

2010-
2011

Journeys: The ISA Handbook



Lafayette College
International Student Association
2010-2011

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CONTACT INFORMATION

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WEBSITE

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 facebook.com/group.php?gid=2200638512

LOCATION

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General Meetings

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INTRODUCTION TO ISA

The International Student Association at Lafayette is a well-established organization, **open to all students**, fulfilling these main objectives:

1. To promote international diversity and cultural awareness within the college. We encourage respect and understanding of other cultures within the student body through organizing international displays, cultural festivals and collective philanthropy events. We strive to contribute to the intellectual and social life at Lafayette by sharing our diverse cultural traditions.
2. To share our individual traditions with the Lafayette College campus and find ways in which to integrate global culture and global ideals with the campus community as a whole.
3. To assist international students with any difficulties they might face while adapting to a new lifestyle here in the United States. Our goal is to meet the challenge of immersion in a different cultural setting.

This is achieved through offering:

- an international student orientation program,
- host families, with whom close relationships are often developed,
- Peer Advisors, available for mentoring, advice & assistance,
- an advisor, who provides guidance and information on travel, social security, immigration policies and government related issues,
- various cultural and social activities.

We hope that the insights provided in this handbook will help you adapt more easily and help fulfill our common goal of promoting cultural awareness in the college community.

RESOURCES

The following resources and activities are available to all ISA members:

During your first year, student Peer Advisors will help you adapt to your new college life.

- They will be among your first contacts at Lafayette before and during orientation. They will be the students picking you up at the airport and planning activities to get you accustomed to your new home at Lafayette College and the surrounding city of Easton.
- Do not hesitate to approach them with any questions you may have or for help.

The ISA frequently provides transportation to offer you special services such as:

- Trips to the supermarket.
- Occasional trips to nearby shopping malls.
- Trips to conduct official paperwork such as registering for a social security number, completing other immigration details, and acquiring a driver's license.
- Sightseeing trips during school holidays and breaks. Some of the places that we visited during the past few years are New York City, Washington D.C., the New Jersey shore, and Miami.

The ISA is one of the most active organizations on campus. During the year we sponsor programs and activities such as:

- Regular monthly general meetings, which all members are encouraged to attend. Following a discussion of upcoming events and announcements, members enjoy free snacks and drinks. These meeting times provide a good chance to get together and talk.
- Extravaganza. This week-long cultural festival held during the spring semester, is where we represent our respective countries through discussions, expos, food preparation and musical demonstrations, foreign film showings and a grand finale that includes food tasting and a fashion/talent show. This is a great time for us to acquaint the college community and our friends with some of our customs. You may refer to the ISA website for pictures and videos from last year's event. **When packing, please bring items representative of your culture (flags, costumes, music, and various items to display.**

- Sports. The ISA organizes teams for many of the intramural sports played at Lafayette. In the past years Lafayette has won quite a few trophies for soccer, volleyball, table tennis, squash and others. We also hold an ISA Interclass Olympics during the fall, where the classes battle it out for the Gold. The ISA World Cup is also held in the Spring where teams form from each continent and vie to win the crown. Our Sports Coordinator will be responsible for informing you of the various sports events. Do participate!
- International Education Week: International Education Week (IEW) is an opportunity to celebrate the benefits of international education and exchange worldwide. It is a week filled with stimulating lectures by students and professors, as well as fun games such as International Jeopardy.
- Host Parent Program. At the beginning of the year you will be assigned to a host family/parent (a college employee or friend of the college), who will help you during your stay in the United States and try to get together with you several times a year.
- Co-sponsored events, with academic departments or other organizations on campus. These include brown bags (about which you will find out further into the handbook), philanthropy and volunteering activities, evening dinners and barbeques, other social events, and of course everyone's favorite: PARTIES! Use these events as a forum for meeting and interacting with other students on campus.
- Finally, other international students are one of your most important resources. Every year, around 25-50 international students arrive at Lafayette. Each one goes through different experiences and has personal stories to tell. As incoming international first-year students, it is vital for you to forge bonds with upper-class (that is, second, third and fourth year) international students so that you may learn from our experiences and mistakes while also building important friendships that will last you through your college career.

THE PACKING LIST

As you will discover over the next few months before departing for Lafayette, there will be a lot to pack and not enough space for everything. This means that in just two or at the most three suitcases you are going to have pack your whole lives and bring it over to start anew. This requires prudence and efficiency so that you don't forget to bring the essentials while also allowing space for other things that might be important to you. The following is a guide that you can use to decide what is best to pack and what is not.

One of the most important details to keep in mind is the heavy levels of security that you will face once you enter the United States. Don't worry, it is not only you, almost any traveler at an airport within the United States faces the prospects of full luggage checks. Hence, it is important that you not carry certain items in your hand baggage and some other items in general, in your suitcases. Here is a brief list of items you should **avoid** carrying in your hand baggage:

- Knives or scissors
- Razors
- Liquid items (water, eye drops, etc.) brought in from outside the airport
- Fingernail clippers
- Tweezers
- Cigarette lighters
- Aerosol cans
- Beard trimmers
- Other sharp items that can be mistaken for being dangerous

You also have to keep in mind baggage and weight restrictions. Most airlines allow two pieces of checked luggage and one carry-on if the United States is your final destination. The weight of these pieces depends on the airline you use. For example, some airlines allow up to 32 kg while others allow only 23 kg. Please call your travel agent or airline to confirm this so that you can pack wisely.

WHAT TO PACK

Clothes: Mostly casual (jeans, tee-shirts, shirts, casual trousers). Pack some warm clothes (like a few light sweaters, a jacket, some gloves and scarves, woolen caps, others you can buy here cheaper). Multiple pairs of shoes (sports, casual, sandals for warm weather, flip-flops, heavy shoes for the snow and rain – but you can buy these here as well since they too might be cheaper than in your home country and it will make your luggage lighter). Don't forget pajamas and athletic wear. Include one or maybe two formal outfits for special occasions and one or two outfits that you feel

represent your culture (ethnic clothes) for cultural events. Remember necessities – an ample supply of socks and undergarments.

Toiletries: Buy enough toiletries and hygiene products to last the first couple of weeks to a month. Over time you will get used to products that are available here. Don't forget to seal items that might leak (like a shampoo bottle) tightly inside smaller plastic bags otherwise other items in your suitcase might get spoiled. Also, don't forget to bring medicines that you are used to or need to take on prescription. This is so that for the first few weeks you are not short of supply, until you get to know local names for the same medicines. We take you on a shopping trip to a local department store so you can buy toiletries as well.

Linens: It is better to purchase most of your bedding here since sheets, comforters and pillow sizes might vary from your home country. Buying from the Lafayette catalog is convenient, but it is generally overpriced. Standard bedding sets here contain 2 sheets (one fitted and one loose,) a comforter and a blanket and a pillow cover. Remember, bed sizes are Twin XL. The ISA will take you on a shopping trip during orientation so that you can get bedding in your favorite color.

Bring some reminders of home, such as photographs of your family, parting gifts and other things of sentimental value so that you don't feel too homesick once you get here. Bring some books, posters and your favorite music as well to recreate your old home in a new setting. Also, as you already know, we have the ISA Extravaganza in April and for this we need as many items from different cultures as possible. So leave some space in your bags for items representative of your home country (such as artwork, flags, catalogs, books, music CDs etc.) that you can display at Extravaganza and use to educate your college community about where you come from.

Documents: When packing, remember to pack your documents in your carry-on baggage as you will need to show these when you enter the US. A brief list of documents to carry with you:

- I-20
- Birth certificate
- Letter of acceptance (and letter of financial aid, if applicable) from Lafayette
- Passport
- Photocopy of passport (front page and back) and visa, a few passport photos
- Photo I.D. from home such as a drivers license or school card
- An essential list of addresses and phone numbers to use once you get here
- Valid immunization records
- Anything else that you feel is necessary

ACADEMIC LIFE

Key Observations about the American Education System:

- Of the various academic traditions, one of the most significant is the degree of informality in American classrooms. You are encouraged to feel at ease in class and openly state any questions or comments you think you should. Normally the classes take the form of free discussions, which are based on a positive exchange between teacher and students. You will also find many professors very casual during your visits to their offices.
- All professors hold office hours during which they are available to discuss any questions or difficulties relating to their courses. These office hours will be announced in class by your professors and are also posted on their doors. Students are urged to take advantage of these opportunities to become acquainted with their professors and get extra help.
- Class attendance is critical. If you miss classes, the professor will assume you are uninterested. Many professors at Lafayette count attendance in grading.
- Class participation is often considered in determining the grade. You should therefore not hesitate to speak up in class, ask questions, and take active part in discussions. Your questions and comments will not offend anyone; they are expected.
- The professor will usually tell you in the first few classes how your final grade will be determined. Professors differ in the weight given to various factors, such as class participation, attendance, tests, papers, labs and final exams, in determining the final grade.
- Professors will generally wait for students to come to them rather than offer assistance. However, they are usually very willing to help if you approach them. They tend to be unsympathetic to the student who complains about his/her grade at the end of the semester but never asked for help earlier. So ask early! The professor will not be offended and will not think you are stupid or too slow.
- It is generally estimated that students at Lafayette need to spend two to three hours studying for each hour spent in class. Students who are still not used to reading and writing in English will find more study time necessary.

- Tutoring. The Academic Training and Tutoring Information Center (ATTIC) located on the third floor of Scott Hall offers tutors in many subjects and should be utilized if you find yourself falling behind in a class for any reason. For more information, please visit the website: attic.lafayette.edu. Also, Minority Students and Engineers (MSE) offers tutoring in certain math and science courses and Calculus Cavalry offers math help for Calculus I, II, and III.
- Supplemental Instruction. Some courses may have a Supplemental Instruction class offered. This is usually held at night and the subject is reviewed by an experienced student who had previously excelled in the course. The student also holds office hours. See attic.lafayette.edu/si.
- Tests and quizzes are given frequently and you must therefore study consistently from the very beginning of the semester. If you get behind at the beginning of the semester, you may not be able to catch up.
- EXAMINATIONS - Exams are used by professors to evaluate how much you have learned in the course. At Lafayette, you will normally have a mid-term (which is given by mid-semester), and a final (given during a special finals week at the end of each semester; it is sometimes cumulative). However, some professors schedule exams throughout the semester. The tests may take the form of:
 - Essay exams: This type of exam is most common at Lafayette in A.B. classes. The professor will make up questions that require students to write concise paragraphs about a topic in their own words. This type of exam tests the accuracy of a student's interpretation of the course material. When giving this type of exam, many professors prefer creative expression of the student's own answer to the question or topic rather than memorization of the "correct" answer.
 - Objective exams (also called Multiple Choice or Fill-in-the-Blank): This type of exam may be unfamiliar to many international students (and for that reason may cause some difficulty). It consists of questions that require short answers. The student must choose the best possible answer from several possible answers that have been provided by the professor. This type of exam tests the student's knowledge about specific aspects of the course material.
 - Take-home exams: This type of exam is similar to homework. Students are given a question or a number of questions to answer within a specified number of days. To justify the length of time allowed, a high quality of

work is expected. All non-original sources and materials used or referred to should be acknowledged. (Please see "Honor Code" section)

- Open-book exams: Students are allowed to bring and consult textbooks during such exams.
- Student Code of Conduct. Please consult the Lafayette College Student Handbook for more details. It is advisable that you read it very carefully. You may find it here: lafayette.edu/student_life/download_handbook.html.
- Research papers. Many courses at Lafayette require one or more research papers. A research paper is a written commentary or analysis of a particular aspect of a topic. Research papers involve independent research and study using outside references such as books and articles. You will have an introduction to the Lafayette College Libraries (Skillman and Kirby) during Orientation Week. You will need to make use of the libraries. Do not hesitate to consult the librarians or library staff members if you have any questions or problems during your research. It will be a little difficult in the beginning, as you may be unfamiliar with the systems, so get help.
- Computers. Computers are available for use throughout campus. Most professors require that you type your papers. To complete certain lab assignments you will need to use additional programs such as Excel, Mathematica, and others. Computer labs are located in Marquis (open 24 hours), the 1st and 2nd floors of Pardee Hall, the ground floor of Skillman Library, the 2nd floor of Farinon College Center, and in various locations in the Acopian Engineering Center. Purchase and rental plans are also available. Most students have their own laptops. It's not required, but if you have one, it makes work less stressful. If you are unfamiliar with using computers or have any other questions, contact Information Technology Services. Training courses are offered early in the fall semester, so take advantage of them!
- The GPA (Grade Point Average) and how to calculate it. Each semester your GPA will change based on your new grades. You may access your grades via the Registrar's office and online via Banner Self Service at registrar.lafayette.edu. The following system of points and letter codes is used in computing cumulative averages, for a student's permanent record. A grade point average of a least 1.8 both overall and in the major is required for graduation (grades below a C- therefore fall below the minimum GPA). The scale is as follows:

A	4.0	(excellent)
A-	3.7	
B+	3.3	
B	3.0	(good)
B-	2.7	
C+	2.3	
C	2.0	(satisfactory)
C-	1.7	
D+	1.3	
D	1.0	(passing)
D-	0.7	
F	0.0	(failure)

- You can calculate your GPA like this:
 - When you receive a grade in a course, multiply the corresponding number of points by the number of credits the course is worth. (Most courses are worth 1 credit hour, but some are worth less.) This will give you the number of grade points you have received for that course.
 - Add the number of grade points you have received for each course.
 - Divide the total by the number of credits the courses are worth.
- As an international student you must maintain a full-course load in order to remain in legal immigration status. If you suspect you are falling behind please consult the Registrar immediately for assistance.
- Student Evaluations of Faculty and Courses. Near the end of each semester, your instructors will give you evaluation sheets. The standard evaluation consists of a questionnaire and a comment sheet, which you are supposed to fill out objectively and honestly. Student evaluations at Lafayette are important and anonymous.
- Academic Advising. To ensure you take the right courses for your degree, it is strongly recommended that you consult with your advisor several times a year. If you have an academic problem, first discuss the problem with the professor involved, then the registrar to make sure any changes will not affect your f-1 status, and if necessary, your adviser. You must see your assigned academic adviser before registration to decide which classes to take. The Dean of the College is responsible for all Academic Advising.
- Requirements for Graduation. Please consult the Lafayette College Catalog at catalog.lafayette.edu as these differ for each major. You can find more about the majors offered at this site: lafayette.edu/admissions/majors/index.html.

BANKING INFORMATION

It is highly recommended that all international students open a bank account as soon as possible. As a student you will need easy access to cash. It is helpful to discuss banking arrangements prior to your leaving your home country. These are some of the questions that you may have when opening a bank account:

WHAT TYPE OF ACCOUNT IS BEST FOR ME?

Savings account: useful for earning interest (1.5% to 3% in most banks). With this account you do not have checks. A savings account might be useful if you have a fairly large amount of money that you don't really need to spend for a while. You can make a deposit and therefore take advantage of the interest, until you have to use the money.

Checking accounts (a.k.a. current accounts): used by people who want to be able to write checks in order to pay bills and for shopping (not all stores accept personal checks). Checks are very useful and convenient for paying phone bills, the College Store, and so forth. Most student checking accounts are free of monthly charges. These accounts also issue ATM (Automated Teller Machine) Cards / Debit Cards to the clients. These cards can also be used for paying bills, shopping and withdrawing cash from the account.

NOW accounts ("Negotiable Order of Withdrawal"): a combination of a checking and a savings account. With this account you can gain interest and have the benefit of checks.

Locations of banks near Lafayette's campus can be found at the following site:
fye.lafayette.edu/files/2010/04/Banking-Locations-near-Lafayette-College.pdf

There is an ATM (Automatic Teller Machine) for cash withdrawals in Farinon basement and at Wawa.

HOW DO I OPEN AN ACCOUNT?

Visit a branch of bank with valid identification (social security card, passport and campus address including your box number)

Fill out a signature card and application form and make an initial deposit.

The initial deposit may take about two weeks to clear before you can withdraw money from your new account. Make sure that you have enough money to use until you can withdraw money from your account.

WHAT ELSE SHOULD I KNOW ABOUT?

U.S. currency: United States currency is based on the decimal system with 100 cents to each dollar. Metal coins are all silver with the exception of the penny, which is copper. The penny is one cent, (1¢), and is the coin of smallest value, equal to 1/100 of a dollar (\$0.01). Other coins include nickels (5¢), dimes (10¢), quarters (25¢) and a rarely used half-dollar (50¢) and one-dollar coin (\$1). Paper currency comes in the following denominations (be careful, they are all the same color and size): \$1, \$5, \$10, \$20, \$50, \$100, and also (but rare) \$2.

Foreign checks, even if drawn in U.S. dollars, may take from two weeks to three months to process after depositing at a local bank. During this "holding period" these dollars are not available for your use and no interest is earned. Therefore, it might be a good idea to have your family make a wire transfer directly to your account instead.

Travelers' Checks: Travelers' checks can be purchased at your local bank and, with supporting identification, are easy to cash anywhere. They are a safe and convenient method of carrying money when traveling to another country.

Bank (ATM) cards: Many banks issue cards that make their deposit and withdrawal services available to you 24 hours a day through their automatic teller machines. These machines are located outside the banks in various places (and as mentioned in Farinon and Wawa). It is convenient to have a bankcard to avoid long lines at the bank and for having easy access to cash after banking hours or in case of an emergency. You can also make deposits or transfer funds using ATM cards. While neither the Farinon nor Wawa ATM's have surcharge fees attached to their use, your bank may charge a fee for their use. Check with your bank.

Credit cards: Cards such as Visa and MasterCard are offered by a majority of banks. Credit cards allow you to make purchases on credit. You will receive a monthly statement from your bank, which has to be paid usually within 25-30 days. Credit cards vary in interest rates and annual fees. It is advisable that you check the terms of agreement before applying. It is not always easy to obtain a credit card.

Money Transfers: Certain banks and financial institutions provide services for transferring money electronically to an existing bank account from a foreign or domestic bank account. The funds are quickly available to the beneficiary. Examples are wire transfer services provided by banks and Western Union money transfers.

CAREER SERVICES

All students are assigned a faculty member who will assist them with academic advising. However, for career counseling and preparation there is a special office on campus called Career Services, located on the 2nd floor of Hogg Hall.

The staff offers all students the opportunity to participate in the *Gateway* program, a four-step program designed to help identify your interests, explore various career fields, implement your skills in meaningful work-related experiences and prepare you for a rewarding career after college. Once enrolled in *Gateway* you will be assigned an individual career counselor, who will get to know you well and help you advance through these steps during your four years at Lafayette.

Beginning your first year, you are encouraged to attend at least two programs offered by the office and meet with your assigned *Gateway* counselor once during the spring. *Gateway* is designed to help prepare you early, and assist you in “building” your resume as you participate in meaningful internships and externships, experiences which will give you an edge in job searching later. But remember that it is up to you to take the initiative and make the most of the opportunities presented.

Because not all students choose to enter the workforce directly after graduation, the staff also advises students pursuing graduate school and those interested in the pre-health or pre-law studies at Lafayette. In recent years, a growing number of students have shown interest in volunteer or year-of-service opportunities, and the Career Services staff has begun identifying more resources in these areas.

Career Services is particularly sensitive to the needs of international students and the special requirements by which both they and employers must abide. The staff is committed to educating employers on the simplicity of the OPT process and is continually seeking to increase the number of employers willing to hire F-1 students through Career Services’ recruiting initiatives.

Whatever your field of interest, the staff will do their best to assist you in finding alumni, friends of the college or employers with whom you can network. For a comprehensive list of the office’s services, calendar of events and more information on *Gateway*, please visit the Career Services website: careerservices.lafayette.edu.

DRIVING

DRIVER'S LICENSE

A valid driver's license is required in order to drive any vehicle in the United States. If you need to apply for one, consult the Driver's License Manual, found by going to http://www.dmv.state.pa.us/drivers_manual/pa_driversman.shtml. In order to obtain a Learner's Permit (the first step), you will be required to take a written exam, as well as a vision and color test and pay a fee of \$35. Only after passing these can you apply for the actual driving test.

Once you have a Pennsylvania license, you can drive anywhere in the United States because the driving laws are similar throughout the country. However post-graduation, if you are planning to stay in another state for an extended period of time, you should check about transferring your license to that state and becoming more familiar with their driving laws. Some states recognize the license of another state only for a limited period of time, such as 30 days.

The International Student Association needs student volunteers with two years United States driving experience to drive the college vans during various excursions and therefore encourages all new international students to obtain a Pennsylvania driver's license in their first year. The ISA schedules trips several times throughout the year to the Pennsylvania Department of Transportation for students to obtain their learner's permits.

OWNERSHIP

If you buy a car in Pennsylvania, it must be registered through the Pennsylvania Department of Transportation (PennDOT). It is required by law that you have proper auto insurance before you can register your car.

Used cars for sale can be found in newspaper advertisements, in special magazines, at dealerships, or through the internet. It is important to have a mechanic check a used car before buying it, to determine its condition. Make sure that the dealer is giving you a guarantee for no less than six months.

Lafayette allows only juniors and seniors to park their car on campus, but underclassmen may park at Forks Township, across from the GIANT. Before buying a car, make sure that you contact Public Safety (11 Marquis Hall, x5330) about parking and registration.

DRIVING WHILE INTOXICATED

In the United States there are strict laws governing alcohol consumption by anyone under 21 years of age. Driving a vehicle after you have consumed alcohol is against the law. There are strict penalties including loss of license and even a jail term if you are involved in an accident. **Please obey this rule!**

EXTRACURRICULAR ACTIVITIES

There are many activities to do at Lafayette other than studying, doing homework and partying on campus. We have divided the extracurricular activities at Lafayette into three categories: sports; clubs, organizations, and cultural events; social life on campus, Easton, and nearby.

SPORTS

Lafayette (and American society in general) places a lot of importance on athletics. You may participate at all levels of competition: varsity, club team and intramural. Lafayette has three main athletic facilities: Allan P. Kirby Sports Center, and the Metzgar and Fisher Fields. At the Kirby Sports Center there is a fitness center, pool, indoor track, basketball court, squash and racquetball courts, and a rock climbing wall. Additionally, students often play sports (tennis, soccer, volleyball, ultimate, etc.) informally on the outdoor campus tennis courts or on either the Quad or March Field. The Metzgar and Fisher fields are mostly used by the varsity teams (such as soccer, baseball or field hockey) for their practices though some intramurals competitions are also held there. If you wish to participate in sports at a varsity level, you have to contact the respective coaches of the teams through the Kirby Sports Center.

The ISA participates in sports as well. In recent years we have participated (with considerable success) in a number of intramural sports, such as soccer, squash, ping-pong and volleyball. Keep an eye out for sign-ups and schedules from our ISA Sports Coordinator and join us!

You will also have many opportunities to enjoy various sports events as a spectator. It is very common for students at Lafayette to get together and watch football (American football), basketball, and ice hockey on TV. The United States has great competitions in these sports. You will hear a lot of your friends talk about NCAA basketball and football (NCAA: National Collegiate Athletics Association) where the players are college students. During the fall semester you will constantly hear about football. The professional season ends in January with the Super Bowl, the final game, which is often watched and enjoyed in a party setting. Basketball is played during the winter season. Don't miss the NBA games and the NBA finals!

Since football is very important here, during the fall semester Lafayette's team will play five or six games at Fisher Field. The highlight of the football season at Lafayette is the annual game against our rival team - Lehigh University. This competition dates from the 19th century and is the oldest running rivalry in the United States. Most

Lafayette students attend the game. Special t-shirts are made for the occasion, which includes not only the game but a great partying experience as well! It has become a tradition at Lafayette and an event not to be missed. There are also other sports that Lafayette plays at a varsity level which you can view as a spectator. Entrance to these games is free, but because Metzgar Field is several miles from campus, you must take the shuttle that the college provides on game days. Schedules of both the games and buses are available once the school year starts.

CLUBS, ORGANIZATIONS, AND CULTURAL EVENTS

Lafayette has many clubs and organizations. During the first week of school there will be a special evening during which representatives from all the clubs and organizations will be in the Farinon student center to introduce themselves and their activities to you. A great way to get involved on campus is to join some of these clubs and organizations. Doing so will make you feel that you are doing something other than just studying and partying. Some participate in serious activities relating to school life and academics (Math Club, Investment Club, etc.), student's rights (QuEST, ALF, etc.), global issues and political interests (Amnesty International, College Democrats, Student Movement Against Cancer, Lafayette TED Club, etc.), art and culture (Arts Society, Outing Club, W.O.R.D.S., Jazz Ensemble, WJRH 104.9FM Lafayette College Radio, L-FAT, etc.), while others get involved in groups organized around a cultural field of interest (the Foreign Language Clubs, LACSA, ACA, HSL, etc.). Please consult slp.lafayette.edu/studentinvolvement/clubsandorgs for a complete list. Just a word of caution – with so many great groups to choose from, consider how much free time you really have before signing up!

For those interested in being involved with the local community in and around Easton, Lafayette offers the chance to do so through its Landis Community Outreach Center. The center has some good programs such as America Reads, Kids in the Community (KIC), Adopt-A-Grandparent, Prison Tutoring, and more. One of their exciting programs is known as Alternative School Break. These activities and commitments as other extracurricular programs at Lafayette require a good level of commitment, so choose wisely! Please refer to the Landis website at: landiscenter.lafayette.edu for more information about the different programs.

You will be able to attend many cultural events at Lafayette College. Here are some of the options:

- The William's Center for the Arts, located near Markle Hall, has two theaters and an art gallery. The Center offers many concerts, plays and art exhibitions on a

regular basis. Poets, writers and artists come often to give presentations. Tickets are usually free of charge or \$2 for students.

- A "brown bag" is what Lafayette calls a lecture or topical discussion held on campus. Speakers talk on various fields such as economics, history, art, writing, activism, or engineering and normally conclude with an open discussion on the topic. Sometimes they are given by students or faculty members and often the topic is something we can all relate to, such as health issues, sexual assault, religious thought, discrimination, and so forth. Brown Bags are usually held during the lunch hour and food is often provided free or for a small charge, so it is a good idea to attend!
- There are certain times during the year that are designated for special activities or themes, such as the ISA Extravaganza, Hispanic Heritage Month, Black History Month, Women's History Month, Earth Week, etc. These events normally involve many fun activities as well as many interesting lectures and are not to be missed!

Within the Lafayette residential community there are several special living groups, established with the purpose of bringing together people sharing common interests. These floors organize monthly programs and various activities that all are welcome to attend. Those culturally related include: Heritage Of Latin America (HOLA), the Japanese Interest Floor (JIF), African and Caribbean Interest Floor (ACIF), and German House and French House. There are also others that are built around specific interests, such as: Music Appreciation Floor (MAFia), TREEhouse floor, Industrial Arts, Creating Harmony And Necessary Cultural Equality (CHANCE), and others. Feel free to participate in any of the groups' activities and increase your awareness of their interests.

SOCIAL LIFE ON CAMPUS, EASTON, AND NEARBY

You will spend a considerable amount of time socializing, having fun and doing all sorts of things outside the classroom.

Farinon College Center is the student center. All the students at Lafayette go to Farinon several times a day to eat, check mail, buy a snack, go to an office there, or meet someone. Farinon is the most visited place on campus - it is the meeting point. When you go to eat, try to take advantage of the opportunity to socialize and never eat alone. Feel free to have lunch or hang out in the ISA room in 153 Farinon Center.

You will learn in the "Greek Life" section that many parties sponsored by the fraternities and sororities are held on campus. During the fall semester the Greek houses are open to everybody after the second or third week of school. This doesn't mean that you have to join any of the fraternities or sororities. In the spring semester, however, the houses close most of the time and have private parties for members of the Greek system. Nevertheless, you will meet a lot of "independent" (non-Greek) students who will organize parties apart from the Greek system.

Lafayette Activities Forum (LAF) is in charge of most of the activities organized by the college. LAF brings many comedians, musicians, movies, concerts, educational programs and other activities such as contests and fun competitions to campus. LAF's activities are well publicized, so plan ahead and don't miss them! Your Resident Advisor will be a good resource for knowing what's going on.

You will soon find out that Easton is not the liveliest place in the world and can't be compared to a big city such as Philadelphia or New York, but it has some fun places too.

Here are the major attractions that you might like to know about:

The State Theater, 453 Northampton Street, Box Office: 610-252-3123. Restored historic theater. MasterCard and Visa accepted.

The Gallery, 453 Northampton Street: 610-258-7766. The State Theater Center for the Arts.

Amphitheater, Riverside Park at Larry Holmes Drive & Church Street: 610-250-6000. Call City Hall for a schedule.

Crayola Factory & Canal Museum, Two River Landing: 610-515-8000. Its gift shop faces Easton's center square. The museum has audiovisuals & exhibits highlighting the history of canals.

Easton House Tavern, 2nd & Northampton Streets. Built in 1754, the Easton House Tavern served as a social center in Easton and, for a time, as the Northampton County Courthouse.

George Taylor House, 4th and Ferry Streets. This 1757 stone colonial house was once occupied by George Taylor, signer of the Declaration of Independence.

Northampton County Historical & Genealogical Society, 101 South 4th Street. Built in 1833, this house now contains an extensive collection of antiques, artifacts & genealogical material from the county and state.

There are also many new art galleries popping up all around downtown. Checkout Easton's website at www.easton-pa.com

Regal Cinema Northampton, 3740 Easton-Nazareth Highway: 610-559-7800
This multiplex cinema shows all the latest movie releases.

Easton Public Library, 6th & Church Streets: 610-258-2917

Close to Easton, Bethlehem, Allentown and Phillipsburg, NJ there are some other places, such as shopping malls, roller-skating rinks, bowling alleys, attraction parks, nature parks, clubs and more. Ask upper-class students or ISA members for more information and directions. Also, you have to consider that Lafayette is only an hour and a half from New York City and Philadelphia; you can always find friends to drive or take the bus with you (see "Buying a car" section).

Within walking distance of the campus is:

Easton Bus Station, 35 South Third Street: 610-923-6835. See the Travel section for more information.

Groceries can be purchased at the **GIANT supermarket** or **Walmart Supercenter** which the LCATS shuttle will take you to. Again, see the Travel section for more information.

Of particular note is **Wawa**, 225 Cattell Street. Once you get on to the hill, you will notice that one of the most important hotspots for the survival of students is Wawa. Wawa is a local store (not big enough to be a grocery shop but not small enough to be a convenience store) that caters to immediate students needs. They offer deli sandwiches, bread, juices, hot beverages, ice-cream and other essentials that you need in your four years here. Some of the reasons Wawa is so popular is that: it's cheap, it's open 24 hours a day, seven days a week and it is the closest store to campus. Our Wawa is located conveniently on the corner of Cattell and High Streets. Once you get a little acquainted with campus, you will discover its location with ease. After that, HAPPY EATING!!

Easton also has a wide range of other food and restaurant options. Please see **Appendix A**, which contains a **Food and Restaurant Guide**.

GOVERNMENT REGULATIONS

VISA INFORMATION

The following summary of United States immigration regulations is provided to give you basic information about your non-immigrant visa status. Please remember that it is your responsibility to know and follow the regulations under which you may study or stay in the United States on a temporary or permanent basis. If you do not follow these regulations, you could find yourself in difficulty with the Department of Homeland Security/U.S. Citizenship and Immigration Services (USCIS). If you have any questions about visa matters, contact Mrs. Janine Block. Her office is located in Career Services, 200 Hogg Hall and her campus phone number is 610-330-5546. Friends, faculty advisors and others may be well intentioned in their advising on immigration matters, but they are not dependable sources for this often changing information so crucial to your stay in the United States.

ENTERING THE U.S.

Visa Stamp on your Passport. To enter the United States you need a valid visa stamp in your passport, which you obtain from an American embassy or consulate outside the United States. Once you are in the United States, your visa stamp may expire. You do not need a valid visa stamp to stay in the United States, but if you leave the U.S. and wish to return, then your previous visa must still be valid or you must apply for a new one. Special regulations apply for re-entry to the United States from various countries. It is advisable to check with the ISA Advisor before traveling outside the United States. You may bring your passport and visa documents to Mrs. Block to review.

Form I-94, or the "Arrival/Departure Record". When you enter the United States, (usually via air) you receive the Form I-94, a small white card issued by the USCIS that shows your port and date of entry and type of visa classification. It also indicates how long you may stay in the United States. "D/S" is an abbreviation for "duration of status" and means that you may stay until the completion date on your I-20 ID as long as you maintain a full-time student status. This is your most important immigration document. In most cases it is this card, not the visa stamp, which indicates how long you may legally stay in the United States. Be sure to staple your I-94 to your passport, as this is an important document required for applying for social security and departure from the United States.

Form I-20 ID: Pages 1 and 3 of the I-20 form serve as the "I-20 ID student copy". These pages show the date and place of admission to the United States and, most

importantly, the admission number, which is your identification number with USCIS. Do not surrender the I-20 ID when you leave the United States for brief visits. Requests and approvals for practical training and transfer of schools are recorded on the I-20 ID. **DO NOT LOSE THIS FORM!**

MAINTAINING YOUR VISA STATUS

Your passport must be valid for six months beyond your anticipated stay upon your admission to the United States. People from certain countries are exempt from this six-month rule; the ISA advisor can tell you who is exempt.

- You can work only on campus, unless granted approval from the USCIS.
- You must not work illegally. Please check with Janine Block before undertaking any kind of paid employment in the United States.
- Students are required to register for and maintain a full-time course of study during the regular academic year.
- You will not be able to renew your visa within the United States but your passport can be renewed by your respective embassy in the United States.

TRAVELING OUTSIDE THE U.S. AND RE-ENTRY:

Ask the ISA advisor before leaving to make sure you have the correct documents. Some procedures are different when you travel to Canada, Mexico or the islands adjacent to the U.S. In general, you will need the following documents to re-enter the United States:

1. A valid passport.
2. A valid visa stamp except for visits of fewer than 30 days to Canada.
3. Your current I-20. **NOTE:** prior to traveling if there has been no substantive change in the information on your I-20, you need only have Page 3 of your I-20 signed by one of the school's Designated School Officials (DSO). If there are changes to the information on your I-20 they must be reported immediately to International Student Advisor, Janine Block, and an updated copy will be given to you for travel purposes. Signatures are valid for one year, however we advise that you have your I-20 signed each time you travel to show a current contact with the school. Your I-20 should be taken to either Janine Block or Registrar Benginia's office at least a week before you intend to leave the country to allow adequate time for processing.

IMPORTANT NOTE: Keep all I-20s issued to you. DO NOT throw these away. You need only present your most current copy when entering or exiting the U.S., but you may need the older versions when applying for work authorization in the future.

EMPLOYMENT AND TAXES

International students are allowed to work only on campus without having applied for Optional Practical Training. Popular jobs are through computing services, the library, Kirby Sports Center and tutoring through the Academic Resource Center. Under an F-1 visa status international students are allowed to work for one year in the United States while in school or after graduation without a green card in a field related to their studies, with authorization from U.S. Citizenship and Immigration Services. Your application should be filed 120 days before the end of the semester. Application forms can be obtained from Janine Block or the Dean of Student's office. The ISA Advisor must review and sign all papers, as well as submit your request to the USCIS through SEVIS.

Anyone working on or off campus must pay certain taxes. However often students will earn less than is required to pay taxes. (F-1 students are exempt from paying social security and certain other taxes for five calendar years beginning the year of their entry into the United States.) Tax forms must be filed in order to receive a tax refund. The Controller's office will assist you with such matters and contact you beforehand so that an appointment can be scheduled.

SOCIAL SECURITY NUMBERS/TAX IDENTIFICATION NUMBERS

Any student who works on or off campus is required by law to have a Social Security number registered with the Social Security Administration for wage earning, eligibility benefit and tax reporting purposes. Each year the ISA arranges a trip early in September to the local Social Security office downtown to assist new international students in applying for a number. **(Note: students must be in the United States at least ten days and have secured a job to be eligible for a Social Security number)**. Applying for a Social Security number (and card) is free.

In addition to completing the application, Form SS-5, which will be provided ahead of time by your International Student Advisor, you must also present proof of age, identity, immigration status and eligibility to work when you apply.

To do so you should bring the following **original** documents:

1. Your passport (however, **if this is less than 6 months old it will not be accepted and you will need your birth certificate instead**)
2. Your I-94, *Arrival/Departure Record* (Given to you on arrival in the USA)
3. Your I-20, *Certificate of Eligibility for Nonimmigrant Student Status*

4. A letter from your International Student Advisor identifying your employer and the type of work you will be doing
5. A letter from your employer on campus describing your job, employment start date, how many hours you will be working and your supervisor's name and telephone number, both signed and dated.

Once your documents are verified through the Department of Homeland Security, the assigned number will be issued to you on a card within about 2-3 weeks (barring any document discrepancies). **Please be sure to maintain this card safely with all of your other official documents.**

Note: You may begin working **on campus** without having yet received your Social Security card; however, once it arrives you must present it to Karen O'Reilly at the Payroll window in Markle Hall for her to copy and enter into your records. If you fail to present your new social security card within 3 weeks, your supervisor will be notified and you will not be allowed to continue working until the card is shown. Early in the spring semester you will be contacted to set up an appointment to learn how to report your taxes. In the United States, all people are required to submit tax forms to the government by April 15th and *having your Social Security number will be essential.*

Students who do not work on campus but who receive financial assistance from Lafayette are required by law to have a Tax Identification Number. The ISA will also assist students in this situation by providing transportation to the office in downtown Easton.

GREEK LIFE

Greek life refers to the system of sororities and fraternities that exist in the American college system. These terms are almost exclusively American and they may seem strange to you.

A fraternity is a men's student organization formed chiefly for social purposes, having secret rites and a name consisting of Greek letters. The members of the fraternity are called "brothers". Fraternities on campus are:

Delta Kappa Epsilon – ΔKE (usually said ‘Deke’)
Delta Upsilon – ΔΨ (DU)
Kappa Delta Rho – ΚΔΡ (KDR)
Phi Kappa Psi – ΦΚΨ (Phi Psi)
Zeta Psi – ΖΨ (Zete)

A sorority is a female living group whose members are called "sisters". Sororities on campus are:

Alpha Gamma Delta – ΑΓΔ (AGD)
Alpha Phi – ΑΦ (this Phi pronounced ‘fee’)
Delta Delta Delta – ΔΔΔ (Tri-Delt)
Delta Gamma Epsilon – ΔΓ (DG)
Kappa Kappa Gamma – ΚΚΓ (Kappa or KKG)
Pi Beta Phi - ΠΒΦ (Pi Phi)

Students who choose not to join the Greek system are called independents.

Upon your arrival at Lafayette you might be surprised to see many people wearing t-shirts and sweatshirts with Greek letters because they belong to a fraternity or a sorority. Men and women most often become affiliated with fraternities and sororities in the beginning or middle of their sophomore year. During “rush,” open houses and social activities are held to acquaint students with the options provided by these campus groups. Each fraternity or sorority sets its own membership dues. Information will be made available to you during the fall regarding the Greek system.

Each fraternity and sorority has a house in which some of the members live and where most of the meetings and activities are held. Look on the map for them.

The Greek organizations also run important community service (philanthropy) programs and participate in intramural sports. You do not need to join a fraternity or

sorority to do volunteer work or participate in sports programs, as there are independent offices on campus in charge of all the community service and athletic opportunities.

Being a member of a fraternity or sorority can be a good way of learning about American culture and experiencing a unique aspect of college life, as well as an excellent means of contributing information and traditions from your own culture to a group made up predominantly of American students.

Some independents feel very happy about their decision of not to join, but some of them regret not having had the chance to learn about the system beforehand. Some view the Greek system as controlling a significant portion of the late-night social life on campus, as most of the parties take place in their houses. Independents may attend most of the parties that occur; however if you are not interested there are other things to do on campus.

In time, you will become very familiar with Greek life since it is a very relevant feature of Lafayette College. You may be very confused in the beginning because you are not used to it, but don't panic.

Our advice is that you keep an open mind and try to learn as much as you can about the Greek system, bearing in mind that it is part of American culture. And remember that “rushing” is **OPTIONAL**. You must not allow yourself to be pushed or persuaded by either side. Deciding to be or not be attached to a specifically labeled organization **IS YOUR PERSONAL DECISION**.

HEALTH SERVICES

All students at Lafayette are required to have health insurance and therefore almost all medical charges you might incur will be covered free of charge, with a co-pay or subsidized after a deductible is met. Located on campus is the Bailey Health Center (x5001). Jeffrey E. Goldstein, MD, is the Director of Health Services. Anne Clary, MD, and Meagan L. Grega, MD, are additional part-time physicians. Carl Weiss, MD, is the Consulting Orthopedic Surgeon.

There is no fee for examinations at the Bailey Health Center. However, there may be charges for some medications prescribed. The health insurance provided by Lafayette College (Consolidated Health Services) does not cover any dental expenses. Please see the description of this coverage plan sent to you by the college for more details. The cost of this insurance program for the 2010-2011 is \$1533. You may want to consider alternative insurance programs that will cover your health care needs while a student at Lafayette. Information regarding other health insurance programs that offer plans for international students can be found on the following websites:

Aetna Student Health
www.aetnastudenthealth.com

CMI Insurance Worldwide
www.cmi-insurance.com

Compass Benefits Group
www.compassbenefits.com

Cultural Insurance Services International
www.culturalinsurance.com

The Harbour Group
www.hginsurance.com

HTH Worldwide
www.hthstudents.com

International Student Insurance Plans
www.InternationalStudentInsurance.com

International Student Organization
www.isoabroad.com

Gallagher Koster
www.gallagherkoster.com

LewerMark Student Insurance Plans
www.lewermark.com

Marsh ConsumerConnexions
www.gatewayconnexions.com

Virginia Surety Company, Inc.
www.studentthealthenvoy.com

HCC Medical Insurance Services
www.mnui.com

Summit America Insurance Services
www.summitamerica-ins.com

T.W. Lord & Associates
info@twlord.com, 1-800-633-2360

UnitedHealthcare Student Resources
www.UHCSR.com

US NetCare
www.usnetcare.com

Wallach & Company, Inc.
www.wallach.com

Please note that we are not endorsing any particular insurance agencies and have provided this list only as a service to you. It is YOUR responsibility to ensure that the health insurance program in which you enroll has coverage comparable to the health insurance offered by Lafayette and covers emergency room visits.

During the academic year, the College Health Center is open from 8 a.m. to 10 p.m. Monday through Friday and 10 a.m. to 10 p.m. Saturday and Sunday. Over the summer there are limited physician hours but a nurse is generally available.

When the Health Center is closed, students needing emergency care may receive it at Easton Hospital's emergency room. Don't hesitate to call Public Safety (emergency x4444 or non-emergency x5330) for transportation to the hospital.

Also at the Bailey Health Center staff is the Counseling Center. There are three school psychologists, Dr. Karen Forbes, Dr. Tim Silvestri, and Dr. Amanda Johnson available to counsel students on personal issues. It is not uncommon for international students, especially new ones to experience periods of homesickness. If you are feeling lonely or troubled about something, do not hesitate to contact one of them at x5005, and visit counselingcenter.lafayette.edu.

IMPORTANT PHONE NUMBERS

Bailey Health Center	x5001
Public Safety	x5330
Public Safety (Emergency)	x4444
S.A.C.E. Coordinator	x5964
Easton Emergency Squad	610-258-3871
Easton Police	610-250-6666
Easton Hospital	610-250-4000
Easton Hospital ER	610-250-4002
Poison Control Center	610-433-2311
Easton Taxi	610-258-2888
Carl Weiss, MD	610-515-8080
Muhlenburg Hospital Center	610-861-2200
Ann Marie McDermott, MD	610-258-3615
College Hill Dental Group	610-253-6052
Kathleen Zyskowski Dental Group	610-253-0731
Tencza Family Dentistry	610-258-4101
Anthony Callan, OD	610-253-6911

RELIGIOUS LIFE

At Lafayette College you will find broad religious diversity, especially among the international students. The Lafayette community will respect your religious beliefs and you are encouraged to express yourself freely. If you have any religious concerns or personal matters you need to discuss, the Chaplain is available for you. His office is located in 101 Hogg Hall and the phone extension is x5320.

There are five organized religious groups at Lafayette:

- Hillel Society – Jewish
- Lafayette Christian Fellowship (LCF) - Evangelical Christian
- Muslim Student Association (MSA) - Muslim
- Newman Association – Catholic
- Sojourners Christian Fellowship – Protestant Christian

These groups meet regularly and plan numerous activities including Seder meals, Bible studies and retreats – all of which you are welcome to attend. Mass and an ecumenical service are offered on campus each week however some students choose to worship off-campus. Vans are available through the Chaplain's office for transporting students to places of worship not within walking distance. Obviously not all religious affiliations are active on campus. Contact any of the international students if you have any further questions on this matter.

Religious Advisors

John P. Colatch, Director of Religious Life, Sojourners Advisor, College Chaplain	610-330-5320
Rev. Fr. Charles Norman, Newman Advisor, Catholic Chaplain	610-253-5044
Dr. Robert I. Weiner, Hillel Director, Jewish Chaplain	610-330-5174
Javad Tavakoli, MSA Advisor	610-330-5433
Rev. Mark Fodale, LCF Advisor	610-882-0413

For more information, please visit the Religious Life website:
religiouslife.lafayette.edu.

RESIDENCE LIFE

In their first year, every student is assigned a double room in a residence hall. This means that you will have a roommate, and many hall mates.

This is new for most international students, but don't worry, it is new for American students as well. You won't know anybody in the beginning, but you'll see that after two weeks, you will already have friends in your hall. It's a lot of fun.

As an international student, you will probably have an American roommate. Do your best to get along with him or her and try to show respect so that your roommate respects you. Try to maintain a friendly relationship with the rest of your hall mates as well.

Residence life is a great experience. Sharing is required, and not always easy, but at the same time can be very enriching. There will be a Resident Advisor (RA) on your floor. The RAs are upper class students at Lafayette, who can relate to you. He or she will be there to help you out. You will have several floor meetings at the beginning of the year to discuss some basic hall rules, such as study hours, visiting hours, and alcohol and drug policies and procedures. These meetings will also be a good chance to get acquainted with the RAs and other students in your building. The RAs will plan floor events, study breaks and other activities, and will try to update you on all the events happening on campus. If you have any problem with your roommate or anything concerning your life in the hall, get in touch with your RA. He or she will help you and, if necessary, report it to the Director of Residence Life so that your problem can be resolved.

The Residence Life Office is located in 132 Farinon Center. The Director of Residence Life is Grace Reynolds. Please refer to the useful website they have created for information on move in/move out dates, interim housing and storage facilities at: reslife.lafayette.edu.

You will have your own keys to your room as well as a checkpoint for getting into your building. Don't lose them, because you will be charged for the replacement. Please remember to ALWAYS LOCK YOUR DOOR, even if you are just in the lounge. Also, bring the key with you - you don't want to be locked out. The checkpoint will only work 24 hours for your residence hall only. As for other residence halls, the checkpoint will work till 10 pm on weekdays and 12 am on weekends.

There is a kitchen and a laundry facility in your residence hall. Ask your RA about using these facilities. The laundry facilities have been made free of charge for

students. Students who wish to have mini refrigerators or combination microwave/refrigerators in their rooms may rent them yearly through the college via MicroFridge or buy them from a store.

Also, every floor has an emergency phone with which you can rapidly contact security, the health center and other emergency numbers, which will be posted near the phone.

The phone system the school uses is called STC. All rooms are equipped with phone service but not a phone itself. Calls to campus numbers are free. Calls made to off-campus numbers are not. The system allows you to make calls from any phone on campus using a personal access code. You are then billed for calls based on your code. This is useful since you won't have to share a phone bill with your roommate.

STC has regular rates for international calls, but you may want to contact other phone companies to check if they have better saving plans for your long distance needs.

“Calling Cards” are another option for obtaining good rates. Ask older ISA members from your country, which phone card dealers are best. Calling cards can be purchased at stores or online.

SKYPE

Another convenient option to contact home is to use Skype. Skype is internet telephony software much like different chat software like MSN Messenger or AOL IM. Its advantage lies in the fact that it is primarily used for computer to computer voice chat. Additionally it can also be used to call telephones from computers. Calling rates are relatively cheap too. You can get more information about Skype at skype.com.

CELL PHONES

You might find it to be more convenient to obtain a cell phone with a plan. Examples of cellular providers are T-Mobile, AT&T (formerly known as Cingular) and Verizon. However, most providers will check on a potential subscriber's **credit history** before selling a plan to them, and credit history is normally built with the use of a credit card. We understand that you may not possess a credit card when you get to the United States, which is why your peer advisors will hold a special session during your orientation focused on advice for cell phones. There are also prepaid phones, which do not require a contract or plan, which instead require phone cards. Examples include Tracfone, Net10, and AT&T GoPhone. They may be purchased in stores.

TRAVEL

Once in a while, you may want to travel off-campus to shop, visit a friend in Pennsylvania or another state, or just to have some fun. As a Lafayette student and a member of the Easton community, here are the means of transportation available to you:

LCATS – This is a free shuttle bus service available for Lafayette students, faculty and staff to travel from the campus to the Easton bus station and nearby shopping centers which include grocery stores, pharmacies, discount department stores and malls. The schedule for the shuttle bus is available at lafayette.edu/community/lcats.html.

LANTA – This is a bus service available for the public to travel within the Lehigh Valley area. The most current schedules and fares for this bus service are available at lantabus.com.

Taxi service – Taxis are recommended for short trips as they can become expensive. Many taxi services are available in and around Easton.

Easton Taxi Inc.	166 W Canal St, Easton, PA 18042	610-258-2888
Quick Service Taxi Co Inc.	1101 W Cedar St, Allentown, PA 18102	610-434-8132
Lehigh Valley Taxi	130 E Goepf St, Bethlehem, PA 18018	610-867-1895

Greyhound, Transbridge, and Susquehanna lines – These are intercity bus transportation services available for the public. Greyhound lines (greyhound.com) serve more than 3100 destinations within the United States; Transbridge lines (transbridgebus.com) travel specifically to Newark, JFK airport, and New York; and Susquehanna Trailways (susquehannabus.com) runs to Newark and New York.

By Train – While the Lehigh Valley itself does not have train service, you can use a bus to get to get to New York, and in New York you can find New York Penn Station. There, you will find rail to locations in New Jersey via NJ Transit (njtransit.com), Long Island via Long Island Rail Road (mta.info), and various locations in the northeast, including Washington, DC, Baltimore, Philadelphia, Harrisburg, Connecticut, and Boston via Amtrak (amtrak.com).

PAR AVION (By Air) – If you wish to travel within the United States by air, then you can buy your tickets online at the cheapest rates from these websites: travelocity.com, cheaptickets.com, and expedia.com. Remember that the ticket prices also vary depending on the season and also on the date of travel.

APPENDIX A: FOOD AND RESTAURANT GUIDE

Antonio's Pizzeria
114 South 3rd Street
610-253-9977

Don Pablo's
80 Kunkle Drive
610-923-9311

Mel's Doggie Stand
1504 Sullivan Trail
610-250-0646

Begley's College Hill Tavern
420 Cattell Street
610-252-9456

Easton Cafe
125 Northampton Street
610-258-5588



Mex-Tex Trio
42 N 3rd Street
610-253-2235

Big Woody's*
1855 Sullivan Trail
610-252-4442

Fox's Pizza Den
136 S 3rd Street
610-258-3697

Milo's Place
217 Cattell Street
610-258-4390



Campus Pizza House
133 McCartney Street
610-253-7541

Gennaro's
3417 Sullivan Trail
610-253-7458

Morici's Pizza & Restaurant
218 Cattell Street
610-253-6257

Catanzareti Pizza & Restaurant
271 Town Center Blvd
610-923-7795



Giacomo's On the Hill
700 Cattell Street
610-438-1945

Mothers Bar & Grill
3 Lehns Court
610-559-1700

Cherubina Ristorante
1001 Northampton Street
610-258-2336

Gino's Pizza
349 Northampton Street
610-258-7690

Ocean
235 Ferry Street
610-559-7211

China King
1700 Sullivan Trail
610-253-3231

Great Wall*
390 Larry Holmes Drive
610-252-7700



Papa John's*
759 S 25th Street
610-253-4200



Cosmic Cup Coffee Co,
520 March Street
610-438-3211

House of Chen's
1200 Northampton Street #2
610-330-6990

Pearly Baker's Alehouse
11 Centre Square
610-253-9949



Cups and Cones
434B Cattell Street
610-923-7258

Joe's Market
235 Northampton Street
610-258-7247

Perkins Family Restaurant
123 S 3rd Street
610-258-5206



deLorenzo's Family Restaurant
1210 Knox Avenue
610-438-6026

Juliana's Italian Cuisine
200 Cattell Street
610-330-0815

Phenom
161 Northampton Street
610-258-9777

Drinky's
240 Northampton Street
610-252-3800

Larry Holmes Ringside
91 Larry Holmes Drive
610-250-0202

Pizza D'oro Italian Restaurant*
208 Cattell Street
610-253-5533

Domino's Pizza*
330 Larry Holmes Drive
610-258-7100

McDonald's
S 3rd Street
610-258-5752

Pizza Hut*
25th Street Shopping Center
610-253-0160

Porter's Pub
700 Northampton Street
610-250-6561

Scully's Seafood
222 Cattell Street
610-252-9969

Touch of Thai
123 N 2nd Street
610-250-0716

Purple Cow Creamery
15 S Bank Street
610-252-5544

Sette Luna
219 Ferry Street
610-253-8888

Tracy's Cafe
501 Cattell Street
610-252-5090

Quadrant Book Mart
20 N 3rd Street
610-252-1188

Sicily II
1434 Knox Avenue
610-559-7995

Valenca Restaurant
64 Centre Square
610-923-5141

River Grille
241 Northampton Street
610-923-5110



Sogo Fusion Lounge
237 Northampton Street
610-252-0198

White House Chinese &
American Restaurant
75 N 4th Street
610-252-1087

Rita's Water Ice
1512 Sullivan Trail
610-250-0790



Subway
16 N 3rd Street
610-559-1951

Wing Zone*
1700 Sullivan Trail
610-330-9464

Salvatore's Pizzeria &
Restaurant
302 Town Center Blvd
610-252-4089

Terra Café
321 Northampton Street
610-330-6900



Wok N Roll*
1508 Sullivan Trail
610-330-9646

Note: * denotes delivery is possible.



denotes that Pard Card dollars may be used.

APPENDIX B: HOLIDAYS

In the academic year there are four vacation periods during which the college closes. They are Fall Break (4 days) in October, Thanksgiving Break (5 days) in late November, Christmas Break (one month) in late December, and Spring Break in mid-March (9 days).

While most of the students leave campus, it is not always easy for international students to travel around, and almost impossible to go home for a short period of time. Most cannot afford it and in many cases the distance to travel is so long that it is simply impractical.

The college allows international students to remain on campus during breaks if they are unable to make alternate arrangements. Many of the services on campus such as the swimming pool and food court remain open and accessible.

During breaks the ISA often plans activities such as mini golf, bowling, ice skating, amusement park trips, movie nights, on-campus parties, and shopping and sightseeing trips to places such as Boston, New York City, the New Jersey shore and Washington D.C. These trips are arranged so that the cost is minimal for those attending.

In addition to these vacation periods you will encounter some holidays in the United States that are unfamiliar to you. In most cases businesses and state schools close during those noted as legal holidays, and some administrative offices at Lafayette may be closed.

2010-2011	Date	Holiday	What it's about:
Fall Semester			
September 6	First Monday in September	Labor Day	Celebrates the achievements of workers and the labor movement. <u>Federal Holiday.</u>
September 8 (sunset)	Depends on Hebrew Calendar	Rosh Hashanah ☆	Beginning of new year on the Hebrew Calendar.
September 11	September 11	Patriot Day	Discretionary day of remembrance designated in memory of the 2,993 casualties in the September 11, 2001, attacks.
September 17	September 17	Constitution Day, or Citizenship Day	Commemorates the adoption of the Constitution of the United States.
September 17 (sunset)	Depends on Hebrew Calendar	Yom Kippur ☆	Jewish Day of Atonement.
October 11	Second Monday in October	Columbus Day, or Indigenous People's Day	Celebrates the landing of explorer Christopher Columbus on the shores of North America, as well as the First Americans. Also celebrates Italian heritage and culture. <u>Federal Holiday.</u>
October 31	October 31	Halloween	Celebrates All Hallows' Eve, decorations include jack o'lanterns, costume wearing parties, and candy are also part of the holiday. Kids go trick-or-treating to neighbors who give away candy.
November 2	First Tuesday after the First Monday in November	Election Day	People vote in municipal, local, state, and/or federal elections.
November 11	November 11	Veterans Day	Honors all veterans of the United States Armed Forces. <u>Federal Holiday.</u>
November 25	Fourth Thursday in November	Thanksgiving Day	A celebration stemming from early American settlers to thank God for the harvest and other blessings of the year. <u>Federal Holiday.</u>
December 1 (sunset)	Depends on Hebrew Calendar	Hanukkah ☆	An eight-day Jewish holiday commemorating the rededication of the Second Temple in Jerusalem.
December 7	December 7	Pearl Harbor Remembrance Day	Day to mourn the attack on Pearl Harbor by the Japanese on December 7, 1941.
Winter Session			
December 25	December 25	Christmas †	Celebrates the birth of Jesus Christ. <u>Federal Holiday.</u>
December 26	December 26	Kwanzaa	African American holiday celebration.
January 1	January 1	New Year's Day	Celebrates the beginning of the new calendar year. <u>Federal Holiday.</u>
January 17	Third Monday in January	Martin Luther King, Jr. Day, Civil Rights Day	Birthday of the assassinated civil rights leader. <u>Federal Holiday.</u>

Spring Semester			
February 2	February 2	Groundhog Day	The day on which the behavior of a groundhog emerging from its burrow is said to predict the onset of Spring.
February 6	Usually First Sunday in February	Super Bowl Sunday	The day of the National Football League's championship, the Super Bowl, which is the top prize in the sport of American football.
February 14	February 14	Valentine's Day	Traditional celebration of love and romance, including the exchange of cards, candy, flowers, and other gifts.
February 21	Third Monday in February	Presidents' Day	Originally to commemorate the birthday of George Washington, now honors all presidents. <u>Federal Holiday.</u>
March 8	Christian moveable feast	Mardi Gras	A Carnival celebration, last night of eating richer, fatty foods before the ritual fasting of the Lent, which begins the next day on Ash Wednesday. Also a celebration of French, Cajun, or Catholic culture.
March 17	March 17	St. Patrick's Day	A celebration of Irish heritage and culture, based on the Roman Catholic feast of Saint Patrick. Primary activity is simply the wearing of green clothing, although drinking beer dyed green is also popular.
April 1	April 1	April Fools' Day	A day to play tricks on family, friends, and coworkers, if so inclined.
April 18 (sunset)	Depends on Hebrew Calendar	Passover ✨	Celebrates the Exodus, the freedom from slavery of the Children of Israel from ancient Egypt. Lasts 7 days.
April 22	April 22	Earth Day	A day used to promote environmentalism.
April 22	Christian moveable feast	Good Friday †	Commemorates the crucifixion of Jesus Christ.
April 24	Christian moveable feast	Easter Sunday †	Celebrates the Christian belief in the resurrection of Jesus.
April 29	Last Friday in April	Arbor Day	A day for planting trees.
May 5	May 5	Cinco de Mayo	A celebration of Mexican culture by Mexican-Americans in the United States.
May 8	Second Sunday in May	Mothers Day	Honors mothers and motherhood.
Summer Session			
May 30	Last Monday in May	Memorial Day	Honors the nation's war dead from the Civil War onwards. <u>Federal Holiday.</u>
June 14	June 14	Flag Day	Commemorates the adoption of the flag of the United States, in 1777.
June 19	Third Sunday in June	Fathers Day	Honors fathers and fatherhood.
July 4	July 4	Independence Day	Celebrates Declaration of Independence, also called the 4 th of July. <u>Federal Holiday.</u>

APPENDIX C: SLANG TERMS AND COMMON EXPRESSIONS

As a Lafayette College student, you will encounter certain colloquialisms and "slang" terms, which could not have been predicted by any English language textbook or teacher.

Such words are often unique to a certain group of people (such as those within the College community) and are forever changing. The following list will give you an idea of their usage. No list of this type can even come close to being complete. For this reason, you should never hesitate or be embarrassed about asking for clarification of a meaning or usage of a term with which you are unfamiliar. Students at Lafayette, and Americans in general, will enjoy helping you out with the oddities of their language, and many acquaintances have begun with a shared, good-natured laugh over a misused or a misunderstood idiom.

Americans tend to abbreviate words when they talk. Thus, they are likely to say "bio" for biology, "med school" for a College of Medicine, and "ECE" for electrical and computer engineering. It would be impossible to list all such abbreviations here. If you hear one you don't know, ask someone what it means.

Definitions followed by an **X!** are impolite, profane, sexist or obscene. Be careful if you choose to use them. You will hear all of them, but remember that the meaning of a word can vary, depending on the context, and intonation. Nearly every international student can remember a time and blush over a term or expression they misused. This is no big deal if it happens to you.

Students who want a thorough and useful guide to profane or vulgar vocabulary and to polite terms for sexual and toilet activities are encouraged to obtain a small book called *A Foreign Student's Guide to Dangerous English* (published by Eardley Publications, P.O. Box 282, Rochelle Park, NJ 07662).

THE SLANG LIST:

ace – to do very well (e.g. ace an exam)

a.s.a.p. – as soon as possible

ass – **X!** – ¹stupid or insensitive person; ²a person's buttocks

awesome – very good, interesting, or appealing

bar – place where alcoholic beverages are served

big deal – important event; may be used sarcastically to refer to something that is not important

bitch - **X!** – ¹to complain; ²a woman with an unpleasant personality

blast – a lot of fun (e.g. It's going to be a blast!)

blind date – when someone "fixes you up" with someone you don't know for a date

blow or bomb – to be unsuccessful

bonding – making friends

bounce a check – to overdraw a checking account

broke – having no money

buck – one dollar

buddy – friend

bullshit - **X!** – nonsense; meaningless or untrue comment or discussion

bummed out – depressed

busted – ¹to be caught by the police while using alcohol or by anyone in authority while misbehaving; ²to be "broke"

buzzed – ¹to get mildly intoxicated by alcohol or drugs; ²to get one's hair cut short

BYOB – Bring Your Own Beer (may be included on a party invitation)

check out – ¹to sign out materials from a library; ²to try to find something; ³to take a look at something

chill out or cool it – a command to stop what you are doing or relax

chubby – a little overweight

chug – to drink without stopping before finishing the drink

cool – awesome, great, OK, good

cop – police officer

couch potato – a lazy person who spends a large amount of time watching television

cram – to study frantically the night before a test

to have a crush on someone – to be infatuated with someone

dork – an unfashionable and awkward person

dorm – dormitory, residence hall
down to earth – practical, straightforward
draw or draft – glass of beer ordered at a bar
drop – to withdraw officially from a course
drop in – to stop by, visit
dude – buddy, friend (male)
dump someone – to end a relationship, leave someone
fed up with or sick of – tired of
feeling blue or have the blues – feel depressed
flexed out – run out of flex money
flip out – to lose control of oneself, get very mad
flunk – fail/do bad in an exam
freak out – to lose control of oneself
freshmen – a term used to identify first-year students (men as well as women)
geek – unattractive, not stylish; normally applied to those who study too much and are not very popular or sociable
get a clue – think sensibly
get lost - **X!** – go away (as a command)
get out of here – ¹I don't believe you, you must be joking; ²literally, a person wants you to leave
give someone a break – to stop criticizing or teasing; give me a break! – expresses disbelief
give someone a buzz, a ring, a call – to call someone on the phone
goofing off – acting silly; doing something that has no particular sense;
a goof-off – lazy or idle person who sometimes does silly or clumsy things
gone – drunk, as in "He was totally gone"
gross – something disgusting, unpleasant, crude
grossed out – made to feel disgusted because of something gross
hang in there – keep trying; do not be discouraged
hang out – spend time with friends
hangover – the physical symptoms after heavy alcohol drinking, normally the next morning - may include headache, stomach ache, nausea or vomiting.
hassle – ¹a problem or inconvenience; ²cause another person to have a problem or inconvenience
high or stoned – under the influence of drugs

hit on or make a move/pass at – to display interest and make sexual advances

hook up – to have intimate relations with someone who you are not dating seriously (not necessarily sexual intercourse)

horny - **X!** – desirous of sexual activity

hot – very good looking

ID – Identification Card

into something – to be really interested in something

jerk – an idiot; a mildly derogatory term

juniors – term used to identify third year students

keg – a large container of beer, specifically 15.5 gal. (contains about 100 drinks) – banned at Lafayette

kid – to tease, joke; are you kidding me? - are you serious?

knock it off! – stop doing that!

lay or get laid – to have sexual intercourse

loaded – extremely wealthy

lose it – to lose control of oneself

macho – exaggerated concern with masculinity

make up – ¹to reconcile; ²if a class is canceled, the professor will probably want to have an extra one to "make up for" it; "I'll make it up to you" – I'll compensate you

mall – a cluster of many stores under one roof

mess with – to interact with or get involved with, usually in a way that causes harm of some kind; don't mess with me! – leave me alone!

messed up – ¹mentally and emotionally confused; ²not neat; ³intoxicated by alcohol or drugs

mind your own business – get your nose out of my business, it is my concern, not yours

neat – cool, OK

nerd – a geek, someone who studies a lot, boring

oops! – an exclamation used when a small mistake is made

to be open – to be accepting of something/someone (open minded); to speak frankly about oneself

out of one's mind – ¹crazy; ²doing something ridiculous

out of it – tired and not concentrating

overreact – to have an exaggerated reaction

pain in the neck/ass/butt – an unpleasant, annoying person or experience

pal – friend

pee – to urinate
phony – ¹something that is fake; ²someone who is insincere
on the pill – to be taking birth control pills
pinkie – the smallest finger
pissed off - **X!** – crude term for anger: "He/that pisses me off"
get pissed – become angry
pot or grass – marijuana
potluck – a gathering where most participants bring food to be shared among everyone
psych up or get psyched – prepare oneself mentally or emotionally for something; be psyched
or psyched up – enthusiastic, excited about something; psyched out – emotionally
unprepared for something
pull someone's leg – to tease
put up with – bear something or someone
quarter of – means 15 minutes before the hour: "Meet me at quarter of six." = 5:45
quarter after – means 15 minutes past the hour: "Meet me at quarter after six." = 6:15
RA – Resident Advisor in a residence hall
rip off – ¹anything too expensive and not worth the price; ²to take what does not belong to
you, or steal
screw - **X!** – to have sexual intercourse; to get screwed – to be deceived or treated unfairly;
screwed up – ¹confused; ²broken
senior – term used to identify students attending their last year
shit - **X!** – excrement; shit! – an utterance of surprise or annoyance
show – TV program, movie, film, or theater performance
son of a bitch - **X!** – phrase insulting to males
sick – used to express something cool or amazing
skip – to not go to class, to cut a class
slob - **X!** – ¹a lazy, fat person; ²a person who is not dressed neatly; ³an untidy person
sophomore – a term used to identify students attending their second year
spinning – dancing (only used on Lafayette Campus, usually at fraternities)
straight – a person who is conservative regarding matters of drugs, alcohol and sex
stud – a man who is very attractive and successful with women
sucks – bad, negative, a pain in the neck: "That sucks!"
tacky – in poor taste, tasteless
wasted – drunk or extremely tired

APPENDIX D: WEIGHTS AND MEASURES

The United States uses the United States customary system for weights and measures, sometimes referred to as English units.

WEIGHT & MASS

Basic unit: ounce (oz.)	1 ounce = 28.349 g	1 g = 0.0353 oz.
1 pound (lb.) = 16 ounces	1 pound = 0.453 kg	1 kg = 2.2 lb.
1 ton = 2000 pounds	1 ton = 907 kg	1 metric ton = 1.102 ton

DISTANCE

Basic unit: 1 inch (in.)	1 inch = 2.54 cm	1 mm = 1/25 in.
1 foot (ft.) = 12 inches	1 foot = 0.305 m	1 cm = 0.3937 in.
1 yard (yd.) = 3 feet = 36 inches	1 yard = 0.914 m	1 m = 0.32808 yd. = 39.37 in.
1 mile (mi.) = 5 280 feet	1 mile = 1.609 m	1 km = 0.6214 mi. = 3281 ft.

Height and length are abbreviated ' as feet and " as inches, as 6'2" (6 feet 2 inches).

LIQUID VOLUME

Basic unit: fluid ounce (fl. oz.)	1 fl. oz. = 29.573 mL	1 mL = 0.352 oz.
1 pint = 16 fluid ounces = 2 cups	1 pint = 0.473 L	1L = 2.113 pints
1 quart (qt.) = 2 pints = 4 cups	1 qt. = 0.946 L	= 1.057 qt.
1 gallon (gal.) = 4 quarts = 16 cups	1 gal. = 3.785 L	= 0.220 gal.

1 cup is defined as 1/2 pint.

Sodas and juices often are measured in metric/SI units, while dairy is usually in British system units.

TEMPERATURE

To convert Celsius (°C) to Fahrenheit (°F) temperatures:
Multiply the Celsius temperature by 9/5 and add 32.

To convert Fahrenheit (°F) to Celsius (°C) temperatures:
Subtract 32 from the Fahrenheit temperature and multiply by 5/9.

OTHER MEASURES

- 1 Calorie (Cal) = 4.184 kJ, the basic unit of energy on the Nutrition Facts on foods.
- 1 acre = 4046.873 m², used to measure area of land.
- 1 Horsepower (hp) = 746 W, used to measure the power of an automobile engine.