J-1 SCHOLAR HANDBOOK

The guide to your new life in the United States

Arizona State University
International Center
Students and Scholars
ABOUT HEALTHCARE

URGENT CARE

Please go to nextcare.com or fastmed.com in order to find a location near you.

CVS MINUTE CLINICS

Please go to cvs.com/minuteclinic in order to find a location near you.

*CVS Minute Clinics are staffed by nurse practitioners and physician assistants who provide treatment for common family illnesses and injuries, administer vaccinations, conduct physicals and wellness screenings, and offer monitoring for chronic conditions.*

PLANNED PARENTHOOD

Please go to plannedparenthood.org to find a location near you.

*Planned Parenthood health centers provide a wide range of safe, reliable health care, which helps prevent unintended pregnancies through contraception, reduce the spread of sexually transmitted infections through testing and treatment, and screen for cervical and other cancers.*

ASU HEALTH SERVICES

Please go to eoss.asu.edu/health in order to find a location near you.

*ASU Health Service Centers are staffed by physicians and nurse practitioners that are board-certified in emergency medicine, family medicine, gynecology, internal medicine, neurology, orthopedics, otolaryngology (ear, nose and throat), rheumatology, and sports medicine.*

FIND A HEALTHCARE PROFESSIONAL

To find a Physician near you, please visit doctor.webmd.com.

To find a Dentist near you, please visit mouthhealthy.org.

To find an Optometrist near you, please visit aoa.org.

*You can always use your health insurance company’s website to search for healthcare providers who are covered by your insurance as well.*

DISCLAIMER: These medical institutions ARE NOT verified personally by ASU and/or its affiliates, and are merely stating locations when, and if, medical attention is needed by you or your dependents.
EMERGENCY

The ER is meant for true emergencies and is equipped for nearly any type of medical emergency. Please do not visit the ER for non-life threatening situations, where you can be best treated at an urgent care facility.

Visit the ER for care when you experience any of the following: allergic reactions to food, animal or bug bites, broken bones, chest pain, constant vomiting, continuous bleeding, severe shortness of breath, deep wounds, weakness or pain in a leg or arm, head injuries, or unconsciousness.

Tempe St. Luke’s Hospital 1500 S Mill Ave, Tempe, AZ 85281 | (480) 784-5500
0.7 miles from Tempe Campus

Banner Desert Medical Center 1400 S Dobson Rd, Mesa, AZ 85202 | (480) 412-3000
5.0 miles from Tempe Campus

Banner – University Medical Center Phoenix 1111 E McDowell Rd, Phoenix, AZ 85006 | (602) 839-2000
1.6 miles from Downtown Phoenix Campus

St. Luke’s Medical Center 1800 E Van Buren St, Phoenix, AZ 85006 | (602) 251-8100
2.1 miles from Downtown Phoenix Campus

Gilbert Hospital 5656 S Power Rd, Gilbert, AZ 85295 | (480) 984-2000
0.8 miles from Polytechnic Campus

Banner Thunderbird Medical Center 5555 W Thunderbird Rd, Glendale, AZ 85306 | (602) 588-5555
1.8 miles from West Campus
ABOUT TRANSPORTATION

BIKE
cfo.asu.edu/bike

CAR RENTAL & TRANSPORTATION SERVICES
cfo.asu.edu/car-rental-transportation-services

PUBLIC TRANSIT
cfo.asu.edu/transit

PARKING ON CAMPUS
cfo.asu.edu/parking.

CAMPUS SHUTTLES
cfo.asu.edu/shuttles

AIR TRAVEL
skyharbor.com

CAR SHARING SERVICES
uber.com
zipcar.com
enterprisecarshare.com
BUYING A CAR IN THE UNITED STATES

Before You Buy a Car
If you decide to buy a car, you can often save money if you do research beforehand. A good place to start is online. There are a variety of websites that provide a lot of helpful information about different vehicles and survey the level of customer satisfaction. Some helpful websites include: carfax.com, kbb.com, and consumerreports.org. Doing this research will help educate you about which car will fit your needs best, and will also give you an idea of what types of cars fit into your budget.

Automobile Insurance
Drivers of automobiles, motorcycles, and other motor vehicles have a financial and legal responsibility in case of an accident that involves injury or death, damage to another vehicle, or property. DO NOT DRIVE WITHOUT INSURANCE! There can be very serious legal and financial consequences if you do not have insurance.

Buying a New Car
Each car dealer offers different prices. After you choose a model, you must decide about the "options" or special features you are interested in - engine size, automatic or manual ("stick shift") transmission, and so on. Spend time looking at different cars and models, compare basic prices and added "option" costs, and get advice from experienced car buyers, not just from the salespeople.

Buying a Used Car
Used cars are less expensive than new cars, but the buyer must be willing to assume the risk of car trouble and repair costs. Check kbb.com for average prices of different years and models. You will probably be able to get the best deal on a car from a private person who advertises in the classified ads of local newspapers.

Any reputable person selling a used car will allow you to take the car to a garage mechanic not associated with the seller for a thorough inspection (called a "diagnostic check"). Mechanics usually charge $50-60 for this service.

Paying for a Car
You can often get the best price for a car by offering to pay the full amount in "cash." In this case, it means a cashier's check from a bank or travelers checks. Be suspicious of anyone asking you to bring the full amount in actual cash (bills). IT IS DANGEROUS TO CARRY LARGE AMOUNTS OF MONEY WITH YOU.

Financing
Whether buying a new or used car through a dealer, compare the cost of different methods of financing. Loans may add 20-30% to the total price of the car. If you should decide to buy on credit, it is best to do so through a credit union, bank, or savings and loan association. And remember, before signing ANY documents make certain that you understand all the details of the sale and payments required. Keep copies of all documents.
IDENTIFICATION CARD

If you would like to obtain an identification card in the State of Arizona, you will need to do the following:

1) Begin your application online at apps.azdot.gov/mvd/application/applicationform.aspx.
2) Determine your identification requirements online at azdot.gov/docs/default-source/mvd-forms-pubs/96-0155.pdf?sfvrsn=16.
3) Visit your local MVD office to finish the process. You can find the nearest MVD office at azdot.gov/mvd/hours-and-locations.


DRIVER’S LICENSE

Arizona law states that international driver’s licenses do not satisfy Arizona’s requirements. Arizona still requires those with an international driver’s license to get an Arizona driver’s license.

If you would like to obtain a driver’s license in the State of Arizona, you will need to do the following:

1) Begin your application online at apps.azdot.gov/mvd/application/applicationform.aspx.
2) Determine your identification requirements online at azdot.gov/docs/default-source/mvd-forms-pubs/96-0155.pdf?sfvrsn=16.
3) Visit your local MVD office to finish the process. You can find the nearest MVD office at azdot.gov/mvd/hours-and-locations.
AVERAGE TEMPERATURES IN PHOENIX, ARIZONA

<table>
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<tr>
<th>Month</th>
<th>Average High (°F/°C)</th>
<th>Average Low (°F/°C)</th>
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<tr>
<td>December</td>
<td>67/19</td>
<td>44/7</td>
</tr>
</tbody>
</table>

SEASONAL WEATHER IN ARIZONA/WHAT TO WEAR

**Fall**
While autumn descends across most of the country in September, sunny summer days linger in Phoenix. Come October, the days are warm, pleasant and perfect for outdoor fun while cool nights lend themselves to dining al fresco. *We recommend wearing:* long pants or jeans, long-sleeve or short-sleeve shirts, light sweaters.

**Winter**
Phoenix skies stay blue throughout winter with high temperatures in the 60s and 70s. Desert nights and mornings can get chilly, but the temperature rarely drops below freezing. *We recommend wearing:* long pants or jeans, long-sleeve shirts, jackets/coats/sweatshirts, gloves, scarves.

**Spring**
Phoenix’s springtime weather is consistently perfect with blooming cacti and wildflowers brightening our desert. Daytime temperatures loll around 80 degrees while evenings are comfortably cool. *We recommend wearing:* long pants or jeans, long-sleeve or short-sleeve shirts, light sweaters.

**Summer**
Hey, it’s hot. The old axiom is that “it’s a dry heat,” and there’s truth to that. The Sonoran Desert’s super-low humidity means 90-degree temperatures (32 degrees C) feel quite nice, and the arid climate causes perspiration to evaporate quickly, keeping you cooler and drier. *We recommend wearing:* shorts, skirts, short-sleeve shirts or tank tops, flip flops or sandals, sunglasses.
ABOUT YOUR CAMPUS

SUN DEVIL FITNESS COMPLEX

Tempe Campus 500 E Apache Blvd, Tempe, AZ 85281

Downtown Phoenix Campus 350 N 1st Ave, Phoenix, AZ 85003

Polytechnic Campus 5951 S Williams Campus Loop, Mesa, AZ 85212

West Campus 13351 N 47th Dr, Glendale, AZ 85306

For more information, please visit fitness.asu.edu.

ASU LIBRARIES

Tempe Campus 300 E Orange Mall, Tempe, AZ 85281

Downtown Phoenix Campus 411 N Central Ave, Phoenix, AZ 85004

Polytechnic Campus 5988 S Backus Mall, Mesa, AZ 85212

West Campus 13400 N 47th Ave, Phoenix, AZ 85306

For more information, please visit lib.asu.edu.

SUN DEVIL CAMPUS STORE

Tempe Campus 525 E Orange St, Tempe, AZ 85281

Downtown Phoenix Campus 411 N Central Ave, Phoenix, AZ 85004

Polytechnic Campus 5999 S Backus Mall, Mesa, AZ 85212

West Campus 13590 N 47th Ave, Phoenix, AZ 85306

For more information, please visit bookstore.asu.edu.

STAY SAFE ON CAMPUS!

1. Call 911 in case of any emergency.
2. Sign up for the text message alert system at getprotected.asu.edu/front.
3. Refer to page 2 and 3 of this packet if you need immediate medical attention.
ABOUT MOVING

ABOUT LEASE AGREEMENTS
Always read carefully before signing a lease agreement. All the blank spaces on the contract should be filled in before you sign. The landlord is required by law to give you a copy of your lease.

Move-In Checklist
Get a move-in checklist from the landlord so that you can provide feedback about the condition of the new residence at the time you move in. Keep a copy of the list and give a copy to the landlord.

Breaking A Lease
You cannot just “break” the lease in the middle of a contract without being responsible for the payment of rent until the end of the lease. There are exceptions to this rule. Under month-to-month rental agreements, notice must be given thirty (30) days before. A 30-day written notice may be necessary even when your lease ends on a specific dates. NOTICES SHOULD ALWAYS BE GIVEN IN WRITING. A “lease break” fee (mentioned in some rental agreements) may or may not be enforceable in a court of law.

Lease End
At the end of your lease, you have the right to be present when the landlord does a move-out inspection. Take your copy of the move-in checklist. The landlord is supposed to return all refundable security deposits within fourteen (14) business days.

PROBLEMS AND ISSUES
If you have a problem with heat, air conditioning, roof leaks, bugs, mold, etc., and the landlord won’t fix it, consult an attorney who deals with residential landlord-tenant issues or contact the code compliance office for your city.

Tempe: (480) 350-8372
Phoenix: (602) 262-7844
Scottsdale: (480) 312-2546
Gilbert: (480) 503-6879
Chandler: (480) 782-4320
Mesa: (480) 644-4273
Glendale: (623) 930-3610

Eviction
Under state law, landlords may attempt to do an emergency eviction with almost no advance notice if the landlord thinks the tenant has violated certain laws. You do have some rights in this situation, but you have to act immediately to preserve those rights.

OFF-CAMPUS HOUSING
For Off-Campus housing referrals, please visit eoss.asu.edu/offcampushousing

Ask a Student? Join the “ASU Off-Campus Students” group on Facebook.

Referrals do not imply an endorsement or recommendation by Arizona State University.
ABOUT SAFETY

CRIME PREVENTION

Personal Safety
• Sign up for the ASU Alert and Advisory System.
• Visit ASU’s sexual violence prevention website.
• Register for smart 911.com.
• Let your friends know where you are going and your expected travel time.
• Use well-traveled, well-lit routes.
• Be observant of your surroundings at all times.
• Don’t listen to music or text while walking.
• Walk with friends or use the Safety Escort Service at (480) 965-1515.
• Be aware of the ASU Blue-Light Emergency Call Boxes and where they are on your route.
• Walk confidently, with purpose, and at a steady pace.
• If you do get into trouble, attract attention to yourself in any way you can.

At Home
• Don’t let anyone you don’t know well into your place of residence.
• Don’t open the door for someone if you don’t already know who they are.
• Always lock your doors when you’re asleep or not in the room, even if you are gone for a moment.
• Avoid isolated areas in your building if you can help it, especially at night.
• Never indicate to someone that you are alone.
• Use well-lit entrances to your building.
ABOUT SAFETY

CALL (480) 965-3456
FOR ALL NON-EMERGENCIES

CALL 911
FOR ALL LIFE THREATENING EMERGENCIES

The Free ASU LiveSafe mobile app enhances your personal safety across Arizona State University campuses.

Report real-time anonymous tips to the ASU Police:
- chat
- pictures
- audio
- video

livesafe.asu.edu @ASULiveSafe

DOWNLOAD THE FREE ASU LIVESAFE MOBILE APP
ENGLISH AS A SECOND LANGUAGE

The Tempe Public Library regularly hosts free table talk groups for speakers of English as a Second Language. They meet once a week to learn and improve common vocabulary, phrasing, and to discuss American culture. Please visit tempe.gov/city-hall/community-services/tempe-public-library for more information.

NOTE: Some basic English reading, writing, and speaking skills are required.

PRACTICE ENGLISH ONLINE

There are many valuable online resources that you may use to develop your English language skills. Here are a few examples of these resources:

usalearns.org

duolingo.com

bbc.co.uk/learningenglish
ABOUT CHILD CARE

PUBLIC SCHOOLS

To find public schools near you, please visit greatschools.org/school-district-boundaries-map/

To enroll your child in a public school, first find your school district and contact the school that your child will be attending. There may be different registration requirements for each school, but typically schools will require:

1) Document proving child's age (i.e. birth certificate or passport)
2) Document proving residence address (i.e. utility bill).

CHILD CARE

Although there are various child care centers in the Phoenix Metropolitan Area, Bright Horizons at ASU is center located on the Tempe Campus that serves as a daycare, preschool, and kindergarten prep. For more information, please visit brighthorizons.com.

To find a babysitter and/or nanny near you, you may find the following websites useful:

urbansitter.com
care.com
sittercity.com
When selecting a cell phone plan, you have two main options:

**A two-year contract.** Contract plans are more common and offer more phone or plan discounts. However, a Social Security Number (SSN) or an initial deposit is required.

**A pay-as-you-go plan.** These plans have slightly higher rates on outgoing calls and messaging. Pay-as-you-go plans are convenient because there is no SSN requirement.

Wireless plans are also offered from cell phone companies, but please note that plans in the U.S. are different from plans abroad. Be sure to read plan details carefully before purchasing a plan.

**CELL PHONE COMPANIES**

- **AT&T**
  - att.com

- **Virgin Mobile**
  - virginmobileusa.com

- **Verizon**
  - verizonwireless.com

- **Credo Mobile**
  - credomobile.com

- **Sprint**
  - sprint.com

- **Cricket**
  - cricketwireless.com

- **T-Mobile**
  - t-mobile.com

- **Consumer Cellular**
  - consumercellular.com
It is a good idea to open a bank account as soon as you can. A bank account is required to conduct most business transactions in the U.S. You will need a checking account to be able to pay bills, rent, deposits for housing etc. Typically, to open a bank account you will need a social security number.

**Common Types of Bank Accounts**

**Checking account**
Useful if you have bills to pay on a regular basis (credit card, phone, rent, utilities). There is usually no minimum balance required but usually no interest earned either. Some checking accounts earn interest but usually require a larger opening balance. A monthly fee may be charged.

**Savings account**
Earns interest but cannot be used to write checks.

**Debit Cards and Credit Cards**

**Debit Cards**
Debit cards allow you to pay for goods and services directly from your bank account, reducing the need for cash. You can request a debit card when you open your checking or savings account or later if you decide you would like one.

**Credit Cards**
Requirements for obtaining a credit card and interest rates charged on unpaid balances vary among banks. Keep in mind that it is common to have a checking or savings account with one bank and a credit card with another.

**FIND A BANK NEAR YOU**

- **Bank of America**
  locators.bankofamerica.com

- **U.S. Bank**
  usbank.com/locations

- **Chase**
  locator.chase.com

- **Citi Bank**
  online.citi.com/US/GCL/citilocator
ABOUT J-2 EMPLOYMENT

WORK ELIGIBILITY

A J-2 spouse or unmarried child (under 21 years of age) may work in the United States through applying for an Employment Authorization Document (EAD) with the U.S. Citizenship & Immigration Services (USCIS).

How to Apply:
1. Complete the Form I-765 (found at uscis.gov/i-765)
2. Gather the supporting documentation required for Form I-765 (found under Instructions for Form I-765). To apply for an EAD in J-2 status, one must also submit a written statement with any supporting evidence showing that your employment is not necessary to support the J-1 but is for other purposes.
3. The filing fee for Form I-765 is $410.
4. Send your complete package to the USCIS Phoenix Lockbox.

For U.S. Postal Service (USPS) First-Class and Priority Mail Express deliveries:

USCIS
P.O. Box 21281
Phoenix, AZ 85036

For overnight/courier deliveries (non-USPS):

USCIS
Attn: AOS
1820 E. Skyharbor Circle S
Suite 100
Phoenix, AZ 85034

JOB HUNTING

The following websites are great resources to find employment either at ASU or within the Phoenix Metropolitan Area:

cfo.asu.edu/applicant

indeed.com

monster.com

career builder.com