

Fulbright Gateway Orientation

Funded by the U.S. Department of State and
Administered by the Institute of International Education
Presented by the Office of International Education, University of Colorado at Boulder

University of Colorado at Boulder Boulder, Colorado, USA

August 3 - 7, 2009



Participant Handbook



Bringing CU to the World • Bringing the World to CU

University of Colorado at Boulder

Table of Contents

Welcome from Larry Bell, Director of the Office of International Education at the University of Colorado at Boulder.....	2
Gateway Orientation Presenters & Sponsors.....	2
Gateway Housing, Phones, Internet Access & Recycling.....	5
Places of Interest on Campus.....	6
Tuesday night: To Kill A Mockingbird - Background for Play.....	6
Wednesday night: Free Time and Dinner in Boulder.....	6
University Immunization Requirements & Medical Resources in Boulder.....	10
Advice from OIE staff for your continued stay in the U.S.	12
Academic Integrity.....	20

Welcome from Larry Bell, Director of the Office of International Education at the University of Colorado at Boulder

Welcome to the University of Colorado at Boulder. We are extremely pleased to have you visiting our campus for this short time and hope that your stay is a pleasant enough time that you want to come back for a longer visit.

Boulder is a terrific city that has all of the amenities you might need to have an enjoyable first week in the United States. The city is friendly and welcoming for visitors. At the foot of the Rocky Mountains, it is also a popular tourist destination.

The University of Colorado at Boulder is happy to help you start your academic program. We are the top research university in the region and look forward to helping you start your U.S. studies with some general background and preparation. We also hope to acquaint you with some of the differences in academic studies in the U.S. setting so that you are ready for real studies that begin in a few weeks.

This week with us will be a chance for you to learn about higher education in the U.S., prepare to start your serious academic programs and ask questions about your program.

We hope you enjoy your stay, learn about the United States, get ready for academic programs, and rest up from your trip to the U.S. The next year or more will be an important time for you as you move to a new stage of life and we are excited to help you get ready for that experience.

Gateway Orientation Presenters & Sponsors

- **Bassim Abbasi**, Program Officer in the Enrichment and Professional Division at IIE.

Bassim assists with the planning and administration of Fulbright Enrichment and Gateway Seminars. Prior to working at IIE, Bassim worked in the Civil Rights department at the Council on American-Islamic Relations New York Chapter. He has a B.A. in Political Science from Rutgers University.

- **Professor Scott Adler**, Political Science, CU-Boulder
Scott Adler is Associate Professor of Political Science at the University of Colorado, Boulder. His areas of expertise are the US Congress, elections, political institutions, and public policy making. Among his publications are his books [Why Congressional Reforms Fail: Reelection and the House Committee System \(University of Chicago Press, 2002\)](#) and [The Macropolitics of Congress \(Princeton University Press, 2006\)](#). Adler is co-Principal Investigator of the [Congressional Bills Project](#) (with Prof. John Wilkerson, University of Washington). He is an associate of the [Center for American Politics and Public Policy](#) at the University of Washington. In 2006-07, Adler was Visiting Professor at the [Center for the Study of American Politics](#) and Department of Political Science, Yale University. Adler received a B.A. from the University of Michigan in 1988 and a Ph.D. from Columbia University in 1996.

- **Lawrence H. "Larry" Bell**, Director of the Office of International Education, CU-Boulder

Larry's undergraduate and graduate work was at Southern Illinois University (SIU) where he also taught for two years. In addition, he taught in and directed the Intensive English Program at the University of Wisconsin-Milwaukee for 12 years before moving into international education administration. Larry has over 30 years of higher education international experience. Larry has also been active in international education professional associations over his career. His current responsibilities include services to CU students studying abroad, services for international faculty and students visiting CU, internationalizing the campus and working to encourage students, staff, and faculty to be more international in everything related to their education and teaching.

Larry developed his interest in international activities while serving in the military in Viet Nam. After leaving the army, he studied Vietnamese language and linguistics (his BA is in Vietnamese Language from SIU, MA in Linguistics) and that started him on his international journey. This journey has taken him to more than twenty-five different countries as a part of his work.

- **Penny Bennett**, MSN; Academic Advisor, Nurse, and Public Health Specialist, CU-Boulder
- **Emily Bosio**, Institute of International Education-Denver Student Services

Senior Program Officer and Manager, Educational Services
Alternate Responsible Officer, Exchange Visitor Programs G-1-00001 and P-3-10004

Emily Bosio manages the Foreign Fulbright Program in the U.S. for the 16-state Rocky Mountain Region. She also oversees U.S. Student Fulbright activities for the Center, regional scholarships, administers teacher exchange programs, and as the Alternate Responsible Officer, she supervises the visa sponsorship activities for the Center.

Prior to joining IIE in 2002, she implemented and coordinated a program for at risk American Indian students with the Madison Metropolitan School District Title IX Program. Emily is a graduate of the University of Wisconsin, with a Bachelor of Arts in Sociology and American Indian Studies and earned a Master of Non-Profit Administration from Regis University. In her spare time, she volunteers with the Junior League and other community organizations. Emily is an avid alpine skier and enjoys outdoor activities and travel. To date, her travels have taken her to Europe, Australia, New Zealand, Fiji, Iceland, Morocco, Central America, South Africa, Cambodia, Malaysia, Thailand and Banda Aceh, Indonesia.

- **Professor Michael Grant**; Associate Vice Chancellor for Undergraduate Education and Professor of Ecology and Evolutionary Biology, CU-Boulder
- **Alison Hicks**; French, Italian, Spanish and Portuguese librarian, CU-Boulder

In addition to being the French, Italian, Spanish and Portuguese librarian at the University of Colorado libraries, Alison is also a visiting scholar from the United Kingdom. After graduating from the University of St Andrews, Scotland with a degree in French and Spanish she worked as a library assistant in Buenos Aires, Argentina. She came to the US in 2005 to do her Masters in Information Studies at the University of Texas, Austin specializing in Latin American librarianship. She has since worked as a Public Services Librarian at the Inter-American Development Bank as well as Romance Language Librarian at the University of Colorado. A keen hiker and skier, one of her favourite things about the US is the "sniffle stop", a box of tissues at the bottom of each ski-lift!

- **Professor Alphonse Keasley**, Assistant Vice Chancellor of Campus Climate and Community Engagement, CU-Boulder

Dr. Alphonse Keasley has had the great good fortune of an interesting and varied career with the University of Colorado, Boulder, working alongside some of the campus' most talented faculty, students and administrators. He presently serves as the Associate Vice Chancellor for Campus Climate and Community Engagement. For thirteen years, he served proudly as the director of the Miramontes Arts and Sciences Program (MASP).

In 1999, Keasley began his journey toward professional acting when he joined the Colorado Shakespeare Festival (CSF) and performed for six seasons in such roles as Northumberland in Richard II, Sir Hugh Evans in Merry Wives of Windsor, Duke Frederick and Duke Senior in As You Like It, Duncan in MacBeth, the Knight in King Lear and Montano in Othello. He became a member of the CSF Guild Board of Directors in 2004. He also performed as a regular company member with the Denver Center Theatre Company for 5 seasons. His professional career aspiration was achieved when he became a member of Actor's Equity Association, the union for professional actors and stage managers.

- **Kim Kreutzer**, Associate Director of the Office of International Education, CU-Boulder

Kim Kreutzer is the Associate Director of the Office of International Education at the University of Colorado at Boulder where she has worked for the last 22 years. She currently focuses on campus internationalization, strategic planning, student exchanges, faculty relations, and outreach for international programs. Kim is an active member of the Forum on Education Abroad and its advisory board, the *Forum Council*, and is the chair of the Forum's Data Collection committee. She also is a member of NAFSA: Association of International Educators for whom she recently led a team that developed a new curriculum for a professional practice workshop on *Health and Safety in Education Abroad*. Earlier this year, Kim developed and conducted a workshop with two colleagues on *Building Partnerships between US and Indian Higher Education Institutions*. They presented this workshop in New Delhi, India for USIEF (United States - India Educational Foundation, the Fulbright Commission in India). Kim holds a BA in Anthropology and Asian Studies and an MA in Anthropology from the University of Arizona.

- **Chelsea Maughan**, Special Assistant for the Office of Academic Programs at the U.S. Department of State, Bureau of Educational and Cultural Affairs.

Before joining the State Department, Chelsea served as a Legislative Aide for Senator Hillary Rodham Clinton covering education, labor, women's and children's issues. She received a double B.A. in Communications and Political Science from Stanford University.

- **Kevin McDowell**, East Asian Studies librarian, CU-Boulder

- **Paige Progar-Jaumann**, International Student Advisor, CU-Boulder

Paige enjoys learning and facilitating learning about other cultures. She has been privileged to pursue these passions for over 25 years, formerly as an instructor of English and cross-cultural communication skills to international students and business people, and currently as an international student advisor. She has a B.A. in International Relations and an M.A. in Education, Teaching English as a Second Language. She studied and taught in Austria and Germany as well as in the U.S. Paige has been at the University of Colorado since 1996.

- **Becky Sibley**, International Student Advisor, CU-Boulder

Becky has been involved in one aspect or another of international education for most of her career, first working on sending American students out of the country and, most recently, working with international students and scholars. She is a "global nomad" herself, having grown up out of the country in Venezuela, Iran and Lebanon. She studied abroad in Spain and earned both her undergraduate and graduate degrees at CU Boulder. She has two children in their 20's and enjoys spending time with her family, reading, gardening and travelling.

- **Professor John Stevenson**, Interim Dean of the Graduate School, CU-Boulder

John A. Stevenson (BA summa cum laude, Duke University, 1975; PhD, University of Virginia, 1983) is Interim Dean of the Graduate School and Professor of English at the University of Colorado, Boulder, where he has been a faculty member since 1982. He is a scholar of British literature of the eighteenth century, and is the author of two books and many articles, including most recently, *The Real History of Tom Jones* (2005); he has presented his work both nationally and internationally many times. He was formerly Chair of the English Department at the University of Colorado, Boulder (1996-2004), and has been in the Graduate School since 2005, where he oversees about 100 graduate programs and nearly 5000 graduate students.

Gateway Housing, Phones, Internet Access & Recycling

You will be housed in double rooms (i.e. two to a room) in [Sewall Hall](#) on the University of Colorado Campus. Sewall Hall is an [historic building](#) that has recently been refurbished. We will provide you with a guest account, so that you will have internet access.

Please note that:

1. There are no phones in the residence hall rooms.
2. Smoking is not permitted in any campus building.
3. Firearms, weapons, ammunition, fireworks, explosives and highly flammable materials are not allowed within housing facilities or on the grounds.
4. All individuals who are under the legal drinking age of 21 may not consume or possess alcohol. Individuals who are of legal drinking age may possess and consume alcohol only in the privacy of their room with the door closed. Alcohol cannot be consumed or carried in open containers on any street, sidewalk, alley, automobile, or public area on campus.

Scarpie Public Access Computers on Campus:

During your stay at the University of Colorado you will have free wireless internet access from your personal laptop and access to the internet from "Scarpie" computers around C.U. Scarpie computers are unique because they do not require a CU student ID for log on. Scarpie locations you may find useful include the following:

1. **Norlin Library:** Hours are 7:30 am - 9:00pm. From Sewall walk south toward the main part of campus, through the parking lot, and across Pleasant St. at the cross walk. Follow the footpath into the Norlin Quad (grassy area) and then walk left, up the Norlin library steps. When you enter, turn right and head into the Science Library. None of these computers require a student log-in ID. There are also a dozen Scarpie computers located throughout the library.
2. **University Memorial Center (UMC):** Hours are 7am - 10pm. Two Scarpie computers are located below the stairwell on the main floor of the UMC. Enter the UMC from the UMC Dalton Trumbo Fountain Court entrance (north side) and walk directly back, past the stairs and just past the ATM.
3. **Eaton Humanities:** Three Scarpie computers are available for use in this building. Walk up the stairs from Pleasant St. to this building and take your second right (across from room 160) into an open area.
4. **Muenzinger Psychology:** Two Scarpie computers are available by Muenzinger Auditorium.
 - a. Enter Muenzinger at any entrance and head inward until you find an exit to the central courtyard. Walk outside and down the courtyard stairs to Muenzinger Auditorium. Turn right at the bottom of the stairs and re-enter the building. Walk left to the Aquafina vending machine where you will find two (out of sight) Scarpie computers.
 - b. Walk around the outside of Muenzinger to the south facing entrance across from Folsom Field stadium. There is a sign that reads "Muenzinger Auditorium" that directs you into a courtyard. Enter the building through the doors on the left and walk left to the Aquafina vending machine and the two (out of sight) Scarpie computers.

Pay Phones for Long Distance Calling:

While you are at the University of Colorado you will have access to two pay phones located inside the University Memorial Center (UMC) for any long distance calling you wish to make. The phones are located behind the stairs on the main floor of the UMC. Enter from the UMC Dalton Trumbo Fountain Court entrance (east side) and walk directly back, past the ATM and Scarpie computers, towards "The Connection" bowling alley. The phones are on the back wall, on the right of the entrance to "The Connection". The UMC hours are 7am - 10pm.

Recycling:

Established in 1976, CU Recycling is one of the oldest campus recycling programs in the country. You'll find recycling bins for paper products and drink containers all over campus. Please help us do our part for the environment by using the recycling bins.

Places of Interest on Campus

Student Recreation Center

You will be able to use the Student Recreation Center located just east of Sewall Hall (<http://www.colorado.edu/rec-center/>) for a charge of \$5/day. It is a state of the art facility with cardiovascular equipment, an indoor climbing wall, a free-weight room, multi-use gymnasiums, basketball courts, and handball/wallyball/racquetball courts, 2 squash courts, tennis courts, a badminton court, table tennis tables, a diving well, a 25-yard lap swimming pool, an ice arena, an indoor running track, a stationary bike studio, a rowing studio, and locker rooms and shower facilities with dry heat saunas (free locks and towels available).

CU Museum

The CU Museum, located off Broadway and College avenues, houses collections from the fields of Anthropology, Botany, Entomology, Paleobiology/Geology and Zoology. They currently are showing an exhibit of Navajo textiles that is quite amazing! Museum Hours on weekdays are 9:00 am - 5:00 pm.

Tuesday night: To Kill A Mockingbird - Background for Play

The Colorado Shakespeare Festival produces Shakespearean plays every summer. In addition, they also produce other theatrical classics. This year they are offering "To Kill a Mockingbird." Here is their description of this play:

"Based on Harper Lee's Pulitzer Prize-winning novel, this stage adaptation of the American classic is a tender coming-of-age story providing a poignant portrait of a Southern town, brimming with powerful lessons of tolerance, justice and quiet heroism. Set during the Depression and told through the eyes of a young girl learning the mysteries and realities of adulthood, Mockingbird is funny, wise, and heartbreaking."

You have three options for viewing the play:

1. **The Play.** The play itself starts at 6:30 p.m. on Tuesday evening in the Mary Rippon Theatre (next to the Hellem's building) on the CU-Boulder campus. You'll need to be seated by 6:30 p.m.
2. **The Prologue.** You may come early and listen to a Prologue (a discussion of the play by the Colorado Shakespeare Festival staff). The prologue begins about 45 minutes before the play begins (that is around 5:45 pm). You may enter the theatre to listen to the prologue at any time between before the play begins (that is, you may join the prologue while it is in progress).
3. **The Talk Back.** After the play the actors will be available to talk with audience members about their experiences in acting in the play. You may stay and listen if you'd like. You're also welcome to ask questions.

Wednesday night: Free Time and Dinner in Boulder

You have \$30 for dinner in Boulder and a one-day bus pass for travel around the city. You can find information about the bus system here: <http://www.rtd-denver.com/>.

Places of Interest in Boulder

Bands on the Bricks featuring Chris Daniels and The Kings: For the past 11 summers, thousands of people head to Downtown Boulder every Wednesday evening to dance, picnic and listen to the best local bands along the Front Range. In its 12th year, Bands on the Bricks will feature tunes that will make you want to move and groove!

Date/Time: Wednesday, August 5, 2009 at 7:00 pm - 9:00 pm

Website: <http://www.boulderdowntown.com/calendar/54216/5490/>

Event Address: 1300 Block of Pearl Street

Location: Boulder County Courthouse

Directions: Walk north down Broadway or take a bus to the Pearl St. Mall. Head east (away from the mountains) up the mall to the event.

Phone: 303-449-3774

Admission: FREE

Boulder Farmer's Market: Locally grown vegetables, meats, fruits, flowers, plants, gourmet cheeses and wines sold by the farmers that produce them. Even if you don't purchase food items, walking through the Farmer's Market is a fun way to get a feel for the spirit of Boulder. There are also food vendors that offer pre-made delicacies such as Tamales, Asian dumplings, baked goods, ice cream, etc.

Date/Time: Wednesday, August 5, 4:00 pm - 8:00 pm

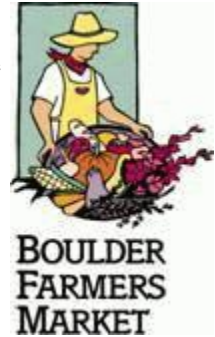
Website: www.boulderfarmers.org

Location: 13th St. between Canyon & Arapahoe

Directions: Walk north down Broadway or take a bus to Arapahoe. Walk east one block to 13th St.

Phone: 303-910-2236

Admission: FREE



Boulder Creek Path: Walking along the central Boulder Creek path is another way to get a feel for the lifestyle of locals and take a nice walk that is largely shaded and cooled by the mountain water of the creek. You may see kayakers and tubers in the creek, along with a sampling of Boulder's talented running, biking and triathlete community.

Location: You can access the Boulder creek path from the Pearl Street area by walking towards the creek along Broadway, 9th Street, 13th street (from Pearl Street) or other points. From Sewall, exit east toward the Recreation Center and head down the hill using paved foot path. The Boulder Creek path follows the creek on the far side.

Boulder Theater: Local, national, and international musicians and film.

Website: <http://bouldertheater.com/>

Location: 2032 14th St.

Directions: Walk north down Broadway or take a bus to the Pearl St. Mall. Walk east 2 blocks to 14th St.

- **GREG BROWN w/ Bo Ramsey**

Greg Brown's deep, swampy voice delivers songs of sorrow and joy, born of cross-country drives and soul-searching fishing trips. Check this out if you like John Prine and Bob Dylan.

Date/Time: Thursday, August 6, 2009 at 7:30 pm

Door Time: 6:30 pm

Audience: 21 and Over

Admission: \$29.00 - \$35.00

Chautauqua and the Colorado Music Festival: Chautauqua is a great place to eat, hike, listen to music. This park gives full access to many of Boulder's best trails and peaks and offers an amazing view of the City of Boulder from the famous Flatirons.

Directions: Go west from Sewall down University Ave. to 9th St., go left on 9th for 7 long blocks. The road comes to a T at Chautauqua.

- **Hiking trail guide:** http://www.chautauqua.com/hiking_map.htm

- **The Colorado Music Festival's Finale:** Haydn: The Creation performed by the Colorado Music Festival Chorus

Date/Time: Thursday, August 6 at 7:30 pm

Website: www.coloradomusicfest.org

Tickets: www.coloradomusicfest.frontgatetickets.com/

Location: Chautauqua Auditorium

Event Address: 900 Baseline Road

Phone: 303-440-7666

Admission: from \$12

Fox Theater: Great local and national musicians.

Website: foxtheatre.com

Location: 1135 13th St.

Directions: From Sewell walk west down University Ave., cross Broadway, and take a left on 13th St. for two blocks.

- **MARCY PLAYGROUND & CORY CHISEL**

Marcy Playground is an American alternative rock band that has been influenced heavily by Kurt Cobain and his band Nirvana. The band is perhaps best known for their 1997 hit "Sex and Candy".

Date/Time: Wednesday, August 5 at 9:00 pm

Door Time: 7:00 PM

Audience: all ages

Admission: FREE!

Reggae night at the Draft House: Listen or groove on a full dance floor to live music at Reggae Wednesdays. The location has on-site brewery, patio, timeless décor and lots of great drink specials. The restaurant also specializes in late-night fare with burgers, fish tacos, breakfast and much more from 9pm-1am.

Website: <http://www.boulderdrafthouse.com/>

Location: 2027 13th St.

Directions: Walk north down Broadway or take a bus to the Pearl St. mall. Walk east one block to 13th St. and take a left.

- **The Rude Boys Reggae Band**

Date/Time: Wednesday, August 5 at 10:00 pm

Audience: 21 and Over

Admission: FREE

Boulder restaurants that are favorites of Office of International Education staff

Boulder Dushanbe Teahouse: The Teahouse was a gift to the city of Boulder from our sister city in Dushanbe, Tajikistan. More than 40 artisans in several cities of Tajikistan created the decorative elements in the Teahouse, including its hand-carved and hand-painted ceiling, tables, stools, columns, and exterior ceramic panels. In addition to enjoying the beauty of the teahouse, you can enjoy a fine selection of tea and lunch or dinner choices. Dinner entrees \$11-20.

Website: <http://www.boulderteahouse.com/>

Directions: 1770 13th Street. From Sewall take University Ave. west to Broadway and walk down the hill to Arapahoe Ave. Turn right on Arapahoe for one block and then turn left on 13th. It's between Arapahoe and Canyon. (303) 442-4993

Chy Thai: This restaurant serves delicious, inexpensive and quick Thai food, with take out available. Dinner entrees \$9-12.

Website: <http://www.chythaicuisine.com/>

Directions: 2720 Canyon. From Sewall head out the east exit, down the paved pedestrian path behind the Recreation Center. Walk down the hill, over Boulder Creek, to the Boulder Creek path. Turn right (east) on the Boulder Creek path and continue on to 28th Street. Turn left (north) on 28th and head past Arapahoe Ave. to Canyon Blvd., turn left for half a block. (10 minutes).

By bus: walk across the Boulder Creek and up 19th St. to Canyon. Take the Jump or the 205 to Folsom St. for \$2.

Crepes A La Carte: They will wrap anything you can think of into a delicious, batter-y crepe! They serve crepes for breakfast, lunch, dinner, or dessert. Wash down your crepe with a glass of wine or beer. Dinner entrees under \$10.

Directions: 2018 Broadway Ave. From Sewall take University Ave. west to Broadway and walk down the hill. It's on Broadway between the Pearl Street Mall and Spruce St. 303-444-4191
By bus: take the northbound Skip or the 204 from University and Broadway for \$2.

Daddy Bruce's BBQ: Daddy Bruce's southern style brisket and baked beans is to DIE for, the portions are huge, and your nose will lead you there from a mile away! If it's not busy while you eat, Bruce himself will play some tunes for you on the piano. Note: Cash only. ATM on-site.

Directions: 2000 Arapahoe Ave. From Sewall head out the east exit, down the paved pedestrian path behind the Recreation Center. Walk down the hill, cross over Boulder Creek and continue north up 19th Ave. to Arapahoe. Turn right on Arapahoe and continue on for one block. It's on the corner of Arapahoe and 20th St. 303-449-8890

Happy Noodle House: Happy and chic! Get a large entree or a small appetizer, enjoy a nice glass of wine and friendly service. Dinner entrees \$10-17.

Website: <http://www.happynoodlehouse.com/>

Directions: 835 Walnut St. From Sewall take University Ave. west to Broadway and walk down the hill. At Walnut St. (one block before the Pearl St. mall) turn left and continue on for 2.5 blocks past 9th St. 303-442-3050

By bus: take the northbound Skip (Lee Hill) from University and Broadway to Walnut for \$2. Walk west 2.5 blocks.

Juanita's Mexican Food: If you would like to try Mexican food, Juanita's is a good place to whet your palate. The menu offers a mix of Mexican and "Tex-Mex" choices at reasonable prices. Dinner entrees \$8-12.

Website: <http://www.juanitas-boulder.com/>

Directions: 1043 Pearl St. From Sewall take University Ave. west to Broadway and walk down the hill to the Pearl St. mall. Take a left on Pearl and continue a block and a half.

By bus: take the northbound Skip (Lee Hill) from University and Broadway to Walnut for \$2. Walk north one block to Pearl and west 1.5 blocks.

Khow Thai Cafe: This is a Thai-inspired cafe with great Pad Thai, curry dishes, spring rolls, and soups; quick service, can be eat-in or take-out. Dinner entrees \$6-10.

Website: <http://www.khow-thai.com/cms/>

Directions: 1600 Broadway. From Sewall take University Ave. west to Broadway and walk down the hill. It's at the intersection of Broadway and Arapahoe, across from Whole Foods. 303-447-0273

The Kitchen: Specializing in local and seasonal food, this is American-style eating at its best! Dinner entrees \$18-30.

Website: <http://www.thekitchencafe.com/>

Directions: 1039 Pearl St. From Sewall take University Ave. west to Broadway and walk down the hill. Turn left (west) on Pearl St. Mall. It's between 11th and 10th streets. 303-544-5973

By bus: take the northbound Skip (Lee Hill) from University and Broadway to Walnut for \$2. Walk north one block to Pearl and west 1.5 blocks.

Mediterranean (aka, "The Med"): The locally owned 'Med' offers Italian, Spanish, French, and Greek cuisine. The extensive menu boasts tapas, fresh salads and seafood, paella, pastas, grilled and organic specialties, wood oven pizzas and house-made desserts. They're great at suggesting wine pairings, and not too expensive for quality food. In addition they offer 50% off tapas during their daily happy hour from 3 p.m. to 6:30 p.m. Dinner entrees \$9-29.

Website: <http://www.themedboulder.com/>

Directions: 1002 Walnut. From Sewall take University Ave. west to Broadway and walk down the hill. Turn left (west) on Walnut, just before the Pearl Street Mall, and walk a few blocks. It's between 10th & 11th Streets.

By bus: take the northbound Skip (Lee Hill) from University and Broadway to Walnut for \$2. Walk west on Walnut to 10th.

Mountain Sun: A fun "Boulder" atmosphere with great vegetarian options and original beer. Note: Cash only. ATM on-site. Dinner entrees \$4-8.

Website: <http://www.mountainsunpub.com/>

Directions: 1535 Pearl Street. From Sewall take University Ave. west to Broadway and hop on the 204 (Table Mesa) to Walnut and 16th for \$2. After exiting, walk back to 15th and then right (north) to Pearl. Or walk down to the Pearl Street mall and stroll to the east end. (303) 546-0886

Noodles and Company: This quick service restaurant offers inexpensive pasta and noodles from around the world, and they have take out available. Entrees \$6-10.

Website: <http://www.noodles.com/>

Directions: 2850 Baseline Road. Grab the Buff Bus (free) as it travels across campus on Regent Drive. The Buff Bus takes students to Williams Village dormitories. Get off at the second stop and walk north half a block to Baseline Road. Then turn left (west) and continue past the Boulder Gas station to Noodles and Company.

Pupusas Sabor Hispano: This restaurant serves delicious Salvadorian and Mexican fast food. It's worth the trek to North Boulder. Dinner entrees under \$10.

Directions (by bus only): 4457 Broadway. Take the northbound Skip for \$2 from University and Broadway to Violet Ave. (14 minutes). 303-444-1729

The Sink: The Sink is often described as a Boulder institution and is very well known for its burgers. However, the Sink has a diverse menu with plenty of other choices. The Sink has been in operation for over 80 years, and customers enjoy reading the graffiti on the walls. Dinner entrees \$9-12.

Website: <http://www.thesink.com/>

Directions: 1165 13th Street on the Hill. This restaurant is across Broadway from CU's campus. From Sewall walk down University Ave., cross Broadway and take a left (south) on 13th for 2 blocks.

Walnut Brewery: A fun pub atmosphere with really great burgers and original beer. This restaurant is a huge happy hour spot for folks from around town (4:00pm-6:00pm). Entrees \$8-15.

Website: <http://www.walnutbrewery.com/>

Directions: 1123 Walnut St. . From Sewall take University Ave. west to Broadway and walk down the hill. Turn left (west) on Walnut St. It's between 12th and 11th streets. (303) 447-1345

By bus: Take the northbound Skip (Lee Hill) or the 204 from University and Broadway to Walnut for \$2. Then head west.

University Immunization Requirements & Medical Resources in Boulder

Immunization Requirements

Most U.S. universities require incoming students to submit proof of some vaccinations. The requirements may vary according to State requirements and/or the individual university's policies. For example, the University of Colorado at Boulder advises students that "Colorado State Law requires freshman, transfer and graduate students to submit proof of two doses of measles (rubeola), rubella (German measles), and mumps - or "MMR" - vaccinations. This is a mandatory requirement for all college students born on or after January 1, 1957. Please check with your physician, high school, previous university, and/or military, to obtain an official signed or stamped copy of your records.

"If you cannot verify your immunizations, you will need to be tested for immunity or re-immunized. Medical, religious, and personal exemptions are allowed by law.... Hepatitis B and Meningitis vaccines are strongly recommended but not required." (<http://www.colorado.edu/healthcenter/services/mmr.html>).

The University requires all incoming international students and students with risk factors for TB to be tested for TB. If any student is positive for any of the risk factors, they must be tested for TB.

At CU, students who do not complete this requirement by the deadline are required to pay a late fee and are not allowed to register for the following semester until they take care of it. You will need to find out what your university's immunization requirements are and be prepared to fulfill them.

Medical Care while Studying in the U.S.

Many universities have health care services available on campus. You will want to find out what services are available on your campus. For example, at the University of Colorado, students who have paid regular student fees can use the Wardenburg Health Center. Spouses of students are also eligible. Students and spouses may have to pay some fees, depending on the type of insurance they have, but the fees are generally cheaper than going to off-campus clinics. Wardenburg Health Center has a broad range of health services, including dental care, mental health and care by other specialists.

If you need non-emergency health care services during your stay in Boulder, Wardenburg staff suggest that you go to the Boulder Medical Center, an urgent care facility located across from the Boulder Community Hospital. It is located on the east side of Broadway at the corner of North Broadway and Balsam. The phone number is 303-440-3000 and the Center is open from 8:00 a.m. - 7:00 p.m. Monday to Friday and from 10:00 a.m. - 7:00 p.m. on Saturday and Sunday, and closed on holidays. (If you will be studying at CU and paying student fees, you are eligible to use Wardenburg during Gateway.)

If you need emergency health care while in Boulder, you should go to the Boulder Community Hospital, which is on the west side of Broadway at the corner of North Broadway and Balsam. The phone number there is 303-440-2273.

If you have a severe medical emergency (with the possibility of loss of life or limb), or fire or police emergency while in Boulder, call 911 for emergency services on the telephone and describe your situation. Be prepared to tell the dispatch operator your location. Throughout most of the United States, 911 is the number to call for any emergency. Be sure to confirm this when you get to your host institution or organization.

Emergency contacts for program participants from August 3-7:

During the day, if there is a non-medical emergency, please contact one of the orientation staff or Sewall Hall staff. You may also call the Office of International Education at 303-492-8057.

If there is an emergency outside of program hours, you may contact Sewall Hall staff or Tina Tan at 303-653-1672. Please Hall staff.

Letter to Participants regarding H1N1 from CU-Boulder Conference Services

Dear Participant:

Before your conference program starts, we are writing you to address issues related to H1N1 novel influenza (formerly known as swine flu). Novel H1N1 influenza continues to be widespread around the country and worldwide. The symptoms of novel H1N1 influenza have included fever, cough, and sore throat; some individuals have also experienced headache, muscle aches, runny nose, vomiting, and diarrhea.

It is important to take some precautions to help ensure that you have a safe and healthy campus experience. This situation is not a cause for alarm, but it is a reason for planning and for sharing with you our approach to participants who have influenza-like illness (ILI) in order to protect everyone attending conference related programs and activities.

The following recommendations are based on CDC guidelines:

<http://www.cdc.gov/H1N1flu/camp.htm>

1. Conference programs and/or related activities pose a special problem with regards to the spread of any infectious disease, including H1N1 flu. Conference participants are generally in close contact with each other doing activities in group settings that increase the likelihood of infectious disease spread.

2. Participants are being asked to check for any flu symptoms prior to attending conference programs. Flu symptoms include an illness of sudden onset with a high fever (generally over 100.4 deg F), sore throat and a cough. People with flu may also have a headache, runny nose, fatigue, body aches, fatigue, and sometimes diarrhea and vomiting.
3. If participants have flu symptoms, they should consider consulting a health care provider and getting tested for flu A. Sick individuals should stay at home and defer from participating in a conference program for seven days or until one full day after their symptoms resolve, whichever is longer.
4. If participants have been in close contact with someone who was confirmed to have flu A, they should self-monitor for symptoms during the incubation period. Generally, the incubation period for flu A is between 1-4 days, sometimes as long as 7 days. The duration of flu symptoms varies but is generally about one week long.
5. Should symptoms occur during their stay on campus, they should notify their conference director immediately and isolate themselves from others.
6. All participants are encouraged to adhere to good hand hygiene and respiratory etiquette practices. Everyone should wash their hands thoroughly and frequently; everyone should cover their nose and mouth with their sleeve or elbow anytime they cough or sneeze.
7. People who are at higher-risk for developing complications from a flu infection include:
8. Children less than 5 years old; persons aged 65 or older; children and adolescents who are receiving long-term aspirin therapy and who might be experiencing Reye syndrome after influenza virus vaccine; pregnant women; people with immuno-suppression (cancer patients, HIV); Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematologic, neurologic, neuromuscular or metabolic disorders (asthma, diabetes); residents of nursing homes or other chronic care facilities.
9. There is no recommendation to treat anyone with H1N1 (swine) flu who is otherwise healthy. Only people who have or have been exposed H1N1 (swine) flu AND have risks for complications from flu are recommended to be treated with anti-flu medications

We have asked our Housing and Dining Services staff to watch for influenza-like illness in others and have reminded them to adhere to good hand hygiene and respiratory etiquette practices. Please do not attend your conference if you are exhibiting symptoms or signs of having an influenza-like illness.

Please let us know if you have questions (303-492-5151). We look forward to providing a safe and fun experience for everyone.

Sincerely,

Dan Gette
Director of CU Conference Services

Advice from OIE staff for your continued stay in the U.S.

Housing

Do some networking

Ask other students or colleagues to get tips or to see if they know of any housing that may interest you. There are several resources that international visitors use to help them succeed in their rental search. Ask if there is a local organization that puts housing seekers together with landlords (Housing Helpers is the name in Colorado).

Check to see if there is an Off-Campus Student Services Office

They may have up-to-date lists of properties for rent and people seeking roommates.

Check the Local newspapers

The classified advertising section will list furnished and unfurnished rooms, apartments, and houses for rent.

Check local Bulletin boards

People will often post an advertisement for roommates or a room for rent on bulletin boards around campus. You may find people you relate to easily by looking at bulletin boards in the department where you will be taking a majority of your courses.

Do an internet search

Some people have had luck using Craig's List found at www.craigslist.com. Most of the sites you will find on the internet are for private companies and real estate agencies. If you contact a private company or a realtor to help you find a place to rent, be a little bit cautious. Although they are friendly and provide good service, they may also charge a fee. You should ask the agent if they have a fee, and if so, how much it is.

Your Landlord and Lease

You may have to show your landlord that you can pay your first month's rent, the last month's rent, and a security or damage deposit before you can sign a lease. To show your financial guarantee, have an extra copy of your bank or sponsorship statement, or your assistantship agreement if you have one; your DS2019 will not work. You may also be asked to show your immigration documents. Do not give the originals of any of your documents away; make a copy for the landlord or rental agency.

Before you sign an agreement to live in the property you have selected, inspect the premises for damage. Feel free to take pictures and make a **written** list of anything you find wrong with the property that you think your landlord may misconstrue as something you did. For example, if you find damage to walls or carpet, a broken shelf in the kitchen cabinets, a dirty stove or refrigerator, make sure that you bring these things to the attention of your landlord.

When you have reached a satisfactory agreement with your landlord and the property is ready for you to move into, you will have to sign a lease.

A *lease* is a legally binding contract between a landlord and a tenant. A lease means that a landlord has given the tenant possession and the use of the property for a set period of time. The lease sets forth the terms of possession, such as the rental price, how long the tenant will be living in the property, and the rules the tenant must follow.

The most important advice we can give to you is to **know what is in your lease agreement**. When your landlord presents you with the lease, read it very carefully and understand all of the terms in it BEFORE you sign it.

*** Once a lease is signed, there is no grace period that allows you to back out of it. ***

Most landlord/tenant disputes arise because of simple and avoidable misunderstandings. In general, you should keep good records, including copies of notes, letters, and photographs. Both parties should make an effort to talk to each other and try to understand each other's point of view. This is particularly important in a cross-cultural environment.

A *security deposit* is "an advance payment of money used to secure the performance of the lease." It is held by the landlord to cover any number of things - unpaid rent or utility bills; damage other than the normal wear and tear to the property; any cleaning that the tenant has not done but has agreed to do in the lease; any other condition of the lease that causes the landlord to lose money.

A *damage deposit* is usually equal to one month's rent. If your rent is \$800 per month, your damage deposit will likely be the same. The landlord will require payment of the damage deposit at the same time you pay your first month's rent. This deposit is refundable when you move out if you have met all of the specifications in the lease. Landlords must return the damage deposit to the tenant if the property has been left clean and the terms of the lease have not been broken in any other way.

You should get all of your damage deposit back when you move out if there is only normal "wear and tear" on the property. Colorado law defines "wear and tear" as "that deterioration which occurs based upon the use for which the rental unit is intended, without negligence, carelessness, accident, or abuse of the premises or equipment by the tenant, member of his immediate household, or invited guests." An example of normal wear and tear is worn carpet or dull paint. Something that might not be considered normal is carpet stained from spilled food, nail holes in the walls, broken drapery rods, appliances left dirty or broken,

and mold in the bathroom or kitchen. You may avoid charges for broken appliances or mold by reporting these issues to the landlord as they arise.

Your Roommate(s)

If you choose to have a roommate or roommates to share the cost of housing, it is worth spending some time finding people with whom you will be compatible. It is expensive and complicated to move after the semester has started and classes are well underway, so if you are not happy with your roommate(s), you may be stuck, at least until the end of the semester.

Have a meeting, or "interview", with potential roommates. Discuss things like daily study habits and dietary considerations. Ask questions! Does your roommate have a job during the day or at night? Does your roommate have a significant other that will be spending a lot of time at the apartment? Do they mind keeping house and sharing responsibilities? Know your potential roommates at least a little bit before you make the commitment to live with them.

You and your roommates should sign a **roommate agreement**. This agreement defines roommate's obligations to each other, such as how much of the rent each person has to pay, how the utility bills will be divided, who will pay for damage to the property, and how a roommate will be replaced if they move out. An online, customizable agreement form is available at <http://www.lawdepot.com/contracts/roommate-agreement/>.

Signing a roommate agreement is good protection for each tenant, because each tenant (each person who has signed the lease) is responsible for paying the rent and for taking care of the property. If one roommate does not pay the rent, the other roommates are liable (responsible) for payment of that person's share. **ALL parties can be evicted for non-payment of the rent.** If one of your roommates breaks a window and does not cover the cost of repair, your landlord can require payment from you and your roommates, or the landlord can deduct the cost of repairs from the damage deposit. Landlords are not involved in agreements made between roommates.

Renter's Insurance

Your landlord will have insurance on the property, but it will not cover damage to your personal belongings (clothes, furniture, household items, books, computers, etc.), in the event of a fire, flood, or robbery. You should consider purchasing **renter's insurance**, which covers the replacement of your personal property if it is damaged or stolen. At a premium of around \$15 to \$25 per month, renter's insurance is a bargain compared to what it would cost you to replace your belongings. It is recommended that you select an agent in your local area rather than one at random on the internet so that you have personal service in the event something happens.

Bicycling

Bicycles are considered "vehicles" under many state's law, so bicyclists should follow the same rules as car drivers do. Lock your bike with a sturdy lock on a bike rack. Do not attach your bicycle where you are not authorized to do so (hand rails into buildings, private property) because the police can ticket it and it can be hauled away, even if it is locked!

Wearing a helmet when biking is a very good idea, though it may not be law. It is also worth mentioning that there is a fine (a monetary fee) if you have been ticketed by a police officer for disobeying bike regulations, just as there is when you disobey driving regulations. And, since bicycles are considered to be a vehicle, **you should always be sober when you ride a bike!**

Driver's License, see: http://www.usa.gov/Topics/Motor_Vehicles.shtml

If you are going to drive and own a car while you are in the U.S., please check with your international office and the state's department of motor vehicles about the driving regulations and the requirements for car insurance. These regulations and licenses are controlled by the state government, not the national government.

In the U.S., it is very useful to have a driver's license for identity purposes, but if you do not intend to drive, you may be able to obtain a state identification card, rather than a driver's license. It will likely be the same state office entity that issues both. In order to apply for the driver's license or state identification card, you will likely need to have a social security card (or proof from the Social Security Administration that you do not have the card) and your immigration documents (passport, visa, DS-2019 and I-94).

Social Life and American Ways

The following paragraphs are excerpted from Gary Althen's book American Ways: A Guide for Foreigners in the United States. Gary Althen served for 30 years as an international student advisor at the University of Iowa.

Understanding Americans: Some Key Values

America's population reflects remarkable ethnic diversity. More than 20 percent of the population of two major cities, Los Angeles and New York, were born in another country. In some other major cities (including San Francisco and Chicago) more than one of every ten residents is foreign born. Non-white people outnumber whites in several large cities. Newspapers commonly use such terms as "Asian American," "Italian American," and "Arab American" to reflect the persistence of various ethnic heritages within the United States.

America's population includes Catholics, Protestants of many denominations, Jews of several persuasions, Moslems, Buddhists, animists, and people who believe in no supreme being or higher power. There are people who have many years of formal education and people who have nearly none. There are the very rich as well as the very poor. There are Republicans, Democrats, independents, Socialists, Communists, Libertarians, and adherents of other political views as well. There are lawyers, farmers, plumbers, teachers, social workers, immigration officers, and people in thousands of other occupations. Some live in urban areas and some in rural ones.

Given all this diversity, one can only carefully talk about "Americans."

How Americans See Themselves: Americans see themselves as individuals who are different from other individuals, whether those others are Americans or foreigners. Americans may say they have no culture, since they often conceive of culture as an overlay of arbitrary customs to be found only in other countries. Individual Americans may think they chose their own values, rather than having had their values and the assumptions on which they are based imposed on them by the society in which they were born. If you ask them to tell you something about "American culture," they may be unable to answer and they may even deny that there is an American culture.

At the same time, Americans will readily generalize about various subgroups within their own country. Northerners have stereotypes (that is, generalized, simplified notions) about Southerners, and vice versa. There are stereotypes of people from the country and people from the city; people from the coasts and people from inland; people from the Midwest; minority ethnic groups; minority religious groups; Texans; New Yorkers; Californians; Iowans, and so on.

Individualism and Privacy: The most important thing to understand about Americans is probably their devotion to "individualism." They have been trained since very early in their lives to consider themselves as separate individuals who are responsible for their own situations in life and their own destinies. They have not been trained to see themselves as members of a close-knit, tightly interdependent family, religious group, tribe, nation, or other collectivity.

It is this concept of themselves as individual decision-makers that blinds at least some Americans to the fact that they share a culture with each other. The notion that social factors outside themselves have made them "just like everyone else" in important ways offends their sense of dignity.

Foreigners who understand the degree to which Americans are imbued with the notion that the free, self-reliant individual is the ideal kind of human being will be able to understand many aspects of American behavior and thinking that otherwise might not make sense.

Many Americans do not display the degree of respect for their parents that people in more traditional or family-oriented societies commonly display. They have the conception that it was a sort of historical or biological accident that put them in the hands of particular parents, that the parents fulfilled their responsibilities to the children while the children were young, and now that the children have reached "the age of independence" the close child-parent tie is loosened, if not broken.

Closely associated with the value they place on individualism is the importance Americans assign to privacy. Americans assume that people "need some time to oneself" or "some time alone" to think about things or recover their spent psychological energy. Americans have great difficulty understanding foreigners who dislike being alone.

Equality. *Americans are also distinctive in the degree to which they believe in the ideal, as stated in their Declaration of Independence, that "all men are created equal." Although they sometimes violate the ideal in their daily lives, particularly in matters of interracial relationships, Americans have a deep faith that in some fundamental way all people (at least all American people) are of equal value, that no one is born superior to anyone else. "One man, one vote," they say, conveying the idea that any person's opinion is valid and worthy of attention as any other person's opinions.*

This is not to say that Americans make no distinctions among themselves as a result of such factors as sex, age, wealth, or social position. They do. But the distinctions are acknowledged in subtle ways. Tone of voice, order of speaking, choice of words, seating arrangements – such are the means by which Americans acknowledge status differences among themselves.

Informality. *Their notions of equality lead Americans to be quite informal in their general behavior and in their relationships with other people.*

People from societies where general behavior is more formal than it is in America are stuck by the informality of American speech, dress, and posture. Idiomatic speech (commonly called "slang") is heavily used on most occasions, with formal speech reserved for public events and fairly formal situations. People of almost any station in life can be seen in public wearing jeans, sandals, or other informal attire. People slouch down in chairs or lean on walls or furniture when they talk, rather than maintaining an erect bearing.

The Future, Change, and Progress. *Americans are generally less concerned about history and traditions than are people from older societies. "History doesn't matter," many of them will say. "It's the future that counts." They look ahead.*

This fundamental American belief in progress and a better future contrasts sharply with the fatalistic attitude that characterizes people from many other cultures, notably Latin, Asian, and Arab, where there is a pronounced reverence for the past. In those cultures the future is considered to be in the hands of "fate," "God," or at least the few powerful people or families that dominate the society.

Goodness of Humanity. *The future cannot be better if people are not fundamentally good and improvable. Americans assume that human nature is basically good, not basically evil. Foreign visitors will see them doing many things that are based on the assumption that people are good and can make themselves better.*

"Where there's a will there's a way," the Americans say. People who want to make things better can do so if only they have a strong enough motivation.

Time. *For Americans, time is a "resource" that, like water or coal, can be used well or poorly. "Time is money," they say. "You only get so much time in this life; you'd best use it wisely." The future will not be better than the past or the present, as Americans are trained to see things, unless people use their time for constructive, future-oriented activities. Thus, Americans admire a "well-organized" person, one who has a written list of things to do and a schedule for them. The ideal person is punctual and is considerate of other people's time (that is, does not "waste people's time" with conversation or other activity that has no visible, beneficial outcome).*

The American attitude toward time is not necessarily shared by others, especially non-Europeans. They are more likely to conceive of time as something that is simply there around them, not something they can "use."

Achievement, Action, Work, and Materialism. *"He's a hard worker," one American might say in praise of another. Or, "She gets the job done." These expressions convey the typical American's admiration for a person who approaches a task conscientiously and persistently, seeing it through to a successful conclusion. More than that, these expressions*

convey an admiration for achievers, people whose lives are centered around efforts to accomplish some physical, measurable thing.

Foreign visitors commonly remark that "Americans work harder than I expected them to." (Perhaps these visitors have been excessively influenced by American movies and television programs, which are less likely to show people working than to show them driving around in fast cars or pursuing members of the opposite sex.) While the so-called Protestant work ethic may have lost some of its hold on Americans, there is still a strong belief that the ideal person is a "hard worker." A hard worker is one who gets on a task without delay, works efficiently, and completes the task in a way that meets reasonably high standards of quality.

More generally, Americans like action. They do indeed believe it is important to devote significant energy to their jobs or to other daily responsibilities. Beyond that, they tend to believe they should be doing something most of the time. They are usually not content, as people from many other countries are, to sit for hours and talk with other people. They get restless and impatient. They believe they should be doing something, or at least making plans and arrangements for doing something later.

Directness and Assertiveness. Americans, as has been said before, generally consider themselves to be frank, open, and direct in their dealings with other people.

Americans will often speak openly and directly to others about things they dislike. They will try to do so in a manner they call "constructive," that is, a manner which the other person will not find offensive or unacceptable. If they do not speak openly about what is on their minds, they will often convey their reactions in nonverbal ways (without words, but through facial expressions, body positions, and gestures). Americans are not taught that they should mask their emotional responses. Their words, the tone of their voices, or their facial expressions will usually reveal when they are feeling angry, unhappy, confused, or happy and content. They do not think it improper to display these feelings, at least within limits. Many Asians feel embarrassed around Americans who are exhibiting a strong emotional response to something. On the other hand, Latins and Arabs are generally inclined to display their emotions more openly than Americans do, and to view Americans as unemotional and "cold."

But Americans are often less direct and open than they realize. There are in fact many restrictions on their willingness to discuss things openly.

Despite these limitations, Americans are generally more direct and open than most people from many other countries. They will not try to mask their emotions, as Scandinavians tend to do. They are much less concerned with "face" (that is, avoiding embarrassment to themselves or others) than most Asians are. To them, being "honest" is usually more important than preserving harmony in interpersonal relationships.

Americans use the words "pushy" or "aggressive" to describe a person who is excessively assertive in expressing opinions or making requests. The line between acceptable assertiveness and unacceptable assertiveness is difficult to draw.

* * * * *

Greetings and Invitations

Friends and acquaintances can be called by their first names. As a show of respect, an older person and professional people (doctors or your professors, for example), should be called by their title and last name (Mr. or Ms. Doe, Doctor Jones or Professor Smith). Some older people prefer to be called by their first name, and they may give you permission to do so, especially if they know you are from a culture where elders are never called by their first name.

A "hi" (less formal) or "hello", "good morning," or "good evening" (a little more formal) are standard greetings. People say, "Hi!" or "How are you?" or slang "Whaz up?" and then may not wait for a response. This is more of a greeting than a question. You can acknowledge them by simply waving or responding with an in-kind "hello" or "I'm fine, thanks."

People usually shake hands when meeting for the first time; it is not necessary to shake hands with people you already know. If it is inappropriate in your culture to shake hands, do not feel like you are obligated to do so.

If an acquaintance or someone you are not really very close to invites you to get together or “hang out,” they will probably ask you in person or by e-mail. If you say yes, they will expect you to show up, but will understand if you cancel. However, if you have accepted an invitation from your friendship host (if you have one), for example, you are expected to show up at the date and time on which you agreed. If you find that you cannot attend after accepting the invitation, let your host/hostess know as quickly as possible. It is considered impolite if you call a few hours before the scheduled time to cancel, especially if you don't really have a good reason to do so. If you have been invited to spend time with someone and you don't want to, just politely decline.

If you would like to visit someone you don't know very well at their home, it is polite to call first. “Drop in” on close friends only.

Gender Roles, Friendship, and Dating

In the U.S., gender roles are totally flexible. It is common for both men and women to work outside the home and have more equality in their relationships, and share the responsibility of raising children. Sometimes, men and women's roles still prescribe to more traditional gender roles. If you come from a society where roles are clearly defined by gender, the dynamics of a male/female relationship may take some time to figure out.

American students generally have a group of really close friends - people they trust, confide in, and share good times and bad times with. Classmates and colleagues are casual friends, or acquaintances. As is probably true in your own culture, how and if a friendship develops is up to you.

Initially, you will have to make an effort to meet people. You may find that you have more in common with other international students than with Americans, and some of your strongest friendships may be made with other internationals.

Residence halls are good place to make friends. All of the students living there share something in common, but there will also be students with different accents, different tastes in music, and possibly different standards of acceptable behavior.

Participation in international student activities or other activities that interest you is another way to make friends.

If you like someone and would like to spend some time with them, let them know! If you are from different cultures, try and set some mutually-agreed upon guidelines to avoid potential misunderstandings; and remember to talk about these differences so that you appreciate and enjoy each other.

Beware of mixing alcohol and dating, particularly in a cross-cultural setting. Alcohol impairs good judgment and behavioral cues can be misread or misunderstood.

If you are confused about dating culture, talk with American friends, a mentor from your university's international club, your host family (if you have one), or an international student advisor. Don't be afraid to ask!

Alcohol, Smoking, and Illegal Drugs

U.S. laws concerning the sale and consumption of alcohol may seem either liberal or conservative, depending on your nationality. In Colorado, it is illegal to purchase or drink alcohol, including beer and wine, until you are 21 years old. It is also against the law to buy alcohol for someone under the age of 21.

Being intoxicated in public is not acceptable behavior. Ask if there is an “open container” law, which means you cannot be on public streets with an open bottle or can of alcohol. It is illegal to drive drunk. If you are caught, you may have to pay a fine, serve time in jail, or put yourself in a position to be deported. If you are involved in an accident while intoxicated, you could hurt or kill yourself or somebody else.

Do you smoke? If so, the only place you may smoke is in designated smoking areas. If you are a guest in someone's home, always ask permission before you smoke. Most Americans do not smoke inside the home and will dismiss

themselves to go outside before smoking. Even if you are in your own room, it is polite to ask your guests if anyone objects to your smoking before you reach for a cigarette. There is no smoking in campus offices, classrooms, or in any public building. You must be older than 18 years of age to purchase tobacco products.

At some point, you may be exposed to the drug culture in the United States. You should know that the manufacture, use, possession, or sale of illegal drugs or narcotics like marijuana, hashish, amphetamines, hallucinogens, barbiturates, cocaine, heroin, and a whole host of others, are serious offenses under most state's laws and under immigration law. If you are caught dealing or using illegal drugs, you will be in serious trouble with the law and the possibility of prison or deportation is very real.

Cultural Adjustment

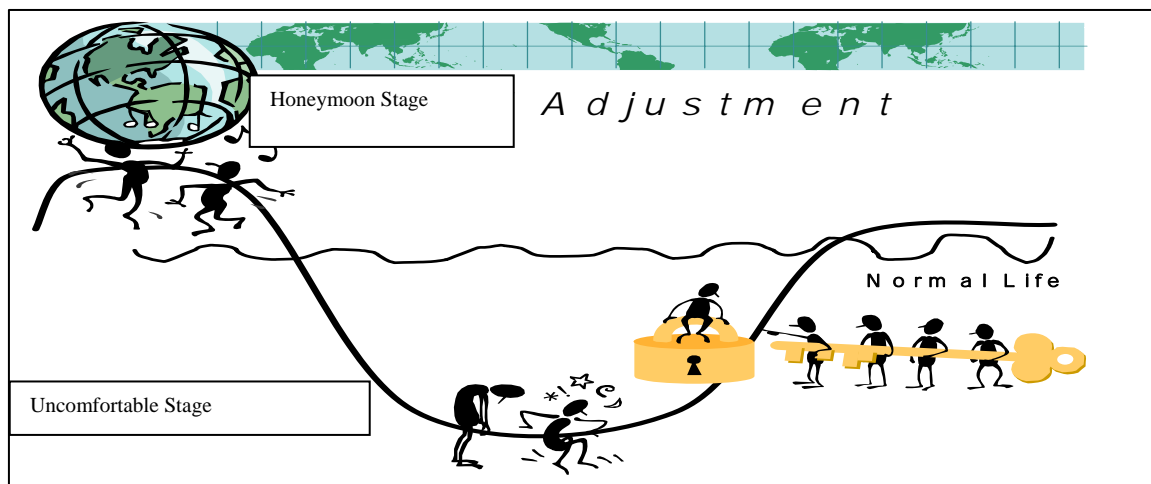
As you settle into living in the United States, you may find yourself experiencing some challenges that come from adjusting to life in a new culture. This is sometimes called "culture shock" or "cultural adjustment". What is important for you is to understand that this is a normal part of adjusting to living in a different country with different cultural ways of behaving.

Just as you brought clothes and other personal items with you to the United States, you will also carry invisible "cultural baggage." Cultural baggage contains the values that are important to you and the patterns of behavior that are customary in our culture. The more you know about your personal values and how they are derived from your culture, the better prepared you will be to see and understand the cultural differences you will encounter in the U.S.

There are different stages in the cultural adjustment process that will be helpful for you to understand:

1. The Honeymoon Stage: This is usually the initial phase, where you are excited about your acceptance to a U.S. university, arriving in a new place, and meeting new people. Most students find it to be exhilarating--a time of new experiences, sights, sounds, and activities. With so much to learn and absorb in the new culture, the initial period of settling in often seems like an adventure. During this time, you will tend to look for and identify similarities between your home culture and your host culture. You will find that people really are friendly and helpful. The procedures are different, but there are patterns--things that you can learn and depend on. You may classify other aspects of the culture that seem unusual or even unattractive as curious, interesting, or "quaint." There will be many opportunities to meet people off campus; such opportunities can be rewarding, but they also present an expanded array of cultural puzzles.
2. The Uncomfortable Stage: This is the point where you start to notice how things are different from what you are used to. People don't behave as they 'normally' do back home and you are not quite sure you understand what people mean because they are using 'slang' words you are not familiar with. This stage is characterized by feelings of frustration, anxiety, homesickness, feelings of tiredness, depression. Some people may start avoiding meeting Americans, or tend to only hang out with people of their own nationality. Things don't seem as fun as they did in the first stage.
3. The Adjustment Stage: This is the point where you start to work through the 2nd stage; you adapt and make changes in your behavior or attitudes, which allow you to deal more effectively with the challenges you face in overcoming cultural barriers. Things start to feel more normal because you are becoming more familiar with the new culture and behaviors.

These stages of cultural adjustment are sometimes shown as a cultural adjustment curve:



Coping with Cultural Adjustment:

The most effective way to combat culture shock is to step back from an event that has bothered you, assess it, and search for an appropriate explanation and response. Try the following:

- ☐ Observe how others are acting in the same situation
- ☐ Describe the situation, what it means to you, and your response to it
- ☐ Ask a local resident or someone with extensive experience 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
- ☐ Test the new behavior and evaluate 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, take good care of yourself. Read a book or rent a video in your home language, take a short trip if possible, exercise and get plenty of rest, keep a journal, write a letter or telephone home, eat good food, and do things you enjoy with friends. It also helps to keep active. There are numerous clubs to join and activities for international students. Seek out students with similar interests. Take special notice of things you enjoy about living in the host culture. You may need some help through this adjustment. Consider help from friends, a counselor, a religious advisor, or an international student advisor.

Although it can be disconcerting and a little scary, the "shock" gradually eases as you begin to understand the new culture. It is useful to realize that often the reactions and perceptions of others toward you - and you toward them - are not personal evaluations but are based on a clash of cultural values. The more skilled you become in recognizing how and when cultural values and behaviors are likely to come in conflict, the easier it becomes to make adjustments that can help you avoid serious difficulties.

"Will I Lose My Own Culture?"

Sometimes students worry about "losing their culture" if they become too well adapted to the host culture. Don't worry! It is virtually impossible to lose the culture in which you were raised. In fact, learning about the new culture often increases your appreciation for and understanding of your own culture. Don't resist the opportunity to become bicultural, able to function competently in two cultural environments.

As you increase your abilities to manage and understand the new social system, practices that recently seemed so strange will become less puzzling. Eventually you will adapt sufficiently to relax and fully enjoy the experience. And you will recover your sense of humor!

Academic Integrity

Universities in the United States, as in other countries, usually have policies in place regarding academic integrity. These policies state that students must complete academic work on their own and in compliance with appropriate rules of citation (giving credit to someone else when you use their ideas). They usually include statements about issues such as cheating, plagiarism, fabricating data, helping someone else cheat, lying, and bribing or intimidating an instructor. These policies, which may be known as "academic integrity," "academic honesty," "honor code," or "honor system" policies, may include strict and severe sanctions for violators.

It is very important that you find out what the policies are on your campus and understand what is expected, especially in regard to citation and group work. These expectations may be similar or **may be very different** from what was expected of you at a university in your home country. However, a student may be considered in violation of such a policy even if the student does not realize that he or she is not following the rules correctly. This could lead to failing the course or even being suspended from the university.