-8127
<http://www.pokgrand.com/>
Room Rate . Approximately \$109 per night
(5 minute drive from Marist College)

Immigration Policies and Procedures



Introduction

All students who are in the U.S. on non-immigrant visas are subject to an extensive and somewhat complex set of regulations mandated by the U.S. government. The following section of this Handbook discusses very briefly some of the major topics related to immigration regulations. Even though this is not a complete list of all immigration policies that apply to international students, the information contained in this section includes basic terminology and immigration policies, which all students must know while studying in the U.S.

Your Responsibilities as a Non-Immigrant International Student

During your stay in the US, you are subject to many complex immigration laws and regulations that relate to your status. Advisors are available to assist you and answer questions about your immigration status, but it is your responsibility to know and abide by the law in order to maintain valid legal status.

Important Terms

US Visa - A valid visa issued by the American Consulate in your country of origin stamped on a passport page.

I-94 Card - This is a small white card that the Immigration Officer attaches to your passport upon entering the U.S. The I-94 card indicates how long you are authorized to stay in the U.S. and your admission number. It is also known as an Arrival/Departure Record.

F-1 Students: SEVIS I-20 Form - This form has to be presented by the student to the American Consulate in his/her country of origin in order to receive F-1 status. It consists of three pages. Page one has personal information, the School's information, and financial information. Page two is an information page. Page three is a reporting page for employment, program changes and travel. Every F-1 student should keep the SEVIS I-20 with his or her passport.

J-1 Students: SEVIS DS-2019 Form – This form has to be presented by the student to the American Consulate in his/her country of origin in order to receive J-1 status. This is a three page document issued by your sponsoring organization that describes your purpose for entering the U.S., the expected duration of your program, and your sources of funding. Form DS-2019 permits you to apply for a J-1 visa stamp and request J-1 (Exchange Visitor) status upon entry to the U.S. Every J-1 student should keep the SEVIS DS-2019 with his or her passport. Please see the official website for a list of frequently asked questions about the J-1 Visas please see:
<http://exchanges.state.gov/jexchanges/faq.html#2>

F-1 Visa Policies

As a non-immigrant international student on an F-1 visa, you must:

- Have a valid passport at all times.
- Either attend the school you were authorized to attend, or contact the DSO at the school on your I-20 and ask for a transfer to another school after entering the US.
- Be registered full-time for each academic semester as defined by the USCIS. For undergraduate students, this means registration for at least 12 credits per semester, and for graduate students, this means registration for at least 9 credits per semester.
- Maintain good academic standing and make normal progress towards completing your degree.
- Follow appropriate procedures if you transfer from one school to another or if you change from one educational level to another.
- File for a program extension in a timely manner (at least one month before the end date on your I-20) if you do not complete your program by the time estimated on your I-20.
- Limit on-campus employment or any authorized off-campus employment to a total of 20 hours per week during the academic semester (and up to 40 hours during breaks and vacation).
- Obtain proper authorization before engaging in any off-campus employment.
- Report promptly to the Registrar's office any change of address.

Students that are holding F-1 Visas are admitted to the U.S. for the duration of status ("D/S"), otherwise, defined as:

- a. The length of your stay while pursuing "full-time study" and making normal progress towards completing your degree. (In the event of a documented medical emergency, exceptions to full-time status may be made.)
- b. The time you may be working in "practical training" after you finished studies (if you are authorized and qualify); and
- c. A period of 60 days to leave the country upon completion of an academic program and practical training.

If you are planning to travel outside the U.S. (including going home), you must have your I-20 Form signed by the DSO in the Registrar's Office, Donnelly Hall. This affirms that you are eligible to continue as a student at Marist College when you return to the U.S.

Please note: If you have any questions regarding your **F-1** status, please contact the DSO in the Registrar's Office in Donnelly Hall.

J-1 Visa Policies

College and University students are eligible for the Exchange Visitor Program only if at any time during their college studies in the United States they meet one of the following four criteria:

1. They or their program are financed directly or indirectly by the U.S. Government, the student's home government or an international organization of which the United States is a member by treaty or statute;
2. The exchange program is carried out pursuant to an agreement between the U.S. Government and a foreign government (must attach a copy of the agreement to the application.)
3. The exchange program is carried out pursuant to a *written* agreement between: (must attach a copy of the agreement to the application or designate the Relevant Marist Exchange Program on your application.)
 - a. An American and foreign educational institution
 - b. An American educational institution and a foreign government
 - c. A U.S. state or local government and a foreign government;

- *or* -

4. The exchange visitor student is supported substantially by funding other than personal or family funds.

[22 CFR § 62.23(c)]. Participants in this Program will enter the U.S. with a "J-1" visa, identified as "exchange student." A "non-degree" student is engaged full time in a prescribed course of study in a non-degree program of up to 24 months duration.

Please note that J-1 students must demonstrate minimum financial support according to their program specifications. Substantial funding from J programs must come from exchange agreements, the student's home university, scholarships, or other sources apart from personal or family funds.

The Department of State regulations require that all J-1 students and their dependents carry a comprehensive health plan for the duration of the program. J students at Marist are required to purchase insurance through the College to provide proper coverage under federal guidelines.

Please note: If you have any questions regarding your **J-1** status, please contact the RO located in the Marist International Programs office in the Hancock Center.

Leisure Time and Lifestyles



You might have heard the saying, "When in Rome, do as the Romans do." But what are the Romans doing? Or rather, what are the Americans doing? A good social life is important to a student's success. Recreation, diversion, and friends contribute to a balanced life. The Office of College Activities at Marist offers dozens of social, athletic, educational, and entertainment events each week. In addition to the many activities offered at Marist, the Hudson River Valley is rich with history and entertainment. Below is a list of local museums, historical sites, restaurants, and entertainment for your leisure time, your recreation and diversion.

Museums and Historical Sites in the Dutchess County Area

Franklin D. Roosevelt Home, Library and Museum

This is the lifelong home of President Franklin D. Roosevelt, including gravesite and Rose Garden Area. The Library and Museum contain extensive displays on the lives and careers of Franklin and Eleanor Roosevelt and exciting interactive exhibits. Tours are conducted every day from 9:00 a.m. to 5:00 p.m. If you purchase an admission ticket to either the home or to the library and museum, you can go to the other one for free.

Located on Route 9 in Hyde Park, New York.

Tel: 1(800)FDR-VISIT <http://www.farlibrary.marist.edu>

The Vanderbilt Mansion

The home of Frederick and Louise Vanderbilt, built between 1896 and 1898, representative of the "Gilded Age" is a great place to relax and enjoy a spectacular view of the Hudson River. Open every day from 9:00 a.m. to 5:00 p.m.

Located on Route 9 in Hyde Park, New York.

Tel: 1-(800) 967-2283 (845) 229-7770

Montgomery Place

The 434-acre Livingston family estate with restored 23-room mansion and gardens, waterfall, walking trails, special events, views of the Hudson River and Catskill Mountains is open every day except Tuesday in Apr.-Oct. and open weekends during Nov. and Dec. Hours: 10:00 a.m. to 5:00 p.m. with tours conducted every 45-min. (closed Jan., February and March).

Located in River Road, Route 103, Annandale-on-Hudson, New York

Tel: (845) 758-5461 <http://www.hudsonvalley.org>

Samuel F.B. Morse Historic Site-Locust Grove

The home of Samuel F.B. Morse, designed by A.J. Davis, this museum includes an extensive furniture collection, china, art, telegraph exhibits, gardens, and a nature walk, picnic facilities and woodland hiking trails. Open daily May through October 10:00 a.m. to 4:00 p.m. Last tour starts at 3:00 p.m. Also open daily during November and December, and March and April or by appointment.

Located along South Road, Route 9, Poughkeepsie, New York

Tel: (845) 454-4500 <http://morsehistoricsite.org>

Old Rhinebeck Aerodrome Museum

Antique aircraft and automobiles are on display and in action, air museums. Open May 15-Oct. 31, 7 days, 10:00 a.m. to 5:00 p.m. Weekend air shows, mid-June thru mid-Oct., 2:30 p.m. Open cockpit bi-plane rides available before and after shows.

Located at 44 Stone Church Road, Rhinebeck, New York

Tel: (845) 758-8610 <http://www.olderhinebeck.org>

Restaurants

There are a number of American and ethnic restaurants in the general Poughkeepsie area, including the Culinary Institute of America, the nation's premiere cooking school.

Culinary Institute of America

American, Italian, and French Restaurants, as well as Luncheon Restaurant.

Located at 433 Albany Post Road, Route 9, Hyde Park, New York

Tel: (845) 471-6608 <http://www.ciachef.edu>

Entertainment

There are numerous multiplex movie theaters in the area, as well as several venues for live stage performances. New York City, less than a two-hour train ride away, offers a wealth of entertainment opportunities.

Poughkeepsie:

The Bardavon 1869 Opera House

The Bardavon is the oldest Opera House in New York State. It hosts local, national, and international artists in opera, music, theater, dance, children's programs and films. Located on Market Street in Poughkeepsie, New York
Tel: (845) 473-2072 <http://www.upac.org>

The Mid-Hudson Civic Center

Multi-purpose recreation/entertainment/convention center offering ice skating and programs ranging from pop and rock concerts to consumer and trade shows and cultural events. The ice-skating facility is open from September to March and is home ice for the Marist hockey club. Civic Center Plaza, Poughkeepsie, New York
Tel: (845) 454-5800 <http://www.midhudsonciviccenter.com>

Cuneen-Hackett Cultural Center

The former Vassar Institute where prominent American figures in the late 19th century spoke or performed are restored Victorian buildings at both locations. A theater and offices for theater related arts groups are housed at #12; art gallery and Victorian parlors at #9 promote local artists and art groups. Administrative offices within, open Mon.-Fri., From 9:00 a.m. to 5:00 p.m. Theater offerings, art exhibits, etc. are advertised locally through various "arts" calendars.
9 and 12 Vassar Street, Poughkeepsie, New York
Tel: (845) 471-1221

The Barrett House-Dutchess County Art Association

Maintains art galleries that are changed every four to six weeks. Art classes are also offered. Opens Tues.-Fri. from 10:00 a.m. to 5:00 p.m.; Sat. 11:00 a.m. to 4:00 p.m. Located on Noxon Street, Poughkeepsie, New York
Tel: (845) 471-2550 <http://www.barrettartcenter.org>

The Chance

A variety of musical sounds: country, rock and roll, metal, R&B, blues., etc., local and national acts. Admission varies. Dancing Thurs. nights.
6 Crannell Street, Poughkeepsie, New York
Tel: (845) 471-1966 <http://www.thechancetheater.com>

Recreation

Walkway Over the Hudson

Just south of Marist College is a scenic pedestrian bridge (previously a railroad bridge) over the Hudson River connecting Poughkeepsie with Highland, New York on the opposite bank. It is a New York State Park open to the public for walking, jogging, biking and rollerblading. From the bridge, visitors can see for miles up and down the spectacular Hudson Valley.

<http://www.walkway.org/>

Golf

McCann Memorial Golf Course: 18 hole championship course, driving range, putting greens, pro shop, golf lessons.

Located on Wilbur Boulevard, Poughkeepsie. Tel: (845) 454-1968

Other Golf courses:

- College Hill in Poughkeepsie (845) 486-9112
- Vassar in Poughkeepsie (845) 473-1550
- Beekman Country Club in Hopewell Junction (845) 226-7700
- Dinsmore in Staatsburg (845) 889-4751
- James Baird State Park in LaGrange (845) 452-1489

Bowling

For bowling lovers, you may play games at Hoe Bowl Lanes

Taft Avenue in Poughkeepsie or (845) 452-1645

On Route 9 in Wappingers Falls (845) 297-8810

Fishing

Some favorite spots are the Wappingers Falls Lake for largemouth bass and the Fishkill Creek for trout. The Hudson River has numerous species among which may be found: American shad, largemouth and smallmouth bass, striped bass, brown bullhead, carp, and white catfish.

Fishing licenses are required in New York State. They may be acquired at any sporting goods or bait and tackle shop. *Note: Eating fish caught in the Hudson is not recommended.*

Equestrian

- Greystone Farms, New Hampton (845) 355-RIDE <http://www.greystonestables.net/>
- Pegasus Riding Center, Poughkeepsie (845) 471-4528
- Stoneridge Stables, Pleasant Valley (845) 635-3060

Tennis, hiking, camping, boating and many other activities are plentiful in Dutchess County and the surrounding area. See Dutchess County Tourism at <http://www.dutchesstourism.com/> for information about these activities as well as for information about seasonal festivals and events, and detailed information about a variety of things available to see and do in Dutchess County.

Obtaining Identification Cards



The official mascot of Marist College is the red fox.

Marist College ID Card

A Marist College ID card serves as your official campus identification. Students are required to present it at the library to check out materials and at the McCann Recreation Center in order to use the facilities. It can also be used as a debit card at various locations both on and off campus. It permits entry to secured areas on campus as well. Marist students may obtain the ID card at the Marist Card Office in Donnelly Room 241.

Social Security Number

Prior to applying for a social security card, students must have a job offer from a campus employer, a letter from that employer, and a letter from the Marist College DSO. Detailed information about the entire process can be found on the Student Financial Services website at <http://www.marist.edu/financialaid/studentemployment/pdfs/internationalstudent.pdf> Once all necessary documentation is obtained, students may proceed to the Social Security Office located at 191 Main Street, Poughkeepsie, New York.

When you go to the Social Security Office to apply for the card, you must bring:

- Valid Passport
- I-20 Form
- Marist College ID Card
- I-94 (white card attached to your passport)
- Letters from campus employer and DSO

The Social Security Office hours are 9 a.m. to 4 p.m., Monday through Friday (the office is closed on national holidays). Visit the web site at www.ssa.gov.com

The card usually arrives within two weeks. You may then proceed to the Marist College Payroll Office in Donnelley Hall to fill out the requisite forms and begin work.

Driver's License

Individuals are sometimes asked to provide identification when conducting banking business, when filing official forms and applications, and when traveling. The most common form of identification requested in the United States is the driver's license. This is one reason why some international students may wish to get a New York State license.

All drivers need to be licensed to operate motor vehicles in the United States. International driver's permits and licenses from other countries are recognized by New York State. As a full-time student, you are not considered a legal resident of New York State and are not required to get a New York State driver's license in order to drive here. A valid driver's license from your home country, coupled with an international driver's permit, are legally sufficient. However, if you wish, you may obtain a New York State driver's license. The Department of Motor Vehicles (DMV) issues New York State driver's licenses. You will need to take a written test, a five-hour driving class, and a road test in order to procure a New York State driver's license.

Contact the DMV at 1(800) 342-5368 for further information about rules for international drivers or go to:

<http://www.nydmv.state.ny.us/license.htm#driversfromothernations> and
<http://www.nydmv.state.ny.us/resident.htm>

There are a number of acceptable proofs of ID required by the DMV before they will issue a driver's license. Some of these documents include:

- Passport
- Marist College ID Card
- Credit Cards (VISA, MasterCard, etc.)
- ATM Card
- I-20 Form
- Social Security Card
- Utility bill showing local address
- Health insurance card
- Pay stub from local employer

These are just a few examples. To obtain a complete list and to learn more about New York State driver's license, check the DMV website at <http://www.nydmv.state.ny.us/>.

Safety and Security



Marist College provides seven-day, around-the-clock campus security for its students. The Town of Poughkeepsie is a quiet place, not nearly as chaotic as larger cities in the U.S. However, while it is generally a safe place to work and study, you still need to use caution.

Protecting Yourself from Crime

Marist College is committed to protecting its students in every possible way. The following suggestions will make your stay in the United States safer and more secure:

Safety Tips

- Look around and be aware of your surroundings.
- Keep away from dark streets.
- Try not to walk alone, particularly at night. Ask a friend to accompany you.
- During the evening, you may use the Office of Security's escort service (S.N.A.P) to walk to and from buildings and parking lots on campus.
S.N.A.P. may be contacted by calling (845) 575-7627.
- Always look behind you. If you think someone is following you, walk faster, and move toward a place where there are people
- Be cautious with your purse and/or bag. Hold them tightly.
- If you need assistance on campus, you can call the Office of Safety and Security in Donnelly Room 201, at ext. 2282, or for emergencies at ext. 5555.
- Report any incident on campus immediately by calling the Security Office, ext. 2282 or (845) 471-1822 (evening phone).
- Blue phones are provided throughout campus. If you feel uncomfortable, use the blue light phone to contact Security.

For off-campus emergencies, call 911.

At Home

- Make sure you lock all doors and windows.
- Get to know your neighbors.
- Don't provide personal information over the phone.
- Don't take out garbage alone at night.

Driving

- Lock the car doors.
- Park and walk in areas that are well-lit.
- Never give rides to strangers.

Personal Belongings

- Don't leave your books or bags unattended.
- Leave valuable belongings locked in the trunk of your car, not on the seat or in plain view.

Emergency Phone Numbers

Police:

City of Poughkeepsie	(845) 451-4000
Town of Poughkeepsie	(845) 485-3666

For serious situations or life threatening injuries or other emergencies, dial 911

<i>Marist College Office of Safety and Security:</i>	(845) 575-2282
	(845) 471-1822 - evening phone
	ext. 5555 - on campus emergencies

<i>Fire Department:</i>	(845) 485-3330
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Hospitals:

St. Francis Hospital	(845) 471-2000 or (845) 483-5000
Vassar Brothers Hospital	(845) 454-8500

Shopping



Food

Several supermarkets and large shopping malls are located along Route 9 within a few miles of Marist College, both north and south. Food shopping is usually done in supermarkets such as Price Chopper or Stop & Shop, which are located on Route 9 (approximately 10 minutes driving time). These supermarkets often offer discount cards and coupons that will give you additional reductions on the regular price of some items.

Students who love to cook their own dishes may find imported spices and ingredients in ethnic stores throughout the area. Ask a fellow international student or check online or in the phone book for the addresses for ethnic markets.

Shopping Malls

The Poughkeepsie Galleria on Route 9, south of Marist College, features 150 stores both large and small that sell clothing, books, sporting goods, electronics, toys, housewares, jewelry, etc. The mall also contains hair salons, a "fast-food" court in addition to separate restaurants, and a multiplex cinema.

The South Hills Mall on Route 9, south of Marist College, and just south of the Galleria Mall, contains a couple of large department stores, several small specialty stores, and cinemas.

The Poughkeepsie Plaza Mall, also on Route 9, has a number of medium and small specialty stores.

Across from the Campus

Across from the campus there are sandwich shops, a public laundry (which offers dry cleaning services as well), hair salons, a drug store, a fitness center, a gasoline station, a home improvement warehouse, an office supply store, McDonalds, Applebee's (featuring American food in a casual setting), a Chinese take-out restaurant, pizza shops, a coffee bar, and other restaurants and small businesses.

Bookstores

You will find textbooks and reading materials, as well as a vast variety of school supplies at the campus bookstore located in the Rotunda. The campus bookstore hours are:

Monday through Thursday	9:00 a.m. to 7:00 p.m.
Friday	9:00 a.m. to 5:00 p.m.
Saturday	10:00 a.m. to 4:00 p.m.

with extended hours during the beginning of the fall and spring semesters. The campus bookstore buys used textbooks, offering students 10% to 50% back on their books. The bookstore only buys used books if the text will still be used during the following semester and is in good condition.

Barnes & Noble Bookstore, along Route 9, south of Marist College, has a vast selection of fiction and non-fiction books as well as music CDs, magazines, and gifts.

Transportation



Arriving by Air

There are three major airports in the New York City area: John F. Kennedy Airport (JFK) is located on Long Island about 12 miles (20km) from Manhattan. LaGuardia Airport is also located on Long Island, about 8 miles (15km) from New York City, and Newark International is in New Jersey about 12 miles (20 km) across the Hudson River to the west of New York City. In addition, Stewart International Airport in Newburgh, Westchester County Airport in White Plains, and Albany Airport in Albany are all within a two-hour drive of Marist College.

New York Airport Shuttle Service (www.nyairportservice.com)

This shuttle service brings people to and from both major airports in New York. The shuttle arrives and departs in front of Grand Central Train Station, where Metro-North trains depart for and arrive from Poughkeepsie. New York Airport Shuttles run to Grand Central Train Station from JFK and LaGuardia Airports between 6:00 a.m. and 8:00 p.m. approximately every 15-30 minutes. Shuttles run seven days per week, 365 days per year. The bus stops are located directly outside the baggage claim area at both airports. Luggage will be loaded onto the bus by the driver. It is customary to give the driver a gratuity in addition to the fare if you have luggage. One to two dollars per bag is usually sufficient, depending on their size and weight. The fee is \$15.00 from JFK and \$12.00 from LaGuardia. The trip to Manhattan is approximately 50 - 70 minutes long. You may call (212) 875-8200 for additional information.

Coach USA Airport Express (www.olympiabus.com)

Students arriving at Newark Liberty Airport (New Jersey) can also travel to Grand Central Railway Station via Coach USA Olympia Bus Service. It provides transportation every fifteen to

thirty minutes between Newark Liberty Airport and Manhattan -365 days a year. Buses run from 4:00 a.m. - 1:00 a.m. The fare is \$15.00 from Newark Liberty Airport to Grand Central Station. Note: When checking the website, Newark Liberty Airport is listed as being in New York State. Call Newark Liberty Airport Express Bus toll free at 1(877) 8-NEWARK.

Taxis and Limousines Services

You can also use taxi and limousine service from airports to Grand Central Train Station, but it is quite expensive. Taxi fares between any of these airports and midtown Manhattan cost approximately \$40. Limousines or private cars cost about the same. A taxi ride directly from any of these airports to Marist College is also possible; however, this will be much more expensive, approximately \$250 or more. If you can divide the cost with other students, another convenient option is to reserve a car service to take you directly from the airport to Marist College. For example, Classic Coach Limousine Service (telephone: (845) 229-1000, fax: (845) 229-5591) charges around \$350 for an eight-person van or \$204 for a private car (gratuity not included). If the driver has to wait longer than 45 minutes there is an additional charge of \$45 per hour.

Driving Directions to Marist College <http://www.marist.edu/about/directions.html>

From New York City Area:

Take Route 87 (NY State Thruway) North to exit 18. Go East on Route 299 to Route 9-W. Make a right on Route 9-W (south) to the Mid-Hudson Bridge. Cross the bridge and take the first exit to Route 9 North. Drive approximately two miles, Marist College is on the left. Use the first entrance to the College at the traffic light.

Another way of reaching Marist College:

Take Route 684 North to Interstate 84. Go East on 84 to exit 13. Take Route 9 North approximately 14 miles. Marist College is on the left.

Metro-North Train www.mta.nyc.ny.us/mnr

From Grand Central Train Station on 42nd Street in Manhattan, you can ride Metro North Railroad to Poughkeepsie. In the main lobby of Grand Central Terminal, you may purchase a ticket to Poughkeepsie on the Hudson River Rail Line. The Hudson River Rail Line runs on the east side of the Hudson River. The price for a one-way ticket is approximately \$22.00. Once in Poughkeepsie, you may take a taxi (cost: approximately \$5.00) for the short ride to Marist College, Donnelly Hall. Call (800) METRO-INFO for more information about the train.

Amtrak www.amtrak.com

Amtrak trains depart from Pennsylvania Station located between 7th and 8th Avenues on 34th Street in Manhattan. The trip to Poughkeepsie takes approximately 1 hour and 20 minutes. The fare is approximately \$31.00 one-way. Call Amtrak's toll free number 1 (800) USA-RAIL for more information.

City of Poughkeepsie Transit System and Loop Bus

City of Poughkeepsie Transit

<http://www.cityofpoughkeepsie.com/forms.php#18>

The City of Poughkeepsie Transit System provides public transportation around the city of Poughkeepsie. The City of Poughkeepsie "Hospital" bus is the one that passes Marist College. You may obtain a list of the City of Poughkeepsie Transit System schedules and stops by asking the driver inside the bus. Otherwise, you may call the City of Poughkeepsie Transit System at (845) 451-4118 for more information. The fare is \$1.00 with a \$.50 charge for transfers. The City of Poughkeepsie offers very limited service and its last run of the day is at 5:30 pm.

Loop Bus

<http://www.co.dutchess.ny.us/CountyGov/Departments/Planning/PLLoopSchedules.htm>

The Loop Bus offers a more expanded route throughout Dutchess County. The LOOP information telephone line is (845) 485-4690 and is available Monday through Friday between 7:00 a.m. and 5:00 p.m. Inquiries can also be sent via e-mail to loopbus@co.dutchess.ny.us. The base fare for the Loop Bus is \$1.75 per zone. Please note that the last Loop Bus of the day runs at approximately 9:00 p.m.

Automobiles

Some of the students who live off-campus choose to purchase a car during their stay at Marist College. Many of these students buy pre-owned cars from dealerships or from a private person. Look for ads on school bulletin boards; sometimes, graduating students sell their cars. *The Poughkeepsie Journal* is another source for finding used cars as are local car dealerships and internet sites.

When buying a car, consider these additional *required* expenses:

- a. insurance (this is usually calculated at the highest rate for drivers in their teens and early twenties)
- b. state automobile registration
- c. maintenance to keep the car safe and roadworthy
- d. annual New York State automobile inspection
- e. gasoline and oil

Bicycles

In good weather, bicycling can be another efficient way to get to and around Marist College. Aside from saving you the cost of transportation expenses, bicycling can be good exercise as well. Many campus buildings have bicycle racks outside for parking your bike. It is wise to purchase a high-quality lock to keep it secure when it is left unattended. If you decide to ride a bike, be sure to wear a helmet for safety and obey all traffic laws.

Parking on Campus

Driving a vehicle to the campus will make it necessary to find a place to park on a daily basis. Vehicle registration and a valid parking permit are required for all faculty, staff, and students - including resident, commuter, adult education, and graduate students.

To obtain a Marist College parking permit, go to www.marist.edu/security/registration and fill out the required form. You can check the status of your permit online. Once it has been processed, you may go to the Security Office in Donnelly Hall Room 201 to pick up the sticker.

To receive your permit, you must bring the following with you to the Security Office:

- your Marist ID card
- a copy of your driver's license
- a copy of the vehicle registration
- your license plate number

If you have questions about parking, you may contact the Security Office at (845) 471-1822 from 9:00 a.m. to 4:00 p.m. Monday to Friday.

Freshman resident students are not permitted have a car on campus unless they are commuter students. All commuter students will be issued a commuter parking pass valid for the whole school year. This parking pass is valid for either one of the two commuter parking lots, Beck Place or McCann. Commuter student parking is not permitted in any other lot. Upper class resident students who have a parking permit are allowed to park only in the specified number lot. Parking is legal only in the lot to which the car is assigned.



For information about admission to Marist College please see
<<http://www.marist.edu/admission/>>