

# Fulbright Gateway Orientation

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**University of Colorado at Boulder**  
**Boulder, Colorado, USA**

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## Participant Handbook



*Bringing CU to the World • Bringing the World to CU*

University of Colorado at Boulder

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## ***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 it inspires you 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. Boulder is known for its friendly people, outdoors activities, and educational values.*

*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 studying in an academic setting in the U.S. 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 Abbassi**, 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 (CAIR) New York Chapter. He has a B.A. in Political Science from Rutgers University.

- **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 Vietnam. After leaving the army, he studied Vietnamese language and linguistics (his BA is in Vietnamese Language from SIU, with an 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
- **Professor David Boromisza-Habashi**, Assistant Professor, Department of Communication

David Boromisza-Habashi (Ph. D., University of Massachusetts, Amherst) works as an assistant professor in the Department of Communication at the University of Colorado Boulder. His research focuses on the relationship

between language use and culture. As an ethnographer of communication, he is currently pursuing two directions in his research: he studies cultural variation in speaking in public, and the process generating cultural knowledge in a multinational, multidisciplinary research team. Originally from Budapest, Hungary, Boromisza-Habashi has gained valuable intercultural experiences living and working in Hungary, the United States, and Egypt. He and his wife, Nora, are raising their two daughters, Anna and Mira, as trilingual citizens of those three countries. Boromisza-Habashi and his family currently live in Erie, Colorado.

- **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 Stanley Deetz**, Ph.D., is Professor of Communication, Director of the Center for the Study of Conflict, Collaboration and Creative Governance and the Peace and Conflict Studies Program

Stan is a President's Teaching Scholar at the University of Colorado. He is author/co-author of over 100 scholarly articles and twelve books including the award winning, *Democracy in an Age of Corporate Colonization*. His research focuses on alternative conceptions and practices of communication and democracy and the micro-practices of power in relation to an increasingly pluralist and interdependent world. His professional practice has worked with the design of communication processes for cross-functional and multi-party decision making both within commercial organizations and between organizations and external communities. He has lectured and worked on projects in nineteen countries. He has served as a Senior Fulbright Scholar and is a National Communication Association Distinguished Scholar and an International Communication Association Past-President and Fellow.

- **Dr. Philip P. DiStefano** is the Chancellor at the University of Colorado at Boulder.

Prior to his appointment on May 5, 2009, Dr. DiStefano was the top academic officer at CU-Boulder for eight years as the Provost and Executive Vice Chancellor for Academic Affairs. He served as interim chancellor twice during pivotal times in the university's history.

Dr. DiStefano co-chaired the steering committee for CU-Boulder's visionary strategic plan, Flagship 2030, conceived with campus, community and statewide input, to guide CU-Boulder for decades to come. Today, Dr. DiStefano is shepherding its implementation as Flagship 2030 moves from vision to reality.

Dr. DiStefano has served CU-Boulder for 35 years. He joined the University of Colorado in 1974 as an Assistant Professor of Curriculum and Instruction at the School of Education. His academic career flourished as he assumed a series of academic and administrative positions, including Professor, Associate Dean, Dean and Vice Chancellor. He was appointed Provost and Executive Vice Chancellor for Academic Affairs in 2001.

As Chancellor he works closely with students, faculty, staff, alumni, donors, governing officials, and business and community leaders in extending CU's legacy as a preeminent national comprehensive research university.

A first-generation college graduate, Dr. DiStefano earned a Bachelor of Science degree from Ohio State

University and a Master of Arts degree in English Education from West Virginia University. He holds a Doctorate in Humanities Education from Ohio State University, where he served as a teaching and research associate.

He began his educational career as a high school English teacher in Ohio. He has authored and co-authored numerous books and articles on various topics in literacy education.

- **Alison Graber**, Assistant Professor, Library Administration, CU-Boulder

Alison is the Social Sciences Reference & Instruction Librarian at the CU-Boulder university library. She is also a bibliographer for Education and Economics.

- **Professor Michael Grant**; Associate Vice Chancellor for Undergraduate Education. Mike Grant (BA Chemistry and MS Zoology, Texas Tech University; PhD Botany, Duke University) is Professor of Ecology and Evolutionary Biology at CU-Boulder and has also taught an International Class in Global Climate Change with Dublin City University and University of Wollongong. He is the author of numerous articles and has presented his work nationally. and internationally.

- **Nina Hasenstein**, Program Officer in the Enrichment and Professional Development division at the Institute of International Education.

Prior to joining IIE, Nina was a Program Assistant for the NYU in Paris program where she served as a liaison between the Paris and New York offices for academics and administration. Ms. Hasenstein taught high school French and History for several years before moving to New York to study how societies share knowledge across borders and negotiate change. During her studies, she also worked as a research assistant for a large-scale study of education in conflict and post-conflict settings in Afghanistan. Nina earned a Bachelor's degree with a double major in French Language & Literature and International Relations from Boston University in 2003 and a Master's in International Education from New York University in 2009. She is fluent in French and German but her Spanish is a work in progress.

- **Alison Hicks**; French, Italian, Spanish and Portuguese librarian, CU-Boulder as well as 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. A keen hiker and skier, one of her favorite things about the US is the "sniffle stop", a box of tissues at the bottom of each ski-lift!

- **Sara Jelley** is a 2009 CU-Boulder graduate with a degree in Japanese culture and civilization as well as a certification in Secondary Education.

She is currently decompressing from her sixteen straight years of schooling while working in a coffee shop in Fort Collins, meeting new friends and spending time with her lovely family. She is a proud vegan and loves to talk about food. She is slowly working on her no-handed bike-riding skills, her guitar-playing skills, and most importantly her relaxing skills. She is also training for a 10k swim in August and is learning to love coffee.

- **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 23 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 it's 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 is currently participating on the Professional Education Pathways Task. Earlier this summer, Kim received a Fulbright grant and participated in the International Education Administrator's

Fulbright program in Japan. Kim holds a BA in Anthropology and Asian Studies and an MA in Anthropology from the University of Arizona.

- **Eric Magnuson**, Student & IT Assistant, CU-Boulder

Eric is a senior at CU-Boulder studying French and Russian. He also works in the Office of International Education helping with IT problems and web development. When Eric is not studying or working, he can be found in local coffee shops reading travel stories or working on websites. His interests include photography, playing pool, music, and travel. In the summer of 2009, a 2-month solo backpacking trip took Eric across Europe, and after graduation, he plans on travelling even more.

- **Sarah McCormick**, Institute of International Education-Denver Student Services; Program Officer

Sarah McCormick joined the Institute of International Education in December 2005 and works with the Foreign Fulbright program, U.S. Fulbright program and J-1 exchange teacher programs. While working on her Bachelor's degree in History and Political Science at the University of Colorado at Denver and Health Sciences Center, Sarah worked at the Office of International Education with foreign and US students.

- **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 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, swimming and travelling.

- **Professor Anand Sokhey**, Assistant Professor, Political Science

Anand Sokhey (The Ohio State University, 2009) joined the CU faculty in 2009 after receiving his Ph.D. from The Ohio State University. Anand specializes in American politics, and his work examines the role that social influence plays in voting behavior, political participation, and opinion formation, with a special focus on how people employ their networks when acquiring and processing information. Anand is currently working on a series of papers concerning spatial and contextual patterns of political participation in the 2008 elections, and several experiments relating interpersonal networks to the quality of individual political decision-making.

- **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. As Dean, he oversees more than 100 graduate degree-granting programs. He has been a faculty member at Boulder since 1982, and 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), which won the Eugene Kayden Book Prize in 2007; he has presented his work both nationally and internationally many times. He was formerly Chair of the English Department (1996-2004), and Interim Director of the Program for Writing and Rhetoric (2001-02). He joined the Graduate School as Associate Vice Chancellor for Graduate Education in 2005.

- **Nancy Vanacore**, Assistant to the Director of the Office of International

Nancy has worked at the University of Colorado at Boulder for the past twenty years. One of her primary responsibilities is campus Fulbright Advisor for US students applying for Fulbright research and study grants. Nancy holds a BA in Economics from the University of Colorado, Boulder.

## ***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 - 6:30 pm. 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 and a PC lab on the third floor that has computers you can use.
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 \$6/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/wall ball/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). Hours during the Gateway week are 6am-10pm.

### **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: The Fantasticks - 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 "The Fantasticks." Here is their description of this play:

*"A unique take on "boy meets the girl next door", the story tells of Luisa and Matt, entering the bloom of their youth, as the world stands open to them, inviting them to explore. Their parents, scheming to encourage their children's budding love by pretending to oppose it, build a wall between the teens, hiring the trickster El Gallo to thwart their romance. By moonlight, Matt and Luisa fall hard for each other. When finally the couple comes together in the light of day, they must decide between the comfort of illusion and the wisdom that only comes with experience. Can their romance survive the sunlight?"*

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 Hellems 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 begin (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 \$35 for dinner in Boulder and transportation in Boulder around the city. You can find information about the bus system here: <http://www.rtd-denver.com/>. One of the most common bus routes in Boulder is the HOP, which can take you from campus to the downtown Boulder area and to several shopping centers and back. Information about the HOP can be found here: [http://www.bouldercolorado.gov/index.php?option=com\\_content&view=article&id=8825&Itemid=2994](http://www.bouldercolorado.gov/index.php?option=com_content&view=article&id=8825&Itemid=2994)

### **Places of Interest in Boulder**

**Bands on the Bricks featuring FACE (all-vocal rock):** 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. This event is called Bands on the Bricks because the bands play right in the center of the brick-paved outdoor Pearl Street Mall. In its 12th year, Bands on the Bricks will feature tunes that will make you want to move and groove!

**Date/Time:** Wednesday, August 4, 2010 at 7:00 pm - 9:00 pm

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

**Event Address:** 1300 Block of Pearl Street

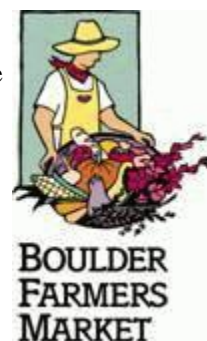
**Location:** Boulder County Courthouse

**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 4, 4:00 pm - 8:00 pm

**Website:** [www.boulderfarmers.org](http://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 tri-athlete 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.

- **Chuchito Valdes Afro- Cuban Ensemble**

Born in Havana Cuba, Chuchito Valdes comes from one of the most distinguished musical families in Cuba.

**Date/Time:** Thursday, August 5, 2010 at 7:30 pm

**Door Time:** 8:30 pm

**Audience:** 21 and Over

**Admission:** \$24.00 - \$30.00

**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, breathtaking 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](http://www.chautauqua.com/hiking_map.htm)
- **The Colorado Music Festival Finale: Hindson/Barton:** Kalkadungu, **Mahler:** Symphony No. 5
- **Date/Time:** Thursday, August 5 at 7:30 pm  
**Website:** [www.coloradomusicfest.org](http://www.coloradomusicfest.org)  
**Tickets:** <http://www.coloradomusicfest.org/default.asp>  
**Location:** Chautauqua Auditorium  
**Event Address:** 900 Baseline Road  
**Phone:** 303-440-7666  
**Admission:** from \$12

**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 4 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 each of measles (rubeola), two rubella (German measles), and two 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." See (<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.

### **Medical Care while in Boulder**

If you need non-emergency health care services during your stay in Boulder, staff members at the Wardenburg Health Center 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 2-6:**

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 non-medical emergency outside of program hours, you may contact Sewall Hall staff. We will also provide you with the cell phone number of an International Education staff member when you arrive on campus.

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

### **Housing**

#### ***Do some networking***

Your international office at your university will know of resources that you can use to locate housing. You can also ask other students or colleagues to get tips or to see if they know of any housing that may interest you. Many campuses have international clubs and locating these organizations may also yield some help in finding housing. 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 of one such company 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](http://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](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*