

MARIST

INTERNATIONAL STUDENT SERVICES

INTERNATIONAL STUDENT HANDBOOK



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The Office of International Student Services

You Are Welcome Here

The Office of International Student Services offers a range of support services for both undergraduate and graduate students who come to Marist University from abroad. Programs include an intensive orientation program for new students prior to the start of classes each semester.

Orientation is designed to introduce new students to the campus, its students, faculty, and staff, and to familiarize them with the academic policies and procedures of Marist, and applicable rules and regulations of the United States government. Students should plan to arrive on campus approximately one week before classes begin in order to participate in orientation.

Additionally, the office provides on-going academic, social, religious, and cultural support for all international students. Programming often includes seminars about OPT and CPT, student health insurance, tax preparation, and writing tutorials. Finally, we are always eager to celebrate the richness of our diverse traditions. The Marist International Student Association (MISA) enthusiastically plans celebrations for Diwali, Iftar, and Christmas, just to name a few.

International Exchange Students from partner institutions are welcome at Marist University. The International Student Exchange Program, administered by the Office of International Student Services in conjunction with Marist Abroad, is responsible for coordinating aspects of the exchange students' stay, prior to orientation through completion of their course work at Marist.

Many ISS forms are available through my.Marist by navigating to the Student tab, selecting Registrar and then clicking on International Student Services.

Office Contact

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International Student Services Emergency Phone: +1 (845) 505-7050

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. Nearly one 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

After watching American films, TV, and talking with Americans in your country, you have probably formed some idea of life in the U.S. Some of what you have seen and heard is true, while 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. Remember though, that each person's experience is different, and part of the value of your experience abroad will be your own discovery of the U.S. and American culture.

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 university 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 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 a good sense of humor will assist you in overcoming culture shock.

American Customs and Courtesies

Time

To many Americans, timeliness is very important. Having an appointment with an American is like having a Swiss watch, which keeps "precision timing." Arriving late for class may result in lower grades or you may earn an absence. Be sure to arrive a 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 into their social groups if 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 further 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 make it. 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 they have 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 onto 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 could probably offend some Americans. Americans tend to bathe or shower daily and use deodorant and perfumes or cologne.

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 additional information. Feel free to ask questions during the orientation sessions. University officials are here to help you make an easier transition into American collegiate life.

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

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 Arrival/Departure Form: In order to check and see if you entered the U.S. in the correct visa category, or if you plan on working in the U.S., you will need this paperwork. You can obtain this form through [the U.S. Customs and Border Protection](#) page where you will click on “get most recent I-94” and hit “consent and continue.” Proceed to fill out the form, and when completed, print out the results.

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 a

reporting page for employment, program changes, and travel. Page three is an information page. Every F-1 student should keep the SEVIS I-20 with his or her passport.

J-1 Students: SEVIS DS-2019 Form – This form must 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 two-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://j1visa.state.gov/basics/common-questions>

F-1 Visa Policies

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

- Always have a valid passport.
- After entering the US, either attend the school you were authorized to attend or contact the Designated School Official (DSO) at the school on your I-20 to request a transfer to another school.
- 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. Up to 3-credit online classes per credit amount is allowed each semester.
- Maintain good academic standing and make 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 ISS and 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:

- 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.)
- The time you may be working in "practical training" after you finished studies (if you are authorized and qualify); and
- A period of 60 days to leave the country upon completion of an academic program

If you are planning to travel outside the U.S. (including going home), you must have your I-20 Form signed by the PDSO or DSO This affirms that you are eligible to continue as a student at Marist University when you return to the U.S

Please note: If you have any questions regarding your **F-1 or J-1** status, please contact the ISS Office.

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-1 students at Marist are required to purchase insurance through the University to provide proper coverage under federal guidelines.

Please note: If you have any questions regarding your **J-1** status, please contact the Responsible Officer (RO) located in the Marist International Student Services office in the Library.

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 university. After completing two consecutive academic semesters, students may work off-campus if they are involved in an Optional Practical Training (OPT) position or Curricular Practical Training (CPT) that is directly related to their field of study after completing two consecutive academic semesters.

It should be noted that on campus employment opportunities are limited and open positions are competitive. Students may not always be able to procure work when they first arrive at Marist, nor even during their first semester. You must limit your work to no more than 20 hours per week while school is in session. You may work full-time on campus 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. 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.

Students can check the Student Financial Services website or visit the office in person. Students may call the Director of Student employment to make an appointment to discuss employment possibilities or to obtain a list of open positions on campus. Open positions are also posted online on [Handshake](#) the Marist employment search engine.

Director of Student Employment
Student Financial Services
Donnelly 200
(845)-575-3230

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. Career counselors there meet with students on an individual basis to provide instruction and advice on resume preparation and all aspects of career planning.

Center for Career Services
Library 332
(845)-575-3547

For information about Career Services, please check their website at https://www.marist.edu/en_US/academic-resources/career-services



Obtaining Identification Cards



The official mascot of Marist University is the red fox.

Marist University ID Card

A Marist University 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 declining balance 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 once they are registered for classes.

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 University DSO. Detailed information about the entire process can be found on the Student Financial Services website at <http://www.marist.edu/financialaid/studentemployment/pdfs/employmentguideinternationalstudents.pdf>

Once all necessary documentation is obtained, students may proceed to:

Social Security Office

332 Main St
Poughkeepsie, NY 12601
(877) 405-674

Hours of Operation:

Monday, Tuesday, Thursday & Friday 9 a.m.-4 p.m.
Wednesday 9 a.m.-12 p.m.

Office is closed on Saturday, Sunday, and national holidays

<https://secure.ssa.gov/ICON/ic001.do#officeResults>

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

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

The card usually arrives within two weeks. You may then proceed to the Marist University Payroll Office in Donnelly 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. For further information about rules for international drivers go to:

The Department of Motor Vehicles

(518) 486-9786

<http://www.dmv.ny.gov/license.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 University ID Card
- Credit Cards (VISA, MasterCard, etc.)
- ATM Card
- I-20 Form
- Social Security Card (or a verification letter from the DSO)
- Utility bill showing local address
- Health insurance card
- Pay stub from local employer

Safety and Security



Marist University provides seven-day, twelve-month, 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 University 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. Use approved taxis when traveling in the area at night.
- 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, (845) 575-2282, or ext.2282 from a campus phone, 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 University Office of Safety and Security:</i>	(845) 575-2282 – on-campus
	(845) 471-1822 – off-campus
	ext. 5555 - on campus emergencies

<i>Fire Department:</i>	(845) 451-4081
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Hospitals:

Mid-Hudson Regional Hospital	(845) 483-5000
Vassar Brothers Medical Center	(845) 454-8500

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 University parking permit, go to <https://www.marist.edu/security/parking> 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
- 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.

Housing



Office of Housing and Residential Life
Rotunda Room 387
(845) 575-3307

Undergraduate Students

Marist University offers on-campus housing to international undergraduate students. Once accepted as an on-campus resident for your freshman year, you are guaranteed housing for that year.

Housing fills up very quickly. We advise you to make reservations well in advance. For more information about on-campus housing, you may contact during regular office hours: 8:30 a.m. – 5:00 p.m.

You can read more about on-campus housing at: <http://www.marist.edu/housing>

Graduate Students

There is currently no graduate housing available on the Marist campus. 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. Popular websites to search for apartments include [Apartments.com](http://www.apartments.com), [Zillow](http://www.zillow.com), [Trulia](http://www.trulia.com), [Craigslist](http://www.craigslist.com), and [Realtor.com](http://www.realtor.com). 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 Assistant Director for International Student Services.

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. If you decide to work with a realtor to find an apartment, they may charge a fee as well that could be as high as one month's rent.

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 fill out an application online found at: <https://www.cenhud.com/workingwithus/newservicerequest> Applications can be submitted online or mailed 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.

Spectrum:	(844) 316-8554
Optimum:	(845) 296-3575
Verizon:	(800) 837-4966

Telephone Service

Cable TV, internet, and telephone services can all be bundled together with most companies. Separate landlines are available. Check with your landlord to see which service provider to contact if you wish to have a landline.

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 for accommodations at <http://www.dutchesstourism.com/all-accomodations.php>

The hotels closest to Marist University are:

Holiday Inn Express

2750 South Road (Route 9)
Poughkeepsie, NY 12601
Tel: (845) 473-1151

Room Rate - Approximately \$149 (plus tax) per night
(5-minute drive from Marist University)

Quality Inn Hyde Park

4142 Albany Post Road
Hyde Park, NY 12538
Tel: (845) 229-0088

Room Rate - Approximately \$98 (plus tax) per night
(7-minute drive from Marist University)

Communication



Mail Service

The Marist University post office is located on the second level of the Student Center. The University 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 University and to private residences. If you use a campus mailbox, be sure to notify the University post office where to forward your mail before the school session ends, otherwise, the Marist University post office will automatically send it back to your original home address.

University 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 p.m. - 5:00 p.m.

The U.S. Postal Service picks up mail from the Marist University 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 University, MSC 12345 (University, Mailbox)
	3399 North Road (Campus number, Street name)
	Poughkeepsie, NY 12601 (City, State, Zip Code)
	U.S.A.

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)
	U.S.A.

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 online. There are several prepaid services 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 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 convenience stores, such as Walmart and Target, across the country and are also available in the Marist University Computer Store in the Rotunda.

<http://attprepaidcard.amssupport.net/>

Long Distance and International Calling Card Dialing

Dial 78 + 1 + toll free number - enter your PIN, and follow the instructions on the calling card. For students who live on-campus, each residence hall is equipped with telephones for free on-campus and local calling. If you find your residence hall is not equipped with a telephone, call the office of telecommunications at (845)575-3391. Marist University does not provide long distance telephone services.

Electronic Mail

In order to have access to the Marist computer system, you can go to their web page <http://www.marist.edu/it/accountinfo.html> to ask for an account number, or, if you are on campus, just go to the Help Desk in Donnelly Hall 258, or call (845) 575-4357 (HELP). You will need your Marist University ID number and your passport and be registered for classes to gain full access to the system. The network is available to all Marist University students, faculty, and staff. If you have a personal e-mail account already, you may have your Marist Mail forwarded to your personal account.

Newspapers

Newspapers from different countries can be accessed through the LexusNexus online database available to students by the James A. Cannavino Library at Marist.

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, CW, PBS and many others are still accessible. These television stations broadcast some international as well as national news (check your television program schedule).

Health Care and Insurance



Health Care in the U.S.

During your time as an International Student in the U.S., it is likely that you will need to access Health Care services, whether for minor medical issues or larger, ongoing ones. It's quite likely that the U.S. Health Care system is quite different from what you may be used to in your home country. The *NAFSA Health and Wellness Guide* (2016) offers these key reminders:

- **U.S. Health Care is Privatized:** The U.S. government does not cover health care for all residents. It's up to the individual to seek care and determine which options are best for him or her.
- **Highly Regulated Health Care** means that an advanced level of training and certification is needed for all medical practitioners.
- **Scientific Health Care for Physical Illnesses:** Scientific research determines medical practices in the U.S. while addressing mental/physical/environmental/social aspects of both illness and health.
- **Specialized Care** means that certain doctors have expertise in specific medical conditions. You may see a Primary Care doctor for general treatments, but you may be referred to a Specialist for certain medical issues.
- **High Cost of Care in the U.S.** applies to all aspects of medical treatment, so it's essential to carry Health Insurance while in the U.S. You will be responsible for the cost of your medical care, with your health insurance paying some of the costs. Ambulance rides and Emergency Room visits can cost hundreds, even thousands of dollars, so it's critical to only utilize these services in a true emergency. Always use "In Network" providers to keep costs as low as possible.

Health Insurance

All International Students enrolled on F-1 and J-1 visas are required to carry the mandatory Marist Student Health Insurance Plan (SHIP). Students may only opt out of this insurance if they already carry a U.S.-based insurance, normally offered through a parent's U.S.-based employer.

Marist has partnered with the Allen J. Flood company who provides students with access to Empire Blue Cross insurance policies. Incoming student information is shared with Marist's Insurance provider, so you will be signed up in advance of your arrival to the U.S. The payment is added to your bill in Student Financial Services.

You can download your insurance card by visiting [MyStudentMedical.com](https://www.mystudentmedical.com)

Select the Marist page and login with your student credentials to access insurance cards, manage medical claims and find in-network medical providers.

You can also access all of these features on your mobile device by downloading the [Sidney Health](#) App and logging in with your Marist credentials.

Remember that even with the SHIP, healthcare services will not be “free”. You will be responsible for co-pays, the deductible, and also for co-insurance, even for covered services. You will also have to pay a certain amount for prescription medications; this amount will vary depending on the medication and if it is part of the SHIP formulary.

If you need assistance with your Student Health Insurance, you can contact the Allen J. Flood Company at +1 (914) 922-9200 or marist@ajfusa.com, or email Angela French: afrench@ajfusa.com

Marist Health Forms

Log in to your MyMarist account, select the Student tab and then access the Health Services area. From the menu on the left, proceed to Health Forms for Incoming Students: <https://my.marist.edu/health-forms-for-incoming-students> Select the Health Services Checklist for your student type. Required health information is specific to student type so please be sure to use the appropriate checklist.

Once you have reviewed the appropriate checklist, please proceed to the Marist Health Services (MHS) Patient Portal. Log in using your MyMarist username and password.

You can access the portal two ways:

- Access the site directly at <https://marist.medicatconnect.com>, or
- From the MyMarist site, use the Student Tab, access the Health Services area then look for the link to Marist Health Service Patient Portal, which is on the left menu of links or highlighted in yellow on the main page.

It is important that we have the required health information submitted via the MHS Patient Portal by **June 30th** for the fall semester and by **January 15th** for the spring semester. Students will not be allowed to register for classes or move into campus housing until all health information has been received and verified. If you will be under 18 when starting school, a parent or guardian must sign all forms.

Marist Student Health Services

Office Location: Murray Student Center, 352

The Health Services office is staffed by our physician medical director, nurse practitioners, and registered nurses.

To receive medical treatment at Health Services, you must be a full-time undergraduate student or a full-time graduate student who has elected to pay the Health Services fee. There is no charge for office visits for eligible students.

If you need medical care but are not eligible to receive your care at Health Services, [please click here](#) for more information on local medical providers.

Office Hours (during the semester):

- Monday - Friday 8:30am - 5:00pm
- Weekends: CLOSED (please call the office of Safety & Security)

Appointments:

- Throughout the COVID-19 pandemic, students are required to schedule an appointment in advance.
- Emergencies will be triaged promptly and seen in order of severity.

To schedule an appointment: we have same-day appointments each day and students are encouraged to call our office early to schedule a visit. Due to the pandemic, students must not walk-in without an appointment. Students that present without a scheduled visit will be advised to remain outside and call the office so staff may properly triage their health concern.

After Hours-Care:

Resident students requiring after-hour care or emergencies are encouraged to notify the RA, RD or Marist University Safety and Security: x5555, 2282 or 845-471-1822.

We recommend EmergencyOne urgent care center for after hours and weekend care. They have locations in Hyde Park (845) 229-2602, and in Poughkeepsie (845) 330-3200. You can access their website at www.eonekingston.com.

Local Pharmacies:

There are several pharmacies located close to Marist University. Please see the list [here](#) for more information and phone numbers. Students should refer to their health insurance plans for preferred pharmacy information.

Community Health Providers:

There are a number of [medical providers](#) close to campus, ranging from Urgent Care, Primary Care, Specialized Care or Emergency Services. Poughkeepsie also is home to two major hospitals: [Vassar Brothers Medical Center](#) and [Mid-Hudson Regional Hospital](#).

Graduate Students who do not opt in to Marist Health Services fees and undergraduate students needing care outside of campus services are encouraged to download the [Sidney Health App](#) from our insurance provider, which provides a list of in-network options or visit [mystudentmedical.com](#)

Mental Health Services

International Students in the U.S. may face challenges when it comes to cultural adjustment and separation from family and friends for an extended period. It's not unusual to sometimes feel sad, overwhelmed, or hostile while going through this adjustment. Over time, most individuals will be able to accept cultural differences and find balance in their studies, work, and social life. The ISS Office has a variety of resources and is a crucial support center for International Students on campus, so we invite you to come to us with any problems you may experience.

Sometimes, students may develop more severe or ongoing issues with Mental Health. It's critical to seek out professional support in these cases, and there is a wealth of resources on campus and in the community.

The [Marist Counseling Center](#) is a critical resource for providing access to mental health resources and drop in counseling services. Many licensed off campus Therapists and Psychiatrists will also accept the Marist Student Health Insurance plan. You can search for a provider on [Psychology Today](#).

Mental Health Emergencies

In case of a life-threatening Mental Health Emergency at Marist please call 911 or go to the nearest Emergency Room.

Students needing support for a non-life-threatening mental health crisis after normal office hours are encouraged to contact the RA, RD, or Marist University Safety and Security: (845) 575-5555 or (845) 471-1822 to access support from campus staff and to request phone contact with an on-call counselor.

Students can also contact:

- Dutchess County Helpline, Mobile Mental Health, & Stabilization Center: TALK or TEXT (845) 485-9700
- Rape Crisis & Crime Victims Hotline: (845) 452-7272
- Domestic Violence Hotline: (845) 485-5550
- MidHudson Regional Medical Center Emergency Psychiatric Care: (845) 431-8892
- Suicide Prevention Lifeline at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org) or 1-800-273-8255
- Crisis Text Line: Visit [crisistextline.org](https://www.crisistextline.org) or text START to 741741. Young people of color can now text STEVE to 741741 to be instantly connected to a crisis counselor of color.

Banking



Introduction

Most students use commercial or savings banks or credit unions 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. With a checking account, you will be able to transfer money electronically for the amount of money you have on deposit at that bank or to write paper checks. Checking accounts are useful because personal paper checks are a convenient and safe way to use money when electronic transfers or cash are not possible or desirable. Most banks will give you the choice between receiving a monthly paper statement by mail or managing your account using an online website or app. You are expected to balance the statement against your own records. If you write a paper 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 - \$50).

Note: When you open your account, you will be given "starter" checks that do not have your name on them. Later, you will receive paper checks with your name and personal information on them. You will also be instructed on how to establish online access to your account.

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:

- What is the minimum opening deposit?
- 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 \$250,000.
- Are there service charges, and how can they be avoided?
- Will there be a charge for every check you write? If so, how much?
- Is there a fee charged for every use of an ATM (Automated Teller Machine)? If so, how much?
- 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)

(845) 452-7323

(888) 834-8255 – Out of the area

www.tegfcu.com

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 or visit their website listed above.

Rhinebeck Bank

(845) 471-4467

www.rhinebeckbank.com

Rhinebeck 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 or visit their website listed above.

Financial Institutions in the Poughkeepsie Area (con't)

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

Automated Teller Machines (ATM)



ATM cards will enable you to withdraw money from ATMs that are located in most banks, shopping malls and grocery stores. However, if you withdraw money from a bank other than the one you belong to, there will often be a small transaction fee. 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 ATM machines on the Marist Campus in Donnelly Hall, the Student Center Rotunda, McCann Athletic Center, and The Market Place. These machines are not affiliated with any bank. The fee per transaction is \$1.00.

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.

Rite Aid Pharmacy allows cash back on purchases

Rite Aid Pharmacy

3350 North Rd
Poughkeepsie NY, 12601
(845)-452-6153

Hours of Operation:

Sunday	8:00 a.m. – 8:00 p.m.
Monday – Friday	8:00 a.m. – 10:00 p.m.
Saturday	8:00 a.m. – 9:00 p

Transportation



Arriving by Air

There are three major international airports in the New York City area: John F. Kennedy Airport (JFK) is in southern Queens, approximately 90 miles (145 km) from campus. LaGuardia Airport is in northern Queens, about 83 miles (133km) from campus, and Newark Liberty International Airport is in New Jersey about 98 miles (157 km) from campus. 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 University.

New York Airport Shuttle Service <http://www.nvcairporter.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 to 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 \$18.00 from JFK and \$16.00 from LaGuardia. The trip to Manhattan is approximately 50 - 70 minutes long. You may call (718)-777-5111 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 \$17.00 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.

TAXI transportation:

The most convenient way to get to Marist is to use a taxi or car service to drive you from the airport to Marist University. Make arrangements so you know exactly where to meet your taxi driver. Your cell phone may not work in the United States, so you will need to know where to meet ahead of time.

If you coordinate your arrival with other students who are coming to Marist on the same day, you can divide the cost, which ranges from \$200 to \$300, making it more affordable. ***Check with your taxi provider about current rates. Ask if there are extra charges for toll or tips.*** A standard tip for a taxi ride is 15% of the total fare.

App-based ride sharing services such as Uber and Lyft are also a viable means to get to campus, but rates may vary depending on the day of the week, time of day or weather conditions.

Driving Directions to Marist University <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 University is on the left. Use the first entrance to the University at the traffic light.

Another way of reaching Marist University:

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

Metro-North Train - <http://www.mta.info/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 \$25.00. Once in Poughkeepsie, you may take a taxi (cost: approximately \$5.00) for the short ride to Marist University, 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 \$27.00 - \$66.00 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/departments/dpw/busservice>

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 University. 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 \$1.75 with a \$.30 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/masstransit/plloopbus.htm>

The Loop Bus offers a more expanded route throughout Dutchess County. The LOOP information telephone line is (845) 473-8424. The bus will run daily Monday through Saturday with the earliest pick-up at 8:04 AM and the latest drop off at 10:47 PM. Inquiries can also be sent via e-mail to loopbus@co.dutchess.ny.us. If you present, your Marist I.D. you may ride for free. Please note that the last Loop Bus of the day runs until approximately 10:00 p.m.

Automobiles

Some of the students who live off-campus choose to purchase a car during their stay at Marist University. Many of these students buy pre-owned cars from dealerships or from a private person. Sometimes, graduating students sell their cars. Local car dealerships and internet sites are the best sources to search for pre-owned cars.

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 University. 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 law



Leisure Time and Recreation

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

(800) FDR-VISIT

<http://www.fdrlibrary.marist.edu>

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. The grounds are open to the public from 9:00 a.m. to 5:00 p.m. daily. 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.



Eleanor Roosevelt Historic Site at Val-kill

(845) 229-9115

<https://www.nps.gov/elro/planyourvisit/basicinfo.htm>

The modest home of Eleanor Roosevelt after the death of her husband in 1945 once served as a small workshop to create furniture and other small handicrafts. It was built to allow farmers who fell on hard economic times to earn another source of income. Open every day from sunrise to sunset and within walking distance of Franklin D. Roosevelt Home, Library and Museum. Located on Route 9 in Hyde Park, New York.

The Vanderbilt Mansion

(845) 229-7770

<https://www.nps.gov/vama/index.htm>

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.

Montgomery Place

<http://www.hudsonvalley.org/historic-sites/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

Samuel F.B. Morse Historic Site-Locust Grove

(845) 454-4500

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

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 5:00 p.m. Last tour starts at 3:15 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

Old Rhinebeck Aerodrome Museum

9 Norton Road, Redhook, New York

(845) 752-3200

<http://www.olderhinebeck.org>

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

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

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

(845) 471-6608

<http://www.ciarestaurantgroup.com/new-york-restaurants/>

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

Additional restaurants and take out options across from campus include [Starbucks](#), [Chipotle](#), [Applebee's](#), [McDonalds](#), [Burger King](#), [Giacomo's Pizza](#), [Salsa Fresca Mexican Grill](#), [Pad Mango Thai](#), [Red Fox Eatery](#), [Falafel Town](#), [Bronx Pie Pizza](#), [Molé Molé](#), [Yeung Ho II Chinese](#), [Kelly's Bakery](#) and [Cosimo's Pizza](#).

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.

The Bardavon 1869 Opera House

(845) 473-2072

<http://www.upac.org>

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

The Mid-Hudson Civic Center/ Majed J. Nesheiwat Convention Center

(845) 454-5800

<http://www.midhudsonciviccenter.com>

Multi-purpose recreation/entertainment/convention center offering ice skating and programs ranging from pop and rock concerts to consumer and trade shows, sports, entertainment, 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

Cunneen-Hackett Cultural Center

(845) 486-4571

<http://cunneen-hackett.org/>

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 promotes local artists and art groups.
9 and 12 Vassar Street, Poughkeepsie, New York

The Chance

6 Crannell Street, Poughkeepsie, New York

(845) 471-1966

<http://www.thechancetheater.com>

A variety of musical sounds: rock and roll, punk, metal, R&B, blues, country, etc. Local and national acts. Admission varies.

Regal Cinemas Galleria Mall

2001 South Rd, Poughkeepsie, NY 12601

[Regal Galleria Mall](#)

Regal Cinemas offers first run movies in 2D or 3D screenings, from Hollywood blockbusters to special interest presentations including replays from the Met Opera.

Recreation



Walkway over the Hudson

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

Just south of Marist University 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.

Golf

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

Wilbur Boulevard, Poughkeepsie. Tel:

(845) 471-3917

Other Golf courses:

- College Hill in Poughkeepsie (845) 486-9112
- Vassar in Poughkeepsie (845) 473-9838
- Beekman Country Club in Hopewell Junction (845) 226-7700
- Dinsmore in Staatsburg (845) 889-4082

Bowling

For bowling lovers, you may play games at:

Spins Bowl Bowling Center

47 Taft Avenue in Poughkeepsie (845) 471-1820

Spins Bowl Wappingers

On Route 9 in Wappingers Falls (845) 297-8110

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. In the state of New York, a fishing license is required to participate in this activity. *Note: Eating fish caught in the Hudson River is not recommended.*

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.

The McCann Center

Fitness & Recreation Center

Facility Hours

Completed in the Fall 2019, the fitness and recreation wing of the James J. McCann Center provides students and student-athletes alike with state-of-the-art fitness and training facilities. The vision of the expanded McCann Center is to be a student center in the evening hours, and to provide Marist students with excellent space to recreate and socialize, while maintaining an active lifestyle.

The addition includes a pair of weight rooms and fitness centers, an indoor turf facility, a recreation gymnasium with two NCAA regulation basketball courts, and a 133-meter elevated track.

The 140,000-square-foot James J. McCann Recreation Center, which is home to the Athletic Department administrative offices and Coaches Complex, features:

- [A 3,000-seat arena](#)
- [A natatorium](#)
- [6,000 square foot team weight room](#)
- [7,500 square foot fitness center](#)
- Indoor turf facility with batting cages
- [Recreation gymnasium with two NCAA Regulation basketball and volleyball courts](#)
- 133-meter elevated three lane track

- A teaching control room for ESPN television productions used in partnership with the Marist Center for Sports Communication
- Physical Therapy facility designed used in partnership with the Marist Doctorate of Physical Therapy Program
- Eight locker rooms, inclusive of rooms for all team sports, shared locker areas for individual use, and staff locker rooms
- Café/Concessions space with seating
- Ticket Office with four windows
- Pro Shop for officially licensed Nike Apparel sales
- Two (2) Multipurpose rooms
- A 2,200-square-foot dance studio
- A Hall of Fame multimedia meeting room
- Rooftop Terrace with green roof

Marist Athletics

[The Marist University Athletics Program](#) serves to support the ideals of Marist University by its commitment to excellence in education and to the pursuit of higher human values through the self-knowledge and personal development that come from participation in athletics activity. The Athletics Program is dedicated to the development of the whole person and the integration of ethical values consistent with the Mission Statement of Marist University.

The Athletics Program strives to offer Marist students the opportunity to participate in athletics activity at their level of ability and interest - intercollegiate, club, intramural, or recreational. The Athletics Program aims to complement academic and social experiences with the development of organizational skills, leadership qualities, and an appreciation for sportsmanship and team effort through athletics opportunities and community service.

The Athletics Program is committed to be competitive at the NCAA Division I or other member conference level, to offer equitable opportunities to all students and staff, and to advance their welfare, health, and safety.

Tickets are available [online](#) or at the Box Office.

Men's Sports	Women's Sports
BASEBALL	BASKETBALL
BASKETBALL	CROSS COUNTRY
CROSS COUNTRY	LACROSSE
FOOTBALL	ROWING
LACROSSE	SOCCER
ROWING	SOFTBALL
SOCCER	SWIMMING & DIVING
SWIMMING & DIVING	TENNIS
TENNIS	TRACK & FIELD
TRACK AND FIELD	VOLLEYBALL
	WATER POLO

Intramurals

In addition to the Marist Athletics teams, there are also a range of intramural sports that students can choose to play for fun.

For information regarding any one of our Intramural Sports, please visit the [home page](#). In order to participate in any intramural league you MUST sign up through [IMLeagues](#).

Important information...

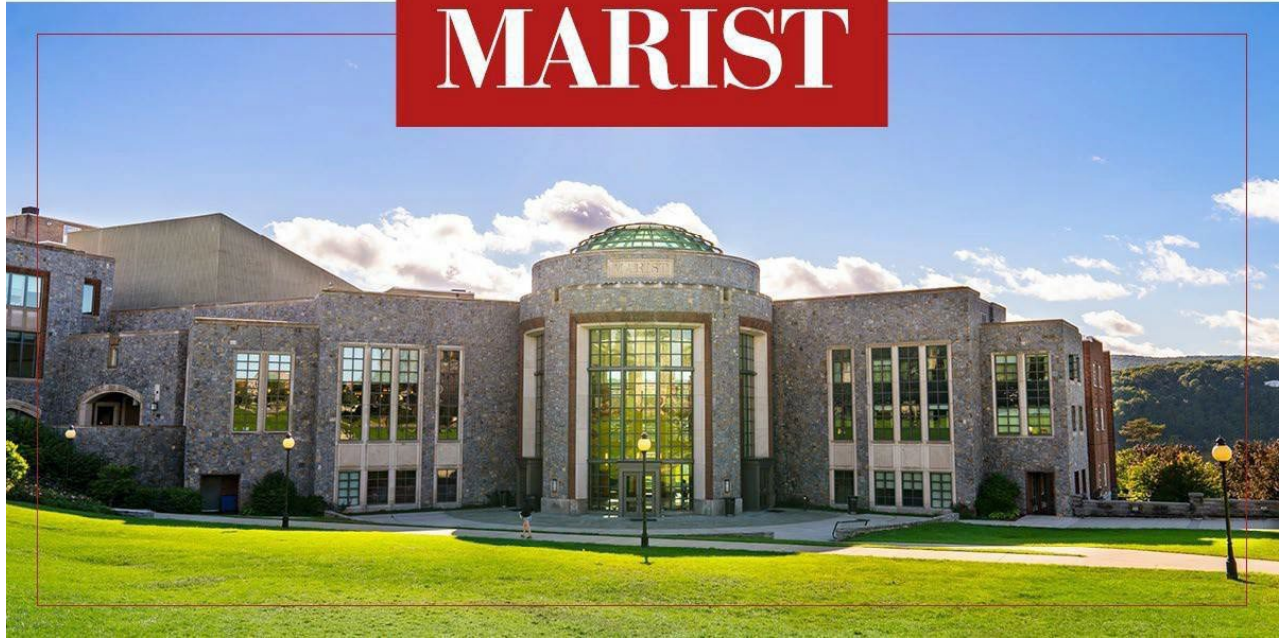
We ask that you please follow some basic rules when registering each semester for Intramural or Recreational programs. It is MANDATORY that you register for any and all Marist Intramural Programs ONLINE.

Marist students can participate in as many intramural programs as they would like, given they adhere to the following guidelines:

- Please only choose ONE team per league.
- Once you (or your team) are registered, you will be instructed to attend a MANDATORY captain’s meeting prior to start of the league to review rules and expectations.
- Teams are permitted to participate in two intramural leagues at the same time (i.e. flag football and co-ed volleyball), however no scheduling requests will be granted.
- If you would like to participate but do not have a team, you can sign up as a “Free Agent” and play on the free agent team.
- Some programs are run as leagues, so they will accept both “Team” and “Free Agent” registration.
- Some programs are run as “meet & compete clubs” or “instructional classes”, so all you need to do is sign up as a “Free Agent.”

Please feel free to contact Julie Byron, Coordinator of Club Sports, Intramurals and Camps, Julie.byron@marist.edu or ext. 2594.

MARIST



Marist is dedicated to helping students develop the intellect, character, and skills required for enlightened, ethical, and productive lives in the global community of the 21st century.