

---

## Information for International Spouses

---

### **Boulder Convention and Visitors Bureau** <http://www.bouldercoloradousa.com/>

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

### **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:** <http://www.ci.boulder.co.us/parks-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.

### **Conversation Partners for Spouses**

Jan Donovan organizes small group or individual English language tutoring for international spouses. The sessions take place at her apartment on 30th Street. Please call her if you would like to have individualized or small group tutoring (telephone 303-530-9230).

**Doorways English Language Classes** are offered for women only. Contact Elizabeth Boeve, 303-530-4389, First Presbyterian Church, 1850 15th Street, Boulder, CO.

### **International English Center at CU:** [http://www.colorado.edu/iec/new/basic\\_info.htm](http://www.colorado.edu/iec/new/basic_info.htm)

The year-round program features sessions of intensive English instruction, combined with orientation to university customs, academic preparation, and an introduction to life in the United States. They are located at 1030 13<sup>th</sup> Street, Boulder, CO, 303-492-5547.

**Your English School (YES)** offers classes for men and women. Please contact Tommie Atanasoff, Director ( telephone 303-499-2352 or email to: [your.english.school@hotmail.com](mailto:your.english.school@hotmail.com) ). Classes are held at 1128 Pine Street, First Congregational Church, Boulder, CO. Childcare is available for a fee.

### **Lifelong Learning of Boulder Valley Schools:** <http://bvsd.org/LLL/Pages/default.aspx>

Lifelong Learning offers many recreational classes open to community members.

### **Boulder Public Library Multicultural Outreach:**

<http://boulderlibrary.org/services/multicultural/>

English Conversation Classes and more, contact Ghada Elturk, 303-441-4941, [elturkg@boulder.lib.co.us](mailto:elturkg@boulder.lib.co.us)

### **Volunteering in the Community**

#### **Volunteer Connection:** <http://www.volunteerconnection.net/>

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.

## **Volunteering in Schools:** <http://bvsd.org/volunteer/Pages/default.aspx>

Volunteering in your child's school is another very popular way to become involved in the community.

## **Day Care**

Childcare facilities must be licensed by the state of Colorado. If you choose to hire a private babysitter, be sure to check his/her references carefully. You will find a listing of many such facilities and some guidance here:

[http://www.bouldercolorado.gov/index.php?option=com\\_content&view=article&id=2522&Itemid=859](http://www.bouldercolorado.gov/index.php?option=com_content&view=article&id=2522&Itemid=859)

## **Family Housing:** <http://www.manta.com/c/mmgyn9s/c-u-children-s-center>

For more information on the day care services in CU Family Housing, please contact them directly.

## **CU Cares:** <http://www.colorado.edu/humres/childcare/childcarefaq.html?a=51>

This is a listing for CU-Boulder parents with information and references regarding childcare issues.

## **The YMCA of Boulder Valley:**

<http://www.bvsd.org/schools/foothill/generalinformation/Pages/YMCAChildCare.aspx>

This organization provides both before and after school care for children in kindergarten through fifth grade.

## **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 \$380. 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: <http://www.colorado.edu/studentaffairs/rco/>