International Affairs

Welcome Packet

for

Spouses & Families

of

F-1 and J-1 Visa Holders

International Affairs

333 Oregon Hall

5209 University of Oregon

Eugene, OR 97403-5209

541.346.3206

intl@uoregon.edu

http://international.uoregon.edu
Dear International Student/Scholar & Family,

It is our pleasure to welcome you and your family to the University of Oregon and the Eugene/Springfield community. We hope the time that you spend here will be personally and academically enriching and rewarding.

We have prepared this packet of information to assist you in your transition to living in Eugene, Oregon. Eugene is a dynamic city known for its mix of arts and culture, scenic attractions, and passion for sports and recreation. Eugene has been called “Track Town USA,” and is known to be one of “America’s Most Livable Communities.” Eugene is a bike-friendly community with miles of bike paths winding throughout city streets, gardens, parks and along the banks of the Willamette River. The Hult Center for the Performing Arts provides one of many venues showcasing the talents of highly acclaimed artists and resident companies.

It has been our experience that spouses and families are eager to adjust and get settled in quickly and to make a smooth transition to living in a new community. For this reason, we have tried to provide you with online links to important resources available at the University of Oregon and in the local community. We hope you find this information helpful and would appreciate your feedback on the usefulness of this packet so we can continue to improve it for future students and scholars.

Please do not hesitate to contact an International Student Advisor in our office by phone, 541-346-3206, or by email, intl@uoregon.edu if you have any questions or if we can assist you in any way.

Very truly yours,

International Student & Scholar Services

International Affairs
International Student & Scholar Services
Staff

Left to right back row: Abe Schafermeyer, Erin McKercher, Becky Megeressa, Megan Sullivan.
Left to right front row: Lisa Mick, Jane Walster, Magid Shirzadegan
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Immigration Documents & SEVIS
International Affairs at the UO issues nonimmigrant visa documents required by the U.S. government for persons with F-1 and J-1 visas and their dependents. The federal government requires notification of all changes through the use of SEVIS (Student & Exchange Visitor Information System). International Affairs also processes petitions for faculty members requesting H-1B status and permanent residency.
http://international.uoregon.edu/index.php/iss

Advising
Individual advising and support is always available for international students, scholars, and their dependents. International Affairs strives to provide the best possible academic, social, and personal experience while at the University of Oregon. Appointments with international advisors can be made in-person or by phone and are generally available same-day or next-day.
330 Oregon Hall, (541) 346-3206

Orientation
At the beginning of each academic term, International Affairs offers a comprehensive orientation program for international students. International Student Orientation (ISO) is intended to assist new international students with their transition to the University of Oregon and the Eugene/Springfield community.
http://international.uoregon.edu/index.php/students/orientation

Friendship Families
Every year, International Affairs at the UO matches hundreds of families from the community with international students for a short-term homestay program. In addition, throughout the year community members, international students and scholars are matched for the International Friend and Conversation Friend programs.
http://www.ffisoregon.org/

AEIS
Academic English for International Students (AEIS) is a program designed to help international students, both undergraduate and graduate, develop expertise in English for academic purposes while they are taking other classes at the University of Oregon.
http://international.uoregon.edu/index.php/students/aeis

Financial Aid and Scholarships
Each year the UO awards over one million dollars in financial aid and scholarships to international students. International Affairs administers the application and award process for these programs. International students may also apply for the work-study program. Work-study students can use the award to earn money by working on-campus. Students in financial crisis may request short-term emergency loans.
http://international.uoregon.edu/index.php/scholarshipsfinancialaid
International Cultural Service Program (ICSP)
The ICSP program is designed to bring talented UO international students into classrooms, departments, or offices to share their cultural traditions and to help develop greater cross-cultural understanding. Currently, there are 50 students in the program, representing over 40 different countries. They expose our community to cultural diversity through group presentations, panel discussions, demonstrations of regional dances, music, food and many other forms of cultural expression.

http://international.uoregon.edu/index.php/intculturalserviceprogram

UO International Student Enrollment by Region, 2008-09
Obtaining Health Insurance

The University of Oregon requires all international students, scholars and their dependents to carry adequate health and accident insurance. It is very important to make arrangements for health insurance coverage for your dependents during their stay in the United States. The major medical coverage under the policy you select must cover a minimum of $250,000 per illness or accident and maternity coverage for each person on the policy. The cost of medical care in the United States is high, and insurance companies will not cover medical expenses for a pregnancy that began prior to your purchase of a health insurance policy. If you purchase the UO health insurance policy for your dependents, you must purchase it within 31 days after their arrival in the United States.

- International Plan - available to F-1 and J-1 students and dependents (F-2/J-2)
- Visiting Scholars Plan - available to international scholars and dependents (J-1/J-2)

For more information go to http://healthcenter.uoregon.edu/insurance/insurance.html

Studying in the U.S.

An F-2 spouse (and/or children over the age of 21) of an F-1 student may not engage in full time study. Children under the age of 21 may only engage in full time study if the study is in a primary or secondary school. Spouses and dependents over the age of 21 may engage in study that is avocational or recreational in nature.

J-2 spouses and children are eligible to study while in the U.S.

Enrolling Children in School

To enroll your children in local public schools, you will need to bring the following documents with you:

1. An official birth certificate, a signed hospital certificate, or a passport as valid proof of your child’s birth date.
2. A physical examination for children beginning school for the first time.
3. Official copies of the child’s school records.
4. All immunization records with names and dates of vaccines received. Required immunization for all school-aged children are diphtheria, tetanus, pertussis, measles, mumps, rubella, and polio. In addition, children from outside the United States must be screened for active tuberculosis infection.

Working in the U.S.

The F-2 spouse and children of an F-1 student may not accept employment.

J-2 spouses and dependents are eligible to apply to U.S. Immigration for employment authorization as long as the employment is not for the purpose of supporting the J-1. "Income from the spouse’s or dependent’s employment may be used to support the family’s customary recreational and cultural activities and related travel, among other things. Employment will not be authorized if this income is needed to support the J-1 principal alien."

(8 CFR 214.2 (j) (1) (v) (QA)
The Eugene School District 4J - features 27 primary schools, 13 middle schools, eight high schools and 3 charter schools. There are also language immersion schools in Spanish, Japanese and French.

2008 Eugene Schools Guide
http://www.4j.lane.edu/

Springfield School District - features 16 primary schools, 7 middle schools, 2 high schools and 3 alternative schools.

http://www.sps.lane.edu/index.html

Educational Resources for J-2 Dependents

Community Education Program - The University of Oregon offers courses for credit in almost every subject, on an open-door basis. No formal admission required.

http://cep.uoregon.edu/

Lane Community College - located about two miles south of Eugene and Springfield. Easy access via the city bus system or by automobile from either city.

Downtown Center
1059 Willamette Street
Eugene, OR 97401
(541) 463-5252

http://www.lanec.edu
The American English Institute has provided English language instruction since 1977 to international students and educators who want to enter the University of Oregon or learn English for personal or professional reasons. The institute’s goal is to help students learn to communicate and study effectively in English and to gain a greater understanding of American culture.

Downtown Languages

-English Classes for beginners
-Spanish Literacy Class
-Oregon Driver’s Manual Study Class in Spanish
-U.S. Citizenship Class in English

Open to all international students, scholars, and spouses
Week-days 8:30am - 7:30pm
Located at 1035 Willamette, Eugene (right across from the downtown bus station)
Conversation Friend - would you and/or your spouse like to practice conversational English while making a new friend? In this program, you will meet with a community member for one hour per week.

International Friend - would you and/or your spouse like to make friends with a local community member or family? In this program, a community member will invite you to do fun things in and around Eugene. This is a flexible program to meet the schedules of everyone involved.

Open to all international students, scholars and spouses.

International Women’s Morning Out (since 1990)
English conversation, cooking demonstrations, crafts, field trips, sharing world cultures
Open to all international students, scholars, spouses and children

Occurs October through Memorial Day, with occasional events in summer
Friday morning from 9:30 - 11:30 am
Berean Baptist Church, 1210 Chambers Street, Eugene
For more information, 541.726.1410 or 541.726.8410
UO Campus Resources

On Campus Housing
http://housing.uoregon.edu/

Outdoor Program
http://outdoorprogram.uoregon.edu/limbo/index.php

Family Recreation Program
http://uorec.uoregon.edu/rec_programs/family_rec.html

Health Center
http://healthcenter.uoregon.edu/

Parking & Transportation
http://safetyweb.uoregon.edu/parking/

Student Life
http://studentlife.uoregon.edu/main.htm
Work & Family Services

http://workfamily.uoregon.edu/

Child Care

Co-Op Family Center
Spencer View Family Housing

http://housing.uoregon.edu

Moss Street Children’s Center and Westmoreland Children’s Center
EMU Child Care and Development Centers

http://moss.uoregon.edu/

http://olum.uoregon.edu
Local Community Resources

Check out these online resources for local lodging, shopping, public transportation, arts & culture, events, maps and more!

Eugene and Local Area

Visit these online resources:
- Visit Lane County: 
  - [Visit Lane County](http://visitlanecounty.org)
  - [Visit Lane County](http://uoregon.edu/eugene.shtml)
  - [Visit Lane County](http://comm.uoregon.edu/arts/)

Welcome to Eugene, Oregon, USA

Culture and the Arts

Visit the following cultural attractions:
- [Visit the website](http://www.eugene-or.gov/portal/server.pt)

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Driving

When you apply for a license or permit, Oregon law requires the Department of Motor Vehicles to administer a written examination. This examination asks questions about road signs, traffic laws and other information you need to know to drive in Oregon. All information necessary to pass this test is included in the Oregon Driver’s Manual. You may also be required to take a driving test. Keep in mind that you cannot get a Social Security number for the sole purpose of obtaining a driver’s license. For information, go to:

http://www.oregon.gov/ODOT/DMV/offices/eugenedtc.shtml

Banking

Banks in the United States offer many kinds of financial services. These include checking and savings accounts, conversion of foreign currency, bank drafts, money orders, credit cards, loans, inter bank transfers, traveler’s checks, and safe-deposit boxes for valuables. To open an account, you must present your passport and UO ID. You also need one of the following: cash, a bank draft, cashier’s check, or traveler’s checks, all payable in U.S. dollars. You do NOT need a U.S. social security number. You should ask your bank for a Form W-8, which enables you to declare your exemption from tax on interest income because of your nonimmigrant status.

Bank of America
201 E. 11th Ave.  541.342-5810

Washington Mutual Bank
1100 Willamette  541.465.8000

Oregon Community Credit Union
488 E. 11th Ave.  541.687-2347

U.S. Bank
810 E. 13th Ave.  541.465-4281

Social Security

In general, only non-citizens who have permission to work from the Department of Homeland Security can apply for a Social Security number. Lawfully admitted non-citizens can get many benefits and services without a Social Security number. You do not need a Social Security number to conduct business with a bank, register for school, apply for educational tests, obtain private health insurance, apply for school lunch programs or apply for subsidized housing.
Off-Campus Housing

Here are some resources for off-campus housing. There are also two bulletin boards with housing rental information: one is located outside International Affairs (333 Oregon Hall), and the other in the basement of the EMU.

The Register Guard Classifieds (The Eugene/Springfield Newspaper)
The classified section of the Register Guard offers daily and Sunday listings and is a great resource for information.

Oregon Daily Emerald Classifieds
The University of Oregon's own daily newspaper publishes classified ads for rentals, roommates and more. This is another good resource if you're looking for lodging close to campus.

Online Websites
- http://asuorental.uoregon.edu
- http://rentals.com
- http://rent.com
- http://apartmentguide.com
- http://apartments.com
- http://eugenerent.com
- http://roommates.com
- http://forrent.com
- http://apartmentratings.com/rate/finder
- http://eugenerentals.com/

Maps of UO and Surrounding Area

http://geography.uoregon.edu/infographics/campus_maps.html