

International Student Handbook



American Culture

Introduction



Picture provided by Phoenixmasonry Masonic Museum at <http://www.phoenixmasonry.org>

Studying in another country is one of life's most enriching experiences. Throughout history, travelers have recognized the benefits of learning about different ways of thinking and living. Studying in a country and culture different from your own will enable you to look at the world from a new perspective. Nearly half a million students come to the United States to study each year from countries around the world. Their presence in the United States gives them the opportunity to benefit from our system of education and allows them to contribute to U.S. understanding of the world community.

-NAFSA's International Student Handbook

Adjustment

From your reading, from American films and TV, and from talking with Americans in your country, you have probably formed some idea of life in the US. Some of what you have seen and heard is true, some of it is probably distorted or just plain fiction. Your adjustment may not seem like a shock at all; you may just be uncomfortable at times, or more tired than you would normally be. Regardless, most foreign students and faculty experience culture shock and most learn to accept the differences that they encounter and even adjust to them. Remember though, that each person's experience is different, and

part of the value of your experience abroad will be your own discovery of America and Americans.

Common Symptoms of Culture Shock:

- Extreme homesickness
- Weariness of speaking English
- Desire to avoid social settings that seem threatening or unpleasant
- Lack of interest in studies
- Lack of motivation
- Physical complaints and sleep disturbances
- Loss of your sense of humor
- Constant yearning for familiar foods and spices
- Boredom or fatigue
- Hostility against the host culture
- Depression and feeling of helplessness
- Weight gain or loss
- Blaming others for your problems

Suggested Ways to Combat Culture Shock

- Get in touch with family and friends back home.
- Get enough sleep and try to relax.
- Involve yourself with college activities; interact with other students.
- Be active! Participate in sports, or exercise your body.
- Observe how others are acting in the same situation.
- Describe the situation, what it means to you, and your response to it.
- Ask local residents how they would have handled the situation and what it means in the host culture.
- Plan how you might act in this or similar situations in the future.
- Evaluate and test the new behavior, and see how well it works.
- Decide how you can apply what you have learned the next time you find yourself in a similar situation.

Throughout the period of cultural adaptation, find a way to make yourself feel better. Take good care of yourself, and take special notice of things you enjoy about living in the host culture. Being relaxed and keeping your sense of humor will assist you overcoming culture shock.

American Customs and Courtesies

Time

To many Americans, precision is very important. Having an appointment with Americans is like having a Swiss watch, which means "precision." Being late for class may result in

lower grades. Be sure to arrive few minutes early to your appointment. Call if you will be coming late.

Friendships

In this mobile society, friendship may be transitory and are often established to meet personal needs in a particular situation. The casualness of friendship patterns in the U.S. allows people to move freely into new social groups. These groups usually form around work, shared interests, school, or places of residence. You may be greeted with considerable warmth initially, but find that this does not always continue. That is why the American form of friendship remains a question to many foreign students and faculty. As an outsider, it is up to you to introduce yourself. Most Americans usually welcome new people to their social groups as long as you show an interest in them.

Handshaking

The handshake is the most common form of non-verbal greeting used in the U.S. Americans shake hands when greeting friends, work associates, and before and after business meetings. The handshake is an acceptable gesture to either men or women, as it conveys greeting and professional recognition at business events. Unlike other cultures, there is no social restriction regarding men shaking hands with women, but it is always appropriate in formal social situations to wait until the woman offers her hand first.

Greetings

Americans often greet each other (or you) with phrases such as "How are you?" or "Nice day, isn't it?" Usually, it's not a question at all, but rather a form of "Hello." A usual response to this question would be: "I'm fine, how are you?" You may not be "fine" at all, but this kind of greeting is a courtesy and is not intended to invite a lengthy conversation. Do not be too concerned if they do not follow up the greeting with other conversation.

Invitations

If you accept an invitation to a person's home, it is important to keep the appointment. The host expects you to call or write well ahead of time to cancel your appointment if you cannot come. If you are not sure you can attend, it is probably better to decline.

It is not customary to bring a gift if you are invited to dinner. However, overnight guests usually bring an inexpensive gift. Though you are not obligated to bring a gift, a bottle of wine or flowers will always be appreciated. Before leaving, thank the host and hostess for accommodating you and compliment them for the meal they prepared for you. Complimenting is a fine gesture that Americans always appreciate.

Tax

Upon your purchase of goods and services (clothing, foods, books, etc.), you will notice that advertised price does not include a sales tax. The sales tax is added on the price when you go to pay for your goods and services. Tax varies from city to city, but they are usually around 6-8 percent of the price listed on the sales tag.

Tipping

Customers reward workers' (such as waiters and waitresses, taxi drivers, airport and hotel porters) good service by tipping them. When service is particularly poor, some people consider it appropriate to limit the amount of a tip. Your waiter expects a tip of 15-20 percent of your bill while a taxi driver expects an additional 10-15 percent of the fare shown on the taxi's meter. A porter expects \$1.00 for each bag he carries.

Cleanliness and Body Odor

Americans tend to choose products that will help them, their clothes, and homes smell like anything except their natural odors. Realize that your own culture's ideas about what smells good may be different from the American culture. For example, cooking odors can often be the most obvious and even offensive scents to most Americans. The smell of garlic on a person's breath would probably offend some Americans.

Conclusion

These are just a few tips for situations that you may encounter during your first few days here. International Student Orientation, offered during the early part of your stay, will provide you with much additional information. Feel free to ask questions during the orientation sessions. College officials are here to help you make an easier transition into American collegiate life.

Banking

Introduction



Most students use banks to maintain checking, savings and other accounts, and to wire money to-and-from their accounts. When opening a bank account, make sure that you have at least two valid forms of identification, such as your passport and student ID card.

Banks offer different types of accounts with different service charges. There are two basic types of accounts, checking and savings accounts. Checking accounts are essential because personal checks are the most convenient and safe way to carry money. With a checking account, you will be able to write checks or transfer money electronically for the amount of money you have on deposit at that bank. Once a month, your bank will send you a statement of all your checking account activities. You are expected to balance the statement against your own records. If you write a check for an amount greater than the money that is held in your account, the check will be returned to the bank and you will be charged a fee by the bank (usually between \$10 and \$25).

Note: When you open your checking account, you will be given "starter" checks that do not have your name on them. You will also be instructed on how to establish online access to your account. You should keep cash, traveler's checks, or a credit card available for the first few weeks until you receive your permanent checks.

Another way to access your money is with a debit card. These cards allow you to withdraw or deposit money to your bank account using an automatic teller machine (ATM) and allow you to make purchases at stores.

When opening an account consider the following:

- a. What is the minimum opening deposit?
- b. Is the bank an FDIC or FSLIC or NCUA member? If the bank is a member of one of these organizations your total accounts with the bank will be insured up to \$100,000.
- c. Are there service charges, and how can they be avoided?

- d. Will there be a charge for every check you write? If so, how much?
- e. Is there a fee charged for every use of an ATM (Automated Teller Machine)? If so, how much?
- f. Can the bank accept wire transfers from a foreign bank, and vice versa?

With a savings account, you will not be able to write a check, but you will receive interest on the money you have deposited in the saving account. The interest you will get depends on the bank, the type of savings account you select, and the amount of money in that account. A typical setup for students will be to have about one-half of their money in a checking account, and the remaining half in savings, earning interest. When the checking account monies get low, users simply transfer money from savings. This way, most of the money is earning interest while waiting to be used.

Financial Institutions Close To Marist

TEG (Federal Credit Union)

TEG is located across from Marist campus. TEG is a not-for-profit financial cooperative association that offers savings and checking accounts to its members. TEG also provides ATM cards. TEG offers competitive dividend rates on saving and investment accounts, competitive rates on loans, and is a NCUA member. For more information on how to become a member, call (845) 452-7970.

Rhinebeck Savings Bank

Rhinebeck Savings Bank is situated across from the Marist campus. It offers both savings and checking accounts. It is an FDIC member and also provides ATM cards. For further information about their banking products and services, call (845) 471-4467.

Automated Teller Machines

ATM cards will enable you to deposit and to withdraw money from ATMs that are located in most banks, shopping malls and in some grocery stores. Other services offered at ATMs include account balance inquiries and transfer of funds from one account to another. When using an ATM machine, be sure not to reveal your Personal Identification Number (PIN) to anyone. The bank will give you instructions on how to use the ATM card properly, including the security precautions to guard against theft.

Communication

Mail Service



The Marist College post office is located on the second level of the Student Center. The College mailroom (post office) services include sale of postage and stamps, weighing of packages and letters, and sale of certified mail with return receipts, and overnight mail delivery through Post Office Express. Mailboxes are available for full-time undergraduate students.

From Monday through Saturday, the U.S. Post Office delivers mail to the College and to private residences. If you use a campus mailbox, be sure to notify the College post office where to forward your mail before the school session ends, otherwise, the Marist College post office will automatically send it back to your original home address.

College Post Office Service Counter Hours:

Monday to Thursday:	9:00 a.m. - 6:00 p.m.
Friday:	9:00 a.m. - 5:00 p.m.
Saturday:	9:00 a.m. - 12:00 p.m.
Sunday:	Closed

The U.S. Postal Service picks up mail from the Marist College post office at 3:30 p.m. from Monday to Friday. The U.S. Postal Service does not pick up mail at Marist on Saturday or Sunday.

There is no postage required for sending mail on campus. If you are sending mail to a student, you should write his/her name and MSC number. If you are sending mail to a professor or a school official, you should write his/her name and department. On-campus mail is delivered during office hours Monday to Friday.

Telephones

Commuter students planning to acquire telephone service may contact AT&T, Verizon, Sprint, or other companies for landline telephone service connection. Many of the same

companies also offer cell phone service. Cell phones may be purchased from a brick and mortar outlet or sometimes online. There are prepaid services such as Tracfone and cell phone plans with contracts for one year or more. Internet telephone services such as Vonage may offer an economical alternative. Be aware that most telephone companies require identification including a social security number. When they first arrive, many students get a calling card offered by one of several U.S. companies. Calling cards allow callers to save some money on the cost of phone calls. In addition, calling cards may be used to make phone calls at any phone, including pay phones, and charge the call to your phone card account. Most international students calling overseas use a pre-paid calling cards because they offer cheaper calling rates especially when calling overseas and do not require a social security card. Pre-paid calling cards are sold in grocery stores across the country.

If you are a full time undergraduate International Student and are living on campus, you will receive information in your orientation packet about Paetec, the telephone service provider on campus. Paetec can be reached at 1 (800) 962-4772.

Electronic Mail

In order to obtain an e-mail address and have access to the Marist College mainframe, ask for an account number at the Help Desk in Donnelly Room 243. You will need your Marist College ID and be registered for classes to get an account number. The network is available to all Marist College students, faculty, and staff.

Newspapers

You may purchase different newspapers, such as The Poughkeepsie Journal, the New York Times, The Wall Street Journal, etc., in supermarkets and grocery stores. The Poughkeepsie Journal provides news updates about the Poughkeepsie area, television program schedules, events, classified ads, etc. and is also available in newspaper dispensing boxes on campus. You can also purchase international newspapers in Barnes & Noble, located on Route 9 south of Marist College. The James A. Cannavino library also subscribes to a variety of local, national, and international newspapers that are available for readers.

Television

Cable reception is available to campus residents. If you live off campus and wish to have cable channels, you should contact the local cable provider. Your landlord should be able to furnish you with the name of the company that services your area. Cable stations provide a variety of programs, including various news programs, which are an excellent source for international and headline news. If you are unable to get cable channels, national stations such as ABC, CBS, FOX, NBC, UPN, PBS and many others are still accessible. These television stations broadcast some international as well as national news (check your television program schedule).

Employment Guide for International Students

- [Employment Guide for International Students](#) (PDF)
- [International Student Requirements](#)

Housing

Undergraduate Students

Marist College offers on-campus housing to International Undergraduate Students. However, it fills up very quickly. We advise you to make reservations well in advance. Once accepted as an on-campus resident for your freshman year, you are guaranteed two years of on-campus housing. For more information about on-campus housing, you may contact the Office of Housing and Residential Life at (845) 575-3307.

Graduate Students

All Graduate Students live off-campus, mostly in the vicinity of the Marist campus. Various housing options are available, including studio-type apartments, one- and two-bedroom apartments and many other shared housing options. Check at the Marist College Office of Housing and Residential Life, located in Rotunda Room 387 for a listing of apartments for rent within the area. *The Poughkeepsie Journal*, a local newspaper, is another good source for finding apartments, cars, etc (<http://www.pojonews.com>). You can buy the *Poughkeepsie Journal* at grocery stores or supermarkets. Communication with current Marist graduate students via e-mail is another excellent way to check for availability of apartments. This information will also be made available upon request from the Office of Graduate Admissions or the Coordinator for International Student Programs. Apartments with one bedroom begin at \$700 per month; two-bedroom apartments begin at \$850.

Reminders for Apartment-Seekers

It is advisable when looking for a place to dwell that you make sure that the apartment is in good shape. Check it very carefully.

- Check the doors and windows to make sure that they can be locked for your safety and security. Open and close the doors and windows to ensure that they work properly.
- Make sure that appliances and lights are working properly. Check the stove, refrigerator, oven, microwave (if available), and dishwasher (if available) to see if they are clean and have no signs of problems. All apartments should have a stove and a refrigerator.
- Turn on the faucets to make sure they work easily to produce hot and cold water. Check the plumbing to see if there is any leakage.
- For those who have a car, parking is necessary. Ask the landlord if there is a place to park your vehicle. If you have to park on the street, pay attention to the signs regarding parking regulations.

Negotiating and Signing the Lease

Most apartment managers require a rental commitment, a written contract called a lease. Read the lease agreement carefully before signing. Make sure you like the apartment. The lease is usually for a one-year period, but sometimes this may be negotiable. The landlord expects you to pay rent on a monthly basis for the entire lease period even if you move out on a date earlier than the end of the lease. Make sure that you have a written agreement with your landlord. If you make any verbal agreements with your landlord or are requesting repairs, write it on the contracted lease. Make sure the landlord signs the written changes you have made. You *must* get a copy of the signed lease for your safety and security. If you see that the landlord is reluctant to put anything in writing, it's probably not a good idea to rent the apartment.

Telephone Service

Apartment rental does not include telephone service. Contact one of the many local service providers to obtain landline service. You can apply over the telephone (you may need to provide information such as your social security number or 2 forms of notarized identification--i.e., school ID, driver's license, passport with valid visa). Installation usually takes 1 to 2 weeks. Depending on house/apartment address and telephone service, one-time installation fee begin at \$55, and basic monthly service begins at \$35. If you are interested in dial-up internet service, the telephone company can also give you information about that option.

Central Hudson Gas & Electric Corporation

If electricity and/or gas service are not included in your rent, you will need to contact the provider for this service. To request installation of gas or electric, you can call Central Hudson's toll-free number 1(800)527-2714. You can apply over the telephone by providing them information such as your social security number, date of birth, your bank name, and a copy of your year lease. Installation usually takes 1-3 days. Initial deposit: \$75 and up depending on house/apartment. If you have a checking account, you may provide your check number, account number, and the routing number. Payment can also be sent through any Bank of New York. You can also mail your check to:

Central Hudson Gas & Electric Corporation
284 South Ave.
Poughkeepsie, NY 12601

Television-Cable and Satellite

Cable television and internet service are usually not included in your rent. Ask the landlord which company provides your cable service and contact the service provider for information on signing up for the service. Many of the same forms of identification that are needed for other utilities are also required for cable and internet service.

Time Warner Cable: 10 10 275 00
Dish Network call toll-free: 1-800-333-DISH

Cablevision call: (845) 297-3333

Hotel Accommodations

On-campus housing is available only during the fall International Student Orientation period. If you arrive prior to the orientation period, or need a place to stay after orientation, the following hotels are nearby:

Econo Lodge

418 South Road (Route 9)
Poughkeepsie, NY 12601
Tel: (845) 452-6600/Fax: (845) 454-2210
Room Rate - Approximately \$80 per night
(10 minute drive from Marist College)

Holiday Inn Express

341 South Road (Route 9)
Poughkeepsie, NY 12601
Tel: (845) 473-1151/Fax: (845) 485-8127
Room Rate . Approximately \$109 per night
(10 minute drive from Marist College)

Grand Hotel

40 Civic Center Plaza
Poughkeepsie, NY 12601
Tel: (845) 485-5300/Fax: (845) 485-4720
Room Rate - Approximately \$109 (plus tax) per night
(20-30 minute walk from Marist College)

Super 8 Motel

528 Albany Post Rd. (Route 9)
Hyde Park, NY 12538
Tel: (845) 229-0088
Room Rate - Approximately \$65 (weekdays)
Approximately \$75 (weekends)
(10 minute drive from Marist College)

Inn At Hyde Park

537 Albany Post Rd. (Route 9)
Hyde Park, NY 12538
Tel: (845) 229-9161
Room Rate - Approximately \$60 (weekdays)
Approximately \$70 (weekends)
(6 minute drive from Marist College)

Immigration Policies and Process



Introduction

All students who are in the U.S. on non-immigrant visas are subject to an extensive and somewhat complex set of regulations mandated by the U.S. government. The following section of this Handbook discusses very briefly some of the major topics related to immigration regulations. Even though this is not a complete list of all Immigration Policies that apply to International students, the information held in this section includes basic terminology and Immigration Policies, which all students must know while studying in the U.S.

Your Responsibilities as a Non-Immigrant International Student

During your stay in the US, you are subject to many complex immigration laws and regulations that relate to your status. Advisors are available to assist you and answer questions about your immigration status, but it is your responsibility to know and abide by the law in order to maintain valid legal status.

As a non-immigrant international student, you must:

- Have a valid passport at all times.
- Either attend the school you were authorized to attend, or contact the DSO at the school on your I-20 and ask for a transfer to another school after entering the US.
- Be registered full-time for each academic semester as defined by the USCIS. For undergraduate students, this means registration for at least 12 credits per semester, and for graduate students, this means registration for at least 9 credits per semester.
- Maintain good academic standing and make normal progress towards completing your degree.
- Follow appropriate procedures if you transfer from one school to another or if you change from one educational level to another.
- File for a program extension in a timely manner (at least one month before the end date on your I-20) if you do not complete your program by the time estimated on your I-20.

- Limit on-campus employment or any authorized off-campus employment to a total of 20 hours per week during the academic semester (and up to 40 hours during breaks and vacation).
- Obtain proper authorization before engaging in any off-campus employment.
- Report promptly to the Registrar's office any change of address.

If you have questions on any aspect of USCIS law and regulations related to your status, please make an appointment with Julie Kelly in the Registrar's Office, Donnelly Room 203, extension 3250.

Important Terms

US Visa - A valid visa issued by the American Consulate in your country of origin stamped on a passport page.

I-94 Card - This is a small white card that the Immigration Officer attaches to your passport upon entering the U.S. The I-94 card indicates how long you are authorized to stay in the U.S. and your admission number. It is also known as an Arrival/Departure Record.

SEVIS I-20 Form - This form has to be presented by the student to the American Consulate in his/her country of origin in order to receive F-1 status. It consists of three pages. Page one has personal information, the School's information, and financial information. Page two is an information page. Page three is a reporting page for employment, program changes and travel. Every F-1 student should keep his/her SEVIS I-20 with their passport.

United States Citizenship and Immigration Services (USCIS): The U.S. government agency that enforces U.S. immigration laws.

F-1 Visa Policies

Students that are holding F-1 Visas are admitted to the U.S. for the duration of status ("D/S"), otherwise, defined as:

- a. The length of your stay while pursuing "full-time study" and making normal progress towards completing your degree. (In the event of a documented medical emergency, exceptions to full-time status may be made.)
- b. The time you may be working in "practical training" after you finished studies (if you are authorized and qualify); and
- c. A period of 60 days to leave the country upon completion of an academic program and practical training.

Leaving the US and Re-entry

If you are planning to travel outside the U.S. (including going home), you must have page 3 of your I-20 Form signed by Julie Kelly (or any other DSO) in the Registrar's Office, Donnelly Room 203. This affirms that you are eligible to continue as a student at Marist College when you return to the U.S.

Employment for F-1 Students

On-Campus Employment

F-1 students in lawful status are eligible and permitted to work on campus. Opportunities for on-campus employment exist but are competitive, and you should not expect immediate employment. Maintaining eligibility for most types of F-1 employment means that you must limit your work to no more than 20 hours per week while school is in session. You may work full-time (when school is not in session) and during summer vacations. Students who wish to apply for on-campus employment should make an appointment with Lisa Boyes in the Financial Aid Office, Donnelly Room 200 Ext. 3535.

Leisure Time and Lifestyles



You might have heard the saying, "When in Rome, do as the Romans do." But what are the Romans doing? Or rather, what are the Americans doing? A good social life is important to a student's success. Recreation, diversion, and friends contribute to a balanced life. Below are a list of local museums, historical sites, restaurants, and entertainment for your leisure time, your recreation and diversion, or merely for social purposes.

Museums and Historical Sights in the Dutchess County Area

Franklin D. Roosevelt Home, Library and Museum

Lifelong home of President Franklin D. Roosevelt, including gravesite and Rose Garden Area. The Library and Museum contain extensive displays on the lives and careers of Franklin and Eleanor Roosevelt and exciting interactive exhibits. Tours are conducted every day from 9:00 a.m. to 5:00 p.m. If you purchase an admission ticket to either the home or to the library and museum, you can go to the other one for free.

Located on Route 9 in Hyde Park, New York.

Tel: 1(800)FDR-VISIT

The Vanderbilt Mansion

The home of Frederick and Louise Vanderbilt, built between 1896 and 1898, representative of the "Gilded Age" is a great place to relax and enjoy a spectacular view of the Hudson River. Open everyday from 9:00 a.m. to 5:00 p.m.

Located on Route 9 in Hyde Park, New York.

Tel: 1-(800) 967-2283

Montgomery Place

The 434-acre Livingston family estate with restored 23-room mansion and gardens, waterfall, walking trails, special events, views of the Hudson River and Catskill Mountains is open every day except Tuesday in Apr.-Oct. and open weekends during Nov. and Dec. Hours: 10:00 a.m. to 5:00 p.m. with tours conducted every 45-min. (closed Jan., Feb., and March).

Located in River Road, Route 103, Annandale-on-Hudson, New York
Tel: (845) 758-5461

Samuel F.B. Morse Historic Site-Locust Grove

The home of Samuel F.B. Morse, designed by A.J. Davis, this museum includes an extensive furniture collection, china, art, telegraph exhibits, gardens, and a nature walk, picnic facilities and woodland hiking trails. Open daily May through October 10:00 a.m. to 4:00 p.m. Last tour starts at 3:00 p.m. Also open daily during Nov. and Dec., and March and April - by appointment.

Located along South Road, Route 9, Poughkeepsie, New York

Tel: (845) 454-4500

Old Rhinebeck Aerodrome Museum

Antique aircraft and automobiles are on display and in action, air museums. Open May 15-Oct. 31, 7 days, 10:00 a.m. to 5:00 p.m. Weekend air shows, mid-June thru mid-Oct., 2:30 p.m. Open cockpit bi-plane rides available before and after shows.

Located at 44 Stone Church Road, Rhinebeck, New York

Tel: (845) 758-8610

Edwin A. Ulrich Museum

A fine arts museum exhibiting the works and paintings of the "Waugh Dynasty of Painters, 1814- 1973." Open Friday-Monday, from 11:00 a.m. to 4:00 p.m.

Located in "West Crest" On-the-Hudson, Route 9, Hyde Park, New York.

Restaurants

There are a number of American and ethnic restaurants in the general Poughkeepsie area, including the Culinary Institute of America, the nation's premiere cooking school.

Culinary Institute of America

American, Italian, and French Restaurants.

Located at 433 Albany Post Road, Route 9, Hyde Park, New York

Tel: (845) 471-6608

Entertainment

There are numerous multiplex movie theaters in the area, as well as several venues for live stage performances. New York City, less than a two-hour train ride away, offers a wealth of entertainment opportunities.

Poughkeepsie:

Cuneen-Hackett Cultural Center

The former Vassar Institute where prominent American figures in the late 19th century spoke or performed are restored Victorian buildings at both locations. A theater and offices for theater related arts groups are housed at #12; art gallery and Victorian parlors at #9 promote local artists and art groups. Administrative offices within, open Mon.-Fri., From 9:00 a.m. to 5:00 p.m. Theater offerings, art exhibits, etc. are advertised locally through various "arts" calendars.

9 and 12 Vassar Street, City of Poughkeepsie, New York

Tel: (845) 471-1221

The Bardavon 1869 Opera House

The Bardavon is the oldest Opera House in New York State. It hosts local, national, and international artists in opera, music, theater, dance, children's programs and films.

Located on Market Street in Poughkeepsie, New York

Tel: (845) 473-2072

The Mid-Hudson Civic Center

Multi-purpose recreation/entertainment/convention center offering ice skating and programs ranging from pop and rock concerts to consumer and trade shows and cultural events. The ice-skating facility is open from September to March and is home ice for the Marist hockey club.

Civic Center Plaza, Poughkeepsie, New York

Tel: (845) 454-5800

The Barrett House-Dutchess County Art Association

Maintains art galleries that are changed every four to six weeks. Art classes are also offered. Opens Tues.-Fri. from 10:00 a.m. to 5:00 p.m.; Sat. 11:00 a.m. to 4:00 p.m.

Located on Noxon Street in Poughkeepsie, New York

(Tel: (845) 471-2550)

The Chance

A variety of musical sounds, country, rock and roll, metal, R&B, blues. National acts. Admission varies. Dancing Thurs. nights.

6 Crannell Street, Poughkeepsie, New York

Tel: (845) 471-1966

Recreation

Golf

McCann Memorial Golf Course: 18 hole championship course, driving range, putting greens, pro shop, golf lessons.

Located on Wilbur Boulevard, Poughkeepsie. Tel: (845) 454-1968.

Other Golf courses:

- Beekman Country Club (226-7700) Hopewell Junction
- College Hill (486-9112), Poughkeepsie
- Dinsmore (889-4751), Staatsburg
- James Baird State Park (452-1489)
- Vassar (473-1550)

Bowling

For bowling lovers, you may play games in the Hoe Bowl Lanes on Taft Avenue in Poughkeepsie (452-1645), and Hoe Bowl Lanes on Route 9 in Wappingers Falls (297-8810).

Fishing

Some favorite spots are the Wappingers Falls Lake for large mouth bass and the Fishkill Creek for trout. The Hudson River has numerous species among which may be found: American shad, largemouth and smallmouth bass, striped bass, brown bullhead, carp, and white catfish. Fishing licenses are required in New York State. They may be acquired at any sporting goods or bait and tackle shop.

Equestrian

- Greystone Farms (845) 471-1918, Poughkeepsie;
- Pegasus Riding Center (471-4528), Poughkeepsie
- Stoneridge Stables (635-3060), Pleasant Valley

Tennis and many other activities are plentiful in Dutchess County and the surrounding area.

Athletic Activities - McCann Center

Tennis, soccer, swimming, pick-up basketball, and a host of other athletic activities are plentiful around campus and at the James J. McCann Center on the south end of campus.

Obtaining Identification Cards

Marist College ID Card



A Marist College ID card serves as your official campus identification. Students are required to present it at the library to check out materials and at the McCann Recreation Center in order to use the facilities. It can also be used as a debit card at various locations both on and off campus and permits entry to secured areas on campus. To obtain a Marist College ID card, visit the Security Office in Donnelly Room 201.

Social Security Number

In order to obtain a social security card, you must have a job offer from a campus employer. You will be given information about campus employment during international student orientation. Once you have a job offer from an employer on campus, you will receive a letter that you can take to the Social Security Office to apply for a card. The card usually arrives within two weeks. You may proceed to the payroll office to fill out the requisite forms and begin work.

You can apply for a Social Security card at the Social Security Office at 191 Main Street, Poughkeepsie, New York.

Application forms are available at the Financial Aid Office in Donnelly Room 200. Bring the following documents to the Social Security Office:

- Valid Passport
- I-20 Form
- Marist College ID Card
- I-94 (white card attached to your passport)
- Letter from campus employer

The office hours are 9 a.m. to 4 p.m., Monday through Friday (the office is closed on National Holidays). Visit the web site at (www.ssa.gov.com).

Driver's License

You need to be licensed to operate a motor vehicle in the United States. The Department of Motor Vehicles (DMV) issues a New York State driver's license. You will have to take a written test, a five-hour driving lesson, and a road test. Contact the DMV at 1(800)342-5368 for further information.

There are a number of acceptable proofs of ID required by the DMV before they will issue a driver's license. Some of these documents include:

- Passport
- Marist College ID Card
- Credit Cards (VISA, MasterCard, etc.)
- ATM Card
- I-20 Form
- Social Security Card
- Utility bill showing local address
- Health insurance card
- Pay stub from local employer

These are just a few examples. To obtain a complete list, check the DMV website at <http://www.nydmv.state.ny.us/>.

Safety and Security



Marist College provides seven-day, around-the-clock campus security for its students, and the City of Poughkeepsie is a quiet place, not nearly as chaotic as larger cities in the U.S. However, while it is generally a safe place to work and study, you still need to use caution.

Protecting Yourself from Crime

Marist College is committed to protecting its students in every possible way. The following suggestions will make your stay in the United States safer and more secure.

Safety Tips

- Look around and study your surroundings
- Keep away from dark streets
- Try not to walk alone, particularly at night. Ask a friend to accompany you
- During the evening, you may use the Office of Security's escort service to and from buildings on campus
- Always look behind you. If you think someone is following you, walk faster, and move toward a place where there are people
- Be cautious with your purse and bag. Hold them tight
- If you need assistance on campus, you can call the Office of Safety and Security in Donnelly Room 201, at ext. 2282, or for emergencies at Ext. 5555
- For emergencies dial ext. 5555
- Report any incident on campus immediately by calling the Security Office, Ext. 2282 or 471-1822 (evening phone)

For off-campus emergencies, call 911.

At Home

- Make sure you lock all doors and windows.
- Be friendly with your neighbors.
- Don't provide personal information over the phone.
- Don't take out garbage alone at night.

Driving

- Lock the doors.
- Look for a parking area that is well-lit.
- Never pick-up strangers.

Personal Belongings

- Don't leave your books or bags unattended.
- Leave valuable belongings locked in the trunk of your car.

Emergency Phone Numbers

Police:

Poughkeepsie City (845) 451-4000

Poughkeepsie Town (845) 485-3666

For serious situations or life threatening injuries, dial 911

Marist College Office of Safety and Security:

(845) 575-2282

(845) 471-1822 - evening phone

ext. 5555 - on campus emergencies

Fire Department:

(845) 485-3330

Hospitals:

St. Francis Hospital - (845) 471-2000

Vassar Brothers Hospital - (845) 454-8500

Shopping



Food

Several supermarkets and large shopping malls are located along Route 9 within a few miles of Marist College. Food shopping is usually done in supermarkets such as Price Chopper or Stop & Shop, which are located on Route 9, north and south of Marist College (approximately 10 minutes driving time). These supermarkets offer discount cards and coupons that will give you additional discounts on the regular price of some items.

Students who love to cook their own dishes may find imported spices and ingredients in ethnic stores throughout the area. Ask a fellow international student or refer to the phone book for the addresses.

Shopping Malls

The Poughkeepsie Galleria on Route 9, south of Marist College, features 150 stores both large and small that sell clothing, books, sporting goods, electronics, toys, housewares, etc. The mall also contains a "fast-food" court in addition to separate restaurants, and a multiplex cinema.

The South Hills Mall on Route 9, south of Marist College, contains a couple of large department stores and several small specialty stores. It also contains a food court, and cinemas.

The Poughkeepsie Plaza Mall, also on Route 9 has a number of medium sized and small specialty stores.

Across from the Campus

Across from the campus there are sandwich shops, a public laundry (which offers dry cleaning services as well), hair salons, a drug store, a fitness center, a gasoline station, a home improvement warehouse, an office supply store, McDonalds, Applebee.s (featuring

American food in a restaurant setting), a Chinese take-out restaurant, pizza shops, a coffee bar, a sandwich shop, many restaurants and other small businesses.

Bookstores

You will find textbooks and reading materials, as well as a vast variety of school supplies at the campus bookstore located in the Rotunda. The campus bookstore hours are:

Monday through Thursday	9:00 a.m. to 6:00 p.m.
Friday	9:00 a.m. to 5:00 p.m.
Saturday	10:00 a.m. to 4:00 p.m.

with extended hours during the beginning of the fall and spring semesters. The campus bookstore buys used textbooks, offering students 10% to 50% back on their books. The bookstore only buys used books if the text will still be used during the following semester. Barnes & Noble Bookstore, along Route 9 south of Marist College, has a vast selection of fiction and non-fiction books as well as music CDs and magazines.

Transportation

Arriving by Air



There are three major airports in the New York City area: John F. Kennedy Airport (JFK) is located on Long Island about 12 miles (20km) from Manhattan. LaGuardia Airport is also located on Long Island, about 8 miles (15km) from New York City, and Newark International is in New Jersey about 12 miles (20 km) across the Hudson River to the west of New York City. In addition, Stewart International Airport in Newburgh, Westchester County Airport in White Plains, and Albany Airport in Albany are all within a two-hour drive of Marist College.

New York Airport Shuttle Service (www.nyairportservice.com)

This shuttle service brings people to and from both major airports in New York. The shuttle arrives and departs in front of Grand Central Train Station, where Metro-North trains depart for and arrive from Poughkeepsie. New York Airport Shuttles run to Grand Central Train Station from JFK and LaGuardia Airports between 6:00 a.m. and 8:00 p.m. approximately every 15-30 minutes. Shuttles run seven days per week, 365 days per year. The bus stops are located directly outside the baggage claim area at both airports. Luggage will be loaded onto the bus by the driver. It is customary to give the driver a gratuity in addition to the fare if you have luggage. One to two dollars per bag is usually sufficient, depending on their size and weight. The fee is \$15.00 from JFK and \$12.00 from LaGuardia. The trip to Manhattan is approximately 50 - 70 minutes long. You may call (212) 875-8200 for additional information.

Coach USA Airport Express (www.olympiabus.com)

Students arriving at Newark Liberty Airport (New Jersey) can also travel to Grand Central Railway Station via Coach USA Olympia Bus Service. It provides transportation every fifteen to thirty minutes between Newark Liberty Airport and Manhattan -365 days a year. Buses run from 4:00 a.m. - 1:00 a.m. The fare is \$14.00 from Newark Liberty Airport to Grand Central Station. Note: When checking the website, Newark Liberty Airport is listed as being in New York State. Call them toll free at 1(877)8- NEWARK for additional information.

Taxis and Limousines Services

You can also use taxi and limousine service from airports to Grand Central Train Station, but it is quite expensive. Taxi fares between any of these airports and midtown Manhattan cost approximately \$40. Limousines or private cars cost about the same. A taxi ride directly from any of these airports to Marist College is also possible; however, this will be a lot more expensive, approximately \$225 or more. If you can divide the cost with other students, another economical and convenient option is to hire a car service to take you directly from the airport to Marist College. For example, Classic Coach Limousine Service (telephone: (845) 229-1000, fax: (845) 229-5591) charges around \$195 plus gratuity. (If the driver has to wait longer than 45 minutes there is an additional charge of \$45 per hour.

Driving Directions to Marist College:

From New York City Area:

Take Route 87 (NY State Thruway) North to exit 18. Go East on Route 299 to Route 9-W. Make a right on Route 9-W (south) to the Mid-Hudson Bridge. Cross the bridge and take the first exit to Route 9 North. Drive approximately two miles, Marist College is on the left. Use the first entrance to the College at the traffic light.

Another way of reaching Marist College:

Take Route 684 North to Interstate 84. Go East on 84 to exit 13. Take Route 9 North approximately 14 miles. Marist College is on the left.

Metro-North Train (www.mta.nyc.ny.us/mnr)

From Grand Central Train Station you can ride MetroNorth Railroad to reach the city of Poughkeepsie. Grand Central Terminal is located on 42nd Street in Manhattan. In the main lobby of Grand Central Train Station, you may purchase a ticket to Poughkeepsie on the Hudson River Rail Line. The Hudson River Rail Line runs on the east side of the Hudson River. The price for a one-way ticket is approximately \$22.00. Once in Poughkeepsie, you may take a taxi (cost: approximately \$5.00) for the short ride to Marist College, Donnelly Hall. Call (800) METRO-INFO for more information.

Amtrak (www.amtrak.com)

Amtrak trains depart from Pennsylvania station. The travel takes approximately 1 hour and 20 minutes to Poughkeepsie. The fare is approximately \$31.00 one-way. Call Amtrak's toll free number 1(800)USA-RAIL for more information.

City of Poughkeepsie Transit System and Loop Bus

The City of Poughkeepsie Transit System provides public transportation around the city of Poughkeepsie. The City of Poughkeepsie "Hospital" bus is the one that passes Marist College. You may obtain a list of the City of Poughkeepsie Transit System schedules and

stops by asking the driver inside the bus. Otherwise, you may call the City of Poughkeepsie Transit System at (845) 451-4118 for more information. The fare is \$1.00 with a \$.30 charge for transfers. The City of Poughkeepsie offers very limited service and its last run of the day is at 5:10 pm.

The Loop Bus offers a more expanded route throughout Dutchess County. The LOOP information telephone line is (845) 485-4690 and is available Monday through Friday between 7:00 a.m. and 5:00 p.m. More information about the Loop Bus may be found at Inquiries can also be sent via e-mail to loopbus@co.dutchess.ny.us. The base fare for the Loop Bus is \$1.00 per zone. Please note that the last Loop Bus of the day runs at approximately 9:00 p.m.

Automobiles

Many of the students living off-campus choose to purchase a car during their stay at Marist College. Many students buy pre-owned cars from dealerships or from a private person. Look for school bulletin boards; sometimes, graduating students sell their cars. *The Poughkeepsie Journal* is another source for finding used cars, or check with local car dealerships.

When buying a car, consider these expenses:

- a. Insurance (which is usually at the highest rate)
- b. Car Registration
- c. Car Maintenance
- d. Annual Car Inspection

It is strongly recommended that you read the Division of Motor Vehicles (DMV) Driver's Manual for the State where you intend to reside. This manual is free and can be obtained at Department of Motor Vehicles (DMV) located at 22 Market Street, Poughkeepsie. You may contact the DMV at 1(800)342-5368 for further information.

Bicycles

In good weather, bicycling can be another efficient way to get to Marist College. Aside from saving you the cost of transportation expenses, this can be good exercise as well. Make sure to wear a helmet for safety.

Parking

Driving a vehicle to the campus will make it necessary to find a place to park on a daily basis. Vehicle registration and a valid parking permit are required for all students, including resident, commuter, adult education, and graduate students. To process vehicle registration and to obtain a parking permit, you should go to www.marist.edu/security/registration and fill out the required form. You can check the status of your permit online. Once it has been processed, you may go to the Security

Office in Donnelly Hall Room 201. To receive your permit you must bring the following with you to the Security Office:

- your Marist ID card
- a copy of your driver's license
- a copy of the vehicle registration

If you have questions about parking, you may contact Lisa in the Security Office at (845) 471-1822 between 9:00 am - 4:00 pm Monday to Friday.

All commuter students will be issued a commuter-parking pass valid for the whole school year. This parking pass is valid for either one of the two commuter parking lots, Beck Place or McCann/Sheahan. Commuter student parking is not permitted in any other lot. Resident students who have a parking permit are allowed to park only in the specified color lot. Parking is legal only in the lot to which the student is assigned.