Welcome International Students!

We are so pleased that you have decided to attend Kalamazoo College and to join our college community. This booklet is designed to give you information that will ease the transition from your home country to the United States, the state of Michigan, the city of Kalamazoo, and Kalamazoo College. The information has been gathered from faculty and staff who advise international students, the Center for International Programs, other colleges' international student offices, and international students who have already attended Kalamazoo College.
GUIDE FOR INTERNATIONAL STUDENTS

In support of the Kalamazoo College mission to “prepare its graduates to better understand, live successfully within, and provide enlightened leadership to a richly diverse and increasingly complex world,” the Center for International Programs provides experiential opportunities in international education through study abroad, university exchange programs, collaborative programs with international partners, and services for international students and scholars at the College.

To make the most of this new experience, please explore our culture, ask questions, try new food and meet new people. Just as with any new project, the more energy you put into it, the more rewarding the experience will be. Let us help you make this a wonderfully exciting and challenging time.

Center for International Programs (CIP) Contact Information

Phone: 269.337.7133

Mail: Center for International Programs
Kalamazoo College
1200 Academy Street
Kalamazoo MI 49006 USA

Website: https://reason.kzoo.edu/cip/

To make an appointment with the International Student Advisor please call 269.337.7133 or email cip@kzoo.edu

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INTRODUCTION

Before you leave home, you can learn many things about Kalamazoo College that will help you in planning for your experience with us. We hope the following information will both interest you and calm your anxieties as you begin your preparation. Please read this booklet before you come to Kalamazoo College.

Campus Location

Kalamazoo College is located in the city of Kalamazoo, a city of about 75,000 people. The College is half a mile from the downtown business district, which offers shopping, banking, restaurants, and various churches. The city of Kalamazoo is in southwestern Michigan, about three hours east of Chicago, Illinois and three hours west of Detroit, Michigan.

Travel to Kalamazoo

You have already received instructions about booking your flights. When making flight arrangements, you should select Kalamazoo, Michigan as your final destination. (Please be sure your airline checks your luggage to Kalamazoo (AZO).) If you arrive in either Detroit or Chicago, you will need to arrive in Kalamazoo by plane, train, or bus. Please carry with you the Center for International Programs contact information (included above) so that you will have more specific information about reaching the College when you arrive in Kalamazoo. If you’ve provided the Center for International Programs with your arrival information, a representative from the College will pick you up at the Kalamazoo airport, train or bus station. Otherwise, you should take a taxi from the Kalamazoo airport, train or bus station to Kalamazoo College. Also, if you arrive in Kalamazoo before September 3, 2015, you will have to stay in a hotel since the residence halls open on September 3, 2015 and not before. For a list of nearby hotels go to: http://www.kzoo.edu/college/?p=location&s=lodging

Kalamazoo College Orientation Programs

Kalamazoo College offers two orientation programs for international students who are new to the College. All new international students are required to participate in the International Student Orientation Program (ISOP). Degree-seeking international students are required to participate in the New Student Orientation which follows the ISOP.

The ISOP is specifically designed to assist international students with their transition to the campus, the culture of the US and to provide important academic, social and immigration and visa-related information. Topics for international student orientation sessions typically include academic life, U.S. and Michigan culture, employment, health and safety, and immigration document processing as well as student visa regulations. The required orientation program for all new international students begins Friday, September 4, 2015. To enroll at Kalamazoo for the 2015-2016 academic year, you must
arrive on Thursday, September 3, 2015. This is also the earliest day you may check into the residence hall. Meals will be provided in the student dining center in Hicks Center.

CAMPUS

Kalamazoo College: Liberal Arts

Kalamazoo College is a four-year undergraduate liberal arts institution. Education in the liberal arts forms the basis of undergraduate education in the U.S. At Kalamazoo College, students are encouraged to take a number of courses across the academic disciplines. Coupled with this broad educational base is then specialization in a major (and often a minor). At the College it is common for students to take a course in Music, Literature, and Physics in the same term.

International students are sometimes surprised (and dismayed) when they are required to take courses that they feel are unrelated to their fields of specialization, as most educational systems around the world emphasize specialization rather than a liberal arts education. You and your academic advisor will work out a program of study that meets your educational goals and supports your passion. For further details on any topic, please consult the Academic Catalog http://www.kzoo.edu/catalog/

College Policies

Like any community, Kalamazoo College has regulations that govern our lives together. You will receive an introduction to these policies and regulations during orientation. There are academic and social regulations. These regulations can be found online: http://www.kzoo.edu/catalog/?id=769

It is your responsibility to read, understand, and follow the College regulations. If you do not understand them, please make an appointment with a member of the CIP staff or the Dean of Students to learn more.

Academic Expectations

You may find that teaching methods differ from those in your own country. Here, regular class attendance, daily lesson preparation, classroom participation, and frequent exams are the norm. Student/faculty relationships are generally casual and informal. Questions during class and class discussion are encouraged. Do not hesitate to ask a question about something you do not understand. Be sure to participate in the discussions because the grade for the course may be partly based on your contributions to class discussions.

Individual work is highly valued and a person generally receives credit and recognition only for what he/she has developed. At the heart of life in the Kalamazoo College community is the Honor System
We take the Honor System very seriously. You will learn more during orientation.

**Copying others' work or plagiarizing another's ideas will have serious consequences.** Disciplinary action will be taken because this is a violation of the Honor System. The Honor System is described on the inside of the front cover of the College catalogue, available after your arrival on campus, and is also on the College’s website (please see link above). Please read it carefully because it describes the academic behavior for which you will be held accountable. If you do not understand the Honor System, make an appointment with your academic advisor or the Dean of Students within the first week of classes to discuss the meaning of the Honor System. **The consequence of being found guilty of an academic regulation violation could mean that you would receive a failing grade in the course and be dismissed from the College.**

**Learning Resources**

**International Student Advisor**
Alayna Lewis is the International Student Advisor. She will be among the first people to greet you and will continue to be a primary resource for you throughout your time at K. The International Student Advisor coordinates your orientation program and assists you with personal, academic, and student visa-related matters. You have probably already heard from her via e-mail or telephone. Alayna’s office is located in the Center for International Programs (CIP) in Dewing Hall, and the rest of the CIP staff will also be a resource for you during your time at Kalamazoo College. You can email her at Alayna.Lewis@kzoo.edu or isa@kzoo.edu.

**International Program Assistant and Post-Baccalaureate Fellow**
Your International Program Assistant and Post-Baccalaureate Fellow, Christian Van Houten is a K ’15 graduate from Brookfield, IL. Christian holds a BA in Philosophy with a concentration in Critical Theory from Kalamazoo College. His experiences studying abroad in Clermont-Ferrand, France as well as briefly travelling to Iraq and Jordan during high school are what piqued his interest in the international. At the heart of this interest in culture is a fascination with life in contemporary global society, especially as it is expressed and represented through music, art, and media. He will be available to help you adjust and find your way at Kalamazoo College. Christian’s office is also in the CIP. You can email him at Christian.VanHouten@kzoo.edu

**International Student Peer Mentor**
Mingyue (Terence) Xu, your International Student Peer Mentor, is a senior at K College from China. Terence will work in the CIP all year as the International Student Peer Mentor and will be a great resource to you. You can email her at Mingyue.Xu13@kzoo.edu
Welcome Team

The Welcome Team is comprised of current K sophomores, juniors, and seniors, (representing 5 different countries) who will be on campus to welcome you when you arrive. The Welcome Team will also work with you throughout orientation.

Course Syllabus

This is the outline of material to be covered in a course and will include the requirements and assignments. You should receive a copy during the first week of class. Please feel free to talk with your professor about the syllabus if you do not understand it, or anything else about the course.

Faculty Members (Professors or Lecturers)

Most professors will announce office hours during which you may talk privately about topics or assignments in the course. Office hours are typically listed on the syllabus and the professor’s office door. Do not hesitate to make an appointment with a professor to discuss problems you may be having. You may wish to continue a discussion of an interesting topic with a professor. If so, you may invite him or her to join you for lunch in the dining room or for a cup of coffee in the library or in Hicks.

Academic Advisor

This faculty member or administrator has worked with international students in the past and will be a good resource for your particular academic circumstances. Your advisor will help you select appropriate courses and may also help you resolve problems. Please make an appointment with your advisor whenever you need help, particularly with academic issues.

RAs, PAs, and TAs

- **Resident Assistants (RAs)** are students who work with the Residence Life office and are paraprofessional student employees who reside in the residence halls. Resident Assistants develop and maintain positive residence hall communities, initiate hall programming, and serve as a resource.

- **Senior RA (SRA)** - Paraprofessional student employees with one or more years of Resident Assistant experience who not only take on the role of Resident Assistant, but also assume additional responsibilities. Those responsibilities include staff leadership, training, development and communication with the Area Coordinator. See [https://reason.kzoo.edu/reslife/staff/](https://reason.kzoo.edu/reslife/staff/)

- **Peer Advisors (PAs)** are seniors at K who have returned from a study abroad program and work in the CIP as paraprofessional student employees who advise students on study abroad and study away topics. See cippa@kzoo.edu or [https://reason.kzoo.edu/cip/PAs/](https://reason.kzoo.edu/cip/PAs/)
Student Teaching Assistants (TAs) have special training or have been particularly successful in a course, and work with students of a particular course or in a particular department. Sometimes students can be more helpful because they have a special understanding of what other students are going through and students often find peer-to-peer advising less intimidating and therefore more easily accessible.

Learning Commons
The Learning Commons offers peer assistance in math, physics, writing, science, and library research. Centers provide a quiet place to study as well as find help. The atmosphere is relaxed and friendly. These peer assistance services are available to all students at no cost. See https://reason.kzoo.edu/learningcommons

English as a Second Language Support
Candace Bailey Combs offers English as a Second Language Support to students at K and her office is located in the Learning Commons as well. You can make an appointment with her at the following link: https://kzoo.mywconline.com

Library
A basic library orientation session will be offered during the orientation program so that you may learn about an US academic library and be able to use it effectively. The library has a computerized online catalog, which will require some instruction to use. With your student ID card, you may borrow library materials for use in your classrooms and residence halls. If you have any questions about the use of the library, its collections, and its facilities, please ask one of the reference librarians.

Computer Services
With six open labs across campus, and two art labs, students, staff and faculty can have access to an assortment of software available on both PCs and Macs.

Computers are available in:

- **Dewing 207**
- **Dewing 307**
- **Dow 224**
- **Hicks/Garland**
- **Olds-Upton 312**
- **Olds-Upton 321b**
- **ULC 118**
- **ULC Reference Area**
- **ULC Upper Floors**

Please see https://reason.kzoo.edu/is/computer_labs/ for more information.
International Student Organization

The International Student Organization (ISO) is an official student organization of the College, recognized and funded by Student Commission, open to all Kalamazoo College students with an interest in international and cross-cultural activities. ISO plans outings to experience aspects of U.S. culture and sponsors events to share and celebrate the rich variety of international cultures represented by students on campus. ISO also serves as a primary source of welcome and introduction for new international students to facilitate their transition to the College. The officers and executive board help participants to plan and sponsor a wide range of activities throughout the year. An invitation to get involved with ISO will be among the first you receive after your arrival.

Living in the Residence Hall System

While attending the College, you will live in a residence hall, each of which houses between 100 and 200 students. You will likely live in a double room with a roommate or in a suite with 5 or 6 suitemates. The Office of Residential Life does its best to match you with a roommate on the basis of personal and study habits. As in any situation with a roommate, you should be prepared to compromise as you seek to accommodate each other. Roommate relationships can be the source of learning, lasting friendships and an opportunity to practice your language skills.

Each room is furnished with a bed, chest of drawers, desk, and desk chair for each student. You will also receive a pillow and a blanket from the CIP and Admissions. Bed linens will not be provided. You should purchase sheets soon after you arrive or order online them to be delivered before you arrive on campus. If you purchase linens, be sure to buy “extra long” sheets to fit the mattresses. For more information regarding housing, including exact mattress dimensions, please see www.kzoo.edu/reslife

During orientation, we will plan a shopping trip for you to get linens and other things for your room. Bathrooms, which you must share with others, may be adjacent to your room or located down the hall. Each bedroom is equipped with outlets for a phone and computer. Most international students purchase a cell phone soon after arriving. If you bring a computer, please see https://reason.kzoo.edu/is/networkaccess/ for more information on Network Access; otherwise, computer labs are available for your use elsewhere on campus.

You and your roommate are responsible for cleaning your room. Each hall has its own laundry room where students may wash and dry their clothes after purchasing a laundry card. For security reasons, the halls are locked 24 hours a day. You are welcome, however, to have guests in the hall at any time, assuming that your roommate has no objection.

Residence Hall during the Breaks and Summer
During the winter and spring breaks, international students can stay on campus if they sign up on time for the “break list.” Requests must be made in writing to housing@kzoo.edu by no later than Friday of the ninth week of the fall and winter quarter. No meals will be served in the cafeteria during these breaks. During the summer, residence halls will close. However, campus housing may be extended to students who work 32-40 hours per week for campus offices or departments and for Kalamazoo internships and externships. The internships and externships must be registered with the Center for Career and Professional Development. For more information on our Residence Life system, please see https://reason.kzoo.edu/reslife/faqs/

**Meals**

During the quarter, your meals will be taken along with the other students at the campus dining center which serves meals three times a day. You will receive a pictured Kalamazoo College ID card that will also serve as your meal card for admission to the dining room as well as access to your residence hall and for use at the College library. This card must be used to enter the dining room for each meal. At each meal you will be able to choose from several entrees, including at least one vegetarian dish.

Students living in the residence halls are required to take meals in the central dining room in Hicks Center. When you applied for housing, you were asked to select a meal plan. Most meal plans include Munch Money, which can be used in the Welles Dining Hall, The Richardson Room Deli, Papa John's Pizza, and at The Book Club (coffee shop) in the library. You can change your meal plan in this first week of the quarter at the Business Office.

Most food will be U.S-American in its style and preparation. You will find an emphasis on meats and vegetables. Food will be fried, broiled, and baked. Often foods are cooked and served separately rather than in stews and sauces. You will find rice available at most meals. Vegetables are usually cooked and fresh leafy vegetables are often prepared into salads. If you are a vegetarian, you will find appropriately prepared foods with the nutritional value necessary to meet dietary needs. If you do not understand how to select a nutritional diet because of the difference in foods, please discuss the topic with the Director of Health Services. We hope that you will come to like the food as it is prepared here. However, some home-country foods and flavors are so different that eating can be a challenge for an international student. If that happens, please make an appointment with the Director of Dining Services who will help you resolve the problem. Also, if you have recipes from home, please share them with the Director. He will be glad to have them. There are many different kinds of restaurants in the city. Hopefully, you will be able to find some familiar cuisine for a special occasion.

**Personal Security**

Personal safety considerations may be different from those in your home country. While there is freedom to travel about on campus, you must be alert to your own safety. The College provides a 24-hour security service, so the campus is relatively safe. Residence halls are locked 24 hours a day and
you will be issued a keycard that will give you access to the residence halls. However, only you can provide for your own safety. Kalamazoo is still a city and there is crime in the city. The following suggestions will help you be safe at Kalamazoo College:

- Keep the door to your room locked both when you are home and away.
- Be sure the exterior residence hall door locks behind you when you enter or leave to ensure the safety of others.
- Do not keep large sums of money in your room and do not carry large sums of money with you (You may arrange to keep extra money in the safe in the Business Office or open a bank account soon after arrival).
- When walking at night, keep to well-lighted walkways.
- Do not walk alone at night in off-campus areas. If need be, call Campus Security to escort you.
- Do not strike up conversations with strangers and do not quickly accept help from strangers.
- Do not hitchhike and do not accept rides from strangers or give them rides in your car.
- Do not stay in a building or isolated campus area alone late at night.
- If you receive a phone call or e-mail requesting your personal information, DO NOT provide this information. There are scam artists who hope to gain access to your bank account, credit card or social security number and any legitimate institution will not ask you for your personal information by phone or e-mail. When in doubt, please ask the Center for International Programs staff—we are always happy to help!

**Attitudes on Smoking**

At Kalamazoo College, the entire residential system and a large part of the campus (including all buildings) are smoke free. Students are not permitted to smoke in their rooms or lounges, or any other areas of the residence halls. Smoking is prohibited inside campus buildings and within 25 feet of the perimeter of campus buildings or of occupied walkways.

**Contact with Parents**

Kalamazoo College subscribes to the guidelines set forth in the Family Educational Rights and Privacy Act of 1974 (Section 438 of Public Law 93-38) also called FERPA. Your academic and student personnel files are confidential. You may see what is contained in your files, but information will only be shared with your parents with your permission. Kalamazoo College faculty and administrators may look at your records as needed. The exception to this is “directory information.” The College may release your name, address, telephone number, date and place of birth, major, athletic participation information, dates of attendance, degrees and awards. Grades, academic progress information and disciplinary action letters are not automatically sent to your family. In emergency situations, the Dean of Students may choose to contact parents directly about academic progress, health or disciplinary actions. We will try to do that with your permission, but if necessary will make the contact without permission.
Part-Time Work

Your financial aid package may include on-campus employment or you may simply want to have a part-time job. If you are an F-1 or J-1 visa holder, you are permitted to work on campus only. Please refer to the Immigration Regulations section of this handbook for specific regulations concerning your employment options. Campus jobs are most often filled by students who work as a condition of their scholarships, typically in a language lab. International students, however, can find jobs throughout the College. If you are interested in working, visit K-Connect on the Center for Career and Professional Development website (http://reason.kzoo.edu/ccd/kconnect/) as well as various campus departments to determine the availability of work opportunities. You will be required to either apply for a U.S. Social Security Number or Individual Taxpayer Identification Number in order to receive your paycheck. Information about this will be available during your campus orientation program.

Cell Phones

Most international students in the past have purchased a cell phone soon after arriving. Advice from current and recent international students at K regarding cell phone plans:

- An unlocked phone without any contract so that you can use it even when you go home
- Unlimited minutes and text plan
- With 3 - 5 friends, you can get a family plan
- Prepaid plan, no contract
- Some companies are starting to offer plans without contracts and they allow you pay monthly for the cost of the device, so you might ask about that.

Some of the cell phone companies in Kalamazoo include the following:

- T-Mobile
- AT&T
- Sprint
- Verizon
- VirginMobile
- MetroPCS

Please look over these websites to have an idea of the plan and type of phone you will get. You will have an opportunity to visit some of their stores as part of the shopping trip that has been scheduled during the international student orientation.

Mail
Mail is distributed on campus each day except Sundays and holidays. You will have a mailbox and will be given the number and combination to the mailbox after you arrive, if you haven’t received this already. The mailboxes are located in Hicks Center. Your address at Kalamazoo College will be:

<table>
<thead>
<tr>
<th>Your Name</th>
<th>Box Number, Hicks Center</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1200 Academy Street</td>
</tr>
<tr>
<td></td>
<td>Kalamazoo, Michigan 49006-3291 USA</td>
</tr>
</tbody>
</table>

If you wish to send some of your belongings before you leave your home country, you may send them in care of yourself to your box number or: Student Development Office, Kalamazoo College, 1200 Academy Street, Kalamazoo, Michigan, 49006-3291, USA.

Stamps can be purchased in the bookstore or at the mailroom in Hicks Center.

**Helpful tip: How to address an envelope:**

<table>
<thead>
<tr>
<th>Sender’s Name</th>
<th>Street Address</th>
<th>City, State, Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recipient’s Full Name</th>
<th>Street Address</th>
<th>City, State, Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Finances**

When you leave your home country, you should have some US cash with you. We recommend that you consider carrying some of your money in US dollar traveler’s checks or cash. A major credit card (Visa, MasterCard) is an advantage but not required. Convert your country’s currency into US dollar traveler’s checks before you leave home, because it may not be easy to do the conversion after you arrive in Kalamazoo. You will then have access to that money by check, debit card or cash withdrawal. We discourage students from keeping large sums of money in their residence hall rooms. The Business Office will keep your money — and other personal documents, like your passport, if you wish — in the College safe until you open a bank account.

In addition to money for tuition, room and board, you will need some additional money for personal expenses such as books, snacks, travel, clothing, gifts, entertainment, etc. Depending on your course selection, your books could cost as much as $200-300 each quarter or more. **Jobs on campus are not plentiful, so do not count on having a job to supplement money you bring or receive from home.** Even if you are campus work-study eligible, there is no guarantee that you will find a campus job.
If you experience a financial crisis, a short-term emergency loan may be available for one quarter. Please let the international student advisor in the Center for International Programs know.

Previous international students recommend arriving on campus with anywhere between US$500 and US$1,000, plus a major credit card. These same students report spending on average between US$1,500 and US$2,000 during one academic year at Kalamazoo College.

Credit Card Debt
You may receive many offers from credit card companies or banks to sign up for a credit card. It is helpful to have one credit card to use in emergencies to buy clothing or a plane ticket, etc. However, it is extremely easy to amass huge debts on a credit card where the interest rates are quite high. It takes a long time to reduce the debt because the interest continues to accumulate. We suggest that you use a credit card sparingly to avoid such debts.

Bills
You will receive a bill from the College at the beginning of each quarter. It will present the itemized charges for tuition, room, board and any other fees or fines for which you are responsible. Please pay those bills by the due date in order to avoid additional late fee charges. All bills must be paid before a transcript of your academic work will be issued. At the beginning of each quarter, you will be notified, through your campus mailbox, if you need to go to the Business office to pay your bill or make financial arrangements. Please note that Mr. Patrick Farmer (Patrick.Farmer@kzoo.edu) is the Student Accounts Coordinator in the Business Office and can be contacted directly with any questions regarding billing or payment.

Banking
PNC bank will be on campus if you are interested in opening an account with them. There are two PNC bank ATMs on K’s campus. There are two main account options available to you at the bank: checking account with a debit card and/or savings account.

Checking Accounts
You deposit your money and buy personal checks which display your name and address. There may be a monthly service charge. This fee will appear on your monthly statement and will be automatically deducted from your account. Most students with a checking account also get a debit card, which allows them to access their checking account without writing a check. It’s important not to overdraw your account—if you spend more than is available in the account, you will be charged an additional fee. When this happens, not only is the student responsible for the amount they overpaid, but there is also a large service fee for each transaction made.

Helpful tip: How to write a check:
1. This is the check number
2. Write the date here
3. These numbers identify your banking institution
4. Write the name of the recipient here
5. Clearly write the amount of the check here using numbers
6. Clearly write or print the dollar amount of the check using words for the dollars and numbers for the cents. Ex: for $123.45 write "One Hundred Twenty Three and 45/100"
7. The memo is optional, but if you're paying a bill, you should write your billing account number here
8. Sign the check
9. This is the bank's nine-digit routing number
10. This is your account number. The number of digits here can vary
11. The check number

**Savings Accounts**

These accounts are designed for you to save your money over a longer period of time. You may not write checks from this account but could transfer money from the savings account to a checking account. Interest is paid on money deposited in a savings account. Some banks may require a Social Security Number (SSN) to open a saving account, and while you will apply for a SSN after you arrive in Kalamazoo, you won't be able to open a saving account until you have this number.

With a bank account, money can be wired directly to your bank in Kalamazoo and deposited into your account. Funds can also be sent by check to your bank account, although preferably in US dollars. Whenever money is sent to the bank to be deposited into your account, the following information must be included in the cable or with the check:

- Official bank name and routing number
- Bank address
- Your complete and proper name spelled exactly the way it is on your bank account.
- Your 9-digit checking account or savings account number.
The following are banks located near Kalamazoo College:

<table>
<thead>
<tr>
<th>Bank</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comerica Bank</td>
<td>151 S. Rose St., Kalamazoo, MI</td>
<td>269/383-6525</td>
</tr>
<tr>
<td>Fifth Third Bank</td>
<td>136 E. Michigan, Kalamazoo, MI</td>
<td>269/337-6788</td>
</tr>
<tr>
<td>PNC Bank</td>
<td>108 E. Michigan, Kalamazoo, MI</td>
<td>269/376-9010</td>
</tr>
</tbody>
</table>

**Other Bank Terms:**

**Credit Unions:** Credit Unions are different from banks because they may offer lower fees and higher interest rates for checking and savings accounts. They may also offer car loans and credit cards with lower interest rates than banks and other financial institutions.

**Health Care**

The Kalamazoo College Health Center provides primary health care to students:

- Treatment for acute illness and disease and minor injuries
- Limited diagnostic tests
- Referral to physicians outside of the College for specialty consultations
- Allergy desensitization injections
- Foreign travel immunizations.

The Center is open Monday through Friday and is staffed by a physician assistant (PA-C) and a registered nurse. After regular office hours or on weekends, the PA-C is available for consultation to residence hall staff, your RA or Area Coordinator. Students are referred to local hospitals for emergency treatment and more complex diagnostic services.

You will not have to pay for a visit to the Health Center, but you will be charged for:

- Lab tests
- Prescribed medications
- Immunizations
- Allergy injections
Hospital emergency care
Visits with off-campus medical specialists

However, because you are required to have health insurance, many of these charges may be paid by the insurance company.

**Required Vaccinations**

The vaccinations you have received in your home country may not be the same as those that the College requires of all new students. If you are unable to receive a vaccine because it is unavailable in your country, the Student Health Center will hold several clinics before the start of the term. The Kalamazoo College Student Health Insurance Plan covers routine vaccinations. ([http://www.studentinsurance.com/Schools/mi/kalamazoo/](http://www.studentinsurance.com/Schools/mi/kalamazoo/)). The College requires that all new students have certain vaccinations. In addition to the required vaccinations, there are a number of immunizations that are recommended for students each year, particularly a flu shot. Please see the Student Health Center website for more information ([https://reason.kzoo.edu/healthcenter/entrancemedical/](https://reason.kzoo.edu/healthcenter/entrancemedical/)).

**Mental Health**

The College Counseling office can help with any mental health issues. There you can speak with psychologists about any personal problems at no charge. If necessary, you will be referred to a psychiatrist in the city.

**Health Insurance**

As an international student, you are required to purchase the AIG insurance plan offered by Kalamazoo College. Please see [https://reason.kzoo.edu/healthcenter/insurance/](https://reason.kzoo.edu/healthcenter/insurance/) for complete details.

“KALAMAZOO COLLEGE” CULTURE

**Social Life**

You will find that Kalamazoo College is a very close knit community. The College is not nearly as large as the two research universities in Michigan with their over 45,000 students each. We have about 1450 students enrolled, but many will be away on study abroad or other off-campus programs. You will get to know a lot of people, even just by recognizing their faces.

Dating can be interesting at Kalamazoo College. The private sphere is not as private as you might expect. The small number of students and the small size of the campus reduce the privacy.
International students often find the cafeteria a good place to catch up with friends. You can almost always find your friends in the library and in the coffee shop in the library. Hicks Center has many places to sit and chat as well.

International students can sometimes have trouble getting to know students outside of the international group. The best way to know other “K” students is to get involved in groups and through your classes, especially study groups. Remember, you are the newcomer, so you will need to take the lead and introduce yourself to other students. Start by getting to know all of the students on your floor in the dorm, then get to know as many of the students in each of your courses as possible. Also be sure to introduce yourself to students you meet for the first time in the cafeteria. It can be very tiresome to do this for the first few weeks, but hopefully, by week three you’ll have a big circle of friends and acquaintances. Other contacts (especially roommates and students on your hall) can help you build friendships with others who might invite you home for a weekend or the holidays or take you on small trips around Michigan or elsewhere. Music ensembles, sports teams, and student organizations are a good way to connect with other students who are interested in the same things as you. Service-learning courses and programs can help students get involved in the Kalamazoo community. Western Michigan University, which has about 20,000 undergraduate students, is right across the street from Kalamazoo College.

Activities

**FALL**
- Often we have large piles of leaves that have fallen from trees. Many students love to run and jump into the leaf piles which become a great scene to see on campus.
- Homecoming football game.

**WINTER**
- Sledding down the Quad. Some students make competitions to build the longest chain of people sledding down the Quad.

**SPRING**
- Day of Gracious Living (DOGL) is a surprise day when classes are canceled and many students go to the beach on Lake Michigan.
- FRELON, a student-run dance group, often has international students who take part.
- World Night is another spring event organized largely by international students on campus and includes singing, dancing, poetry, skits and more.
**Academics**

As opposed to big universities in the U.S., at Kalamazoo College it is easier to get to know your professors. Professors and students often have the opportunity to build close relationships with one another because of the small class sizes. Sometimes, professors will hold events at their homes for students or classes. In classes you will find that students talk more and discuss with professors than you might have experienced at your college or secondary school.

Courses at Kalamazoo College often have seminar-sized classes (15 to 20) students. This is an advantage because it means that you have more chances to ask questions and learn from your fellow students and professor. Smaller class sizes mean that you are expected to participate in classroom discussions.

Discussion and study groups are a part of studying at Kalamazoo College. Students get to know each other well in small classes and have an easier time meeting to study together. This can feel challenging, especially early in your time at K when you might feel less sure about your English skills. Student writing support can be found at the Writing Center where students offer their time to help other students improve their paper writing skills.

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**What has been your favorite part of being at K?**

- Use money wisely
- Manage your time well
- The community on campus
- Close proximity to everything on campus
- Boosted my confidence
- Erased false stereotypes
- Student organizations
- Class choices
- Student activities
- Living on campus
- Friends are always around
- Free gym
- International Student Orientation – the good friends I met there

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~ From past international students ~
Get Off Campus!

How to Find Out What Is Happening in the Kalamazoo Area

There are several sources of information about activities in the area. The *Hornet Hive*, a daily schedule of College activities, is available on the College’s webpage. Other than the Internet, the K student newspaper, the *Index*, often includes a schedule of events happening on campus or in the city of Kalamazoo. Several newspapers are delivered daily to the library. These will help you find events in the area libraries, museums, and other cultural organizations.

- Please see this link for off-campus resources: [https://reason.kzoo.edu/cip/intls/intl_resources/](https://reason.kzoo.edu/cip/intls/intl_resources/)
- Check out the Kalamazoo ‘life links’ here to keep up to date about what is going on in the city: [http://www.kalamazoocity.org/portal/kzoolife.php](http://www.kalamazoocity.org/portal/kzoolife.php)

Do you have any advice for international students for studying at Kalamazoo College?

- Enjoy the experience and do as much as you can in your free time
- Take advantage of the ability to take diverse classes
- Relax when you can
- Make friends and homesickness will pass more smoothly
- Get involved in classes
- Talk with professors constantly
- Don’t stay on campus; get out of the college community (also known as the ‘K Bubble’)
- Don’t miss classes
- Join organizations
- Use money wisely
- Manage your time well

~ From past international students
U.S. CULTURE

Living in U.S. Society

It is difficult to provide an accurate "guide" to social relations and customs in the United States, as it is for any country, because various situations require different responses. U.S. Americans are typically involved in their local community, express their personal opinions and often question the system. This can make it difficult to understand which social customs are observed and can make it perplexing to find a suitable way to act and live in this environment.

U.S. Americans place much emphasis on individuality and personal identity. This often results in a high degree of informality in appearance, interpersonal relationships and methods of communication. Such informality can give the impression that Americans are promiscuous; however, it would be wrong to assume that this is the case. Although in some situations the behavior or dress of individuals may exhibit poor taste, as long as one does not infringe on the rights of others, he or she is permitted a great deal of flexibility in personal expression.

The attitudes described below may be helpful in gaining a general understanding of U.S. American social customs and patterns. However, it is important to remember that you may find many variations. (Adapted from Welcome to Our Community, the Michigan State University guide)

Use of Names

First names are readily used with peers or younger people. If you are unsure, it is appropriate to ask the person what they prefer to be called. Dr., Mr., Mrs., Miss, or Ms. (pronounced Miz) are terms of respect used with the family name when addressing an older person.

Some U.S. American women prefer the form of address Ms., which can be used for both married and unmarried women and replaces Miss and Mrs. It is an acceptable form of address if you do not know a woman’s marital status.

The use of nicknames is very common. A nickname is often assigned to simply shorten one’s name. Being called by a nickname is not usually uncomplimentary. On the contrary, it may indicate that you are viewed with respect and affection. However, if you prefer to be called by your name, rather than a nickname, please mention this early and repeatedly, if necessary.

Introductions

Men and women will generally offer to shake hands upon introduction. If you are unsure how to greet a new person, offer your hand for a handshake. The U.S. American handshake is quite brief and U.S. Americans will be surprised and uncomfortable if you continue a handshake for a longer period or continue to hold the hand after the handshake. Hugging or kissing typically occurs only between people who are very familiar with each other.
Making Friends

U.S. Americans are curious about many things and may ask you many questions, some of which may appear uninformed or elementary, and perhaps ignorant. You may be the first foreign national of a particular country with whom a U.S. American has contact and there may be very little understanding of life in your culture. Many U.S. Americans will be sincerely interested in learning more about you and your culture.

It is sometimes difficult for international students to understand how U.S. Americans form and maintain friendships. In this mobile society, personal relationships may be short-lived. The casualness of friendship patterns allows people to move freely into new social groups which often form around work, school, shared interests, or places of residence. Many U.S. Americans readily welcome new people into their social groups. You will probably be greeted with considerable warmth, but will find that this does not always continue. U.S. Americans have many interests and engage in a variety of activities so the warmth expressed in one meeting, while genuine and sincere, may be confined to that occasion. U.S. Americans also tend to "compartmentalize" their friendships, having their "friends at work," "friends at school," "a tennis friend," etc. This friendliness does not usually mean that the American is looking for a deeper relationship. Close friendships are the result of repeated interactions between individuals as they identify similarities in point of view and share a variety of experiences.

Is your social life here different than your social life at your home country? If so, how?

- You see your friends every day
- Not hard to make friends with fun people who don’t party even though partying is popular
- You make friends from all over the world
- People are more open here
- Small campus so meeting people is easy
- Cultural differences, people from some students’ homes were friendlier than here at K

~ From past international students
**Dating Relationships**

Relationships tend to be informal and can vary from maintaining one exclusive relationship to dating many people with no commitment to any one person. The expectation that someone will be faithful after a couple of dates has caused many international students to become disillusioned about dating U.S. Americans. Going to social events together, while indicating that one’s company is enjoyed, does not imply an emotional or romantic attachment.

The amount of physical contact between students varies greatly. A large amount of touching, even at a superficial level, can occur between people. Therefore, while a casual hug or holding hands may appear to be an invitation to greater intimacy, it often is not. Additionally, a date implies no commitments of any kind (especially sexual) other than the basic one or two friends meeting at an agreed time and place.

Rather than going out in couples, groups of people may go together to parties, movies and other evening events. Studying together, going to a special lecture or other everyday activities also provide ways for getting to know someone. Because few students have a great deal of money, many students pay their own way. However, if a more formal invitation is extended, the person extending the invitation should be prepared to pay the expenses of the date and provide transportation, if necessary.

**Social Etiquette**

You may receive invitations in person, by telephone, text, email, Facebook, or by mail. A casual verbal invitation such as "come and see me sometime" or "drop by" is usually given with the understanding that you will call and make more specific plans before coming over.

Remember that it is considered impolite and extremely inconsiderate to fail to keep an appointment or "date" without giving prior notice to the other person.

**If you accept an invitation to a person's home, it is important to keep the appointment.** The host expects the guest to call or write well ahead of time if you cannot come. Do not accept an invitation that you do not plan to honor. U.S. Americans are more offended by the guest who accepts an invitation and then fails to appear than by a person who refuses an invitation.

It is not customary to bring a gift when going for dinner, although overnight houseguests usually take an inexpensive gift for the host or hostess. It is not necessary to write a thank-you note for every invitation, but it is thoughtful to send a note of thanks for an overnight or weekend visit in someone's home.

Life in the United States may at first seem rather rushed to you. U.S. Americans are usually time-conscious and being on time is very important in some situations. When you make an appointment to see someone, you are expected to arrive at the appointed time. If for some reason you are delayed, it would be appropriate to call to let the other person know.
Dress
Students dress quite casually. Most will wear jeans for classes and activities. There will be a few occasions where more formal clothing is appropriate.

Family Customs
It is difficult to be specific about the U.S. American family because of the many regional differences and various religious and ethnic groups that are found in the United States. The following ideas about U.S. American families are generalizations and may not be true of all the families that you will meet.

The "family" you meet may be composed of a mother, father and children; a single parent with children; same sex households with or without children; two or more professional persons who live together; a husband and wife with no children at home or no children at all; or an adult who lives alone and has close friends who share special activities.

Household responsibilities are often shared among family members, including children. Jobs that were once performed mainly by women (such as cooking and cleaning) and those once performed mainly by men (such as taking care of the car and garden) are often done by members of either sex. The opinions of children are often asked for and accepted, and children are often included in entertaining. Both boys and girls may take music lessons, swimming lessons or other kinds of classes.

If the family has a pet it may be introduced to you as if it were a member of the family. U.S. Americans love their pets and may treat them more like people than animals.

It is possible that some U.S. American family customs will annoy you. If this happens, it may be due to differences between our customs and your own. To help you better enjoy your visit, try to discover what values lie behind the differences in customs in this and your culture.

Nonverbal Communication
When talking to someone, U.S. Americans alternate between looking briefly into the listener's eyes and looking slightly away. When they are listening to another person, they generally look at the speaker's eyes. U.S. Americans tend to distrust people who do not look into their eyes while conversing. U.S. Americans tend to stand about an arm's length away during a conversation and get nervous if you move in closer.

Religion
Though the major religious tradition in the United States is Christian, there is no official religion or established church that is officially supported by the government. In fact, the doctrine of separation of church and state is typically widely respected and perceived deviations from it over such matters as prayer in public schools cause vigorous debate. U.S. Americans will generally not raise the subject of religion with people they do not know well, lest they offend or create an argument with someone.
who has different views. Your religious practices and observances may differ significantly from those of many U.S. American students who may be unfamiliar with them. As you come to know your roommate and other students, you may find it necessary or beneficial to talk about particular aspects of religious practices. The College Chaplain and Director of Religious Life at K College, Rev. Elizabeth Candido, is available to help you prepare for this type of conversation.

You will find a wide range of religious practices and institutions in Kalamazoo, including fundamentalist Christian groups who consider it their duty to try to attract others to their faith. The Chaplain should be able to help you find an appropriate place to worship if you wish to attend church, a synagogue or services in the Islamic Center while you are here. At the College, there is a weekly Community Reflection service on Friday mornings where students, faculty, administrators or guests deliver the message. We hope you will attend these services and find community gathering a welcome respite from the hectic life of Kalamazoo College.

Sexual Harassment

**Definitions and acceptance of sexual harassment greatly differ across cultures.** It is very important for international students to understand the meanings of the term for the US, and to understand the consequences of behaviors that are sexually harassing.

Sexual harassment in the US is not only the violation of an individual’s rights and dignity; it also erodes the values that are important to the College’s community. **The College will not tolerate any form of harassment by anyone for any reason, nor will the College tolerate retaliation against anyone who in good faith brings complaints to the attention of the College and/or participates in investigations of such complaints.** Conduct in violation of this policy may result in disciplinary action up to and including expulsion from the College.

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitutes sexual harassment when submission to such conduct is made either explicitly or implicitly a term or condition of an individual’s status in a class, program or activity, submission to or rejection of such conduct by an individual is used as the basis for educational decisions (such as grading a course), and such conduct has the purpose or could be reasonably judged to have the effect of interfering with an individual’s educational performance or creating an intimidating, hostile, or offensive environment for learning.
There will be a presentation on sexual harassment during orientation and several presentations/discussions of the topic during fall quarter. Sexual Harassment is a very serious offense at the College and in the US.

Examples of Sexual Harassment:

- Direct propositions of a sexual nature.
- A pattern of unwelcome, persistent and unnecessary sexually explicit statements, questions, jokes or anecdotes not related to course content, research or other College programs or activities.
- Recurring remarks or gestures of a sexual nature about a person’s clothing, body, sexual activity, sexual preference or previous sexual experience.
- Repeatedly using sexually degrading words, gestures or sounds to describe a person.
- Repeated invitations, phone calls and/or email messages of a sexual nature from someone though you have clearly indicated that such communications are unwelcome.
- Unwelcome touching, patting, hugging or brushing against a person’s body.
- Physical and/or sexual assault.

Cultural Adjustment

Along with our spoken languages, we have learned an enormous number of non-verbal cues and circumstances. In addition, there is the larger issue that one’s learned culture and cultural knowledge have only a limited value in the new setting. Culture shock happens within each individual who encounters unfamiliar events and unexpected circumstances. Simply, it is the shock you may feel when you come into contact with a culture that is foreign to you. Some of the symptoms are becoming nervous and unusually tired, feeling frustrated and even hostile toward new friends, or getting excessively angry over minor irritations.

Examples of situations include noticing the many things that are not available here; things that you feel you cannot live without. These may include your favorite food (cooking spice, tea), favorite books in your language, your favorite sport, the list can be endless. Homesickness begins to develop when you start missing your family and friends, made worse when you don’t find the support usually offered by them. Eventually, you begin to feel that you are alone, you don’t know anyone here.

Culture shock involves an adjustment process in its emotional, psychological, behavioral, cognitive, physiological impacts on the individual. Not everyone is affected by culture shock in the same way, at the same time, or to the same degree. The graph below shows five stages of culture shock you may experience while you attend Kalamazoo College. Some of you have gone through a few of these phases already, others may be going through them for a second time, and for many of you, this is all new.
**Pre-departure Phase**

The preparatory period occurs before traveling. It is what you go through in your home country before you leave for Kalamazoo. This includes your decision to leave home, choosing Kalamazoo, preparing for the stay, and, among other things, worrying about your family, boyfriend or girlfriend. You will probably experience a gradual increase in your emotional excitement level. This phase ends as you leave home.

**Honeymoon or Spectator Phase**

When you first arrive, the differences you observe are new, exciting and interesting. You are optimistic and are likely to focus on the positive aspects of your new environment.

**Increasing Participation Phase**

When you no longer can be passive and must start becoming involved with everyday life, you may feel a sense of frustration because you need to make a lot of adjustments. You see them as challenges to be overcome. The emotional intensity differs from person to person more greatly in this phase. During the Increasing Participation Phase, cultures first begin to clash. The amount of value differences and the means by which one handles these cross-cultural battles are very important in determining how easy or difficult the Increasing Participation Phase is to complete. Toward the end of this phase, one will experience a personality or identity crisis—perhaps a feeling that you may not belong in either your native culture or the U.S. American culture. People in this phase also experience feelings that all of life is determined by culture. At this point, you move onto the next stage.

**Crisis Phase**

Crisis Phase strikes people who are both successful and unsuccessful in their initial efforts to adapt. Even people who have gotten along very well with U.S. Americans and U.S. culture find themselves
in short stints of depression, but cannot identify the reason why. Some characteristics of the Shock Phase are difficulty in communicating with others, desire to be around people from your home, and too much time spent feeling sorry for yourself. Often this happens at the end of the quarter or beginning of the new quarter. At this time you enter the new stage.

**Adaptation Phase**

The adaptation phase is when you have immersed yourself in the culture and have merged your beliefs and values with those of the host culture. You have changed in a variety of ways, but are still the same in others. You feel that U.S. American friends perceive you as an important member and that you are part of the Kalamazoo College community.

**Re-entry Phase**

This is experienced upon returning to the home country, which may follow with initial euphoria, crisis or disenchantment. It may be challenging to readjust, and some individuals may feel like they are not accepted.

(Adapted from Pederson, *The Five Stages of Culture Shock: Critical Incidents Around the World*, 1995; Macalester College International Student Handbook; Center for Global Education in Wheaton College)

**Coping with Culture Shock**

**General Advice for the First Five Weeks**

During the first few weeks, much will be happening to and around you as you adjust and acclimate yourself to the customs and activities of Kalamazoo College and the United States. Following are some suggestions that may help you deal more effectively with culture shock:

- Get plenty of rest in order to deal with the stress and fatigue that you may experience.
- Take time to think and talk about your own feelings. Know that culture shock will happen at some point, this will help reduce the emotional impact.
- Make an effort to be optimistic, but not to the point of avoiding negatives that should be expressed. You don’t have to accept or like everything you encounter.
- Get involved with campus organizations (the International Student Organization is one of many campus organizations).
- Try not to compare and search out "things like home." Things are different. Enjoy and explore those differences. Seize the opportunity to teach people about your culture.
- Always, keep an open mind and a sense of humor. Remember to give yourself time to get over it, helps you remember that culture shock is not permanent.
- Talk over concerns with the International Student Advisor, the Post Baccalaureate Fellow, or the Peer Mentor.
You do not have to abandon your own cultural beliefs in order to become socially effective. Simply learn to adopt the view of the world that the locals have and imagine how they see you. As you learn about the new culture, you will live comfortably within it while keeping true to the parts of your culture that you value. This will be helpful in overcoming culture shock.

What advice do you have for international students for their first months at K College?

- Get involved
- Keep in contact with home
- Bring some of your favorite foods
- You are not alone, there is always someone here to help with whatever issue
- Make a lot of international and domestic friends
- Don’t wait too long to join student organizations
- Get to know the people in the Center for International Programs (CIP)
- Make American friends and speak English
- Make winter break plans early
- Come with an open mind
- Prepare for the weather

~ From past international students
LIVING IN KALAMAZOO

Weather and Clothing Needs

Living in Michigan will allow you to experience all four seasons. You will need different types of clothing for each. When you arrive in the fall (September, October and part of November) it will still be quite warm during the day and cool in the evenings. However, days will quickly turn cool. You will have opportunities to go shopping during your first week on campus; so don’t feel like you must bring everything. After you arrive, you’ll have the opportunity to look through some items left behind by last year’s visiting international students and choose one to two things.

FALL (September through part of November)

☐ Medium- to lightweight summer clothing (Last year, the temperatures during orientation ranged between 23°C and 34°C and it was humid.)

☐ Sweaters

☐ Light-weight to medium-weight jackets

☐ Rain coat / Umbrella

☐ Shoes that can withstand rain!

WINTER (November through March) Winter in Kalamazoo can be cold and snowy (generally between 2°C and -20°C. The following items can be purchased in Kalamazoo after you arrive. Cost of Winter Clothes is $200-$500 on average.

☐ Boots and warm socks

☐ Long underwear

☐ Hats, gloves and scarves

☐ Heavy sweaters and jackets

SPRING (May start in March or April) Spring weather is again warm with cool evenings. Spring is often rainy. You will most likely be able to wear some of your clothes from the Fall during early Spring.

☐ Medium-weight summer clothing

☐ Sweaters

☐ Light-weight jackets

☐ Raincoat and umbrella
Time
Kalamazoo is in the Eastern Time zone of the United States. Moving west, one travels through the Central, Mountain and Pacific Time Zones, each one hour earlier than the last. Chicago, for example, is in the Central Time Zone. Michigan practices Daylight Savings Time, which means that clocks are set ahead one hour in April and are set back one hour in November to give more daylight hours for normal daytime activities. The International Student Newsletter will announce when the changes will take place.

Pertinent Michigan Laws
Note: You will also be accountable for United States laws and for the laws of other states if you travel through the United States.

Alcohol
You may not purchase or drink alcohol (including wine and beer) if you are under the age of 21. You may sell alcohol only if licensed. It is illegal to provide alcohol to anyone under the age of 21. The College has special regulations about the use of alcohol by those students 21 years of age and older. Be sure to read and understand the Kalamazoo College regulations, found online at: https://reason.kzoo.edu/studev/policies/alcohol/

Drugs
The sale, distribution, use or possession of marijuana, cocaine, heroin, LSD or other hallucinogenic drugs, barbiturates, amphetamines or other controlled drugs is a violation of federal, state, municipal laws and College regulations.

Seat Belts
The driver and ALL passengers must wear seat belts when the car is in motion.

Smoking
Smoking is prohibited in most state buildings and public facilities. You will be allowed to smoke only in designated areas. The Campus is virtually smoke-free.

Traffic Laws
If you are planning to drive, you must be licensed. You can obtain a booklet from the Secretary of State Office explaining all of the driving regulations.

Michigan Identification Card
Some banks may require this card for opening an account, issued by the Michigan state government. It may be obtained at the office of the Michigan Secretary of State. You will need to present: (1) your passport, (2) I-20 or DS-2019, (3) Kalamazoo College identification card, (4) one other piece of
identification (for example, a driver's license from your country, or a Kalamazoo College course registration form). You will receive a temporary identification document immediately. A card will be mailed to you in three to five weeks by the State of Michigan.

**Michigan Driver’s License**

Kalamazoo College provides parking facilities in an effort to meet the needs of faculty, staff, students, and visitors. Because of limited space, the operation and parking of a motor vehicle on campus is a privilege. Drivers are expected to know and abide by all motor vehicle regulations and to assume all responsibility for any damage to vehicles while they are operated or parked on Kalamazoo College property.

Regulations have been developed to encourage orderly parking, easy movement of traffic, pedestrian safety and access for emergency vehicles. The Kalamazoo College Security staff has the authority to ticket and tow vehicles that are in violation of College regulations.

All drivers are required by Michigan law to possess a driver’s license. If you acquired an international driver’s license prior to leaving your country, you may use it throughout the United States up to one year. If you do not have an international driver’s license and you wish to drive in the United States, you will need to obtain a Michigan license. To do this (if you are 18 years old or older), you must take a written test to get a temporary driving permit, which allows you to drive with a legal driver, and take a road test and have a vision test. Driving without a license or with a suspended license may result in revocation of all privileges to drive. You may obtain a drivers license from the Secretary of State Office. [http://www.michigan.gov/sos/0,1607,7-127-1640_14837-34560--00.html](http://www.michigan.gov/sos/0,1607,7-127-1640_14837-34560--00.html)

**Getting Around Kalamazoo**

Kalamazoo is the largest city in the southwest region of Michigan after Grand Rapids. Remember, though, that Kalamazoo is still pretty small. Kalamazoo was the first city in the nation to create a pedestrian mall, so it was known for decades as The Mall City. There are a few museums (Kalamazoo Institute of Arts, Kalamazoo Valley Museum, Gilmore Car museum, Kalamazoo Air Zoo) in the city, as well as an Arts Council. On the first Friday of each month, the council organizes the Art Hop, in which patrons circulate among downtown businesses. There is no charge to attend the Art Hop!

Transit provides access to grocery stores and shopping malls in Kalamazoo and Portage, a neighboring city. By taking the bus, students can travel to most parts of Kalamazoo (please see Appendix E for the list of Restaurants and Shops).

**Transportation**

**Taxi** - Kalamazoo has a number of Taxi services. Please visit this link for more options. [https://local.yahoo.com/MI/Kalamazoo/Travel+Lodging/Taxi+Services](https://local.yahoo.com/MI/Kalamazoo/Travel+Lodging/Taxi+Services). Common ones include:

- Bronco Express (269-343-3000)
- Yellow Cab/Checker Cab (269-349-9300)
- Taxi of Kalamazoo (269-978-7226)
- Taxi Guy (269-355-4808)
- Elite Taxi & Shuttle Service, Airport Shuttle (269-377-5448)
- Big Daddy Taxi (269-492-9444)

**Bus** - Metro Transit provides fixed-route public transit service to the Kalamazoo urbanized area, consisting of the cities of Kalamazoo, Portage and Parchment and the townships of Comstock, Cooper, Kalamazoo, Texas and Oshtemo.

**Bus routes that you may use:**

- Route #1 (Westnedge) Serving Hardings on Howard, Meijer on Westnedge, and Crossroads Mall
- Route #14 (West Main) Serving Maple Hill Mall, Target, and Meijer on West Main, Friendship Village, and Evergreen North Apartments
- Route #11 (Stadium Drive) Serving Kalamazoo Valley Community College - Oshtemo Township Campus, Western Michigan University, and Evergreen South Apartments

For more information, routes and schedules, visit Metro Transit at [www.kmetro.com](http://www.kmetro.com).

Greyhound also provides service from Kalamazoo to Chicago, Detroit etc. For more information, visit Greyhound at [http://www.greyhound.com](http://www.greyhound.com). Bus station is located in Downtown (Kalamazoo Transportation Center, 459 N. Burdick).

**Train** - Amtrak offers daily trains from Kalamazoo to Chicago, Detroit, Pontiac, and Port Huron. Train Station is located in Downtown, Kalamazoo (Kalamazoo Transportation Center, 459 N. Burdick). For more information, visit [www.amtrak.com](http://www.amtrak.com)

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Looking back on your first months at K, what was most difficult for you compared to your home country?

- Language and communication: Adjusting to speaking English everyday vs. your native language
- Hectic class schedules
- Cafeteria food
- Traveling
- Getting acquainted with people from many different cultures
- The weather
LEGAL ISSUES

Immigration Regulations

If you are in the United States with either an F-1 or J-1 student visa, it is your responsibility to maintain your legal visa status while in the US. Ignorance of the regulations governing your status will not protect you from action taken against you by the United States Immigration and Customs Enforcement (ICE) in the event that you violate your visa status. Keep your passport and visa-related papers in a secure place.

You will receive more information regarding immigration regulations during orientation, but please be sure to read the following information, as it is very important.

Maintain Your F-1 Status

In order to maintain F-1 status, you must meet certain obligations, as follows in part:

- Maintain a valid passport
- Be on campus when each quarter begins
- Attend the school you are authorized to attend (Kalamazoo College)
- Carry a full course of study (minimum of 2.4 courses/quarter)
- Limit employment to a total of 20 hours per week while school is in session and 40 hours per week during school breaks or holidays. You may not exceed the totals, regardless of the number of jobs you work.
- Work ON CAMPUS ONLY, refrain from off-campus employment without authorization
- Report a change of address to the Center for International Programs within 10 days of the change.

If you do not meet these obligations, you are in violation of your F-1 status and are subject to deportation by the Department of Homeland Security and United States Immigration and Customs Enforcement [8 Code of Federal Regulations 214].

Maintain Your J-1 Status

In order to maintain J-1 status, you must meet certain obligations, as follows in part:

- Maintain a valid passport
- Be on campus when each quarter begins
- Attend the school you are authorized to attend (Kalamazoo College) and engage in activities permitted under the program and category (college or university student)
- Carry a full course of study (minimum of 2.4 courses/quarter)
• Limit employment to ON CAMPUS ONLY to a total of 20 hours per week while school is in session and 40 hours per week during school breaks or holidays. You may not exceed the totals, regardless of the number of jobs you work.
• Refrain from unauthorized employment
• Maintain required health insurance coverage.

If you do not meet these obligations, you are in violation of your J-1 status and are subject to deportation by the Department of Homeland Security and United States Immigration and Customs Enforcement. [22 Code of Federal Regulations 514]

If you leave the United States for a trip abroad and plan to return to Kalamazoo College to continue your enrollment, you must obtain an endorsement (travel signature) from the Center for International Programs on your Form I-20 or DS-2019. This includes travel to Canada and Mexico. Please consult the Center for International Programs (CIP) well in advance of your travel. You should research the visa requirements for travel to other countries. For example, some students will need a visa to enter Canada, depending on their nationality. You may not regain entry to the United States once your US student visa has expired even if you have a properly endorsed Form I-20 or DS-2019.

If you leave the U.S. for longer than five months and do not continue your enrollment at Kalamazoo College with a Leave of Absence, you must receive a new I-20 issued in order to reenter. Please consult with the CIP before you leave.

When you leave Kalamazoo College to study abroad, your I-20 will be updated with a valid travel signature and mailed to you in your host country before you plan to return to the U.S.

If you wish to transfer to another college or university, you must first apply to and be admitted by the other college/university and request a “transfer out” from the Center for International Programs. You must also contact the Associate Dean of Students before leaving the College.

When traveling in the United States, carry your passport and Forms I-94 and I-20 (F-1) or DS-2019 (J-1).

If you withdraw from the College or do not return for an on-campus quarter or complete your program at the College, the College will notify the Department of Homeland Security and your visa status will be nullified. Should you remain in the U.S., you would then be in the United States illegally, subject to deportation by the Customs Immigration and Customs Enforcement.
US Federal Income Taxes

If you are in the United States under the provisions of the F and J programs, you are required to submit U.S. federal income tax forms for the tax years (or any portion) in which you participate, regardless of whether you earned any income through wages or scholarship. In the winter quarter, you will receive a packet of documents from the Business Office with information about this process. The Center for International Programs & the Business Office co-sponsor tax advisory meetings prior to the filing deadline of April 15 and will contact you through campus mail or email to indicate the date and time of this meeting. In order to file taxes, you must apply for and receive a Social Security Number (SSN).

Social Security Number

As an F-1 or J-1 student visa holder, you are eligible to apply for a Social Security Number through the Social Security Administration of the United States. Information about applying for this number will be available during your campus orientation program. If you are a citizen of the United States who has returned to the U.S. for college and do not have a Social Security Number, please speak with the International Student Advisor, Center for International Programs, during your orientation program.
**EMERGENCY INFORMATION**

| Police/Medical Emergency (Life-threatening) | 911 |
| Dr. Margaret Wiedenhoeft, Acting Director, CIP | 269-267-5800 (mobile) |
| Alayna Lewis, International Student Advisor | 269-760-9129 (mobile) |
| **Urgent Issues** | |
| | 269-337-7321 (Security) |
| **Mental Health Emergency** | 269-337-7190 (Counseling Center) |

**After Student Health Center Hours**

- Bronson Family Medicine 269-341-8282
- Sindecuse Health Center 269-387-3290
- Bronson Hospital Trauma/Emergency 269-341-6386
- Borgess Hospital Emergency/Trauma Center 269-226-4815

**Sexual Assault Resources**

**On Campus**

- Counseling Center 269-548-6907 (24 hours)
- The Chaplain 269-337-7362
- S3A – Sexual Safety & Support Alliance 269-370-9939

**Off Campus**

- YWCA 269-345-3036 (24 hours)
- Gryphon Place 269-381-4357 (24 hours)

**Tornado**

Although tornadoes can occur at any time and in almost any month of the year, tornadoes in Kalamazoo typically occur in the months of April, May, June, and July, in the late afternoon and evening. If a tornado threatens the College or the City, all students are notified by the “K-Alert” system which sends emails, texts, and phone calls. If you hear a siren, take cover immediately.

**Tornado Terms:**

- **Tornado Watch**: Tornado/Thunderstorm Watch is issued to alert people to possibility of tornado developing. A tornado has not been seen, but due to conditions, there is a high probability that a tornado will form.
- **Tornado Warning:** Tornado/Thunderstorm Warning is issued when a tornado/thunderstorm has been seen or picked up on radar. This means that people need to take shelter to be safe.

**In the following situations:**

- **If you are on campus:** go to a shelter, typically in an interior hallway or small room on the lowest floor of the building. A basement area with no windows is your best option. Avoid areas with glass and wide roofs.

- **If you are at home or off campus:** A basement offers the greatest safety. Seek shelter under sturdy furniture if possible. In homes without a basement, take cover in the center of the house on the lowest level floor in a small room such as a closet or bathroom, or under sturdy furniture. Stay away from windows.

- **If you are driving a car:** Travel at right angles to the tornado’s path. If there is not time to drive away from the tornado, get out of the car into a basement, ditch, or any low place away from the car.

(Adapted from the *International Student Handbook* from Western Michigan University)

Thank you to Macalester College for sharing their *Macalester College International Student Handbook* from which some of the material in this Handbook was adapted.
1. Anderson Athletic Center
2. Arcus Center for Social Justice Leadership
3. Athletic Complex (not visible on map)
   o Angell Football Field/Calder Fieldhouse
   o MacKenzie Soccer Field
   o Softball Field
   o Woodworth Baseball Field
4. Crissey Residence Hall
5. DeWaters Residence Hall
6. Dewing Hall
   o Center for Career and Professional Development
   o Center for International Programs
   o First Year Experience
   o Records Office/Registrar
   o Service Learning
7. Dow Science Center
8. Facilities Management
9. Harmon Residence Hall
10. Hicks Center
    o Bookstore
    o Health Services
    o Mail Center
    o Security Office
    o Student Development
    o Student Union Desk
11. Hoben Residence Hall
12. Hodge House (President’s residence)
13. Humphrey House
14. Light Fine Arts Building
    o Dalton Theatre
    o Dungeon Theatre
    o Recital Hall
<table>
<thead>
<tr>
<th>Number</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.</td>
<td>Living/Learning Houses</td>
</tr>
<tr>
<td>16.</td>
<td>Mandelle Hall</td>
</tr>
<tr>
<td>17.</td>
<td>Markin Racquet Center</td>
</tr>
<tr>
<td>18.</td>
<td>Natatorium</td>
</tr>
<tr>
<td>19.</td>
<td>Nelda K. Balch Playhouse</td>
</tr>
<tr>
<td>20.</td>
<td>Olds-Upton Science Hall</td>
</tr>
<tr>
<td>21.</td>
<td>Severn Residence Hall</td>
</tr>
<tr>
<td>22.</td>
<td>Stetson Chapel</td>
</tr>
<tr>
<td>23.</td>
<td>Stowe Tennis Stadium</td>
</tr>
<tr>
<td>24.</td>
<td>Stryker Center</td>
</tr>
<tr>
<td>25.</td>
<td>Trowbridge Residence Hall</td>
</tr>
<tr>
<td>26.</td>
<td>Upjohn Library Commons</td>
</tr>
<tr>
<td></td>
<td>Audio/Visual/Production Studios</td>
</tr>
<tr>
<td></td>
<td>Biggby Coffee</td>
</tr>
<tr>
<td></td>
<td>Information Services</td>
</tr>
<tr>
<td>27.</td>
<td>Welles Hall</td>
</tr>
<tr>
<td></td>
<td>Student Dining Hall</td>
</tr>
<tr>
<td></td>
<td>Stone Room</td>
</tr>
</tbody>
</table>
**APPENDIX B - ACADEMIC CALENDAR 2015-2016**

**FALL QUARTER 2015**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day</td>
<td>Monday, September 7</td>
</tr>
<tr>
<td>Int’l Orientation</td>
<td>Friday, September 3</td>
</tr>
<tr>
<td>New Student Orientation Program</td>
<td>Wednesday, September 9</td>
</tr>
<tr>
<td>Classes Begin</td>
<td>Monday, September 14</td>
</tr>
<tr>
<td>Homecoming</td>
<td>Saturday, October 23</td>
</tr>
<tr>
<td>Mid-Term Break</td>
<td>Friday, October 16</td>
</tr>
<tr>
<td>Classes End</td>
<td>Friday, November 20</td>
</tr>
<tr>
<td>Final Exams</td>
<td>November 22-24 (Sun-Tue)</td>
</tr>
</tbody>
</table>

**WINTER QUARTER 2015**

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes Begin</td>
<td>Monday, January 4</td>
</tr>
<tr>
<td>Martin Luther King Jr. Holiday</td>
<td>Monday, January 18</td>
</tr>
<tr>
<td>Mid-Term Break</td>
<td>Friday, February 5</td>
</tr>
<tr>
<td>Classes End</td>
<td>Friday, March 11</td>
</tr>
<tr>
<td>Final Exams</td>
<td>March 13-15 (Mon-Wed)</td>
</tr>
</tbody>
</table>
### SPRING QUARTER 2016

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes Begin</td>
<td>Monday, March 28</td>
</tr>
<tr>
<td>Day of Gracious Living</td>
<td>Student Determined</td>
</tr>
<tr>
<td>Memorial Day (Holiday)</td>
<td>Monday, May 30</td>
</tr>
<tr>
<td>Classes End</td>
<td>Friday, June 3</td>
</tr>
<tr>
<td>Final Exams</td>
<td>June 6-8 (Mon-Wed)</td>
</tr>
<tr>
<td>Commencement</td>
<td>Sunday, June 12</td>
</tr>
</tbody>
</table>

**DO NOT** make travel plans earlier than the end of the eleventh week, after all exams are completed.

International students **MUST** enroll in a **MINIMUM** of 2.4 units and a **maximum** of 3.4 units during each quarter.

Students who work as language teaching assistants are required to take a methodology course during fall quarter and register in two additional courses.

A member of the College community will serve as your academic advisor and will help you register for courses each quarter.
APPENDIX C - STUDENT ORGANIZATIONS

CLICK HERE FOR UPDATED LIST AND DESCRIPTIONS OF EACH ORGANIZATION

- Active Minds
- American Chemical Society
- Amnesty
- Anime Club
- Asian Student Association
- Athletic Leadership Council (ALC)
- Autism Awareness
- Badminton Club
- Black Student Organization (BSO)
- Blood Drive Organization Team
- Campus Energy Group
- Caribbean Society
- The Cauldron
- Christian Student Organization
- Cirque du K
- College Democrats
- College Republicans
- Computer Science Club
- Digging In Renewable Turf (DIRT)
- EnvOrg
- Farms to K
- Frelon
- Habitat for Humanity
- The Index
- International Culinary Excursions
- Investment Club
- Jewish Student Organization (JSO)
- K (Que) Baile!
- K Cheer
- K Desi
- Kalama-Africa
- Kalamadudes
- Classics Club
- Kalamazoo College Ping Pong Club
- Kalamazoo Outing Club
- Kalamazoo Poetry Collective
- Kalamazoo Students for the Prevention of Cruelty to Animals
- Kaleidoscope
- Latino Student Organization (LSO)
- The Limelights
- M.E.Ch.A.
- Model UN
- Naked Music and Culture Magazine
- Peer Health Advocates
- Pre-Law Society
- Premium Orange
- Progressive Organization for Women Engaged in Revolution (POWER)
- Queen Bee Women's Ultimate Frisbee
- SHAG
- Sisters in Science
- Students for Sensible Drug Policy (SSDP)
- Swing Club
- Tae Kwon Do Club
- Ultimate Buzz
- WJMD Radio
APPENDIX D – HOLIDAYS* AND MEANINGS

*Throughout the academic year 2015-2016

Labor Day - September 7 2015: This day honors the labor force. It is symbolically the last day of summer and people often picnic and visit the beach. (No classes held. College offices closed.)

Rosh Hashanah - September 13 2015: This begins the Jewish New Year. Rosh Hashanah begins a period of serious reflection about the past year and the year to come. This period continues until Yom Kippur.

Yom Kippur- September 22 2015: A Jewish religious holiday which concludes the Days of Repentance; a time to remind oneself of sins and seek forgiveness for wrongdoings.

Halloween - October 31 2015: This is a holiday primarily for children. On this night, children go trick or treating. They dress up in costumes and go through the neighborhood where they are given small candy treats. Sometimes "K" students dress in costume and collect canned goods to donate to a charity or invite faculty children to Halloween parties in the residence hall.

Thanksgiving - November 26 2015: On this day Americans give thanks for their families, and friends. Don’t miss an opportunity to visit the home of your friend or host family and eat a Thanksgiving dinner. (College offices closed.)

Hanukkah – December 6 2015: This begins an eight-day Jewish celebration to commemorate the rededication of their temple in ancient days.

Christmas - December 25 2015: Christians share presents with friends and families in honor of the birth of Christ; many non-Christians also give gifts to family members on this day. Many people will attend special religious services during the Christmas season. At the College, you may want to attend the Advent Service in Stetson Chapel and the Bach Society Christmas concert. The College offices will be closed for several days around Christmas and few students will be staying on campus.

Kwanzaa - December 26 2015: This African American holiday is patterned after an East African harvest festival. Symbols and decorations are used to represent the faces of Black people, the struggle of ancestors, and renewed life.

New Year’s Day - January 1 2016: Be prepared for another big dinner, parades and football on TV. Most people celebrate on New Year's Eve - the night before - and welcome the New Year in the company of friends. (College offices closed.)
Martin Luther King Day - January 19 2015: This is a day celebrating the life of Dr. Martin Luther King, the assassinated civil rights activist who fought against oppression of minority peoples. (No classes held. (College offices closed.))

Valentine’s Day - February 14 2016: On this day friends and lovers express their feelings with special cards and sometimes small gifts of flowers or candy.

Presidents’ Day - February 15 2016: This holiday pays homage to the nation’s first president, George Washington.

Passover - April 22, 2016: This Jewish holiday celebrates the liberation of the Israelites from slavery in Egypt. The celebration begins the evening before with a special meal called a Seder.

Easter – March 27, 2016: This is a Christian holiday celebrating the resurrection of Christ. You will find that many people give Easter baskets and color eggs, but the major focus for many will be religious activities. (College offices closed.)

Memorial Day - May 30, 2016: This is day honors military men and women who gave their lives in the service of the country, but it is extended to remembering all who have passed away. Many will take fresh flowers to the grave of a loved one, but it is also a day for picnics and memories. (No classes held. College offices closed.)
APPENDIX E - SHOPS AND RESTAURANTS

Shopping - Grocery

- D & W Fresh Markets
  2103 Parkview Avenue
  (269) 344-2513

- Harding’s
  5161 West Main Street,
  (269) 381-0244

- Target*
  5350 West Main Street,
  (269) 349-6148

- Meijer*
  6660 West Main Street,
  (269) 372-9101;
  5121 S Westnedge Ave
  (269) 381-3465

- People’s Food Co-op
  507 Harrison St,
  269-342-5686

- Wal-Mart Superstore*
  501 South 9th Street,
  (269) 544-0718

*You can also buy home furnishings, electronics, and clothes at these stores.

Shopping - Clothing

- Crossroads Mall
  6650 South Westnedge Avenue
  (269) 321-0192

- Kalamazoo Mall (Downtown Kalamazoo)
  http://www.downtownkalamazoo.org

- Kohl’s Department Store
  5159 W Main St,
  (269) 345-1344 ·

- Marshall’s
  5072 West Main Street,
  (269) 342-6317

- TJ Maxx
  6126 South Westnedge Avenue
  (269) 327-3080

Shopping - Electronics

- Best Buy
  4341 S Westnedge Ave # 2104
  (269) 345-4500

- Meijer
- Target

Shopping - Specialty Store

- Pacific Rim Foods (Asian Grocery)
  1926 Whites Road,
  (269) 382-0888
**Pharmacy/Drugstore**
- D & W Fresh Markets
- Harding’s
- Meijer
- Target
- Walgreen’s
  760 W Michigan Ave
  (269) 344-1185
- Wal-Mart Superstore

**Restaurants**

**Asian**
- Campus Kitchen (Chinese)
  909 South Howard Street,
  (269) 552-9616

- Hibachi Sushi Buffet
  4405 S Westnedge Ave,
  (269) 381-8881

- Hunan Gardens (Chinese)
  5059 W Main St,
  (269) 373-1188

- King Wok Buffet (Chinese)
  4604-B West Main Street,
  (269) 342-8888

- Indian Cuisine (Indian)
  600 Romence Rd # 140,
  (269) 324-4886

- Kumo Hibachi & Sushi (Japanese)
  6396 South Westnedge Avenue,
  (269) 321-8870

- Lee’s Garden Bibimbop for Healthy Korean Foods (Korean)
  1844 South Westnedge Avenue
  (269) 382-6515

- Rice Kitchen (Chinese)
  811 West Michigan Avenue,
  (269) 388-6083

- Rasa Ria (Malaysian)
  1921 W Main St, Kalamazoo, MI
  (269) 381-0788

- Saffron Indian Cuisine (Indian)
  1710 W Main St # D,
  (269) 381-9898

- Sakura 2 Hibachi Grill & Sushi Bar (Japanese)
  6749 South Westnedge Avenue,
  (269) 327-6666

- Spice and Rice (Chinese)
  525 Burrows Rd,
  (269) 381-8618

- Thailand Cuisine (Thai)
  310 North Drake Road,
  (269) 344-1451

- Bangkok Flavor Thai Restaurant (Thai)
  5455 Gull Road # B,
  (269) 226-9341
Mexican

- El Gallo Blanco
  2838 Portage Street,
  (269) 382-7020

- La Pinata
  475 North Drake Road # 7,
  (269) 382-6642

- Los Amigos Mexican Restaurant
  3317 Stadium Dr.
  (269) 532-1170

- Mi Ranchito
  3112 S 9th St,
  (269) 375-5861

- Riviera Maya
  5036 S Westnedge Ave
  (269) 382-6901

Peruvian

- El Inka Restaurant
  563 N Drake Rd
  (269) 978-2400

Middle Eastern

- Shawarma House
  912 Buckhout Ave,
  (269) 388-7000

- Shawarma King
  2925 S. Westnedge Avenue,
  (269) 226-9700

- Shawarma King
  1441 S. Drake Road,
  (269) 375-3900

- Zooroona
  1710 West Main Street,
  (269) 382-4444

Local Food

- Food Dance Cafe
  401 East Michigan Avenue # 100,
  (269) 382-1888

- Martini’s Pizza
  832 South Westnedge Avenue,
  (269) 388-8883

- Cosmo’s Cucina
  804 West Vine Street,
  (269) 344-5666

- Crow’s Nest
  816 S Westnedge Ave
  269) 978-0490
APPENDIX F - MEASUREMENT CONVERSIONS

Temperature

To change Fahrenheit into Celsius subtract 32 and multiply by 5/9: \((F - 32) \times \frac{5}{9} = C\).

<table>
<thead>
<tr>
<th>Fahrenheit</th>
<th>= Celsius</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 F(^\circ)</td>
<td>-18 C(^\circ)</td>
</tr>
<tr>
<td>32 F(^\circ)</td>
<td>0 C(^\circ) (freezing point)</td>
</tr>
<tr>
<td>68 F(^\circ)</td>
<td>20 C(^\circ)</td>
</tr>
<tr>
<td>86 F(^\circ)</td>
<td>30 C(^\circ) (room temperature)</td>
</tr>
<tr>
<td>212 F(^\circ)</td>
<td>100 C(^\circ) (boiling)</td>
</tr>
<tr>
<td>98.6 F(^\circ)</td>
<td>37 C(^\circ)</td>
</tr>
</tbody>
</table>

Length

<table>
<thead>
<tr>
<th>Measurement</th>
<th>=</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 kilometer (km)</td>
<td>0.62 mile (mi)</td>
</tr>
<tr>
<td>1 km</td>
<td>3280.8 feet (ft)</td>
</tr>
<tr>
<td>1 meter (m)</td>
<td>3.28 ft</td>
</tr>
<tr>
<td>1 centimeter (cm)</td>
<td>0.39 inch (in)</td>
</tr>
<tr>
<td>1 millimeter (mm)</td>
<td>0.039 in</td>
</tr>
<tr>
<td>1 in</td>
<td>2.54 cm</td>
</tr>
<tr>
<td>1 foot (ft)</td>
<td>0.30 m</td>
</tr>
<tr>
<td>1 yard (yd)</td>
<td>0.91 m</td>
</tr>
<tr>
<td>1 mi</td>
<td>1.61 km</td>
</tr>
</tbody>
</table>
### Metric Measure by Weight

<table>
<thead>
<tr>
<th>Measure</th>
<th>=</th>
<th>=</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 gram (g)</td>
<td>0.0353 ounces</td>
<td></td>
</tr>
<tr>
<td>1 kilogram (kg)</td>
<td>1000g</td>
<td>2.2046 pounds</td>
</tr>
<tr>
<td>1 tone (t)</td>
<td>1000 kg</td>
<td>1.1023 short tons</td>
</tr>
<tr>
<td>1 t</td>
<td>0.9842 long ton</td>
<td></td>
</tr>
<tr>
<td>1 ounce (oz)</td>
<td>437.5 grains</td>
<td>28.350 g</td>
</tr>
<tr>
<td>1 pound (lb)</td>
<td>16 oz</td>
<td>0.4536 kg</td>
</tr>
</tbody>
</table>

### Metric Measure by Fluid Volume

<table>
<thead>
<tr>
<th>Measure</th>
<th>=</th>
<th>=</th>
<th>=</th>
</tr>
</thead>
<tbody>
<tr>
<td>1g</td>
<td>⅜ teaspoon (tsp)</td>
<td>⅛ oz</td>
<td>3.7 milliliters (ml)</td>
</tr>
<tr>
<td>1 tsp</td>
<td>⅝ oz</td>
<td>5 ml</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon (TBS)</td>
<td>½ oz</td>
<td>15 ml</td>
<td></td>
</tr>
<tr>
<td>16 TBS</td>
<td>1 cup</td>
<td>236 ml</td>
<td>0.236 liters (l)</td>
</tr>
<tr>
<td>4 cups</td>
<td>1 quart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 liters</td>
<td>1 gallons plus 1 cup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Women’s Clothing Sizes

<table>
<thead>
<tr>
<th>U.S.</th>
<th>UK</th>
<th>Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>4</td>
<td>30</td>
</tr>
<tr>
<td>4</td>
<td>6</td>
<td>32</td>
</tr>
<tr>
<td>6</td>
<td>8</td>
<td>34</td>
</tr>
<tr>
<td>8</td>
<td>10</td>
<td>36</td>
</tr>
<tr>
<td>10</td>
<td>12</td>
<td>38</td>
</tr>
<tr>
<td>12</td>
<td>14</td>
<td>40</td>
</tr>
<tr>
<td>14</td>
<td>16</td>
<td>42</td>
</tr>
<tr>
<td>16</td>
<td>18</td>
<td>44</td>
</tr>
<tr>
<td>18</td>
<td>20</td>
<td>46</td>
</tr>
</tbody>
</table>

### Men’s Suit

<table>
<thead>
<tr>
<th>U.S.</th>
<th>UK</th>
<th>Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>36</td>
<td>36</td>
<td>46</td>
</tr>
<tr>
<td>38</td>
<td>38</td>
<td>48</td>
</tr>
<tr>
<td>40</td>
<td>40</td>
<td>50</td>
</tr>
<tr>
<td>42</td>
<td>42</td>
<td>52</td>
</tr>
<tr>
<td>44</td>
<td>44</td>
<td>54</td>
</tr>
<tr>
<td>46</td>
<td>46</td>
<td>56</td>
</tr>
<tr>
<td>48</td>
<td>48</td>
<td>58</td>
</tr>
</tbody>
</table>

### Men’s Shirt (collar size)

<table>
<thead>
<tr>
<th>U.S.</th>
<th>UK</th>
<th>Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>14</td>
<td>36</td>
</tr>
<tr>
<td>14.5</td>
<td>14.5</td>
<td>37</td>
</tr>
<tr>
<td>15</td>
<td>15</td>
<td>38</td>
</tr>
<tr>
<td>15.5</td>
<td>15.5</td>
<td>39</td>
</tr>
<tr>
<td>15.75</td>
<td>15.75</td>
<td>40</td>
</tr>
<tr>
<td>16</td>
<td>16</td>
<td>41</td>
</tr>
<tr>
<td>16.5</td>
<td>16.5</td>
<td>42</td>
</tr>
<tr>
<td>17</td>
<td>17</td>
<td>43</td>
</tr>
<tr>
<td>17.5</td>
<td>17.5</td>
<td>44</td>
</tr>
</tbody>
</table>
## Women’s and Men’s Shoe Sizes

<table>
<thead>
<tr>
<th>Women’s (U.S.)</th>
<th>Men’s (U.S.)</th>
<th>UK (Women / Men)</th>
<th>Europe</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>2.5 / 3</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>3.5 / 4</td>
<td>36</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>4.5 / 5</td>
<td>37.5</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>6.5</td>
<td>5.5 / 6</td>
<td>38.5</td>
</tr>
<tr>
<td>9</td>
<td>7.5</td>
<td>6.5 / 7</td>
<td>40</td>
</tr>
<tr>
<td>10</td>
<td>8.5</td>
<td>7.5 / 8</td>
<td>42</td>
</tr>
<tr>
<td>10.5</td>
<td>9</td>
<td>8 / 8.5</td>
<td>43</td>
</tr>
<tr>
<td>12</td>
<td>10.5</td>
<td>9.5 / 10</td>
<td>44</td>
</tr>
<tr>
<td>13</td>
<td>11.5</td>
<td>10.5 / 11</td>
<td>45</td>
</tr>
<tr>
<td>14</td>
<td>12.5</td>
<td>11.5 / 12</td>
<td>46.5</td>
</tr>
</tbody>
</table>