New International Student

Guidebook to Campus

Summer 2015
International Reception Center
Frontier Hall & Middlebrook Hall
IRC | DIRECTORY

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IRC | IMPORTANT NUMBERS

Frontier Hall Information Desk: (612)624-9999
Middlebrook Hall Information Desk: (612)625-0536
International Student and Scholar Services (ISSS): (612)626-7100
University Police Department (no emergency): (612)624-2677
Emergency Number (for emergencies only):
911 or 8-911 if calling from the residential room
Security Escort Service: (612)624-9255

If you are dialing these numbers from a campus phone,
you only need to dial the last 5 digits.
Welcome!!! to the University of Minnesota, Twin Cities. We are really excited that you’re coming and staying with us!

Guidebook to Campus
This booklet provides important instructions on what you need to do after you arrive and gives some helpful tips including where to find good restaurants, how to open a bank account, how to get a cellphone, how to visit a hospital and more.

“Airport Transportation” v. “Gopher Chauffeur”
Gopher Chauffeur is a free transportation/taxi service for international students, provided by the University of Minnesota. Students who arrive at Minneapolis-St. Paul Airport between 10 a.m. to 9:20 p.m., August 17 to August 29, can make an online reservation to use the Gopher Chauffeur, which will pick you up from the airport and drop you off on campus.
Students can also take the light rail (cheap), a shuttle or a taxi (more expensive) to get to campus.

Immigration Check-in
All new international students will complete an Immigration Check-in after their arrival in the U.S. with their documents (passport, I-20, etc.). Go to page 4 of this booklet for more information.

International Tea Time
International students are also invited to join a fun, daily activity in both Middlebrook Hall and Frontier Hall. The time is 4:30 p.m. every day during the summer after the IRC students arrive. Hot tea will be served. Fun games and social activities will be held as well. Go to page 6 of this booklet for more information.

Tours
Starting July 16, students will give tours to International students around the campus and talk about past experiences. The meeting location for the tours will be at the lobby of both Frontier and Middlebrook Halls. Go to page 6 of this booklet for more information.

Global Gopher Week 2015
All international students (including undergraduates, graduates and professionals) can participate in the Global Gopher Week. Some events include a tour of the Mall of America, a tour of the University libraries and recreational center and more. There are also presentations to teach students how to prepare for winter!

Transportation Information
There are many transportation services in Minneapolis and St. Paul including campus buses, public buses, the light-rail, shuttles, taxies, gopher chauffeur and more. Go to page 13-15 of this booklet for more information.

Living-Essential Information
There are many important things to learn, such as getting a bank account, getting a cellphone, connecting to the campus wifi, visiting a hospital and knowing about your insurance. We provide all this information and more in this booklet.

On-Campus Information
We also have some recommendations on nearby restaurants, important campus addresses, basic housing information, and more. Definitely check those as well.

We hope you have a great, great time here!!
New International Student Checklist

(More information about what to do as a new international student is available at http://www.isss.umn.edu/new)

Name: _____________________________________  Visa Type: ________________

University of Minnesota Student ID Number: ___________________________
(Required for all international students on an F1 or J1 visa)

⇒ Remove registration holds: AI   AZ   RS   MJ/MG

Other holds:
Location:

⇒ Initiate your email account at www.umn.edu/initiate

⇒ Complete Global Gopher Online Orientation (at least one week before your Immigration Check-in) at http://isss.umn.edu/new/global-gopher-online-orientation.html

⇒ Attend Immigration Check-in

⇒ Attend College/Department Orientation

⇒ Activate your University Internet and explore websites
  Access UMN OneStop website at www.onestop.umn.edu
  Access UMN MyU website at www.myu.umn.edu

⇒ Update your “Mailing Addresses” on UMN MyU website**

⇒ Register for classes during Orientation**

⇒ Get your UCard (UMN student identification card) at Coffman Union

⇒ Attend Welcome Week, University Theme Days, and Global Gopher Week

⇒ Open a Bank Account

⇒ Pay tuition and fees

⇒ Get a cell phone

Additional Steps for GRADUATE STUDENTS ONLY

⇒ Confirm assistantship

⇒ Check in at your department

⇒ Attend Graduate School Orientation

⇒ Visit ISSS before you apply for Social Security Number (SSN) - if you do not already have one

⇒ Visit University Payroll and complete I-9 Form

**Required for SEVIS compliance

For more information on each of these steps, look at the ISSS Arrival Guide for New International Students.
To look at an online copy of the ISSS Arrival Guide, go to http://www.isss.umn.edu/publications/ArrivalGuide.pdf
Immigration Check-in

All new International students are required to attend Immigration Check-in after their arrival to the United States. Immigration Check-in confirms a student’s immigration status and makes sure the student is eligible to start an academic program at the University of Minnesota. **You cannot register for classes until you complete Immigration Check-in.**

Undergraduate Students will have the Immigration Check-in as part of their New Student Orientation. Please visit Orientation and First Year Programs' website at [http://www.ofyp.umn.edu](http://www.ofyp.umn.edu) and select “Freshman” or “Transfer” orientation for more information.

Graduate, professional, and non-degree students will complete their Immigration Check-in at a time they reserve while completing the Global Gopher Online Orientation.

**Bring the original documents and a copy of the following immigration documents with you to your Immigration Check-in meeting:**

- I-20(F-1) or DS-2019(J-1)
- Passport identification/picture page
- F-1/J-1 visa page from your passport (except Canadian citizens)
- Entry stamp from your passport (make copies of after arriving in the U.S.)
- University of Minnesota Identification (ID) number (on your admission letter)
- Sponsor letter/financial guarantee (if your tuition and fees are paid directly to the University of Minnesota by a government or international agency)
- Previous school’s I-20 or DS-2019 (if you attended another school or University in the U.S.)
- Dependents’ documents (passport, I-20 or DS-2019, F-2/J-2 visa page, and entry stamp page) if you have dependents with you (dependents do not need to attend Immigration Check-in)

*Please note, ISSS staff will not be able to make copies of your documents during the Immigration Check-In. You can make copies on campus at University Libraries ([www.lib.umn.edu/about/collections](http://www.lib.umn.edu/about/collections)) or Printing Services ([www.printing.umn.edu/copycenters](http://www.printing.umn.edu/copycenters)).*

### Sponsored Student Immigration Check-in

If you are financially supported, either partially or fully, by your home country government, the U.S. government, or an organization, corporation, or third party not related to you, and your tuition will be paid directly by that sponsor, you are considered a sponsored student.

**Please note, most international students are NOT sponsored students.**

Sponsored students have special orientation requirements and immigration regulations to complete. Therefore, please visit the ISSS website [http://www.isss.umn.edu/sponsored/New.html](http://www.isss.umn.edu/sponsored/New.html)
Staying in Frontier or Middlebrook Hall

Locations

**Frontier Hall**: 701 Fulton Street Southeast, Minneapolis, Minnesota, 55455.

**Middlebrook Hall**: 412 22nd Avenue South, Minneapolis, Minnesota, 55455.

Information Desk

The information desk is where you can go to get help. The staff there is trained to answer your questions and help make your stay in IRC pleasant. You can call the information desk at (612) 624-9999 for Frontier Hall or (612) 625-0536 for Middlebrook Hall.

Where to Eat:

Use Flexdine at campus restaurants and stores.

Cook food in the hall. Eat at restaurants.

Order food from Gopher Grocery

Tours:

International students will be your Global Gopher Guides and will guide you through an interactive tour of campus and tell you about important resources to know as an incoming international student.

The Global Gopher Guides are international students who have been at the University of Minnesota for a while, so they can answer any questions you may have about what it is like to be an international student on campus! Tours are at Frontier and Middlebrook Hall and are free; we suggest you wear comfortable clothes and bring your camera! For more questions, please e-mail Marina Uehara at uehar003@umn.edu.

Schedule: Frontier Hall IRC tours: 4pm - 5pm

Middlebrook Hall IRC tours: 5pm - 6pm

July 16 - July 31: Every Tuesday and Thursday

August 1 — August 26: Monday through Friday

International Tea Time:

You are also invited to meet other international students at International Tea Time. Come at 4:30 p.m. every day to drink tea or coffee and play games with other students living in IRC and practice English as well!

Rules:

The possession and use of alcohol is not allowed even if you are 21 years old or older.

The University of Minnesota is a smoke-free campus, meaning that no smoking or smoking paraphernalia is allowed on campus.

Cooking is only allowed in designated areas (residence hall kitchens and kitchenettes). The use of toasters, toaster ovens, grills and other cookware (especially cookware with open flames) in residential rooms is a fire hazard and is prohibited.

Please respect your neighbors and keep noise to a minimum. Quiet hours are from 11 pm - 7 am. Sunday through Thursday and 1 am - 9 am. Friday and Saturday. Courtesy hours are 24 hours a day.

Guests are allowed to come visit, but cannot stay overnight. You must meet your guest in the residence hall lobby and escort them back to the lobby when they leave. You are also responsible for any damages done by your guest.

Possession or use of controlled substances (i.e. illegal drugs, hookah and drug paraphernalia) is strictly prohibited. Hall staff may confiscate said materials or call the University of Minnesota Police Department to deal with these issues.

There are no weapons (guns, darts, pellet guns, swords or any blades longer than four inches) allowed on University Housing property.
Using Housing Resources to Deal with Culture Shock

**Culture Shock**
Living in a different country is a challenge. At the beginning, you are probably very excited and are enjoying your new life. But gradually, you will start to feel the frustration and stress due to the unfamiliarity, homesickness, and so on. Simple things like talking to people or buying groceries can be difficult. You will start to doubt your choice of studying abroad, feel unhappy and irritable about your life and even distance yourself from people. This is what we call a culture shock. We are here to help you with our great resources.

**Community Advisors (CA)**
Each residential hall and apartment have Community Advisors (CA) on each floor living with the rest of the students. They are students just like you and they can be the first person you turn to if you have any concerns, or if you just want to chat and hang-out. CAs have meetings and events with students at the beginning of the school year as well as one-on-one meetings with students throughout the school year. They are always there to provide their knowledge, support and help.

**Residence Director (RD) and Assistant Residence Director (ARD)**
Residence Directors and Assistant Residence Directors are the managers of each residence hall/apartment who supervise the staff and manage the housing complex. If you have problems, issues or even complaints, feel free to contact them, especially about any serious concerns that CAs cannot help with.

**Health Advocates**
There are student health advocates around you who are trained to respond to common health-related issues. They can share helpful information regarding your health and can direct you to other health resources on campus. Remember, it is not just about your body but also your mental health! Health Advocates will be available in the halls after move-in starting August 31 or September 1.

**Security Monitors**
Though it seems a little unrelated to culture shock, it is actually very important to make sure you are in a safe environment. There is student security staff in your residence hall or apartment every day. The school also provides an escort service at all times for people who walk or bike on campus alone. It is free and all you need to do is call (612)624-9255, and a trained security monitor will come walk you home.

**Groups**
There are a lot of residence hall groups you can participate in. These groups are usually resident-organized groups for people who share a common interest or goal such as studying together, baking together, working out together and so on. Definitely check out Groups in your residence hall and consider joining a few. These are a great way to make friends and have fun! You can also start your own group in your hall or apartment. Go to [z.umn.edu/groups](z.umn.edu/groups) for more information and just apply online! Please note, groups begin at the beginning of the school year.

**In the End**
Culture shock can be a hard thing for students to go through. There are many things you can do to deal with culture shock such as finding a culture buddy, touring the city, keeping a journal, getting enough sleep, reflecting on your new life, going to student activities, and so on. Please remember, it takes time to adjust to a new environment and it is okay to be afraid, frustrated and emotional. Most importantly, please remember you are not alone and we are here to help. We understand your struggles and we want to help you as much as we can. We hope you will have a great and memorable experience here at the University of Minnesota. Good luck, and check out more information on the following pages.
Calling

Calling Basics

What you need to know about calling from your residence hall room:

When dialing a number outside of the University of Minnesota on a University owned phone, dial “8” before the number you’re calling to leave the University calling network.

To call from one campus phone to another, just dial the last 5 digits of the phone number. (For example, if the number is (612) 555-6666, dial only 5-6666).

Important: Do not use your room phone number as a permanent number when filling out forms! This number is only used while staying in the IRC.

Calling Internationally

There are multiple ways to make international calls. The most practical and affordable options are calling cards or Skype from the University of Minnesota’s residence halls.

Calling cards can be purchased at large retail stores such as Target or Wal-Mart, as well as at Kowloon Restaurant (935 Washington Avenue Southeast, Minneapolis, MN, 55455), CVS Pharmacy (316 15th Avenue Southeast, Minneapolis, MN, 55455) or Pagoda (1417 4th Street Southeast, Minneapolis, MN, 55455).

To use a calling card from a residence hall phone, dial “8” to call outside the university, then the number on the card (most often a “1-800” number).

If you need to find your country’s area code for calling, please visit http://countrycode.org

Skype is Another Option.

It is a free online service if you call from computer to computer, but credit can also be purchased online so you can call from your computer to an international number.

Calls to most countries are very affordable.

Skype is only an option if you have your own computer with a microphone. If you don’t have a microphone but plan to use Skype frequently, you can purchase one at the Coffman Union bookstore.

For more information, to create an account, or to download Skype software for free, visit www.skype.com

Traditional “Land-line” Telephone Service

Local telephone service through traditional phone lines is provided by CenturyLink.

To sign up for service, visit their website at www.centurylink.com

Basic service costs around $20 per month, plus taxes and fees.

Services such as call waiting and voicemail are available at an additional cost.
If you’re interested in getting a cell phone, you must contact any one of many wireless companies in the area.

Most companies require a Social Security Number (SSN, which you can apply for after you get an on-campus job) if you want to be billed for your service. However, there are options for obtaining cell phone service without an SSN, such as “pay-as-you-go” plans and prepaid phones.

**Option 1: Two-Year Contract (Family Plan)**

This is a common contract with lower monthly prices compared to prepaid plans. SSN is usually required unless you can make a security deposit which could be $400-$500 depending on the providers. It is also possible to sign a contract with students who have an SSN without making the deposit.

**Option 2: Pay-As-You-Go/Prepaid Plans**

This is an easier option for new international students but has a higher price for the same service. However there is no long-term commitment, security deposit, requirement of SSN, or penalties for cancellation.

If you’d like to get a “pay-as-you-go” phone, visit the electronics section of stores such as Target, Wal-Mart, or the cell phone area of Best Buy.

**Locations:**

A good place to find stores for cell phone providers is at the Mall of America (you can get there by just taking the light-rail). The Mall of America has stores for all of the major providers: AT&T, Sprint, T-Mobile, and Verizon Wireless. There is also a Verizon Wireless store in Dinkytown (1415 4th Street Southeast, Minneapolis, MN, 55455).

**Basic Information for prepaid plans:**

**T-Mobile,**  [www.t-mobile.com](http://www.t-mobile.com), (877)746-0909

Featured plan: $40/month with unlimited Talk, Text & Data with 1GB of Data Usage.

**AT&T,**  [www.att.com](http://www.att.com), (800)331-0500

Basic phone plans start at $30/month with unlimited Talk & Text, $45/month with unlimited talk, Text & 1.5GB of Data Usage.

**Verizon,**  [www.verizon.com](http://www.verizon.com), (800)922-0204

Basic phone plans start at $35/month with unlimited Talk, Text & 500MB Data Usage.

Smartphone plans start at $45/month with unlimited Talk, Text & 1GB Data Usage.

You can purchase a device and SIM card online and activate your phone in your room as well.
If you want to open a bank account, there are many options on campus for you.

**TCF Bank**

If you are planning on using your account and debit card primarily in Minnesota, TCF Bank is one option for you. TCF has multiple locations on campus (Coffman, West Bank Skyway, Stadium Village, and ATMs throughout campus) and some of them are open during the weekend as well. **You can open a TCF bank account when you get your new UCard.**

See [www.tcfbank.com](http://www.tcfbank.com) and [https://www1.umn.edu/ucard/umtc/tcf.html](https://www1.umn.edu/ucard/umtc/tcf.html) for more information.

The nearest TCF Bank is at Coffman, which is located at:

300 Washington Avenue Southeast  
G57 Coffman Memorial Union  
Minneapolis, MN 55455  
(612) 626-2785

This bank is open from 8:30am to 6:00pm, Monday-Friday.

**U.S. Bank**

U.S. Bank is more widely available outside of Minnesota. U.S. Bank has a few branches near campus (in Dinkytown, in Stadium Village and in Blegen Hall). U.S. Bank branches are open Monday through Friday, with limited hours on Saturday. **See** [www.usbank.com](http://www.usbank.com) **for more information.**

The nearest U.S. Bank is located at:

718 Washington Avenue Southeast  
Minneapolis, MN 55414  
(612) 378-7181

This bank is open from 8:30am to 6:00pm, Monday-Friday and from 9:00am to 1:00pm on Saturday.

**Wells Fargo**

Wells Fargo is another option more widely available outside of Minnesota. There are multiple Wells Fargo ATMs on campus, but the closest full service branches are about a mile off campus. Wells Fargo branches are open Monday through Friday, with limited hours on Saturday. **See** [www.wellsfargo.com](http://www.wellsfargo.com) **for more information.**

The nearest Wells Fargo Bank is located at:

2600 East Franklin Avenue  
Minneapolis, MN 55406  
(612) 667-1382

This bank is open from 9:00am to 6:00pm, Monday-Friday and from 9:00am to 2:00 pm on Saturday.
Opening a Bank Account

To Open an Account at Most Banks, You will Need:

- Your passport with other supporting documents like I-20
- An address where the bank can send you mail
- $25 (cash or check) that you can deposit in your account

Two Main Types of Bank Accounts

Checking Account - allows you to frequently deposit and withdraw money and is a great way to pay your monthly bill. It usually comes with a checkbook and a bank card.

Savings Account - is for longer-term deposits for accruing interest. Typically, international students do not need a savings account.

How to Pay your Tuition?

- You will receive an online billing and payment statement with a detailed amount and due date.
- You can view your bill and pay your bill online through My Finances from MyU.
- You can pay through credit card/debit card/bank account online or through mail. But usually Online eCheck is the most convenient way without a service fee.
- You need your American bank’s routing number and account number, which you can find on your account statement or your checkbook to pay your bills through eCheck (see below).
- You can also pay with peerTransfer, which allows International students to bypass international transfer fees and access foreign exchange rates. It requires information from your home bank account. Please visit http://www.isss.umn.edu/new/expenses.html for more information.

- You can allow your parent/guest to view and pay your bills.
- For more information, see One Stop Website or http://onestop.umn.edu/finances/pay/index.html

Make sure to provide the bank with your new address as soon as you move to your permanent apartment or room. Checks and some other important documents CANNOT be forwarded in the mail.

How to Read and Use a Check?

- Use permanent blue or black ink.
- Always fill the check out completely.
- Always write VOID across a check you don’t use.
- Never sign a blank check. Ever!
- Write your initials in ink beside any corrections to mistakes you make.
Connecting to the Internet

High-speed internet is available in your Residence Hall and Apartment.

**Be Safe On Your Computer**

Keep your computer, Internet accounts, and Ethernet connection secure. Go to [www.safecomputing.umn.edu](http://www.safecomputing.umn.edu) for more information and to download anti-virus software.

- Install the anti-virus software ([http://it.umn.edu/antivirus-software-university](http://it.umn.edu/antivirus-software-university)).
- Set strong passwords for all of your accounts.
- Install all critical updates for your computer’s operating system.
- Turn on your computer’s firewall.
- Install anti-spyware software.
- Disable file and printer sharing (for Windows only).

If it is determined by the network security that your computer is infected by a virus or is not following University of Minnesota Acceptable Use Policies, your computer may not be able to connect to the University of Minnesota network due to security blocking your access.

**Rules for Using ResNet (Residential Hall/Apartments Network)**

- Do not use your computer as a server (WEB, FTP, DHCP, video, music, etc.).
- Do not install wireless access points in your room (this includes wireless printers).
- Do not break copyright laws.

For more information, please visit [http://www.resnet.umn.edu/policies/index.shtml](http://www.resnet.umn.edu/policies/index.shtml)

**How to Connect to the wireless access**

- Connect to UofM Secure using your computer’s wireless connection.
- Enter your Internet ID(x500) and password to gain access.
- For more instructions, please visit IT@UMN office which is located in Coffman Memorial Union, Blegen Hall, and the St. Paul Student Center or visit [http://it.umn.edu/wifi-setup-guides](http://it.umn.edu/wifi-setup-guides)

**For More Information or Help:**

[it.umn.edu/safe-computing](http://it.umn.edu/safe-computing)

[www.resnet.umn.edu](http://www.resnet.umn.edu)

[www.oit.umn.edu/help-support](http://www.oit.umn.edu/help-support)

Call (612)391-4357
On-Campus Transportation

Free on-campus buses are provided with wheelchair lifts and bike rack equipped.

**Campus Connector (Route 121)** runs from East Bank to West Bank (takes about 5 minutes), West Bank to St. Paul (about 20 minutes) and St. Paul to East Bank (about 15 minutes).

**Campus Circulators** run within a specific area.

East Bank Circulator (Route 123); St. Paul Circulator (Route 124); Washington Avenue Bridge Circular (Route 122) crosses East Bank and West Bank; Weekend Circular (Route 120) crosses East Bank and West Bank.

**Identify the Connector and Bus Stops:**

Any buses that look like the one on the left would be a campus bus that you can take for free.

Check the number on the top of the bus before you get on to make sure you are taking a connector or circulator. Make sure you pull the string or push the button on the bus right before you want to get off!

A bus stop with maroon and gold colors mean that a campus bus/shuttle will stop by.

Students can find out where the campus buses are and when they will arrive by using NextBus through QR Code, texting the

**Fall and Spring Semesters**

(Finals, Breaks, and Holidays have a different schedule)

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<tr>
<th>Time Period</th>
<th>Schedule Details</th>
<th>Frequency</th>
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<tr>
<td>Monday - Friday</td>
<td>7:00am - 6:30pm</td>
<td>Every 5 minutes</td>
</tr>
<tr>
<td></td>
<td>6:30pm - 10:00pm</td>
<td>Every 15 minutes</td>
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<tr>
<td></td>
<td>10:00pm - 2:00am</td>
<td>Every 20 minutes</td>
</tr>
<tr>
<td>Saturday - Sunday</td>
<td>9:30am - 2:00am</td>
<td>Every 20 minutes</td>
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**Summer Session:**

<table>
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<th>Time Period</th>
<th>Schedule Details</th>
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<tr>
<td>Monday - Friday</td>
<td>7:00am - 9:30pm</td>
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No weekend services and not all campus buses are available during the summer.

For more information about transportation services on campus, see [http://www1.umn.edu/pts/bus/shuttle.html](http://www1.umn.edu/pts/bus/shuttle.html)

For more information about Gopher Chauffer, see [http://www.bhs.umn.edu/peer-health-promotion/gopher-chauffeur.htm](http://www.bhs.umn.edu/peer-health-promotion/gopher-chauffeur.htm)
Public Transportation—Bus

Bus Stops: All bus stops are marked with a Metro Transit bus stop sign. Be sure to stand on the correct side of the street to catch the bus that is traveling where you want to go. If you’re not sure, ask the bus driver before paying your fare and getting on the bus.

Fares: $1.75 for adults, $2.25 for adults during rush hours (Mon-Fri: 6am-9am & 3pm-6:30pm)

Cash: have the exact change because the cashboxes on the bus do not give change. Be sure to ask for a transfer ticket from the bus driver because this ticket is good for a transfer to a different bus or return trip within 2.5 hours without paying again.

Go-To cards are cards where money for fares is prepaid and loaded onto the card. The fare amount is subtracted from your balance every time you touch the reader on the bus. The fare amount won’t be subtracted if your trip is within 2.5 hours. You can purchase the card with a 10% bonus.

U-Passes are available through Parking and Transportation Services for University of Minnesota students. They provide unlimited rides on buses and the light rail for $100 per semester/session. They are worth the savings if you plan to use the bus at least 3 times a week. For more info or to sign up, see Parking and Transportation’s U-Pass site (http://www1.umn.edu/pts/bus/upass.html).

Coffman Union’s Information Desk sells Go-To Passes, distributes U-Passes, and has Metro Transit general information about University Transit. Coffman’s commuter lounge also has paper copies of bus schedules for almost all of the Metro Transit buses.

Taking the Bus can be a challenge at the beginning. Scan your card or pay with cash when you get on the bus. The bus driver won’t stop at each bus stop station! So pull the yellow string or press the button right before your stop to signal the bus driver that you want to get off.

Transfer within 2.5 hours is free but do ask for a transfer ticket if you pay with cash.

You can bring bicycles on the bus by putting it in front of the bus on the rack. You can plan your trip and check the schedule at https://www.metrotransit.org/default.aspx.

Bus Apps on the Phone: Google Maps, Transit Tracker—Minneapolis/Saint Paul, TC next Bus.

Other Useful Transportation Apps: Uber, Lyft, Taxi.EU.
Public Transportation—Light Rail

Light Rail:
The Green Line LightRail Train runs through the middle of campus. It allows people to travel from downtown Minneapolis to downtown Saint Paul. There are three LightRail stops on campus:

- **East Bank** - this stop is in front of Moos Towers
- **Stadium Village** - this stop is near the TCF Bank Stadium
- **West Bank** - this stop is near Blegen Hall and the West Bank Skyway

The Blue Line light rail has 19 stops between downtown Minneapolis and the Mall of America (MOA). It is a convenient way to travel from downtown Minneapolis to the Mall of America or to the airport.

In order to get to MOA or the airport from the campus, you can take the green line to the Downtown East Station, then transfer to the blue line.

**Fares:** Tickets to ride both the Blue Line and Green Line trains cost the same amount as a bus ticket. U-passes or Go-To cards can also be used to pay for all rides. You can also pay at a LightRail station before boarding the train.

**Approximate Frequency:**
- Every 10 minutes, approximately 6 am - 6:30 pm
- Every 15 minutes, approximately 6:30 pm - 1 am
- Once/twice per hour, approximately 1 am - 5 am, depending on the line.
- Every 10-15 minutes during the weekend.

**Campus Zone Pass**

Students at the University of Minnesota can pick up the Campus Zone Pass to get free rides from light-rail stops on the Metro Green Line—West Bank, East Bank and Stadium Village.

It lasts for the school year (August 25 - May 17).

There is a separate pass for summer (May 18 - August 30).

Students can go to the Coffman Information Desk to pick up the card.

If students have a U-pass or Metropass, please do not pick up a campus zone pass.

**Gopher Chauffeur**

This is a free transportation service that provides University of Minnesota Students with safe rides.

It runs from 10 pm – 2:30 am on Thursday, Friday and Saturday nights.

Call (612)388-6911 usually 30 minutes before your preferred pick-up time.

Pick-up and drop-off locations include areas immediately surrounding east bank, west bank and St. Paul campus, Dinkytown, Marcy-Holmes area, Como area, Stadium Village, and anywhere between East Bank and St. Paul campus. Gopher Chauffeur can also drop off for an uptown location, but no pick-up.

For more information about Metro Transit, see [http://www.metrotransit.org/ride-the-bus.aspx](http://www.metrotransit.org/ride-the-bus.aspx)

For more information, or to look up nearby light rail stations and view riding maps, see [http://www.metrotransit.org/light-rail.aspx](http://www.metrotransit.org/light-rail.aspx)
Visiting Boynton Health Services

Locations:
Minneapolis: 410 Church Street Southeast, right next to Coffman Memorial Hall. There is also one on St. Paul campus, in Coffey Hall.

Hours:
Monday-Wednesday, Friday: 7:45 a.m. - 4:30 p.m.
Thursday: 9 a.m. - 4:30 p.m.
Saturday: 9 a.m. - 1 p.m. (only for Urgent Care and Pharmacy) but closed for summer.
Sunday and university holidays: Closed

After-Hours Care:
When you need medical help but Boynton is closed, call the Medical Information Nurse Phone Line at (612)525-7900, which is a 24-hour service.

Student Health Benefit Plan:
This is your health insurance plan that you enroll in automatically. It covers most services at Boynton including routine preventive care, unlimited lifetime benefits, and emergency travel assistance.

Main Clinic is at the Minneapolis Boynton location:

Primary Care: This should be your first stop for general health issues and questions. You can get physical examinations once a semester for free with your insurance.

Urgent Care: If you need immediate treatment for medical conditions like chest pains, flu-like symptoms, acute pain, breathing difficulties and more. You can call the Medical Information Nurse phone, but call the ER or 911 if it is a life-threatening situation.

Dental Clinic: Provides dental care like teeth whitening, but most services are not covered by your health insurance.

Eye Clinic: Provides eye exams, contact lens fitting, eyeglasses and more. You can get a free eye exam each year but it does not include the exam for contact lenses.

Mental Health Services: Provides support and counseling services on painful feelings like anxiety, depression or even normal stresses, relationship issues and more. Up to 11 counseling visits per year is offered for students with no further charge.

Nutrition Services: Provides education and one-on-one counseling services on your health situation, eating well, exercise recommendations, and more. The service is covered by your insurance.

Physical Therapy: Provides physical therapy care including joint mobilization, back care, spinal traction, education programs and more. If you have muscle strains, physical pain, bursitis and so on, you will want to visit physical therapy. Most services are covered but may need a $5 copayment.

Women’s Clinic: Provides specific services for women including routine well examinations, birth control counseling and prescriptions, pregnancy testing, counseling, breast problems, GLBTQ care, and more. Most services are covered including birth control pill payment.

Other services: Massage Therapy, Yoga, TaiChi, and Pilates, Pet Therapy, CPR & First Aid Classes, Alcohol & Chemical health services, Tobacco Cessation Counseling, International Travel Clinic, and more.

Boynton also provides free flu-shots each semester.
Making an Appointment, Insurance and Pharmacy

Important Numbers
(612)625-3222 Appointments
(612)625-8400 Information
(612)625-7900 Medical Information Nurse

How to Make an Appointment
- Call (612)625-3222 and listen for your option.
- Make sure you know whether or not you should call 911. If not, press 1.
- Select your location; 1 for the Minneapolis location, 2 for the St. Paul location.
- Select the clinic you want to visit; 1 for the dental clinic, 2 for the eye clinic, 3 for mental health services, 4 for medical care, physical health, massage, nutrition etc., 5 for classes, education and health promotion. * for repeating the menu, # for returning to the main menu.
- If you are not sure which clinic to choose, press 4 and the staff will help you or transfer your call.
- Provide your student ID number, name, date of birth, current location, and phone number.
- Make an appointment and write down the date and time.

Insurance
- Your insurance coverage usually begins on August 25 and continues until August 21, the following year.
- Students CAN visit Boynton in case of an emergency and will be covered by insurance if they arrive anytime after August 1. On August 22, students will be able to use their full range of insurance (so that includes preventive care, etc.)
- You will get a BlueCrossBlueShield insurance card. You need to keep your card in a safe place. Usually you don’t need to carry the card when you visit Boynton because all of the information can be accessed through your student ID. However, you will need to provide information such as your insurance card number when you get referrals to clinics outside the school or visit other hospitals.
- You can ask questions at the insurance office, which is located in Room N323 at the Minneapolis Boynton location for medical costs. You may also call them at (612)624-0627 or email umshbo@umn.edu.

Pharmacy
Boynton Health Services also has a pharmacy, which gives students the convenience to fill prescriptions, purchase medicines, health supplies or consult with pharmacists.

Your health insurance does not cover most medications so you need to pay at the time of purchase with cash, credit cards, personal checks, charges on your student account, or your debit card.

Other pharmacies available near campus include: CVS Pharmacy, Fairview University Village Pharmacy, etc.

For more information about Boynton Health Services, see http://www.bhs.umn.edu/index.htm
For more information about Insurance, see http://www.shb.umn.edu/twincities/international-students/student-health-benefit-plan.htm
Best 7 Restaurants Near Middlebrook Hall!

Note: The rating was created out of personal taste so it’s very subjective. But you should still try them out and have fun. They are all within walking distance as well.

1. Afro Deli & Catering (African, Mediterranean and American Cuisine at reasonable prices)
   1939 South 5th Street, Minneapolis, 55454. (612)871-5555.
   Mon-Fri: 9 am - 9 pm, Saturday: 9 am - 9 pm, Sunday: closed.
   Recommended food: Chicken Fantastic, Beef/Chicken/Veggie Sambusa and Sweet potato fries!

2. Republic (a locally owned, independent craft Beer Bar and Restaurant. It’s a fancy place so it can be a little expensive).
   221 Cedar Avenue South, Minneapolis, MN 55454.
   (612)338-6146.
   11 am - 1 am daily; 10 am - 2 pm for weekend brunch.
   Recommended food: EVERYTHING!

3. Hard Times Café (a place full of Vegan and Vegetarian Food).
   1821 Riverside Ave, Minneapolis, MN 55454. (612)341-9261.
   6 am – 4 am daily. Takes cash only.
   Recommended food: Omelet, yes! Hash browns, yes! Homemade salsa and chips, YES! Vegetarian food is amazing.

4. Mango factory (a place to satisfy your Sushi craving with entrees and drinks).
   233 Cedar Avenue South, Minneapolis, MN 55454. (612)236-4962.
   Sun-Thurs: 11 am -10 pm Fri-Sat: 11 am - 1 am
   Recommended food: Seasonal sushi sounds like a fun idea, or just go with the normal California roll.

5. Keefer Court Bakery & Café (a place with Chinese/Asian Pastries and Chinese Food)
   326 Cedar Avenue South, Minneapolis, MN 55454. (612)340-0937.
   10 am - 9 pm daily, except Tuesdays.
   Recommended food: Cha siu bao (cheap, big, delicious).

6. Chipotle (a fast food chain for Mexican Food)
   229 Cedar Avenue, Minneapolis. MN 55454. (612)659-7830.
   11 am - 10 pm
   Recommended food: Sometimes people just need a fast, cheap and big burrito!

7. Jimmy John’s (a fast food chain for Sub and Club Sandwiches)
   2037 Riverside Avenue, Minneapolis, MN 55454. (612)344-4444.
   10:30 am - 11 pm
   Recommended food: A huge and cheap sub/club sandwich is a must, plus a bag of signature potato chips.
Many Great Restaurants Near Frontier Hall!

Note: Restaurants listed below are all on University Avenue Southeast. Just walk along and find your favorite place!

**Coffee Cafés:** Starbucks, Caribou, Espresso Café
Kitty Corner Café has the cutest name and the best waffles on East Bank.

**Chinese Cuisine:** Hong Kong Noodles, Shuang Cheng, Kowloon
Little Szechuan is famous for its traditional and authentic Szechuan specialty with reasonable prices.
Tea House is not only good for the taste but also its fancy atmosphere. However, it is more expensive.

**Korean Cuisine:** Tofu House
Green Spoon is a hot spot for local Korean students to gather.
Korea Restaurant has the lunch special during weekdays.

**Japanese Cuisine:** Haiku is a nice place to have a great date and eat sushi.

**Vietnamese Cuisine:** Bona: a bowl of Pho during the cold winter sounds so amazing.

**Middle Eastern Cuisine:** Abdul’s Afandy is a to-go place and has great hummus.

**Bubble Tea Locations:**
KungFu Tea: Definitely try a sip of matcha red bean slush.
Tea Garden: You can create your own bubble tea!

**Sandwiches:** Jimmy John’s and Bun Mi (a special sandwich place with Asian ingredients.)

**Pizza:** Domino’s, Topper’s and Punch (Punch will just make the fresh pizzas in front of you with its wood-burning oven to a 800 degrees Fahrenheit.)

**Bars:** Stub & Herb’s, Applebee’s, Sally’s, Big 10 Restaurant & Bar

**Burgers:** My Burger, Burger King

**Fast Food Chains:**
Raising Cane’s Chicken Fingers, Chipotle, Noodles & Company, Dino, etc.

REMEMBER! HAPPY HOUR IS GREAT FOR STUDENTS ON A TIGHT BUDGET!

REMEMBER X2! THERE ARE MORE RESTAURANTS IN DINKYTOWN!
Experience MN

Tourism

Meet Minneapolis (http://www.minneapolis.org) is the official site of Minneapolis tourism. On this website you can find information about things you can do and see while you are here and learn about different neighborhoods, local landmarks, fun activities and much more.

You can also arrange your own tour and even go out of Minneapolis/St. Paul area by taking the skyline shuttle (https://www.skylineshuttle.com) to go to Duluth, a wonderful place in summer and fall with beautiful lakes.

Entertainment

Ticketmaster (http://www.ticketmaster.com) is a website for you to buy tickets to concerts, sporting events, theater, broadway shows etc.

Vita (http://www.vita.mn) is a local guide to arts and entertainment in Minneapolis. There is also the Weisman Art Museum on campus, the Walker Art Center, and the Minnesota Institute of Art.

Want Some Fun on Campus?

Check out the calendar of events (https://events.umn.edu/index.htm) to see what’s going on everyday.

Check out Gopher Sports (http://www.gophersports.com) if you are a big sports fan and want to support your school team!

Check out the Student Unions & Activities website (http://sua.umn.edu) for events on campus and other student groups.

During the School Year

There are a lot of student groups on campus that have events during the school year.

ISSS hosts Small World Coffee Hour (SWCH) every other week on Friday, during the school year, which presents a different cultural group each time and serves great cultural cuisine.

Minnesota International Student Association (MISA) is a student group dedicated specifically for all the international students at the University of Minnesota. They welcome everyone to stop by any day to hang out and they also hold small, weekly activities and huge annual events such as the Feast of Nations.

Tips

Subscribe to newsletters for specific places, websites, departments, etc., to receive news about upcoming and exciting events.

Explore information about events on Facebook and you can find many local events!
Living Tips

Welcome to Minnesota and Welcome to the University!

Minnesota has four distinct seasons:

A relatively chilly and short spring (April to May)
A sunny and beautiful summer (June to mid-September)
A gorgeous but short fall (mid-September to October)
A long and cold winter (November to March)

**Clothing**

Fall and Spring: a light jacket will be handy even on a sunny day.

Summer: wear whatever you want! T-shirts, tanks, shorts, etc.

Winter: wear **LAYERS** while going out.

**Inner layer** (next to the skin): Your base layer should wick sweat away from your body to keep your skin dry. Cotton should not be used so no T-shirts. Good long underwear pieces are appropriate for both an inner layer shirt and pants; they are made from fabrics such as Thermion, polypropylene, Thermax, Thinsulate and silk.

**Insulating layer**: This layer will keep you warm and can be shed once you warm up. Wool, fleece, and pile are all good materials for an insulating layer shirt or vest; a down jacket also works.

**Outer layer**: a windproof and water resistant jacket should be worn loosely.

A good pair of **winter boots**, **mittens**, a thick **winter scarf/neck warmer** and a **winter hat** are highly recommended. There are many stores to purchase these items.

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<td>Dec</td>
<td>26 (-3)</td>
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Check-Out Procedures:

Pack your luggage. Clean your room. Clear everything out of the room. Lock the door. Turn in the keys first. Then start moving.

If you do not have permanent housing for the academic year, you can speak personally with someone who can help you find housing. You can also visit the Housing & Residential Life office in Comstock Hall. The staff will direct you to resources for area housing options. They may also give you more information about living on-campus.

FOR ALL STUDENTS MOVING FROM IRC TO PERMANENT HOUSING:

It is required by United States Immigration Authority while living with IRC or any other temporary space that you update banks, cell phone companies and other government agencies about your address change after you move out of the temporary housing space. Some documents, such as checks, driver’s licenses and social security cards CANNOT be forwarded in U.S. mail. IRC will be forced to return the documents to the issuing organization and you may never receive them if the issuing organization does not know your new address. Be sure to keep track of the people and places that you have given your temporary housing address to so you can update them once you have confirmation of your new permanent address.

For all other housing facilities near or around campus, contact the facility/owner to confirm your permanent housing move-in date. IRC closes on August 29 and you will not be allowed to remain in your IRC space after that time.

Residents with school-year housing assignments in one of the University’s residence halls can move directly from IRC to their school-year room whenever their rooms are ready. Consult with the hall’s Business Operations Supervisor!

August 15: Students who are going to live in the apartments on campus can move in on this date.

August 27, 28, 29: IRC closes and students have to move to their residence halls. There will be assistants to help IRC students with moving, guiding and transportation.

IRC closes on August 29.

IRC is a temporary housing option and does not include housing past this date and time. All IRC guests need to confirm their permanent housing arrangement before August 21.
**Important Addresses on Campus**

**Coffman Information Desk**: The student staff at the desk know almost everything about the University of Minnesota, so if you have any questions or are lost, feel free to bug them.
300 Washington Avenue Southeast, Minneapolis, MN 55455. (612)624-4636.
It is located on the first floor right next to the entrance at Coffman Memorial Union.

**ISSS Office**: ISSS is the main office dedicated to serving the University of Minnesota’s international community. ISSS staff can help international students with academic, immigration, legal, career, financial, personal and family issues. The office also organizes programs to help international students make friends and gain leadership experiences.
190 Humphrey School. 301 19th Avenue South, Minneapolis, MN 55455. (612)626-7100.

**One-Stop Office**: One-Stop provides advice on registration, financial aid, billing, payment, student records and veteran services.
Room 333, Science Teaching and Student Services. 222 Pleasant Street Southeast, Minneapolis, MN 55455
(East bank).
Room 130 West Bank Skyway. 219 19th Avenue South Minneapolis, MN 55455 (West bank). (612)624-1111.

**Coffman Memorial Union**: The main student union has EVERYTHING! Post office, the bookstore, information technology office, printing services, U-card office, food court and Orientation & First-Year Programs are all located in this building.
300 Washington Avenue Southeast, Minneapolis, MN 55455. (612)625-5000.

**US Post Office**: You can deliver your mail and also send international mail and packages.
Coffman Memorial Union room G-11 on the ground level (near Starbucks in the cube area). (612)624-8602.

**IT@UMN, Technology Helping Office**: Help and support on technology. If your computer or cell phone is not working, you cannot connect to the school wifi, your computer gets a virus or your devices break, you can go to IT@UMN.
Coffman Memorial Hall 1st floor.
Room 90, Blegen Hall ground floor. 269 19th Avenue South, Minneapolis, MN 55455. (612)301-4357.

**Boynton Health Services**: On-campus clinical building where you can visit doctors for health concerns.
410 Church Street Southeast, Minneapolis, MN 55455 (East bank). (612)625-8400.

**Appleby Hall**: The building has several important departments to help students such as the Aurora Center, Counseling & Consulting Services, Multicultural Center for Academic Excellence and more.
128 Pleasant Street Southeast, Minneapolis, MN 55455. (612)625-5000.

**The Aurora Center**: The center provides free and confidential crisis intervention to victims of sexual assault, relationship violence, and stalking and harassment.
Appleby Hall. 128 Pleasant Street Southeast, Minneapolis, MN 55455. (612)626-9111.

**University Counseling & Consulting Services**: The office provides counseling on personal concerns, learning & academic skills, career services, and a brief alcohol screening and intervention program.
Room 340 Appleby Hall. 128 Pleasant Street Southeast, Minneapolis, MN 55455 (East bank). (612)624-3323.
Staying Safe

It is important to know about personal safety and how to stay safe on campus.

**911 Emergency:** In the case of a health, fire or other emergency, call 911 from any cell phone or 8-911 if calling from the residential room. Even pay-as-you-go cell phones with no credit will connect to emergency services.

**Safe Walk Home:** UMPD Security escorts are available by calling (612) 624-WALK (9255) or 4-9255 from campus phones. They will meet you at any location on campus and can walk with you to another location on or near campus with no cost.

**TXT-U:** Sign up for TXT-U to receive text messages about emergencies on campus. You must have a cell phone with text messaging to sign up. Go to [http://safe-u.umn.edu/txt-u.html](http://safe-u.umn.edu/txt-u.html) for more information.

**Lock Your Door:** Locking your door when you are in your room and also when you are not is one of the best ways to stay safe. Keeping your door locked keeps thieves and strangers out of your room. Do not hold doors open for strangers, either!


Other Resources for the Future

**Social Security Number (SSN):** Visit [http://www.isss.umn.edu/INSGen/ssn.html](http://www.isss.umn.edu/INSGen/ssn.html) to learn what is needed to apply.

**Drivers License:** Visit [http://www.isss.umn.edu/resources/Dlicense.html](http://www.isss.umn.edu/resources/Dlicense.html). A drivers’ license can function as your official identification in the U.S. You can also apply for a Minnesota State ID if you are not planning to obtain a drivers license.

**Academic Resources:** Visit [http://z.umn.edu/internationalstudents](http://z.umn.edu/internationalstudents)