

INTERNATIONAL

STUDENT GUIDEBOOK

2011-2012







WELCOME

It is a great pleasure to welcome you to Adelphi University and to the United States. We have been working very diligently to prepare for your arrival and are so excited that you have chosen Adelphi University as your choice of study. The Office of International Student Services works in collaboration with other Adelphi offices to help make your adjustment to Adelphi University and to the United States more personalized. At Adelphi, we strive to meet your needs as an individual and help assist you in your transition as a student. No matter how many questions or concerns you may have, there are people here at the University who are dedicated to assisting you. Don't hesitate to visit the Office of International Student Services if you need assistance with anything at all.

This guidebook had been prepared with you in mind. Read it carefully and thoroughly. We have included information from a variety of sources and hope that its contents will help make your adjustment period a very short one. This guidebook will give you basic information about life at the University, in the local area, and in the United States. We also hope that it will make you become familiar with the role of the Office of International Student Services and its services to students. However, now that you are on campus, you can also obtain valuable information by reading the school newspaper, *The Delphian*; checking announcements on AUTV; reading all campus emails regarding upcoming events and activities; talking with classmates, professors, and administrators; reading helpful publications; and checking the Office of International Student Services website and emails from your international student advisor.

The Office of International Student Services would like to extend a warm welcome to you. Adelphi University will do everything possible to make this a happy, successful, and exciting educational experience for you. We wish you the best of luck in your educational pursuit at Adelphi University. You made the right choice!

Regards,

Della, Wendy and Kathleen



THE OFFICE OF INTERNATIONAL STUDENT SERVICES



The Office of International Student Services strives to create an office of comfort and support to our international students. The office promotes international awareness to the Adelphi community and provides advisement on immigration regulations and procedures. The office provides awareness of international cultures through programs and workshops to ensure the success of international students at Adelphi and to aide domestic students in becoming global citizens.

The role of the Office of International Student Services is to assist students with their non-immigrant status, which includes, but is not limited to, visa guidance, change of non-immigrant status, employment authorization, travel guidelines and procedures, reinstatement applications, school transfers, extension of stay, and Social Security applications.

OFFICE LOCATION:

Ruth S. Harley University Center Room 110

Office Hours:

Monday through Friday 8:30 a.m.–4:30 p.m.



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THE INTERNATIONAL STUDENT ADVISOR

Probably the most important contact for international students and scholars on a U.S. campus is the international student advisor. Here at Adelphi, the international student advisor's office is known as the Office of International Student Services, located in the Ruth S. Harley University Center Room 110. The international student advisor is your personal contact with the Institution and can assist you long before you arrive, once you arrive, and throughout your stay.

SPECIFICALLY, THE INTERNATIONAL STUDENT ADVISOR PROVIDES THE FOLLOWING:

Orientation programs which help new international students and scholars adjust to life in the United States, as well as beneficial information about a wide variety of common issues, such as banking, housing, clothing, and to some extent, academic matters.

Serving as a liaison between international students or scholars and the University's administrative services and, to whatever extent possible, with academic departments.

Working together with international students and scholars to solve all types of problems, from minor requests for information to major personal concerns. The international student advisor maintains a wide variety of contacts on and off campus to which she can refer students who request assistance. Obviously, for the advisor to help you most effectively, you should contact her as soon as you become aware that a problem is developing, rather than when it has become serious.

International student advisors are the institution's official link with the U.S. Citizenship and Immigration Service (U.S.C.I.S.) and with other relevant government agencies, such as the Social Security Administration and the Department of Motor Vehicles. Your international student advisor will keep you advised with regard to your obligations and changes in immigration rules and regulations. To every extent possible, she will also assist you in your interactions with U.S. Citizenship and Immigration Service.

For all these reasons and more, the Office of International Student Services is an essential resource to you during your stay at Adelphi. You will find valuable assistance there upon arriving on campus, while pursuing your studies and when preparing for your return home. Our doors are always open. It is a very friendly place and we certainly welcome your visits. While it is usually a good idea to make an appointment, this is not always necessary.



Please also note: It is not the responsibility of the international student advisor to enforce immigration rules or regulations. However, you must be aware that the international student advisor is required to notify the U.S.C.I.S. when an international student or exchange visitor has failed to maintain his/her status or is no longer attending the University. The international student advisor can also certify F-1 students' credibility for practical training and authorize off-campus employment. In general, it is the international student advisor's responsibility to assist students and scholars in fulfilling their legal obligation so that they can maintain status.

BASIC IMMIGRATION TERMINOLOGY AND DOCUMENTS

ALIEN:

A term used in immigration law. It refers to a person who is neither a citizen nor a national of the United States.

IMMIGRATION STATUS/CLASSIFICATIONS:

Defines an alien's legal status in the United States and describes the alien's presumed principal purpose for being in the United States. An international student holding an F-1 student status means that he or she is in the United States for the principle purpose of being a student and that the sections of the law and regulations dealing with F-1 students define what he or she can or cannot do while in the United States.

PASSPORT:

A document issued by a government to identify a person as a citizen of a particular country, permit the recipient to travel abroad under the protection of that country, and permit the person's entry to the home country. U.S. immigration law requires that all non-immigrants (aliens who are not permanent residents of the United States) except Canadians and a few others, have valid passports to enter and remain in the United States. Passports must be extended, renewed, or reissued by the alien's home government, usually through a consulate or embassy in the United States.

VISA:

The stamp placed by the U.S. consular officer on a page of the alien's passport. The term "visa" is often used incorrectly to mean legal status and permission to remain in the United States. In fact, it has a more narrow and limited meaning, indicating that a consular officer (an employee of the U.S. Department of State) has determined that the holder is qualified to apply for admission to the United States in a particular immigration classification. A valid visa does not ensure an alien's entry into the United States. A Customs Bureau patrol officer makes the



admission decision at the port of entry. Usually, that officer will require certain information and evidence as to the intentions and good faith of the applicant.

SEVIS:

The Student and Exchange Visitor Information System (SEVIS), is an electronic tracking system used by the U.S. government and U.S. universities and colleges in order to track foreign students. The international student advisor must update all student records into SEVIS in order to keep the student in legal status.

I-20:

The form I-20 is given to the student by the designated school official at the time of acceptance into the college once all requirements are met. The student uses this form in order to obtain an F-1 visa. This form will also be used throughout the student's program of study to keep the student in legal status. Each time a student leaves the country for travel, the form I-20 must be endorsed by a designated school official.

I-94 CARD:

A green or white card, 3½" by 4¼" in size, identifies the status of a non-immigrant who enters the United States. The I-94 card carries a record of the alien's entry, his/her immigration status, and the date through which he or she is authorized to remain in this country. The I-94 is surrendered upon the alien's departure from the United States to record that departure in the U.S.C.I.S. files. Rather than entering a specific expiration date on the form, the U.S.C.I.S. official at the port of entry enters the notation "D/S". This stands for "Duration of Status" and it means that the student can stay in the United States for as long as it takes to complete his/her program of study, within the time frame listed on the I-20.

FORM DS-2019:

Issued to international students and scholars coming to the United States as part of an exchange program. These individuals enter the United States in J-1 status and are subject to a different set of regulations from F-1 students.

U.S.C.I.S.:

The United States Citizenship and Immigration Services (U.S.C.I.S.) is responsible for application and petition adjudications. This government agency is part of the Department of Homeland Security. Their sole responsibility is to enforce the regulations that apply to foreign nationals within the United States. The nearest immigration office is located at:

New York City District Office
26 Federal Plaza
New York City, NY 10278



ICE:

The Bureau of Immigration and Customs Enforcement (ICE) is responsible for immigration investigations, detention, removal, intelligence, and SEVIS.

CBP:

The Bureau of Customs and Border Protection (CBP) is responsible for immigration inspections at U.S. ports of entry, for Border Patrol, and the Customs Service.

DSO:

The designated school official (DSO) is a regular employee of the college who is appointed to represent and speak for the school in F-1 student matters.

DURATION OF STUDIES:

The term, "Duration of Study" or "D/S," which appears on students I-94 card, refers to the period of time during which the student is pursuing a full course of study or working on authorized practical training following completion of studies. The student is considered to be maintaining status if he or she is making normal progress toward completing a full-time program of study.

INTERNATIONAL STUDENT:

You are considered to be an international student if:

- You were not born in the United States.
- You are not a citizen of the United States.
- You have not been granted permanent residence in the United States (You must possess a valid green card).
- You are in the United States for educational purposes.
- You hold an F-1 student visa or other appropriate documentation.

SOCIAL SECURITY NUMBER:

A number used by the U.S. government to identify people in the United States. In order to receive a U.S. Social Security number, you must plan on working on campus and ask the international student advisor for the appropriate documentation to assist you.



STATUS:

Upon entering the United States, you are granted a specific status. If you are in the United States for the primary purpose of studying, you have student status. You must remain in lawful status for the entire duration of your studies while in the United States.

WHAT IS A VISA?

- An entry document issued to a foreign national by the U.S. Department of State at a diplomatic visa-issuing post abroad (embassy or consulate office).
- A document placed in the person's passport, which gives the individual consideration for admittance to the United States. It shows that the visa holder has indicated a specific intent in coming to the United States and that he or she has met the criteria to enter the United States for that purpose. However, possession of a valid visa does not guarantee permission to enter the country. The actual determination of admissibility is left to the discretion of the examining immigration officer at the port of entry.
- Works like a house key for entry.

When you apply for a visa, the consular officer will review your application and all documentation you present to be certain that you are indeed a non-immigrant and that you have no intent to live in the United States permanently. The burden of proof to show your intention to leave the United States after your temporary stay is over is on you. If your visa has expired and you plan to travel outside the United States or if you have changed your visa status while in the United States, you will need to obtain a new one at a U.S. embassy or consulate abroad, either in your home country or in another country you are visiting, before you may re-enter the United States. It is not possible to revalidate your visa while you are in the United States.

WHAT IS STATUS?

When legally admitted into the country, a foreign national is assigned a "status." This refers to the person's condition of legal presence in the United States. It indicates why the person is here and prescribes which set of regulations the person must follow during his or her stay here. The type of "status" a person is given usually corresponds to the type of visa that was presented when entering the country.

A legal term describing the alien's principal purpose for being in the United States.



FULL-TIME STUDENT STATUS

Students are required by the U.S.C.I.S. to maintain a full-time course of study during the academic year (September—May). During summer months, you are not required to enroll. Full-time status at Adelphi University means 12 credits for undergraduate degree programs and 9 credits for graduate degree study. Students should be aware that Adelphi University is required to notify the U.S. Citizenship and Immigration Services and terminate your student SEVIS record if you are not enrolled full-time or when you terminate attendance with the University.

If there are extenuating circumstances that prevent you from meeting the above requirements, please visit the international student advisor before dropping below the prescribed number of credits. In some instances, it may be possible to obtain a letter from your doctor or academic advisor certifying that a reduced course load is considered full-time for you because of special circumstances.

INTERNATIONAL STUDENT RESPONSIBILITIES

AS AN INTERNATIONAL STUDENT, YOU ARE REQUIRED TO:

- Report to the DSO for SEVIS registration upon arrival at the school you are authorized to attend no later than 30 days after the program start date (new students), and each semester thereafter, no later than 30 days after the next session start date (continuing students).
- Attend the school you are authorized to attend.
- Pursue a full course of study (12 credit hours) or engage in authorized practical training following completion of studies.
- Make normal progress towards completing a program of study. Apply for a timely extension of stay.
- Obtain a new form I-20 for a change in academic or program of study (change of major).
- Follow transfer procedures if applicable.
- Abide by the F-1 grace period regulations.
- Report change of address to the DSO within 10 days. DSO reports change in SEVIS. (It is very important that the University has your correct local address. You should notify both the Office of International Student Services and the Registrar's Office any time you have changed your address and also provide your telephone number. If you do not report your current address within ten days, you will be reported to the U.S.C.I.S.)
- Abide by rules requiring disclosure of information and prohibition on criminal activity.



- Abide by any special requirements such as Special Registration (NSEERS).
- Maintain a valid passport.
- Do not engage in unlawful employment.
- Depart the United States in a timely manner.

COMMON VIOLATIONS OF STATUS INCLUDE:

- Failure to report to the school for your SEVIS registration.
- Failure to enroll for a given academic term.
- Failure to make normal progress or not register for a full course of study (12 credits for undergraduate and 9 credits for graduate).
- Failure to attend the authorized school.
- Failure to complete the transfer out and transfer in processes.
- Failure to file a timely change of status.
- Failure to obtain a program extension prior to the program end date.
- Failure to notify an address change in a timely way.
- Failure to depart from the U.S. in a timely manner.
- Unauthorized employment.
- Out of status for more than five months, unless the student shows exceptional circumstances.
- Remaining in the United States after terminating or interrupting studies before the completion of the program.





ACADEMIC MATTERS

In many ways, you will find U.S. higher education quite different from that of your own country. Differences exist, for instance, in educational philosophies and academic requirements, traditions, and standards. You may find some of the methods of teaching stimulating, while others may seem confusing. It is important that you pay close attention to your academic advisor and/or professors when you have questions, and seize every opportunity to talk with experienced students, international or American, in your field of study.

EXAMINE YOUR EXPECTATIONS

Keep in mind that a period of adjustment to a new educational system is necessary before you will be able to perform to the best of your ability.

SELECT YOUR COURSES WISELY

Especially during your first semester, do not take more courses than you have to. Make sure you have a combination of more demanding and less demanding courses, rather than only difficult courses requiring unusually heavy amounts of work. When arranging your course schedule, consult with your academic advisor and experienced students who are familiar with available courses and teachers.

WORK HARD FROM THE BEGINNING

If you do not begin on the first day of classes, you are almost certain to fall behind and experience serious difficulty and possibly fail your courses.

TALK WITH YOUR PROFESSORS

In colleges and universities in the United States, professors expect students to ask questions during or immediately following the class. Professors will also generally wait for students to come to them for help rather than offer assistance. Accordingly, they expect students to see them during office hours when the students are having difficulty. If you are not doing well in a class and you do not contact the professor to discuss the situation, the faculty member is likely to assume that you are not interested.



ASK QUESTIONS

It is extremely important for you to contribute to discussions in the classroom. In this country, questioning or challenging the teacher is normal; it is viewed as a healthy sign of interest, attention, and independent thinking. In fact, in many classes, your grades will be determined, at least in part, by your contributions to class discussions. If you sit in respectful silence, it is likely to be assumed that you are not interested in what is being said in class or that you are unable to contribute.

International students from non-English speaking countries often have difficulty with the language and are reluctant to talk in class. Do not let this be an obstacle. The more you speak in class, the more practice you will get and the sooner you will overcome the obstacle.

OPEN YOUR MIND TO THE VALUES OF THE SYSTEM

From your past experience in other educational systems, you have developed certain assumptions about purposes and methods of education, and about the way your field of interest should be studied. It is important for you to realize that differences exist between the United States and other educational systems; you will have to adjust your thinking if you are going to succeed academically. Whether or not you personally accept the values of the U.S. educational system, you have to act in accordance with them while you are here.

LECTURES AND SEMINARS

The most common method of instruction at Adelphi is classroom lecture. The lectures are supplemented by classroom discussion (especially when classes are small), reading assignments, and periodic written assignments.

Seminars are small classes, typically at the graduate level. They are likely to be devoted entirely to discussion. Students are often required to prepare presentations for a seminar based on their independent reading or research.





THE HONOR CODE

Most colleges and universities in the United States have established “honor codes,” which are statements of certain rules students are expected to follow in their academic work. These rules relate primarily to academic honesty and originality.

* Cheating is a failure of honesty. In the United States, cheating is getting unauthorized help on an assignment or exams, or representing another person’s working as your own. You must not receive from or give information to another student, including answers or help during an exam or any other test. You must not use unauthorized sources for answers during an exam. You must not take notes or books to the examination if this is forbidden, or refer to any book or notes while taking the test. You must not obtain test questions illegally beforehand.

* Plagiarism is a failure to do your own original work in written assignments. Plagiarism is using someone else’s words or ideas as though they were your own. It is literary “theft” and cannot be tolerated in academic work. Students found guilty of plagiarism are severely penalized. If you quote directly, that is, use word-for-word or copy exactly a phrase, sentence, paragraph, or another part from a book or other written material, you must enclose the borrowed words in quotation marks. You must then cite your source, crediting that author and work. Usually, this is done using a citation.

If you violate the Honor Code:

- You will almost certainly receive an “F” (failing grade) for the assignment.
- You will most likely receive an “F” for the entire course.
- You may be expelled from the University.

If you have any questions about what to do regarding any of these issues, talk to your instructor, your academic advisor, or the Office of International Student Services.





INTERNATIONAL STUDENT EMPLOYMENT

As an international student, you cannot accept employment of any kind, either on or off campus, without prior authorization from the Office of International Student Services, and when necessary, from the U.S. Citizenship and Immigration Service (U.S.C.I.S.).

TYPES OF EMPLOYMENT AVAILABLE FOR F-1 STUDENTS

ON-CAMPUS EMPLOYMENT

F-1 students are permitted to work part time on the Adelphi University campus while maintaining a valid I-20 and status. Employment is limited to 20 hours per week while school is in session and 40 hour per week during official school breaks.

Employment at Lackmann Corporation and the Barnes and Noble college bookstore are considered to be on-campus employment.

Students can only work on campus while their status is valid at Adelphi University. If you are graduating or transferring, you are no longer eligible to work on campus without prior work authorization from the USCIS.

SEVERE ECONOMIC HARDSHIP EMPLOYMENT

A student may be authorized for off-campus employment under the following circumstances:

- Severe, unforeseen economic necessity.
- Must have maintained F-1 status for at least one academic year.
- Application processed through U.S.C.I.S.

Please contact the Office of International Student Services for more information. An application fee is required.

SPECIAL STUDENT RELIEF PROGRAM EMPLOYMENT

This employment is for those students who have been in the United States since June 10, 1998 and who's funding came from one of the following countries: Indonesia, South Korea, Malaysia, Thailand or the Philippines.

Please contact OISS for more information. An application fee is required.



INTERNATIONAL ORGANIZATION SPONSORED EMPLOYMENT

This F-1 employment benefit allows F-1 students to work for a recognized international organization within the meaning of the International Organization Act. The application is processed through USCIS.

Please contact the Office of International Student Services for more information. An application fee is required.

CURRICULAR PRACTICAL TRAINING

Requirements to participate in curriculum practical training include:

- This employment must be an integral part of an established curriculum.
- Employment must be in the form of an internship authorized in agreement through Adelphi University.
- College credit and program authorization required during the period of time student is authorized CPT.
- Student must have maintained status for one full academic year.
- Impact of full time CPT on OPT eligibility.
- Students must show evidence that the internship is a requirement of academic major.
- Students only allowed one CPT per academic program.
- CPT authorization is required for all internships whether paid or unpaid.

Please contact the Office of International Student Services for more information. No fee is required.

OPTIONAL PRACTICAL TRAINING

Requirements to participate in optional practical training include:

- Temporary employment for practical training directly related to the student's major area of study.
- Student must have maintained F-1 status for at least one academic year.
- Student can participate while school is in session or after completion of studies.
- Approval from U.S.C.I.S. is required.

Please contact the Office of International Student Services for more information. An application fee is required.

Working without proper authorization is considered to be the most serious violation by the Department of Homeland Security. Therefore, it is important that you consult with the Office of International Student Services before accepting any offer of employment. It is illegal to begin work in anticipation of being granted permission; you must first receive an Employment Authorization Document (EAD).



ON-CAMPUS EMPLOYMENT PROCEDURES FOR INTERNATIONAL STUDENTS

The Immigration and Nationality Act makes the assumptions that F-1 students are in the United States to receive an education. Employment, in general, is restricted.

On-campus employment allows F-1 students to work for an office, such as an academic department, library, tutoring service, or other office, as well as businesses at Adelphi that provide direct services to students. An F-1 student may be employed as long as it does not interfere with the student's ability to maintain status. Students may work up to 20 hours per week while school is in session and full time (40 hours per week) during school holidays.

IN ORDER TO SECURE CAMPUS EMPLOYMENT, YOU MUST:

STEP 1:

- First visit the Center for Career Development located in Post Hall.
- Complete the Employment Application.
- Review job listings.
- Apply for individual on-campus job positions.

STEP 2:

- Secure employment (it is the student's responsibility to obtain employment from the individual office).
- Obtain Evidence Letter of Employment, which includes the following information:
 - Student's name
 - Number of hours per week
 - EIN # of employer (111630741)
 - Telephone number of supervisor
 - When employment begins and ends
 - Original signature
 - Title of supervisor
 - Date
- The Evidence Letter of Employment must be on school letterhead.

STEP 3:



- Visit the Office of International Student Services.
- Obtain a letter for the Social Security Administration Office (ONLY after the Office of International Student Services personnel has determined that you are registered for classes, maintaining status, and meet all U.S.C.I.S. guidelines for employment will a letter be issued).

STEP 4:

- Apply for a Social Security card in person at a local office and receive a RECEIPT. (Please see Instructions on How to Obtain a Social Security Card.)

STEP 5:

- You will receive an email from the Office of Payroll at Adelphi with instructions on how to complete necessary tax paperwork. This must be done prior to your start date of employment.

STEP 6:

- After you have completed all the necessary online forms, you must have received an approval email from Payroll.
- Go to the Office of Human Resources, located in Levermore Hall Room 203, to complete the final process. Please bring your passport, visa, I-94, and I-20 with you at this time.

STEP 7:

- After you receive your Social Security card, you must present it to the Office of Human Resources. You will receive a paycheck after you have done this.



AMERICAN CUSTOMS

GREETINGS

Perhaps the most outstanding characteristic of society in the United States is its diversity. Truly a multicultural society, it is difficult, if not impossible, to make meaningful generalizations about behavior and society, or even about specific ethnic, religious, socio-economic, age, occupational, or other types of subgroups.

Nevertheless, it is possible to mention certain characteristics that, in general, describe attitudes and practices that are common among the people of the United States. Following are some notable characteristics that may underlie or otherwise influence friendship patterns in the United States.

TIME CONSCIOUSNESS

Considerable importance and value are placed on punctuality in the United States, and people in all walks of life tend to organize their daily activities by means of schedules. As a result, to the foreign observer, they may seem hurried, always rushing from one task to the next and apparently not able to relax and enjoy themselves. Indeed, some visitors from other countries have concluded that U.S. society is “ruled by the clock.” On the other hand, some also see this as a way of assuring that things get done in a timely fashion.

CUSTOMS

Americans shake hands with each other when first introduced, or when they meet again, but rarely when they part, which is more of a European custom. Social kissing, as a greeting, is also sometimes acceptable between men and women who know each other well and between women. American men rarely embrace each other or kiss on both cheeks.

PERSONAL SPACE

When two Americans are standing and talking, they generally stay at least 16 inches apart from each other.

INDIVIDUALISM

People in the United States generally consider self-reliance and independence to be ideal personal qualities. While growing up, Americans are surrounded or maybe even bombarded by propaganda of self-fulfillment and self-identity. “Doing my own thing,” seems to be at the core of American ideology, rather than being part of a close-knit family, community or group. They prefer not being dependent on others or having others being dependent on them.



INFORMALITY

Many foreign students find that people in the United States are informal in dress, in decorum, and in personal relationships to a degree that may seem inappropriate, or at times, extreme.

CASUAL FRIENDSHIPS

In the United States, the relationship between two individuals who regard one other as friends, tends to be more casual than comparable relationships between two people in many other cultures. Students from other cultures sometimes view this as an “inability to be friends.” It could also be seen as a normal way to retain personal happiness in a mobile, ever changing society.

CONVERSATION

It is permissible to start a conversation with a stranger, but the conversation should be immediately ended if the person does not seem interested in talking. Be especially careful not to force your attention on someone on a plane, train, or bus. If you meet someone you know on the street while you are with someone else, it is polite to introduce the person.

If you are with a group of mainly English-speaking people and the conversation is in English, it is impolite to speak in your own or another foreign language for more than a few sentences. Whatever language you speak, try to avoid swear words. Of course, “dirty,” “off-color, or sexually explicit stories or jokes should be avoided.

CUSTOMS

If you are in a movie theater or at a concert or play, it is not polite to talk during the performance, even in a whisper.

CLOTHING

Dress on American campuses is extremely informal—slacks, jeans, skirts, informal shirts and sweaters—virtually anything goes. You may want to bring a nice suit or dress with you for more formal occasions. Also, it is advisable to bring a traditional costume or outfit from your home country for various international events hosted throughout the academic year.

Winters at Adelphi will bring severely cold temperatures while summer will bring much warmer weather. You should bring sufficient clothes for all seasons. Generally speaking, garments can be purchased here at fairly reasonable prices, especially after you’ve become familiar with the best sources for shopping.



BANKING AND FINANCES

Most international students, like large numbers of American students, live on limited budgets. Needless to say, it is best to manage your money wisely in order to make sure it lasts as long as possible. Be cautious about spending until you have become accustomed to the value of the dollar and until you know what your essential living expenses will be. This may take a little time and experimentation. Be extra cautious about overextending yourself through excessive use of credit cards. Finance charges on such cards accumulate rapidly.

It will be very useful to have a bank account. Ask a bank officer about the array of bank services that are available and familiarize yourself with the different types of savings and checking accounts, along with any charges for these services. To open a bank account you must have your passport, your form I-20, your I-94 and college ID. If you experience any difficulty, please see your advisor in the Office of International Student Services.

Regardless of how much money you keep on your premises or in your pocket or purse, you should be extremely careful. Keep purses out of sight. Do not carry too much cash when you go out. Do not conspicuously display jewelry. Regrettably, petty theft and pickpockets are quite common in a large metropolitan area such as New York City.

FOOD

There are three general kinds of food stores: supermarkets, neighborhood stores, and convenience stores. A supermarket is a large store that not only sells food, but a variety of other products as well. Stop and Shop and Pathmark are two examples. Neighborhood stores and convenience stores are smaller, have fewer items, and often stay open all night. They usually charge slightly higher prices than the supermarkets.

There is an extremely wide variety of eating establishments in the greater New York City area, a short train ride away from Adelphi. Some restaurants specialize in food from one particular country or part of the world. Restaurants range in cost, from inexpensive to quite expensive.

Generally speaking, those accustomed to hot or spicy cuisines consider American food rather bland. Salads are very popular and are served everywhere all year round. Many people in this country are calorie conscious. This is reflected on many menus and store shelves where food without added sugar or salt can be found. Be open and explore many options when it comes to food. There will be plenty of items that may seem different to you and may taste unusual; however, you may learn to enjoy these foods. If you have any questions or requests, you should ask your fellow students, the food service employees, or your international advisor.

The single food vendor for Adelphi University is Lackmann Culinary Services. You can purchase food in the UC Cafe. There you can order American kitchen style foods, a variety of pizza, ethnic foods at the Native Spice exhibition station, traditional and wrap style sandwiches at the Wrap It Up Station, burgers and chicken sandwiches at Cheeburger Cheeburger, grab-and-go packaged meals, salads and sandwiches, homemade



desserts, and an assortment of bottled and fountain beverages, as well as candy and snacks. Taco Stop serves Mexican style foods, located outside the Center for Recreation and Sports next to the sports field. The Legends Juice Bar serves smoothies and bakery items, located in the Center for Recreation and Sports. The Underground Café serves Starbucks coffee and mixed hot and cold coffee drinks, located in the lower level of the Ruth S. Harley University Center. Post Hall is an all-you-care-to-eat location that features a deli, homestyle entrees, a salad bar, desserts, pizza, international specialties, and vegetarian options. The Post Hall C-Store sells fresh produce, fresh grab-and-go sandwiches, Dunkin Donuts coffee, and a varied assortment of convenience foods. You can obtain a meal plan through the Lackmann Culinary Services Meal Plan Office. For more information, please contact Janet Conigliaro at jconigliaro@lackmann.com or visit adelphi.edu/diningservices.

TIPPING

RESTAURANTS AND BARS

In the U.S., tips (gratuities) are not usually added to restaurant bills, as is customary in many other countries. A tip should therefore be left on the table. Fifteen to eighteen percent is the usual amount, but one can leave more as an appreciation for exceptionally good service.

TAXI AND CAR SERVICE

For taxi, limo, paid shuttle, or van service, the tip is normally 15 percent of the total fare. Tip up to 20 percent if the driver helps with your bags or makes extra stops. Don't tip less than one dollar. If someone else is picking up the tab, they are also responsible for tipping. Be careful, the rate quoted for limos often excludes gratuity.

HAIR SALONS AND SPAS

A tip should typically fall within the 15 to 20 percent range. If the service provider either did something out of the ordinary or took a great deal of time (such as a major makeover, color correction, etc.), you might want to consider leaving a larger tip.

SHOPPING

Virtually anything made anywhere can be bought in the United States, especially in a huge metropolitan area such as New York City.

Most Americans shop in shopping centers, commonly referred to as malls. These are large clusters of shops and restaurants in one single enclosed area, which provides convenient shelter against inclement weather. Malls usually stay open weekdays and Saturdays until 9:30 p.m. and until 6:00 p.m. on Sundays.

The nearest mall is Roosevelt Field, about one and a half miles from campus, between Stewart Avenue and Old Country Road. There, you'll find a large variety of eating establishments and eight movie theaters. The



University provides a shuttle service for transporting Adelphi students to various shopping centers, such as Roosevelt Field Mall, Wal-Mart, The Source Mall, Target, Stop & Shop, and the Mineola and Hempstead train and bus terminals. For more information on shuttle services, please contact the Center for Student Involvement at (516) 877-3603 or stop into the Ruth S. Harley University Center Room 110.

HEALTH SERVICES AND HYGIENE

In the United States, there is no national medical care program. In other words, there is no general, governmentally supported system for paying medical expenses. Consequently, health care, which includes doctor's and laboratory fees, hospitalization expenses and medication are all very costly. Hospital costs in the New York area are very expensive. Therefore, Adelphi University requires that all international students be covered by accident and health insurance through the University. You will automatically be billed for the University health insurance policy each academic year. If you wish to opt out of the health insurance policy, you must complete a waiver with the Office of Health Services.

New York State law requires that all foreign students attending a college or university be inoculated against measles, mumps, and rubella. You will be required to show formal proof of such inoculation. If unable to do so, you will have to be inoculated here or you will be unable to register and attend classes. This regulation is rigorously enforced and students are urged to pay attention to this matter. Note that your Adelphi University insurance policy does not cover any members of your family. You are encouraged to buy separate insurance coverage for them.

The Adelphi University Health Services are not available to students' families. The University Health Services can give you information on the availability for health care facilities in the community. The University Health Services, which can be reached at (516) 877-6000, can refer you to the University's physician. When you call for an appointment, always inquire about the doctor's fees. Health Services are available to international students 24 hours a day, seven days a week during the academic year, semester breaks, and throughout the summer. Registered nurses are available Monday through Friday, 8:00 a.m. to 4:00 p.m. Health Services also provides emergency responses to accidents and/or injuries on campus. Nurses are trained to evaluate cases and make referrals to off-campus physicians. In the event where the school physician's office is closed, students will be sent to First Med in Mineola or the nearest hospital's emergency room. Health Services is located in the lower level of Waldo Hall on the Garden City campus.

Americans take matters of hygiene very seriously and they have been taught that natural body and breath smells can be unpleasant. Most Americans bathe or shower daily, or more often, if engaging in vigorous work or exercise during the day, or if the weather is unusually hot. It is customary to use an underarm deodorant to counteract the odor of perspiration and to brush teeth at least once a day or more often. Mouthwash or chewing gum is sometimes used as well to ensure fresh breath. Most Americans will back away from a person



who has “body odor” or “bad breath.” However, this is a sensitive matter and most people would never tell another person that he or she has bad breath or body odor. Their reaction or body language, however, may show their discomfort. Virtually all women routinely shave their legs and use some sort of fragrance each day; men often use an aftershave lotion or cologne.

MAIL AND POSTAL SERVICE

In the United States, mail is normally delivered once a day, except on Sunday and legal holidays. For regular mail within the United States, the current price of a first class stamp is 44 cents.

In the United States, ZIP codes follow the name of the city and the state; they do not precede it as in Europe, South America, and other places. Note that inside the United States, all first class mail is shipped by air without extra cost and an “airmail” indication is not needed on the envelope.

If you want to be sure that an important letter had been received, send it “registered” or “certified” and ask for a return receipt.

Local Post Office, Garden City

600 Franklin Avenue
Garden City, NY 11530-5729
Phone: (516) 747-6262

PERSONAL AND PUBLIC SAFETY

The Adelphi Department of Public Safety and Campus Transportation, located on the lower level of Levermore Hall and in the Security Booth in front of Levermore Hall, provides public safety services 24 hours a day, seven days a week, 365 days a year. In case of emergency at anytime, dial 5 or extension 3507 from any campus phone for immediate assistance. Public safety makes routine rounds on the Adelphi campus to ensure the safety of all students. If you need help or assistance, always ask a public safety officer. They will be easily recognizable in their University uniforms.

Office of Public Safety

Levermore Hall Lower Level
Phone: (516) 877-3500
Fax: (516) 877-6819

After Hours

Monday through Thursday, after 7:00 p.m.; Friday, after 4:30 p.m.
Call the Office of Public Safety and Campus Transportation at campus extension 3511



It is common knowledge that cities can be dangerous if you do not take proper precautions. Therefore, caution should be exercised in a huge metropolitan area such as New York City, as well as in other large cities in the United States. If you follow certain procedures and mind your surroundings, your chances of having an unfortunate encounter can be greatly diminished.

When at home, keep your doors locked. If someone knocks or rings the doorbell, do not open the door until you have asked or otherwise ascertained who is there. You should not open the door simply because someone knocked or rang your doorbell. The same rule applies, even more so, when staying in a hotel. On campus, lock your door after you leave your room. Women are advised to be particularly cautious in all circumstances.

Protect your valuables. Unfortunately, theft is widespread in many U.S. areas and virtually anything that is not secured may be stolen. Never leave valuables unattended.

BICYCLE AND MOTOR VEHICLE ACCIDENT PROCEDURE

- Obtain a vehicle registration plate number and a description of driver.
- Call the Garden City Police Department by dialing 911.
- The police will provide you with the vehicle and motorist information.
- Provide the police with information you obtained and any injuries you may have sustained from the accident.
- Be sure to obtain from the police the motorist insurance carrier and policy number.
- Call the motorist's insurance company to file a claim for coverage or expenses occurred by accident.

CAMPUS TALK

The language of the campus consists of expressions ranging from rather formal academic terms to pure college slang. In between the two extremes are the everyday expressions heard by anyone at anytime. To communicate effectively, an international student must learn not only what campus expressions mean, but also in what situations they are used. Here are a few among the most commonly encountered.

REGISTRATION TERMS

All students must go through registration. One of the first things you'll encounter on all forms used by institutions in the United States, is your last name (or family name) appearing first and then your given (or first) name. An example on an international student's form might be "Tanaka, Masayumi K." However, when you are asked to sign a document, your signature will have your name in the usual order (Masayumi K. Tanaka). Below are common terms you may hear in academic circumstances at Adelphi.



ACADEMIC Advisor: A member of the faculty who helps and advises students on academic matters. The academic advisor may also assist students during the registration process.

ASSISTANTSHIP: A type of financial aid to a graduate student that is offered in return for certain services in teaching or laboratory supervision (as a teaching assistant) or services in research (as a research assistant).

BLUE BOOK: A small booklet with a blue cover commonly used for essay type questions.

CREDITS: Units which educational institutions in the United States use to record the completion of instruction (with passing or higher grades) that is required for an academic degree.

DISSERTATION: A scholarly independent research study required for obtaining a doctoral degree.

DROP AND ADD: For a limited time after regular registration, some students may change their schedules. They may, for example, drop Chemistry 101 and add Physics 101. This process is called “Drop and Add,” or sometimes, Change of Program. A fee is charged for each “Drop and Add.”

ELECTIVES: Courses that students may “elect” (choose freely) to take for credit toward their degree as distinguished from courses that they are required to take.

FEES: An amount charged by schools, in addition to tuition, for various expenses related to institutional services.

FINALS: Final exams of a semester.

FLUNK: Failure to achieve a passing grade.

FRATERNITY (OR SORORITY, FOR FEMALES): A student organization with different rules, regulations, and objectives. Some fraternities are purely social, some are cultural, and others are academic honorary organizations.

GPA: The abbreviation for grade point average.

GREEK: A member of a fraternity or sorority.

ID CARD AND NUMBER: Your identification card number assigned to you.

INCOMPLETE: A temporary mark given to a student who is doing passing work in a course but who cannot complete all the requirements for the course during the term. The student must have a valid reason and must complete the requirements within a period of time acceptable to the instructor. An “I” on a student’s grade report indicates an incomplete.

MAJOR: A student’s primary field of study.

MINOR: A student’s secondary field or study.



MATRICULATE: To formally enroll in a college or university; also to register for classes.

MIDTERMS: Tests in the middle of the semester.

PRE-REGISTRATION: A period of time before regular registration when students who have already been attending classes may register early.

FRESHMAN: A first-year student at high school, college, or university.

SOPHOMORE: A second-year student at high school, college, or university.

JUNIOR: A third-year student at high school, college, or university.

SENIOR: A fourth-year student at high school, college, or university.

PREREQUISITE: Many courses offered by the University require a student to take a preliminary course, which will prepare them for the material in later courses. For example, Anthropology 112 is a prerequisite to Anthropology 214.

T.A.: The abbreviation for a teaching assistant.

THESIS: A scholarly research paper, which may be required to obtain a master's degree.

TRANSCRIPT: Official record of past grades and courses taken by a student, available from the Registrar's Office.

CULTURE SHOCK

Culture shock is the name given to a feeling of disorientation or confusion that often occurs when a person leaves a familiar place and moves to an unfamiliar one. Arriving in the United States and the Long Island area from another country, you will no doubt encounter a multitude of new things. The buildings, trees, and birds may all look different. The food is not the same as it is in your home country and people may look, speak, and act differently from what you're used to. Your limited English may hinder your ability to convey your full personality. As a result of all this, you may feel confused and unsure of your decision to come here.

Some people are more affected by culture shock than others. Those who do experience it tend to become nervous and unusually tired. They may want to sleep a lot and write many letters home. They may feel frustrated and hostile toward their host country. They may get excessively angry about minor irritations. It is not unusual for them to become very dependent on fellow nationals who are residents of the host country and to speak their native language.

COPING STRATEGIES FOR CULTURE SHOCK

How can we cope with culture shock? Having some information about culture shock is an important first step. Even though some people may not be able to eliminate culture shock, there are ways to ease the stress. Some of these activities are listed below:



1. **KEEP ACTIVE.** Getting out of your room or outside of your apartment will enable you to experience first-hand what Americans are doing. If you visit public places, such as a shopping mall or sporting event, you will be able to watch and learn how American customs are practiced.
2. **MAKE AMERICAN FRIENDS.** By having friends you can talk to, you will be able to ask questions about what you do not understand.
3. **READ.** Accessing the Internet can give you a wide variety of information on culture shock.
4. **EXERCISE.** Finding an activity you enjoy will help reduce stress and depression. Americans like to run and walk. They also like organized games.
5. **COMMUNITY ACTIVITIES.** Talk with your host family, resident assistant, or other Americans about community activities, religious services, or volunteer opportunities to help you become a member of the community while you are here.
6. **PRACTICE YOUR ENGLISH.** This is extremely important. It is much easier to understand a culture when you can understand the language being used. Ask about any slang terms that you do not understand.
7. **INTRODUCE YOURSELF TO OTHER INTERNATIONAL STUDENTS.** Other international students may be experiencing the same problems that you are. By talking with them, you may be able to find out how they are coping. It is also important not to limit yourself to only students from your home country or culture.
8. **BE PATIENT.** Many international students experience culture shock in some way while they are here. Recognize the problem and give yourself time to get over it. If you need to, keep reminding yourself that this is not a permanent situation. If culture shock continues, you may contact the Office of International Student Services or the Student Counseling Center.

U.S. HOLIDAYS

Strictly speaking, the United States does not have national holidays (i.e. days where all employees in America receive a day free from work and all business is halted). The U.S. Federal government can only recognize national holidays that pertain to its own employees; it is at the discretion of each state or local jurisdiction to determine official holiday schedules. There are 11 such “Federal holidays”—10 annual and one quadrennial holiday. The annual Federal holidays are widely observed by state and local governments; however, they may alter the dates of observance or add or subtract holidays according to local custom. Pursuant to the Uniform Holidays Bill of 1968 (which took effect in 1971), some official holidays are observed on a Monday, except for New Year’s Day, Independence Day, Veterans Day, Thanksgiving, and Christmas. There are also state holidays particular to individual U.S. states.



In the United States, most retail businesses close on Thanksgiving and Christmas, but remain open on all other holidays. Private businesses often observe only the “big six” holidays (New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas). Some also add the Friday after Thanksgiving, or one or more of the other federal holidays.

Most American holidays recognize events or people from U.S. history, although two are shared in common with many other countries: Christmas Day and New Year’s Day. Thanksgiving in the United States is on the fourth Thursday in November.

DATE/DAY	HOLIDAY
1st January	NEW YEAR’S DAY
January (Third Monday)	MARTIN LUTHER KING JR.’S BIRTHDAY
February (Third Monday)	PRESIDENT’S DAY
May (Last Monday)	MEMORIAL DAY
4th July	INDEPENDENCE DAY
September (First Monday)	LABOR DAY
October (Second Monday)	COLUMBUS DAY
11th November	VETERAN’S DAY
November (Fourth Thursday)	THANKSGIVING DAY
25th December	CHRISTMAS DAY

TAX OBLIGATIONS

All F-1 and J-1 students must file forms with the Internal Revenue Service each year. Forms are due by April 15 each calendar year.

IRS Website: irs.gov

If you hold a F-1 or J-1 student visa for five years or less, or J-1 scholar visas for two years or less, you **MUST** file Form 8843: Statement for Exempt Individuals and Individuals with a Medical Condition.



WHAT ABOUT F-1/J-1 STUDENTS AND J-1 SCHOLARS WHO DID NOT EARN ANY U.S. INCOME IN 2011?

Even if you did not receive income you must send a form to the IRS. The form you will need to file is Form 8843: Statement for Exempt Individuals and Individuals with a Medical Condition.

WHAT ABOUT F-1/J-1 STUDENTS WHO RECEIVED ONLY A SCHOLARSHIP OR FELLOWSHIP GRANT IN 2011?

Scholarship and fellowship grants are not included in taxable income if used for tuition, fees, books, supplies, and equipment required for courses, AND if the student is pursuing a degree. Any portion of scholarship or fellowship received for room and board, or in exchange for teaching or research is included in taxable income. (Unless exempt by treaty.)

WHAT DO I FILE IF I HAVE A SCHOLARSHIP, BUT I DON'T HAVE TO PAY TAXES ON IT?

You file Form 8843.

WHAT DO I FILE IF I HAVE A SCHOLARSHIP I MUST PAY TAX ON?

You file Form 8843 AND Form 1040NR OR 1040NREZ.

WHAT DO I FILE IF I HAVE A SCHOLARSHIP I MUST PAY TAX ON AND CAN ALSO CLAIM A TAX TREATY BENEFIT ON THAT SCHOLARSHIP?

You file Form 8843 AND Form 1040NR OR 1040NREZ.

WHAT DO I FILE IF I HAVE AN ASSISTANTSHIP STIPEND?

You file Form 8843 AND maybe Form 1040NR OR 1040NREZ.

WHAT ABOUT F-1/J-1 STUDENTS AND J-1 SCHOLARS WHO EARNED INCOME IN 2010?

You must file Form 8843 AND maybe Form 1040NR OR 1040NREZ.

You do not need to file Form 1040-NR or 1040NREZ for 2010 if:

- You have only taxable U.S. source wages that were less than \$3,650; AND
- You don't need to claim a refund of over-withheld taxes.



DEFINITIONS

W-2: Wage and Tax Statement.

1042-S: Foreign Persons U.S. Source Income Subject to Withholding Form, which is normally used to report income covered by a tax treaty.

1040NR: U.S. non-resident Alien Income Tax Return.

1040NR-EZ: U.S. Income Tax Return for certain non-resident aliens who have no dependents.

IF YOU NEED ASSISTANCE OR HAVE QUESTIONS YOU CAN CONTACT:

IRS Toll Free Number: 1 (800) 829-1040

Garden City IRS Local Office

107 Charles Lindbergh Blvd.

Garden City, NY 11530

(516) 683-5169

Monday through Friday, 8:30 a.m.–4:30 p.m.

Effective April 15, 2011 and April 18, 2011, this office will be open from 8:30 a.m. to 5:30 p.m.; and Saturday, April 16, 2011 from 9:00 a.m. to 2:00 p.m.

WHERE TO FILE?

Form 8843 Statement for Exempt Individuals and Individuals with a Medical Condition

If you are filing a Form 1040 NR or Form 1040 NR-EZ, attach Form 8843 to it. Mail your tax return by the due date (including extensions) to the address shown in your tax return instructions.

If you do not have to file a tax return, mail Form 8843, by the due date (including extensions) for filing Form 1040NR or Form 1040 NR-EZ, to:

Department of the Treasury

Internal Revenue Service

Austin, TX 73301



GENERAL IMMIGRATION INFORMATION

Like all countries of the world, the United States has laws and regulations governing foreigners who are temporarily within its borders.

During the time you spend as a student in the United States, you will most likely come in contact with the U.S. Citizenship and Immigration Service. Your advisor will be happy to help you with the preparation of documents you may need to submit to the U.S.C.I.S. and to advise you regarding available options when you have an immigration-related concern.

The U.S. Citizenship and Immigration Service, a branch of the U.S. Department of Homeland Security, is responsible for enforcing immigration regulations. For administrative purposes, the U.S.C.I.S. has divided the country into a number of regions and districts. The address of the U.S.C.I.S. district office that has jurisdiction over the international students and scholars at Adelphi University is:

U.S. Citizenship and Immigration Services

26 Federal Plaza
New York, NY 10278
Phone: 1 (800) 375-5283

United States Citizenship and Immigration Services

Website: uscis.gov/portal/site/uscis

United States Department of State

Website: state.gov

United States Citizenship and Immigration Services Case Status Online

Website: egov.uscis.gov/cris/jsps/index.jsp



INTERNATIONAL STUDENT SOCIETY

The Student Government Association at the Adelphi University campus funds the International Student Society. It offers programs and events dedicated to the diversity and cultural exchange of our international students on campus. The organization meets weekly from 6:00 p.m. to 7:00 p.m. and welcomes the participation of new members. Please contact iss@adelphi.edu or wbadala@adelphi.edu for more information. The International Student Society holds a variety of events each year, including Lunar New Year, Central American Independence Day, Diwali, Martinetsa, International Night, International Tea Party, St. Patrick's Day Celebration and many more. Come and join the fun!





USEFUL RESOURCES

BANKS

Astoria Federal Savings

1150 Franklin Avenue
Garden City
(516) 746-0700

or

490 Hempstead Avenue
West Hempstead
(516) 481-8300

Capital One

118 7th Street
Garden City
(516) 741-2400

Chase Bank

82 7th Street
Garden City
(516) 294-2010

or

565 Hempstead Turnpike
West Hempstead
(516) 489-2218

Citibank

114 Old Country Road
Mineola
(516) 746-6989

Citizens Bank

50 Cherry Valley Avenue
West Hempstead
(516) 538-1655

Flushing Savings Bank

1122 Franklin Avenue
Garden City
(516) 471-3100

HSBC

147 7th Street
Garden City
800-975-HSBC

Nassau Educators Federal Credit Union

1000 Corporate Drive
Westbury
(516) 561-0030

Roslyn Savings Bank

108 7th Street
Garden City
(516) 739-4438

State Bank of Long Island

339 Nassau Boulevard
Garden City South
(516) 481-3900

TD Bank

855 Franklin Avenue
Garden City
(516) 739-2605

Wells Fargo Bank

1001 Franklin Avenue
Garden City
(516) 535-1560

BOOKSTORES

B. Dalton

Roosevelt Field Mall
Garden City
(516) 747-2727

Barnes & Noble

91 Old Country Road
Carle Place
(516) 741-9850

COFFEE HOUSES

Starbucks

184 7th Street
Garden City
(516) 741-8295

Witches' Brew

311 Hempstead Turnpike
West Hempstead
(516) 489-9482

DRUG STORES

CVS Pharmacy

820 Franklin Avenue
Garden City
(516) 887-1863
or
621 Hempstead Turnpike
West Hempstead
(516) 564-8268



Rite Aid

498 Hempstead Turnpike
West Hempstead
(516) 538-4488

FAST FOOD

Burger King

340 Hempstead Turnpike
West Hempstead
(516) 538-2859
or
at Roosevelt Field
(516) 747-7566

Domino's Pizza

166 Poplar Street
West Hempstead
(516) 483-3030

Kentucky Fried Chicken

20 Hempstead Avenue
Hempstead
(516) 564-0025

McDonald's

637 Stewart Avenue
Garden City
(516) 745-6303
or
2045 Jericho Turnpike
New Hyde Park
(516) 488-1950
or
575 Franklin Avenue
Franklin Square
(516) 354-4420

Subway of Garden City

3 Nassau Boulevard
Garden City South
(516) 505-0866

Taco Bell

996 Hempstead Turnpike
Franklin Square
(516) 358-9821

Wendy's

65 Hempstead Turnpike
West Hempstead
(516) 489-2880

White Castle

19 Hempstead Turnpike
West Hempstead
(516) 899-8404

FLORISTS

Country Arts and Flowers

535 Hempstead Turnpike
West Hempstead
(516) 483-3363

Feldis Florists

160 7th Street
Garden City
(516) 747-3330

HOSPITALS

Winthrop-University Hospital

259 1st Street
Mineola
(516) 663-0333

HOTELS/MOTELS

Best Western Mill River Manor

173 Sunrise Highway
Rockville Centre
(516) 678-1300
bestwestern.com
5.3 miles

Floral Park Motor Lodge

30 Jericho Turnpike
Floral Park
(516) 775-7777
3.3 miles

Garden City Hotel

45 Seventh Street
Garden City
(516) 747-3000
gardencityhotel.com
1.1 miles

Hampton Inn

1 North Avenue
Garden City
(516) 227-2720
hamptoninn.com
3.6 miles

Hampton Inn & Suites

125 Merrick Road
Rockville Centre
(516) 599-1700
hamptoninn.com
5.1 miles

Hilton Garden Inn

1575 Privado Road
Westbury
(516) 683-8200
hiltongardeninn.com
5.2 miles



Holiday Inn

369 Old Country Road
Carle Place
(516) 997-5000
holiday-inn.com
3.6 miles

Holiday Inn Express

1 Sunrise Highway
Lynbrook
(516) 596-3000
hiexpress.com
4.8 miles

Hyatt Place Garden City

5 North Avenue
Garden City
(888) 492-8847
hyattplacegardencity.com
3.6 miles

LaQuinta Inn and Suites

821 Stewart Avenue
Garden City
(516) 705-9000
lq.com
3.4 miles

Long Island Marriott

101 James Doolittle Boulevard
Uniondale
(516) 794-3800
marriott.com
5.4 miles

Red Roof Inn

699 Dibblee Drive
Westbury
(516) 794-2555
redroof.com
3.1 miles

Rockville Centre Inn

415 Ocean Avenue
Rockville Centre
(516) 593-1600
rockvillecentreinn.com
4.8 miles

LOCAL STORAGE FACILITIES

Public Storage

817 Peninsula Blvd
Hempstead
(516) 564-9329
(Open 7 days)
or
1055 Stewart Avenue
Garden City
(516) 222-7049

Self Storage Center

1990 Jericho Turnpike
New Hyde Park
(516) 326-1199

U-Haul Self Storage

450 Fulton Avenue
(east of Clinton Street)
Hempstead
(516) 489-6550
(Open 7 days)

MOVIE THEATRES

Clearview Franklin Square Cinemas

989 Hempstead Turnpike
Franklin Square
(516) 775-3257

Clearview Herricks Cinemas

3324 Hillside Avenue
New Hyde Park
(516) 747-0555

AMC Raceway 10

1025 Corporate Drive
Westbury
(516) 745-6937

AMC Roosevelt Field 8

630 Old Country Road
Westbury
(516) 741-4008

POST OFFICES

Garden City

(within walking distance)
1 block south of 7th Street,
across the railroad
600 Franklin Avenue
(516) 747-2201
Window/Lobby Hours:
Monday–Friday
9:00 a.m.–5:00 p.m.
Saturday 9:00 a.m.–1:00 p.m.

Passport Service:
Monday–Friday
10:00 a.m.–3:00 p.m.
(By Appointment)
Express Mail Services:
Monday–Friday
9:00 a.m.–5:00 p.m.
Saturday
9:00 a.m.–1:00 p.m.

Hempstead

(within walking distance of
Hempstead Bus Terminal)



200 Fulton Avenue
(516) 560-1120
Window Hours/Lobby:
Monday–Friday
9:00 a.m.–6:00 p.m.
Saturday
9:00 a.m.–2:30 p.m.
Passport Service:
Monday–Friday
10:00 a.m.–3:00 p.m.
Saturday
11:00 a.m.–1:00 p.m.
Walk-ins

PUBLIC LIBRARIES

Garden City Public Library

(within walking distance)
60 7th Street
(516) 742-8405
Hours:
Monday–Thursday
9:30 a.m.–9:00 p.m.
Friday
9:30 a.m.–5:30 p.m.
Saturday
9:00 a.m.–5:00 p.m.
Sunday
1:00 p.m.–5:00 p.m.

Hempstead Public Library

115 Nichols Court
(516) 481-6990
Hours:
Monday–Thursday
10:00 a.m.–9:00 p.m.
Friday
10:00 a.m.–6:00 p.m.
Saturday
9:00 a.m.–5:00 p.m.
Sunday (Fall to May only)

1:00 p.m.–5:00 p.m.
Closed Saturday in July
and August

West Hempstead Public Library

252 Chestnut Street
(516) 481-6591
Hours:
Monday–Thursday
9:00 a.m.–9:00 p.m.
Friday
9:00 a.m.–5:00 p.m.
Saturday
9:00 a.m.–5:00 p.m.
Sunday
12:00 noon–5:00 p.m.

Franklin Square Public Library

19 Lincoln Road
(516) 488-3444
Hours:
Monday–Thursday
10:00 a.m.–9:00 p.m.
Friday
10:00 a.m.–6:00 p.m.
Saturday
10:00 a.m.–5:00 p.m.

RESTAURANTS

Alpine Garden

11 Franklin Avenue
Franklin Square
(516) 354-5770

B.K. Sweeney's Uptown Grille

636 Franklin Avenue
Garden City
(516) 746-3075

Ben's Kosher Deli/Restaurant

59 Old Country Road
Carle Place
(516) 742-3354

Boston Market

2091 Hillside Avenue
New Hyde Park
(516) 328-2424
or
603 West Hempstead Turnpike
West Hempstead
(516) 539-0500

Boulder Creek

700 Hempstead Turnpike
Franklin Square
(516) 564-9100

Cheesecake Factory

The Source Mall
1504 Old Country Road
Westbury
(516) 222-5500

Famous Dave's Bar-B-Que

1050 Corporate Drive
Westbury
(516) 832-7300

Garden City Hotel

Polo Grill and Lounge
45 7th Street
Garden City
(516) 877-9353
(Jacket and tie required)

Garden City Pizza

670 Franklin Avenue
Garden City South
(516) 294-2929

**International House of Pancakes**

85 Hempstead Turnpike
West Hempstead
(516) 483-6103

Leo's Midway

190 7th Street
Garden City
(516) 742-0574

Lucky Duck

9 Nassau Boulevard
Garden City South
(516) 485-4848

Nakisaki

276 Fulton Avenue
Hempstead
(516) 292-9200

Orchid (Chinese)

730 Franklin Avenue
Garden City
(516) 742-1116

Panera Bread

520 Jericho Turnpike
Mineola
(516) 535-3910
or
165 Old Country Road
Carle Place
(516) 739-2090

P.F. Chang's

The Source Mall
1504 Old Country Road
Westbury
(516) 222-9200

Red Lobster

211 Old Country Road
Carle Place
(516) 248-7411

Seventh Street Café

126 7th Street
Garden City
(516) 747-7575

Tin Alley Grill

630 Stewart Avenue
Garden City
(516) 228-3370

Umberto's Pizzeria

361 Nassau Boulevard
Garden City South
(516) 481-1279

Waterzooi (Belgian Bistro)

850 Franklin Avenue
Garden City
(516) 877-2177

SHOPPING**Bed Bath & Beyond**

950 Merchant Concourse
Westbury
(516) 794-8631

Best Buy

1050 Old Country Road
Westbury
(516) 357-9025

Costco

1250 Old Country Road
Westbury
(516) 683-8300

Lord & Taylor

1200 Franklin Avenue
Garden City
(516) 228-0303

Mall at the Source

Old Country Road
Westbury
(516) 228-0303
simon.com/mall

Michaels Arts and Crafts Store

1280 Corporate Drive
Westbury
(516) 693-0420

Roosevelt Field Mall

Stewart Avenue
Garden City
(516) 742-8000

Sears

1111 Franklin Avenue
Garden City
(516) 873-3700

Target

999 Corporate Drive
Westbury
(516) 222-1003

Wal-Mart

1220 Old Country Road
Westbury
(516) 794-7280



SUPERMARKETS

Compare Foods

29 Village Avenue
Elmont
(516) 328-8192

Key Food

153 7th Street
Garden City
(516) 742-2713

Kings Super Market

870 Franklin Avenue
Garden City
(516) 739-5559

Pathmark Supermarket

2335 New Hyde Park Road
New Hyde Park
(516) 354-4966

7-Eleven

159 Atlantic Avenue
New Hyde Park
(516) 739-9874

Super Stop & Shop

50 Cherry Valley Avenue
West Hempstead
(516) 539-7860

TAXI SERVICES

All Island Taxi

Mineola
(516) 742-2222
Garden City
(516) 746-2500

Long Island Yellow Cab

Farmingdale
(516) 249-1212

Ollie's

Franklin Square
(516) 487-3420

USEFUL WEBSITES

weather.com: Get an accurate local forecast

mta.info: For Long Island Railroad official Website, schedules and fares

hopstop.com: Get transportation and walking directions in the five boroughs of New York City

facebook.com: Meet your college classmates, teachers and co-workers

web.adelphi.edu/reslmaier/students/sa/csi/commuter: Off-Campus Housing

students.adelphi.edu/sa/hs: Adelphi Health Services

students.adelphi.edu/sa/csi: The Adelphi Center for Student Involvement

academics.adelphi.edu/asr: The Adelphi Office of Academic Services and Retention

students.adelphi.edu/learningcenter: The Adelphi Learning Center

students.adelphi.edu/writingcenter: The Adelphi Writing Center



The Office of International Student Services hopes you found this guidebook useful. Please know that if at any time you have any questions you can call, email, or stop by the office. We are here for you and happy to assist you with your international student needs. We hope you find Adelphi an enjoyable and rewarding experience. We enjoy having you at our campus.



