
Information for International Spouses

Boulder Convention and Visitors Bureau

Their website also has a wealth of information about resources and activities in the city and community. See:

<http://www.bouldercoloradousa.com/>

The Boulder Convention and Visitors Bureau also produces written guides in several languages: Chinese, Dutch, Germany, French, Japanese, Korean and Spanish. To order a guide to be mailed to you, see

<http://www.bouldercoloradousa.com/crm/index.cfm?action=requestinfo>

Part-time Recreational Classes

Spouses may want to take classes in English language or recreational classes.

- F-2 Dependents are permitted to study part-time on an "avocational" or recreational in basis (study done as a hobby or in a casual way). This would include English language classes that do not count towards a degree or lead to a specific educational objective. Please note that F-2 children may engage in full time study at the K-12 level only.
- J-2 and H-4 Dependents currently have no restrictions on study.

Boulder Parks and Recreation

The city of Boulder Parks and Recreation Department offers recreational opportunities for people of all ages and abilities. Programs for people with physical and developmental disabilities are also offered. Programs include youth activities, art, athletics, dance, fitness, golf, gymnastics, pottery, swimming, tennis, weight training and yoga. The Department operates three recreation centers, three athletic complexes, two outdoor pools, an outdoor skate park, a golf course, over 60 urban parks and Boulder Reservoir. See their website at: <http://www.ci.boulder.co.us/parks-recreation/>

Living in the USA

The University Women's Club sponsors a series of informal chats to help international women understand everyday life in America. The meetings are generally twice a month, on Wednesdays. Children are welcome. For details on their offerings, contact: Contact Esther Magathan at 303-530-7678 or ermagathan@comcast.net

Doorways (women only) English language classes, contact Elizabeth Boeve, 303-530-4389, First Presbyterian Church, 1850 15th Street, Boulder, CO

International English Center at CU, English Language Classes, 1030 13th Street, Boulder, CO, 303-492-5547, http://www.colorado.edu/iec/new/basic_info.htm

Your English School (YES) for men and women, contact Tommie Atanasoff, Director, 303-499-2352, (your.english.school@hotmail.com) Classes held at 1128 Pine Street, First Congregational Church, Boulder, CO. Childcare is available for a fee.

Lifelong Learning of Boulder Valley Schools

Lifelong Learning offers many recreational classes open to community members. See their website for more details on offerings: http://www.bvsd.k12.co.us/index_lifelong.asp

Lunch Drop In Conversation Group

International students, scholars and spouses are invited to bring a lunch and share conversation. This is a great way to

meet people from all over the world, practice your English and have fun, challenging conversations! The group meets every week throughout the semester in the University Memorial Center. Contact rebecca.sibley@colorado.edu or janet.garcia@colorado.edu for more details.

Boulder Public Library Outreach

Conversation Classes, contact Ghada Elturk, 303-441-4941, elturkg@boulder.lib.co.us

Volunteering in the Community

Volunteer Connection

If you would like to help others in the community, meet people, support something you believe in, share your skills and learn new ones, volunteering may be the opportunity for you. The Volunteer Connection will help you find a volunteer opportunity somewhere in the community. See: <http://www.volunteerconnection.net/>

Volunteering in Schools

Volunteering in your child's school is another very popular way to become involved in the community. See the Boulder Valley School District information: <http://www.bvds.k12.co.us/general/volunteerism.asp>

Day Care

Childcare facilities must be licensed by the state of Colorado. You will find a listing of such facilities in the Yellow Pages of the telephone book. If you choose to hire a private babysitter, be sure to check his/her references carefully. For more information on the day care services in family housing refer to their website as follows: <http://housing.colorado.edu/children/>.

CU Cares provides CU-Boulder parents with information and references regarding childcare issues. Please visit their website at: <http://www.colorado.edu/humres/childcare/>

The YMCA of Boulder Valley provides both before and after school care for children in Kindergarten through fifth grade. See: <http://www.ymcabv.org/flashok.html>

Employment

J-2 Dependents must apply for and be in possession of an Employment Authorization Document (EAD) from the U.S.C.I.S. prior to engaging in employment. The process may take 2-4 months and costs \$175. Please visit the ISSS office for additional information and application forms in the handouts section of the office.

Note: F-2 and H-4 visa holders may not work or engage in business under any circumstances while in the U.S.

Practicing Your Religion

The United States is a multicultural society founded on tolerance and mutual respect; you should not hesitate to practice your religion. Organized religious groups of many denominations are found at CU-Boulder and the community at large. Although America has a higher rate of church attendance than most other western societies, many Americans are uncomfortable discussing religion. Others embrace it and want to share their religious views with you. Most people are sincere and straightforward, but some may try to take advantage of you or convert you to their religious beliefs by offering you their friendship. If you begin to feel uncomfortable in such a situation, politely but firmly explain that you are not interested.

For a list of religious organizations on campus, see the link for "Religion" in Ralphie's Guide to Student Life web page: www.colorado.edu/ralphie/