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Congratulations on your admittance to the Husker family! Really, there is no place like Nebraska! 😊

We are glad you have chosen to journey to Lincoln, Nebraska and we look forward in sharing the richness of intellectual and cultural exchange that our respective heritages bring and hope that it will lead to understanding and appreciation of cultural differences and commonalities.

We, the staff members of University Housing, are excited to meet and help you feel at home in the residence halls. The information in this guidebook will help you get a head start on your journey at the University of Nebraska-Lincoln.
a) **Obtain U.S. Visa**
   - Please make sure you have been admitted to UNL before applying for your Visa. You can go to global.unl.edu and check your admission status. Please email the admissions office at admissions@unl.edu if there is a problem.
   - Make an appointment to apply for a U.S. entry visa (F-1 or J-1) through the U.S. Embassy or Consulate.
   - For information on how to make an appointment and a detailed list of what types of documentation to bring to your interview, please consult the web site (www.usembassy.gov) for the U.S. Embassy or Consulate where you will be applying.

b) **Complete Housing contract**
   - You **must** complete a Housing contract before your arrival on campus! If you arrive too early and have not completed a contract you will need to stay in a hotel until a contract is completed and a room assignment is processed.
   - For **admitted** international students, to access your housing contract:
     - Go to MyRed (http://myred.unl.edu).
     - Enter your NU ID and password.
• Select “Additional Services” located in the navigation bar on the left side of the screen.
• Scroll down to “Residence hall”.
• You will be transferred to the UNL Housing Main Menu.
• Follow the prompts.
  o For IEP students, to access your housing contract:
    • Go to (https://webby.unl.edu/ResHall/login.aspx).
    • Enter your user ID, which is your NU ID number.
    • Enter your password, located in your instructional email located under section #2.
    • Click on the correct semester/year – IEP – it should be in red.

c) Arrange travel plans
  o Please check housing.unl.edu to find out when the halls open and when the first day of class is scheduled for the semester you will be attending.
  o The International Student Orientation is mandatory. Go to http://global.unl.edu/arrival/orientation.aspx for more information. This site tells you when to arrive in Lincoln and when and where the orientation is scheduled.
  o Notify University Housing of your intended check-in date (Very Important!)
    • You will be receiving an email from the Residential International Student Coordinator with a link to an electronic arrival form. It is important that you complete the form in order for us to prepare for your arrival.
  o Please note that international students are not allowed to enter the country more than 30 days before the start of your program stated on your student visa. We also recommend that students try to avoid arriving on campus on Christmas Eve, Christmas Day, New Year’s Eve and New Year’s Day because most university offices and commercial establishments are closed during that period.

d) Arrange for shuttle to designated residence hall.
  o Our university partners with OMALiNK for airport shuttle services. Omaha/Lincoln airport pickup reservations can be made at www.omalink.com. The Lincoln Municipal Airport is located 10 minutes from campus and Omaha Eppley Airfield is 60 minutes from campus. Please feel free to fly into either airport.
You must use a Promo Code to get the following pricing:

- Lincoln Airport – Promo Code 9251 ($11/one way)
- Omaha Airport – Promo Code 9632 ($50/one way)
- This pricing is only for addresses with zip codes: 68501, 68503, 68508, 68510, 68521. An extra $10 fee applies to zip codes outside the stated areas.

e) Packing list

- There is a packing list appended at the end of this guide (Appendix A). This list includes:
  - Important travel documents
  - Items to bring.
  - Items not to bring.

f) Complete health requirements

- New international students are required to show proof of:
  - Two measles (MMR) vaccination dates (month, day and year).
- For more information on UNL health requirements, please check http://health.unl.edu/healthrequirement.
Upon arrival at the residence halls, you will be greeted by a University Housing staff member. The staff member will walk you through the check-in process and also show you how to meet your daily needs:

- Locations of RA rooms, bathrooms, trash chutes, laundry rooms.
- Places to eat on campus and in the downtown area (Appendix B).
- Bus routes and bus stop locations can be found at [http://lincoln.ne.gov/city/pwork/s/startran/routemap/index.htm](http://lincoln.ne.gov/city/pwork/s/startran/routemap/index.htm).
- Locations of ethnic stores in Lincoln.
In the few days following your arrival in UNL, you will also have to complete the following requirements:

a) International Student Orientation at the Nebraska City Union
   (http://nse.unl.edu/international/orientation.aspx)
   ✓ International Welcome Reception.
   ✓ Obtain your N Card.
   ✓ Obtain bank accounts, cell phones and take shuttles to WalMart/Target.
   ✓ English placement test
   ✓ Academic advising sessions.

b) University Health Requirements
   ✓ Mandatory Tuberculosis Testing
     • The testing will be performed by the University Health Center. In order to make an appointment for the testing, please call (402) 472-5000.
   ✓ Provide proof of immunization against Measles, Mumps, and Tuberculosis.
     ▪ This can be done at the same appointment made for the tuberculosis testing.

*If at any time you are unsure of what needs to be done, please visit the Residential International Student Coordinator’s office at Selleck 7143a.
University Housing strives to provide you with the necessary support to succeed in college. Our halls are staffed with remarkably talented individuals who want to help you make the most of your college experience. We want to help our international residents build a sense of belonging, yet still embrace their cultural diversity.

a) Resident Assistants

In our residence halls, each floor has at least one Resident Assistant (RA) who is a floor resident. RAs are returning students who are trained to assist you to meet and build relationships with other students, find resources on campus, and respond to emergencies. The RA is a great person to get to know!

b) Residence Directors

Each residence hall (both traditional and apartment-style) has a professional staff member who lives in the building. This staff member, called a Residence Director (RD), is a valuable resource in helping you. RD's hold regular office hours, and are available to meet with students. Go to http://housing.unl.edu/halls/staff.shtml to view current UNL Housing staff.

c) Residential International Student Coordinator

To better serve international students' needs, University Housing has specially hired a full-time staff member to support your transition and integration into American college life. This staff member, Jessica Loke, also happens to have been an international student studying at UNL in the past. If you are encountering difficulties in UNL, she has probably encountered similar challenges. Even if you are not in need of assistance, Jessica welcomes your presence in her office at the first floor of Selleck Hall's main building. Jessica's phone number is 402-472-7987 and email address is jessica.loke@unl.edu.
What is Provided in Your Room?

- Extra-long twin bed and mattress.
- Mattress pad and pillow cover.
- Cable television jack and basic cable service.
- Closet(s)
- Desk and chair.
- Dresser
- Refrigerator or MicroFridge (Cather/Pound Hall).
- Mirrored medicine cabinets or personal mirrors.
- Roll shades or blinds/curtains.
- Wastebasket(s)
- Wireless and wired internet access.

[Please note that what’s provided in your room/living unit differs between residence halls. You can also get a virtual tour of your hall/room by visiting this webpage http://housing.unl.edu/halls/index.shtml]
Please refer to Appendix C for step by step information.

If something in your room is not working, go to fixit.unl.edu and fill in a work order request. Requests submitted online are typically acknowledged and completed within 48 hours.
After completing your Housing contact, you will receive the name and email address of your roommate. Your roommate will also receive the same information about you. You are encouraged to email your new roommate over the summer.

**Have realistic expectations**: It is not common for roommates to become best friends. You can have an incredible opportunity to learn about other individuals and their backgrounds by sharing a room. This may be the first time either you or your roommate(s) have ever shared a room. Therefore, respect and a willingness to **communicate** clearly are the keys to a comfortable living experience.

**Frequently Asked Questions:**

**a) What should I write my roommate?**

- The aim of writing to your roommate is to allow him/her to get an idea of who you are so that you will both be more comfortable about meeting and living with each other.
  - Introduce yourself and describe your family, hobbies, country of origin, favorite music or television shows.
  - Ask what the residence hall is like (if your roommate has lived in the halls).
  - Ask what Lincoln is like and what he/she does for fun.

**b) What if my roommate does not write me back?**

- Some students might not have access to emails over the summer. Do not be discouraged by the lack of response.
There are five main dining halls at UNL – Selleck Dining Center, Cather/Pound/Neihardt Dining Center, Abel/Sandoz Dining Center, Harper Dining Center and Nebraska East Union. Check out the University Dining Guide at [http://housing.unl.edu/dining/files/Dining_Hall_PDF.pdf](http://housing.unl.edu/dining/files/Dining_Hall_PDF.pdf).

The dining halls are usually closed for breaks and open again on the first day of classes.

Here are some meal options during breaks:

- **a) Student Union (City Campus)** [http://unions.unl.edu/city/services/food_and_snacks.php](http://unions.unl.edu/city/services/food_and_snacks.php)
- **b) Student Union (East Campus)** [http://unions.unl.edu/east/services/food_and_snacks.php](http://unions.unl.edu/east/services/food_and_snacks.php)
- **c) Downtown Area** [http://downtownlincoln.org/play/dining/](http://downtownlincoln.org/play/dining/)

All students living on campus will have either a 5-day unlimited meal plan or a 7-day unlimited meal plan. This means that you are allowed to use any dining halls at any time unless you ate at Husker Hoagies, Husker Heroes or the East Campus Corner Deli for lunch, which counts as one of your meals for the day.
WHERE TO GET GROCERIES AND DAILY NEEDS?

Walmart
4700 N 27th Street
(402) 438-4377
Startran bus: Route 41 (Appendix D)

Supersaver
2662 Cornhusker Highway
(402) 466-7100

Target
333 North 48th Street
(402) 464-8292

Gateway Mall
6100 O Street
(402) 464 3196
StarTran Bus: Route 44

SouthPointe Pavilions
2910 Pine Lake Road
(402) 421 2114
StarTran Bus: Route 53
WHERE TO GET ETHNIC ITEMS?

African National Food Store
2803 NW 48th St.
402-470-2000

Al-Foorat
1434 N 27th St.
402-466-5713

Emsa European Grocery & Deli
2601 Champlain Dr. #100
402-476-5522

Eurasia Russian Store
809 P St.
402-476-5420

Europe Deli & Café
2730 N 48th St.
402-467-1871

Ideal Grocery & Market
905 S 27th St.
402-476-2177

India Groceries
1637 P St. #D
402-438-1637

Jung’s Oriental Food Store
3031 O St. #105a
402-435-8915

King Tut’s Grocery and Imported Goods
1642 O St.
402-475-9337

La Ilucion(Mexican)
916 S 13th St.
402-476-6666

La Mexican
1637 P St.
402-477-0785

Little Saigon Oriental Market
940 N 26th St. #B
402-435-4367

Open Harvest Natural Foods
1618 South St.
402-475-9069

Raduga European Grocery
300 N 27th St.
402-435-2522

Thai House Grocery (Asian)
610 N 27th St.
402-475-0558

UR Grocery (Halal foods)
1820 P Street
402-475-5879

Vina Market (Asian)
611 N 27th St. #4
402-476-1119

Super Saver
2662 Cornhusker Hwy.
402-466-7100

Walmart Super Center
4700 N 27th St.
402-438-4377

Bus Schedules and maps are available at the Information Desks at the Student Unions or at this website:

*Information sheet courtesy of UNL ISSO
a) Mobile/Cell Phone Companies

Most cell phone companies have 1 or 2 year contracts. Students who are studying in the U.S. for a semester or academic year may want to purchase a pre-paid plan which is offered by most mobile companies.

There is a UNL Computer and Phone Store in the City Union which offers Verizon and Sprint phone plans. Verizon offers UNL students a special phone plan. The store hours are listed below. However, Verizon does not support SIM cards. If you have a phone you are bringing from home, you will not be able to use it with Verizon. Consider using alternative phone plans.

**UNL Computer and Phone Store**

UNL Nebraska City Union  
1400 R Street  
Hours: 8am – 5pm, Monday – Friday  
(402) 472-8728  
Other mobile services are also available:

**AT&T** (www.wireless.att.com)  
*SouthPointe Pavilions*  
2910 Pine Lake Road  
(402) 421 2114  
StarTran Bus: Route 53

b) Calling Cards and other Resources

**Calling Cards:** Can be purchased at most convenience stores, including the Walgreens located downtown. Some services can be purchased online as well – a good place to start is [http://www.internationalstudent.com/phone-cards/](http://www.internationalstudent.com/phone-cards/)

**Skype:** Many students recommend using Skype when calling abroad. You can communicate using the computer or you can call landlines and cell phones using Skype with low rates. You can learn more about the rates here [http://beta.skype.com/en/rates/](http://beta.skype.com/en/rates/)
a) Banking

You may choose any bank; however, most international students do their banking with Union Bank & Trust because there is a campus branch in the city campus student union. Also, there are ATM(s) located across the city campus – e.g. city union, Neihardt residence hall, Abel Sandoz, and Harper Schramm Smith. The operating hours of the Union Bank branch is listed below.

Union Bank & Trust
UNL Nebraska Union
1400 R Street
Hours: 8:30am – 5pm, Monday – Friday

b) UNL Student Accounts (Paying your UNL bills)

Paying your bill online: Checking your student accounts requires you to log on to your MyRed account. Upon logging in, there will be a tab named Student Account. Upon clicking on that tab, the
side bar on the right should have the "Pay Bill" option. If you have trouble navigating MyRed, please call (402) 472-7211 for further assistance.

**Paying your bill in person:** Payment can be made in person at 121 Canfield Administration Building. You can pay with a cashier's check (obtained from the bank), bank draft, personal check, cash or with a credit card. However, paying with a credit card will cost 2.75% extra as convenience fee.

Paying your bill with foreign currency: Payment can also be made using currency from your home country. Via International Funds Transfer, you can pay your Student Account on MyRed using funds from an account in a bank outside the United States. For further details on this payment option, please visit this webpage: [http://bursar.unl.edu/paying-your-bill-with-foreign-currency](http://bursar.unl.edu/paying-your-bill-with-foreign-currency)

For more information on bill payment, please visit [http://studentaccounts.unl.edu/billingpayment](http://studentaccounts.unl.edu/billingpayment)

c) **American checks**

![Check Example]

1. **Date** – the date the check is written (cannot be a future date). The format is month/day/year.
2. **Maker** – person/business who writes the check – the name will be printed on the check.
3. **Payee** – person/business who receives the check – the name will be printed on the check.
4. **Maker Signature line or lines** – two or more signatures can be required on a check.
5. **Written amount** – the amount written in numbers.
6. **Legal amount** – the amount written in words.
7. Check number – which is printed on the check and appears in the Magnetic Ink Character Recognition (MICR) line on the bottom of the check.
8. Banking information – both the name of the bank and the American Banking Association number appear on the check.
9. Account and routing numbers – appear on the bottom of the check in the MICR line. The routing (ABA) number is always 9 digits long, and is always between a line and a colon (\textit{xxxxxx:}x).

d) Taxes and Tipping

In the United States, each state has its own sales tax on certain goods and services. Here in Lincoln it is 7%, plus an extra 2% when dining out at restaurants and bars. Tipping (15%) is customary for a variety of services such as waiters/waitresses, cab drivers, and food delivery. You may wish to tip more or less than 15% depending on your level of satisfaction with the service. In Nebraska, waiters/waitresses make a very low hourly wage and are not paid for overtime, so a large source of income is derived from customers’ (your) tips.

e) Social Security Number

If you will be earning money in the U.S. and have authorization to work on or off campus, you will need to apply for a social security number in order to get paid. To obtain a Social Security Number (SSN), you will need to apply in person at the U.S. Social Security Office located at 100 Centennial Mall North #191, Lincoln, NE 68508. They are open Monday through Friday from 9 a.m. to 3:30 p.m.

Note:

- SSNs are ONLY given for employment purposes – you cannot apply for a number unless you have secured a job.
- Although many institutions (landlords, banks, cell phone companies, etc.) will ask for a SSN, by law you are not required to have one. Tell them that you are not eligible.
- Your NCard number is different from your SSN. The NCard number is used for identification purposes only within the university.
**What is an NCard?**

The Ncard is designed to be UNL’s permanent photo identification card. It is valid as long as individuals are a registered student or employed at UNL. The Ncard system is used campus-wide and used for identification, accessing residence halls and dining centers, and can also function as a charge card for purchasing certain items on campus.

**How to get an Ncard?**

By attending orientation, you will go through a process to obtain your Ncard. However, you can also obtain your Ncard before orientation (or if you missed orientation) by going to the Ncard Office located in Room 121 of the Nebraska City Union. To obtain your Ncard, you must be a registered student or current employee or Affiliate at UNL. You will also need to present one form of government issued photo identification such as a driver’s license or passport. Go to [http://ncard.unl.edu/](http://ncard.unl.edu/) for more information.
On Campus Employment

On campus student jobs are posted on the Career Services website at [http://www.unl.edu/careers/experience/campusjobs.shtml](http://www.unl.edu/careers/experience/campusjobs.shtml).

All international students **MUST** receive permission from the International Student and Scholar Office (ISSO) before beginning any work on or off-campus. You are eligible to work up to 20 hours per week while school is in session and 40 hours per week during breaks.

Off Campus Employment

While enrolled, international students may participate in off campus employment directly related to their field of study. This is called *Curricular Practical Training* (CPT). For more information on CPT or other employment-visa related questions, please visit the ISSO located in 201 Seaton Hall.
All international students are automatically enrolled in the UNL Healthy Option Student coverage plan under Aetna Student Health. Dependent coverage is also available. International students with qualified plans that offer equivalent coverage may apply for a waiver. Waivers must be completed for each coverage period. Go to the International Student and Scholar Office site at http://isso.unl.edu/j.status.health.insurance.requirement for more information.

WHERE TO DO IF I NEED MEDICAL ATTENTION?

Make an appointment with the University Health Center (UHC) @ (402) 472-5000 during regular building hours. If you (or a friend) have a medical emergency, please call 9-1-1.

The nearest emergency room is:

**Bryan LGH Medical Center-West**

2300 South 16th Street
(16th and South Streets)
(402) 475-1011
All UNL students are provided with bus passes which can allow you to ride buses for free. Students can obtain bus passes during the International Student Orientation or by presenting their student ID cards at the Nebraska Parking and Transit Services Office. The operating hours are different for various routes and also for weekends. StarTran buses do not operate on Sundays and also certain public holidays. Bus schedules and routes are available in the city union next to the information services desk and also on this website -


Another website, http://getonboard.lincoln.ne.gov/ shows you where the buses are in real time and their next stops.

**Between East Campus and East Campus:** Bus line #24 runs between East Campus and City Campus. Similarly, schedules of bus routes and times may be obtained from the information desk on the main floor of the Nebraska Union.
b) Taxicabs

If you need to get somewhere faster, using cab services might be a better option but it is also more expensive. Two cab companies can be reached at:

Happy Cab Co. (402) 421-2221
Capital Cab (402) 477-6074

c) Zip Cars (www.zipcar.com/unl)

Zip Car offers affordable 24-hour access to private vehicles for short-term round-trip use. It is an efficient way to do groceries runs or attend appointments around town. Zip Car is not a car rental company because only members, reserving vehicles under the terms of a Membership Contract, can use zip cars. For more information, check out the website above. UNL students get $35 in free driving upon signing up.
a) Lincoln Municipal Airport (LNK)

The local cab services listed above are available for hire to get to and from the Lincoln Airport. One way cab services to Lincoln Airport cost approximately $15. If you are arriving at the Lincoln/Omaha Airport for the first time, please refer to page 5 under the section titled “Arrange for shuttle to designated residence hall.”

b) Omaha Eppley Airport (OMA)

OMALink (402) 475-5465 provides shuttle services to and from the Omaha Airport. The pricing details are listed at http://www.omalink.com/pdf/pricing.pdf. You can also make an online reservation at www.omalink.com.
Events on Campus

There is something exciting going on at the college every day. From a Bowling Bash to an “End of Days” lecture, various student organizations and university departments put on great (and free) programs for students. To see past events and what’s going on today, visit this website at http://involved.unl.edu/ or http://events.unl.edu/.

In addition, resident assistants in residence halls host fun and educational programs especially for each floor. This is a great way to form friendships with other students on the floor and also a great opportunity to learn about American culture.

Walking Distance from Campus

a) Explore the Haymarket

The Historic Haymarket is one of the most popular attractions in downtown Lincoln. According to its’ Facebook page, “When you enter the area, you are met with aromas from our many restaurants and are visually overwhelmed by the beautiful restoration and artwork of the old warehouse district. You hear the sounds of people living, working, and enjoying life in our district 24 hours a day. Reach out and touch history, sit at a sidewalk café and taste some of the best food and drink any area can offer, or find something special to take home from one of our unique shops.”
b) Sheldon Museum

The Sheldon Museum is located on the edge of campus right next to the Lied Center. The Sheldon Museum of Art houses more than 12,000 works of art in all media. It has a comprehensive collection of American art including prominent holdings of 19th century landscape and still life, American Impressionism, early Modernism, geometric abstraction, Abstract Expressionism, pop, minimalism and contemporary art.

The best thing about visiting the Sheldon? Admission is free!

c) Capitol Building [1445 K Street]

The Nebraska Capitol Building is located within a 15 minute walk from campus. It is the tallest building in Lincoln Nebraska standing 400 feet tall. The building is filled with beautiful historical artwork depicting the development of Nebraska. Admission is free, with free tours available every open hour (except 12 noon).

d) Go to a Nebraska football game!

One thing you will realize very quickly – Nebraskans love their football! This brings us to the following frequently asked question:
Why are Nebraskans crazy about Husker football?

Nebraska football is something that is cherished by nearly every person who lives (or who have lived) in Nebraska. The tradition, the fans, and the facilities that Nebraska has created made the Husker football team one of the most prominent in the nation. Nearly every Saturday in the fall becomes an all-day event. On those game day Saturdays, you will hear people saying “Go Big Red!” The day starts with pre-game festivities which include tailgate parties, watching the game in Memorial Stadium, as well as post-game festivities. A friendly tip for you, wear RED on that day to show your support! One thing Nebraska is known for is having the "Greatest fans in college football." Proof of this lies in the record shattering 328 consecutive sellouts that Memorial Stadium has had since 1962. All in all, Nebraska football is not just a sport; it is a way of life.

*This paragraph is written by Matt Buescher, an RA and sports enthusiast.*

**Driving Distance from Campus**

**a) Sunken Gardens**

Sunken Gardens features an annual floral display that consists of over 30,000 individual annual plants which are redesigned to a different theme each year. It is listed in the “300 Best Gardens to Visit in the United States and Canada” by the National Geographic Guide to Public Gardens. Besides that, it is also a popular spot for wedding ceremonies. Admission is also free.

**b) Omaha Henry Doorly Zoo and Aquarium**

The Omaha Henry Doorly Zoo and Aquarium is located in Omaha, Nebraska. It is within approximately 45 minutes’ drive from campus. The zoo is nationally renowned for its leadership in animal conservation and research. You can easily spend a day mesmerized by the variety of animals they have. In fact, the Henry Doorly Zoo and Aquarium is Nebraska's number one paid attendance attraction and has welcomed more than 25 million visitors over the past 40 years.

Admission costs $13.50 for students between 12-61 years old.
Culture shock is a syndrome due to the stress people experience as they lose the environment they are familiar with. Moving to a new environment can be exciting and fun; but losing the familiarity in way of life can also be stressful. Simple tasks such as mailing letters, buying groceries and conversing with others become more difficult. People suffering from culture shock may feel disoriented in the process of adjusting to new ways of life. There could be a point in the United States when you might question yourself on the purpose of studying abroad instead of completing a degree back home. Be prepared.

What are the signs of culture shock?

- Feelings of anger over minor inconveniences
- Irritability
- Extreme homesickness
- Withdrawal from people who are different from you
- A new and intense feeling of loyalty to your own culture
- An increase or loss of appetite
- Boredom
- Sleep difficulties
- Headaches
- Upset stomach
- Excessive concern over minor pains
- Feeling sick much of the time
- Loss of ability to work effectively
- Unexplainable fits of crying
- Marital stress
- Exaggerated cleanliness
- Depression
- Difficulty concentrating
You may not notice all of these signs but only a few of them. Do not be afraid to ask for help if you are having difficulty adjusting to your new life. You do not have to go through it by yourself.

**Strategies to counter culture shock**

a) Get connected with other international students

Chances are your international peers are confronted with similar challenges. Talk to them, especially students who have been here longer, ask them for advice and build your support network.

b) Get involved on campus

You might hear this phrase – “get involved” – a lot here. There are many ways you can get involved on campus such as joining a student organization, getting an on campus job, etc. Indeed, getting involved can be a rewarding experience and it can also ease your adjustment to the American culture. By being active on campus, you are slowly building your new life here in the states.

c) Make American friends

You have completed the tougher part of your journey, leaving your home behind. Now, it is time for you to be brave and initiate conversations and relationships with the people here. You might have a cultural perception that it is the “host's responsibility” as part of their hospitality. However, this concept is not common here. Ask questions and be willing to answer questions about your own culture; bond over both similarities and differences that you share with your American peers.
d) Observe and learn

Spend time outside your room or apartment. Observe how your peers communicate and build relationships. Get comfortable with the American culture; listen to the music, watch the movies and television shows and read the books your American peers are enjoying. Go to campus events, parks, libraries and sporting events. [Note: You might observe that drinking is prevalent among college students. But NEVER let anyone pressure you into drinking.]

If there are things that confuse you, ask your American peers. Many of them will gladly answer your questions. Listen for unusual phrases and ask about slang terms you do not understand.

e) Exercise

Find a physical exercise you enjoy doing and do it! If you enjoy team sports, there are many sports club on campus that you can join. On top of that, you can also build your own intramural sports team and compete with others. Exercise can help you deal with the stress from adjusting into a new environment or stress from the many assignments you will have.

f) Communicate with your family

With Skype, Google phones and so many other free internet calling methods, it is not difficult to communicate with your family back home regularly. Look to them for support but do not forget to build relationships with people around you.

g) Be patient – “This too shall pass”

Realize that what you are facing is not permanent and will fade with time. Habits take time to form and relationships take time to build.

One of the best ways to improve a skill is to use it, and use it often! There are so many ways to do so, in regards to strengthening your English language skills, you can – watch movies, read books and magazines, play computer games, etc.

On top of the suggestions above, making friends with people from outside your home country helps tremendously! Building relationships with these people takes significantly more time than with people who share more similarities with you. This could be intimidating especially when you are in a new environment. But, if you tough it out and keep pushing yourself to speak in English, soon you will be able to converse comfortably and confidently. You could also gain friends from all around the world. Everyone has to start somewhere! 😊

- Don’t worry too much about your English. Just force yourself to keep talking and you will become more fluent.

- Expect to make intercultural mistakes! Find ways to apologize for them, forgive yourself and don’t worry about it.

- Talk to international students who have been around longer for advice on building relationships other students.
Generally, American professors expect students to ask questions and use reasoning to back up their arguments. Professors want to be respected for their knowledge and opinions, but they generally prefer discussion and debate to respectful silence. Occasionally, silence in classes may be misconstrued as a lack of interest. In certain classes, class participation could make up a big portion of the final grade. Hence, there will be times you have to force yourself to speak up in class.

The "social distance" between students and professors is much less compared to other countries. Your classmates in America might behave less formally than your classmates back home; try to withhold judgments on your classmates’ behaviors as disrespectful.

Professors also keep office hours to assist students. Make it a point to visit your professors during office hours because they want to help you succeed in the class! Generally, professors welcome questions from students; do not consider consulting your professor as a "loss of face".

*Source: LINC Student Booklet*
a) Chemistry Resource Center [Hamilton Hall 228]
   - This resource center makes available a place to study, a computer lab with specialized software and also provides students with access to free tutoring by chemistry teaching assistants.

b) Engineering Mechanics Instructional Laboratory [Nebraska Hall 2nd floor NW corner]
   - The laboratory offers tutoring in ENGM courses. For the lab hours, please check here – [link to schedule]
   - For more details: [link to tutoring information]

C) Find a major or career!
   - Career Services [Nebraska Union 230] You can meet with a career counselor for a 20-minutes walk-in session or schedule an appointment by phone or online. For more details: [link to career services]
   - Advising in Exploratory and Pre-Professional Advising [Canfield Administration Building 33] An advisor is available for walk-in sessions on Monday through Friday from 8:30-11:30am and 1:00-4:00pm. Appointments can also be made on student’s MYPLAN TAB in Blackboard. For more details: [link to advising]

d) Math Resource Center [Avery 13B (academic year); Avery 18 (summer)]
• The center provides a location for students to meet and work together on assignments and group projects. In addition, it also provides students with assistance on Math courses: 100A, 101, 102, 103, 104, 106, 107, and 108H.
• For more details: http://www.math.unl.edu/resources/undergraduate/mrc/

e) Office of Academic Success and Intercultural Services (OASIS) [Jackie Gaughan Multicultural Center]
• OASIS offers free tutoring to all UNL students and also provides a mix of academic, diversity and social programs to support student success.
• For more details: http://www.unl.edu/oasis/

f) Statistics Help!
• The statistics department has prepared a list of tutors who are willing to help you in statistics. To browse this list, please visit:
  http://statistics.unl.edu/academics/undergraduate/sas_tutors.shtml

g) Writing Assistance Center [Andrews Hall 115]
• The center can help you with: exploring ideas, getting started, drafting, revising, editing, essays, cover letters, research papers and reports.
• In order to ensure sufficient time to work with a consultant, the center encourages students to make an appointment.
• To create an account, follow the instructions here: http://www.unl.edu/writing/
a) Undergraduate Creative Activities and Research (UCARE)

- UCARE allows undergraduate students the unique opportunity to work alongside world-class faculty members and directly participate in the campus' research and creative activities. This two-year program, funded by Pepsi endowment allows students to make a difference while pursuing their undergraduate education.
- As a student, you will get –
  i. Firsthand research experience as an undergraduate student
  ii. A stipend for participating in UCARE
  iii. Strong connections with faculty who are leaders in their respective fields
  iv. Opportunity to develop new knowledge
- To find out how to apply and the list of projects available -
  [http://www.unl.edu/ucare/welcome](http://www.unl.edu/ucare/welcome)

b) University Honors Program

- The Honors Program at the University of Nebraska is a university-wide community of scholars – an intense intellectual experience for top students in a major research university setting. The program provides students with opportunities to explore new knowledge through research, participate in a process of discovery, and appreciate and respect a diversity of opinions.
• What are the benefits of the Honors Program at UNL?
  i. Small classes—the average Honors class is 18 people, but many are smaller
  ii. Seminars on special topics offered only to Honors students
  iii. Research requirement: built into the Honors Program is the requirement to complete a senior thesis. As research is essential for admission to graduate and most professional schools, completing the research requirement puts Honors students in advantageous positions for beginning graduate studies.
  iv. Interaction with faculty members who are top teachers and researchers, as early as your first semester in college
  v. Interaction with other students who are highly motivated and enjoy intellectual challenge
  vi. Special programming open only to Honors students
  vii. Honors credit for Education Abroad
  viii. The opportunity to live in Honors housing

• To learn more about the Honors Program http://honors.unl.edu/
a) **Start at Big Red Welcome (August) or Get Rec’d! (January)**

- Held at the UNL Stadium Loop (Big Red Welcome) or the UNL Campus Recreation Center (Get Rec’d), this event attracts more than 12,000 students, campus and community supporters from across Nebraska and the US!
- If there is a sport or hobby you have always wanted to try out, from the Crew Club to the Soap Carving Club, visit the booths of various student organizations on display.

b) **Check out the Student Involvement webpage – UNL Community Student Organization Website**

- Student Involvement is the department on campus which supports the efforts of over 500 student organizations on campus.
- The UNL Community Student Organization Website can be used to browse the available UNL student organizations; it also provides a way for you to contact the student organization for more information.
c) **Attend programs in the residence halls and hall government meetings!**

- One of the most convenient ways to build relationships with others is to interact with people who are close to you. Staying in the residence halls, you will have an RA to host programs for you and your floor members. Attending the floor programs with your other floor members is a great way to “hang out” and learn about the American culture. In order to obtain funds for these programs, RAs and floor representatives attend weekly hall government meetings. Attending the hall government meetings is also a great way to get involved and help build your community.

d) **Talk to faculty members and advisors!**

- These can be your professors, teaching assistants, or academic advisors. They are the leaders in the field you are pursuing. Building relationships with these people may reveal opportunities you do not know about. You may gain research experience with the faculty member, write a thesis under their guidance or secure a worthy letter of recommendation.
TO BRING

a. **(Very important)** Travel documents
   - These documents should **NOT** be packed in your check-in luggage but kept with you at all times.
   - **Passport**
     - With F-1 or J-1 visa.
   - **I-20**
   - **Flight itinerary.**
   - **American address (required prior entry flight to USA).**
   - **Traveler’s checks or bank drafts.**
   - **Cash – USD $300 should be sufficient to travel and get basic necessities for the first few weeks. Get some small denominations.**
   - **Copies of all of your identification documents.**
     - Put these copies in a separate bag.
   - **Important contact numbers:**
     - Mike Wismer, Coordinator of Orientation Activities (402) 472 8797
     - Jake Hoy-Elswick, Sr. Assistant Director for Admissions (402) 472 0981
     - UNL Housing (402) 472-3561
     - Jessica Loke, Residential International Student Coordinator (402) 472 7987
   - **[OPTIONAL] Other forms of identification (home country identification documents, e.g. driver’s license).**

b. **Academic documents**
   - If you haven’t submitted final copies of your secondary or college transcripts, bring the original copies with you. Provide also certified English translation for each of your academic documents.

c. **Medical records**
   - Evidence of two measles (Rubella) vaccination dates.
   - An official report of a chest x-ray.
   - If the documents are not in English, enclose English translation for them.

d. **Religious devotion materials**

e. **Cultural artifacts/souvenirs**
   - These items can be helpful in sharing your culture with other people in the U.S., and also serve as unique thank you gifts.

f. **Memorabilia**
   - Photos of friends and family (or pets)
   - Favorite blanket or soft toys
   - Favorite CDs
g. Clothes (10 days)
   - Formal/traditional apparel
   - Jackets/ sweater (one or two should be sufficient)
   - T-shirts (a few long sleeve ones)
   - Jeans
   - Skirt/dresses
   - Shorts
   - Pajamas, Robe
   - Scarf
   - Undergarments
   - Socks
   - Gloves
   - Do not worry about bringing too much clothing. Most of the time, students end up buying more suitable apparel here, especially in regards to winter jackets.
   - Shoes

h. Toiletries
   - These are things you do not have to bring in large amounts (unless you can only use certain brand names available in your home country) because they are heavy and can be purchased here.
   - Toothbrush & floss
   - Lip balm
   - Hairbrush
   - Glasses, contacts and contacts solution
     - To get glasses and contacts here you need a prescription document from your ophthalmologist back home or complete an eye exam (which costs approximately $70).
   - Facial wash/wipes
   - Nail clipper/file/buffer
   - Feminine hygiene products.
   - Cosmetics
   - Travel size sewing kit

i. Medication
   - You are allowed to bring medication into the U.S. as long as they are for personal use and not any of the prohibited drug types such as GHB, Fen-Phen, Rohypnol etc.
   - These medications have to be in original containers with proper labels. It is also recommended that you carry a prescription or written statement from your doctor.
   - For further details, visit this website [http://www.cbp.gov/xp/cgov/travel/clearing/restricted/medication_drugs.xml](http://www.cbp.gov/xp/cgov/travel/clearing/restricted/medication_drugs.xml)

j. Stationary
   - These items can also be bought here for a reasonable price. Unless you are an art or architect major, most of your assignments are completed using computers. Hence, a few pens or (mechanical) pencils should suffice.
   - Calculators
Foods which are commercially prepared and packed (with an unopened commercial label) are generally allowed through customs. However, foods in packaging that appears unsafe or contaminated may be refused entry.

- Many ethnic food items are also available in various stores in Lincoln. (See list above)
- When entering the United States, you must declare that you are bringing food. Failure to declare food products can result in up to $10,000 in fines and penalties.
- For further details, please visit [https://help.cbp.gov/app/answers/detail/a_id/82/~/travelers-bringing-food-into-the-u.s.-for-personal-use](https://help.cbp.gov/app/answers/detail/a_id/82/~/travelers-bringing-food-into-the-u.s.-for-personal-use).

1. **Electronic gadgets**
   - Electrical appliances operating between 220 – 240 volts are not recommended in the U.S. The standard AC power in the U.S. is between 110 – 120 volts. Plugging in an appliance with different electrical standards can ruin your appliance or cause other damage. However, if you do bring your electrical appliances from back home, consider buying a volt converter. A volt converter can be easily purchased at any of the electronic stores in the U.S., such as BestBuy, RadioShack, etc.
     - Travel adapter
     - Cell phone charger
     - Laptop and charger
     - Flash drive
     - Camera

**DO NOT BRING**

i. **Weapons**
   - Firearms are not allowed on campus.
   - Dangerous items like swords and knives might have difficulty clearing customs and are also not allowed in the residence halls.

ii. **Alcohol**
   - Alcohol is not allowed on campus (includes cooking wine).
Wireless Network Access - Connection and Registration

***YOU MUST COMPLETE BOTH STEPS 1 AND 2

To register for wireless in the residence halls, you'll need to know your My.UNL (Blackboard) username and password.

- If you don’t know this information, go to a lab or other computer that’s already connected and go to MyRed.unl.edu (under the ‘Student’ tab, click on ‘UNL other services’ and you can look up your username) and ID.unl.edu (where you can reset your password).

STEP 1 – Registering your WIRELESS computer on wifi.unl.edu

If you ARE NOT already registered for wireless elsewhere on campus, you should be able to connect wirelessly to UNL-WIRELESS-REGISTRATION in the halls.

If you ARE already registered for wireless elsewhere on campus, proceed to Step 2.

1. Once you have your login and password, go to http://wifi.unl.edu/. This should be the only place you can go on UNL-WIRELESS-REGISTRATION. There will be a welcome screen. Click ‘Accept’ at the bottom.

2. Log in using your My.UNL (Blackboard) Username and password (see above).

3. Once logged in, click on “Register a card”.

4. The next page is “Wireless card information”. If you don’t know your MAC or hardware address, there’s a button that will say “Find my current MAC address.” Click that button and it should find and fill in the hardware address. Then click ‘NEXT’.

5. Click ‘NEXT’ again to confirm the registration. You should be able to connect wirelessly to UNL-AIR in about 10 minutes. Once you connect to UNL-AIR, proceed to Step 2.

STEP 2 – Registering your WIRELESS computer on SAFECONNECT

ResNet is using the SafeConnect Registration System. General information about SafeConnect is available at: http://is.unl.edu/safeconnect/.

- Currently, any network devices besides Windows and Macintosh computers do not need to be registered through SafeConnect.

1. Connect to UNL-AIR wireless network.

2. Open a web browser (preferably Internet Explorer, Firefox or Safari). You may have to enter a website that you don’t have cached, like http://resnet.unl.edu/. You should be directed to the SafeConnect login page.
3. **Log in using your My.UNL (Blackboard) ID and password** (see above).

4. Once you’ve logged in, you will see a notice that says: **“Yes, I will install the Policy Key and accept the terms and conditions for Internet Use”**. If you’re not familiar with the UNL Computer User Agreement, click on the link and read it before you agree. You must agree to the terms listed in order to register for Internet Access.

5. Click on the link that starts “Yes, I will …” and the SafeConnect system will then start a download of the policy key installer (called ServiceInstaller.exe).
   - Save the policy key installer to your desktop, then double click on it to start the installation. You may have to give permission for the install to start.
   - Once it’s done, you’ll see a window that says *installation was successful*. You should now have full connectivity.

**NEED HELP/ADVICE? HAVE QUESTIONS?**

- If you have questions, please first visit the ResNet website, [http://resnet.unl.edu/](http://resnet.unl.edu/).
- **If your questions are not answered on our website, call us at 402-472-3535.**
- Walk-in help is available at the ResNet office, located in Sandoz, near the Abel/Sandoz Welcome Center.
- **Hall opening weekend:** The ResNet office will be open Thursday, August 18th through Sunday, August 21st from 10:00 AM to 8:00 PM daily.
- Starting Monday August 22nd, we will be open regular hours as posted on our website.

If you have problems logging into “SafeConnect”, the [wifi.unl.edu](http://wifi.unl.edu) page or any other concerns with the registration process, call ResNet at 402-472-3535. We can look up your My.UNL (Blackboard) login and, if necessary, reset your password.
### Downtown Lincoln Visitor Guide

**www.downtownlincoln.org**

**It’s A Gift!**

The NEW Downtown Gift Card is Now Available! downtowngift.org

**Scan with your Smartphone to buy now and see a complete list of participating merchants.**

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**Dining**

<table>
<thead>
<tr>
<th>AMERICAN</th>
<th>Coffee House, The</th>
<th>Philips City Grill</th>
<th>The Cozy Dining Room</th>
<th>EVO Chophouse &amp; Bar</th>
<th>The Elkhorn Club, The</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>332 S. 16th St.</td>
<td>1201 N. 8th St.</td>
<td>1110 O. St.</td>
<td>333 S. 16th St.</td>
<td>1320 O. St.</td>
</tr>
<tr>
<td></td>
<td>476-7770</td>
<td>476-0976</td>
<td>475-3279</td>
<td>476-6600</td>
<td>474-1111</td>
</tr>
</tbody>
</table>

**Casual Dining**

<table>
<thead>
<tr>
<th>Cafe Indigo</th>
<th>Coffee Trader, The</th>
<th>Crave</th>
<th>Juice Stop</th>
<th>Kinetic Brew</th>
<th>Lincoln Espresso</th>
</tr>
</thead>
<tbody>
<tr>
<td>301 S. 16th St.</td>
<td>1200 N. 8th St.</td>
<td>616 P. 13th St.</td>
<td>1217 Q St.</td>
<td>112 S. 16th St.</td>
<td>438-6560</td>
</tr>
<tr>
<td>477-7770</td>
<td>475-3279</td>
<td>435-2828</td>
<td>435-4442</td>
<td>780-5093</td>
<td>438-6560</td>
</tr>
</tbody>
</table>

**Continental**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Green Gateau</th>
<th>JTK Cuisine &amp; Cocktails</th>
<th>Longhorn Steakhouse</th>
<th>Margarita Mickey's</th>
<th>The Old Post Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>1320 O. St.</td>
<td>330 S. 16th St.</td>
<td>338 W. 16th St.</td>
<td>333 S. 16th St.</td>
<td>333 S. 16th St.</td>
<td>1320 O. St.</td>
</tr>
<tr>
<td>475-9475</td>
<td>477-0330</td>
<td>438-6601</td>
<td>476-3366</td>
<td>N/A</td>
<td>474-0410</td>
</tr>
</tbody>
</table>

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**For more information, please contact the City of Lincoln Parking Office.**

**Public Parking**

- **First Hour Free**
- **Sky Walk**

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**Introducing another great reason to be downtown...**

- **Public Parking**
- **Visitor Info**

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**Gift Card is Now Available! downtowngift.org**

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**While every effort has been made to ensure accuracy and completeness, the City of Lincoln assumes no responsibility for omissions or errors.**
Service Information

Bus Stops
Most stops on every route are marked by a blue and green bus stop sign. StarTran buses will stop at all corners outside the downtown loop.

Bus Fares
Cash Fare $1.75
*Senior Saver/Go for Less Cash Fare 85¢
Children (under 4) FREE
Transfers FREE
Handi-Van $3.50
Star Shuttle 25¢
*Senior Saver/Go for Less Star Shuttle 10¢
* Must show Go For Less/Senior Saver or Medicare ID to driver BEFORE paying fare. Please have exact change.

Bus Passes
20 Ride Pass $33.00
31 Consecutive Day Pass $45.00
31 Consecutive Day Pass $8.00
20 Ride Handi-Van Pass $66.00
31 Consecutive Day Handi-Van Pass $90.00
31 Consecutive Day Handi-Van Pass $16.00
Senior Saver/Go For Less 20 Ride Pass $16.00
Fares subject to change.

Transfers
If you need to take more than one bus or make stops along the way, ask your StarTran driver for a transfer when paying your fare. (One transfer per fare). Transfers are free and allow you to change buses without having to pay another fare. There are two types of transfers for your convenience:

1. Regular: A regular transfer lets you board a different bus going in the same direction as if it were the first bus you boarded. This transfer is good for one hour or until the next connecting bus arrives.
2. Stop Over: A stop over transfer lets you stop for one hour along your route and reboard the same bus going in the same direction.

Elderly & Disabled
Elderly and disabled persons presenting a Medicare Card, Senior Saver, Go For Less Photo ID card or valid State ID ride for just 85¢. Photo ID’s are available at the League of Human Dignity (402-441-7871).

StarTran System
1. Services offered six (6) days a week. NO Sundays.
2. No service on the following holidays: New Year’s Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Day or days celebrated as such.
3. All downtown routes connect at 11th & “N” Streets and the State Office Building.
4. Time points in bold refer to PM times, all others are AM.
5. Arrival times are approximate depending on traffic and weather conditions.

Wheelchair Accessible Service

Visit our website startran.lincoln.ne.gov
track your bus: getonboard.lincoln.ne.gov

StarTran
710 “J” Street
Lincoln, NE 68508

Become our fan on Facebook

Designed by Citizen Information Center 2/2012
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