



Oklahoma State University  
International Students and Scholars  
309 Wes Watkins Center  
Stillwater, OK 74078

**Welcome to  
Oklahoma State  
University!**



**J-1 Exchange Visitor Orientation**

# Bridge USA J-1 Exchange Visitor Program

The objective of the J-1 Exchange Visitor Program is “to increase mutual understanding between the people of the United States and people of other countries by means of educational and cultural exchanges.” [Mutual Educational and Cultural Exchange Act (Fulbright-Hayes Act of 1961)].

- Led by the U.S. Department of State in partnership with the private sector and academia, BridgeUSA brings together the next generation of current and emerging young leaders through unmatched cultural and professional exchange programs.
- With 13 different categories to explore, participants can select a program focused on education, research, or professional development. Throughout their exchange, participants will hone existing skills and develop new ones, unlocking new personal and professional opportunities. (BridgeUSA)

# 212(e) Two-year Home Residency Requirement

- As a J-1 exchange visitor you may be subject to the 212-E Home Residency Requirement, the 2-Year Repeat Participation Bar, or the 12-month bar. For more information, visit the ISS website and click on [“J-Scholar Participation Bar Regulation”](#).
- The following J-1 categories could apply to 212(e) two-year home residency requirement: Short-term scholar, Research scholar, Professor, and Student Intern

# BridgeUSA J-1 Exchange Visitor Program

All visiting international scholars, regardless of immigration status, must have official university appointments or academic affiliations with the University. Scholars may or may not be paid by the university.

Classification	Minimum Length	Maximum Length
Research Scholar	3 Weeks	5 Years
Professor	3 Weeks	5 Years
Short-Term Scholar <i>(not subject to the 2-year bar)</i>	No minimum	6 Months
Intern	3 Weeks	12 Months

If the program of a J-1 Exchange Visitor in the Professor or Research Scholar categories (including J-2 dependent(s) of a Professor or Research Scholar) ends on or after November 18, 2006, then he/she is subject to the two year repeat participation bar. The bar applies if the scholar had an active record in the Research Scholar or Professor categories within the two years prior the current program start date, even if the previous program was less than 6 months. See <https://travel.state.gov/content/travel/en/us-visas/study/exchange.html> for more information.

J-1 Exchange Visitors in the Short-Term Scholar or Student categories are not subject to the 2-year repeat participation bar.

# I-94 Record of Entry



The screenshot shows the U.S. Customs and Border Protection website interface. At the top left is the department's seal. The header text reads "U.S. Customs and Border Protection" and "Securing America's Borders". Below the header are two tabs: "I-94 Information" and "I-94 FAQ", with the latter being selected. The main content area is titled "Most Recent I-94" and displays the following information:

- Admission (I-94) Record Number: 50594620130
- Most Recent Date of Entry: 2015 January 16
- Class of Admission: J1
- Admit Until Date: D/S

Below this information, it states "Details provided on the I-94 Information form:" followed by a list of personal details:

- Last/Surname: CHAN
- First (Given) Name: JACKIE
- Birth Date: 1954 APRIL 07
- Passport Number: ABC123456
- Country of Issuance: CHINA

At the bottom right of the form area is a button labeled "Get Travel History".

I-94 is a record of your entry to the U.S.

- Passport information is required to access I-94
- I-94 can be printed out as many times as necessary
- You will have a new I-94 record for each entry into the U.S.
- D/S = Duration of Status
- Travel History can also be accessed

I-94 can be found here:

[i94.cbp.dhs.gov](http://i94.cbp.dhs.gov)

# Wilberforce Pamphlet

If you are coming to the United States to work , we are confident that you will have a pleasant and rewarding stay. If you should encounter any problems, however, know that you have rights and can get help. The pamphlet linked below informs you of your rights as a J-1 visa holder. The U.S. government created this pamphlet at the prompting of the William Wilberforce Trafficking Victims Protection Reauthorization Act (Public Law 110-457), which reaffirms and strengthens the U.S. government's commitment to fight human trafficking and labor abuses in all their forms.

- [Rights and Protections for Temporary Workers](#)

(U.S. Department of State website)

**If you are mistreated or your rights are violated, call these toll-free numbers:**

**National Human Trafficking Resource Center's  
24 Hour Toll-Free Hotline**

**1-888-373-7888**

(Run by a non-governmental organization)

**Trafficking in Persons and Worker Exploitation  
Task Force Complaint Line**

(Monday – Friday, 9am-5pm Eastern Time)

**1-888-428-7581**

(Run by the U.S. Department of Justice)

**If you are in immediate physical danger, Call 911**

# Required Updates

Report any personal information changes to ISS within **10 days**.

- Dependents entering/leaving the U.S.
- Local residential address
- Email address
- Place (office/lab) where research is conducted

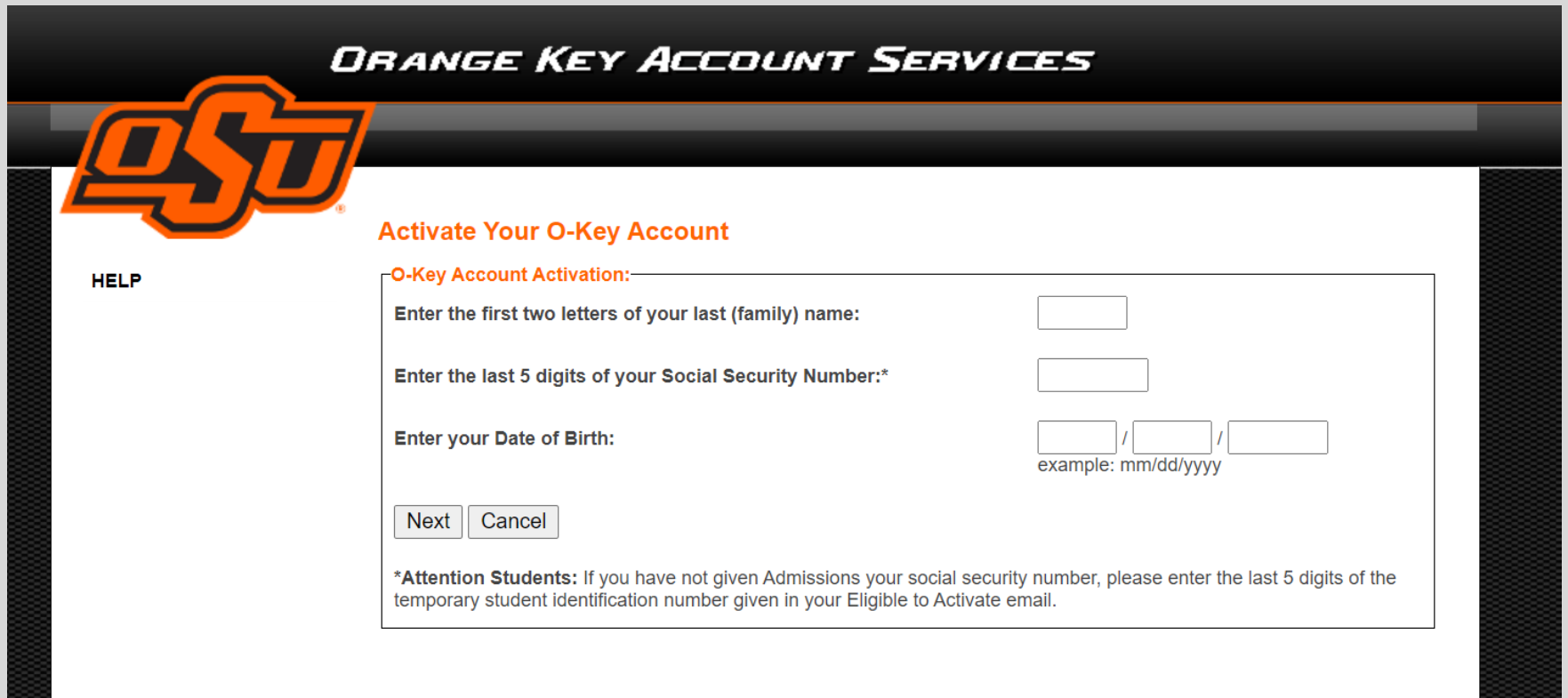


**NOTE:** Failure to report these changes could result in termination of your SEVIS record.



# O-Key Account

Activate O-Key Account: [okey.okstate.edu](https://okey.okstate.edu)



The screenshot shows the 'ORANGE KEY ACCOUNT SERVICES' header with the OSU logo. The main heading is 'Activate Your O-Key Account'. Below it is a form titled 'O-Key Account Activation:' with three input fields: 'Enter the first two letters of your last (family) name:', 'Enter the last 5 digits of your Social Security Number:\*', and 'Enter your Date of Birth:'. The date field includes a format example 'mm/dd/yyyy'. At the bottom of the form are 'Next' and 'Cancel' buttons, and a note for students regarding social security numbers.

**ORANGE KEY ACCOUNT SERVICES**

**OSU**

**Activate Your O-Key Account**

**O-Key Account Activation:**

Enter the first two letters of your last (family) name:

Enter the last 5 digits of your Social Security Number:\*

Enter your Date of Birth:  /  /   
example: mm/dd/yyyy

**\*Attention Students:** If you have not given Admissions your social security number, please enter the last 5 digits of the temporary student identification number given in your Eligible to Activate email.

- For questions regarding your O-Key Account, please contact IT Services in 421 Classroom Building (405-744-4357, [helpdesk@okstate.edu](mailto:helpdesk@okstate.edu)).



# ID Can Be Used For

- Building/Lab Access
- Getting on buses (on-campus and off-campus)
- Laptop computers and books check-out at library



## IMPORTANT!

- OSU affiliations are tied to the expiration date on the DS-2019. If you receive a program extension, notify the ISS Office so we can request an extension of the OSU ID (please allow 3-5 days for processing).
- Affiliations are only valid for one calendar year. If you are at OSU for longer than 1 year, the ISS Office must request an extension.
- You will receive an email from ID services before your affiliation expires. Please notify the ISS Office at this time if you plan to extend your program.



# Library Access

- To access electronic materials through the OSU Library, please work with your host department to fill out the following [form](https://library.okstate.edu/forms/faculty-services/library-off-campus-access.pdf) (<https://library.okstate.edu/forms/faculty-services/library-off-campus-access.pdf>) and return to Juliana Nykolaiszyn ([juliana.nykolaiszyn@okstate.edu](mailto:juliana.nykolaiszyn@okstate.edu)) with the OSU Library
- Once your access is activated, you can sign-in [here](https://library.okstate.edu/using-the-library/anywhere-library-access) to utilize library resources: (<https://library.okstate.edu/using-the-library/anywhere-library-access>)
- To check out physical materials from the OSU Library, please contact Dyonna Star Ramos ([dyonna@okstate.edu](mailto:dyonna@okstate.edu)) with the OSU Library, and she will activate this feature of your OSU ID.



# Employment

- If you become employed by OSU or receive any funding from OSU, you must request a work permit and set up tax forms with Kee Luck prior to your employment.
- You will need a Social Security number from the Social Security office, 406 E. Hall of Fame Ave. Take the papers that you need <https://lcl.okstate.edu/iss/site-files/docs/ssc.pdf> with your activated SEVIS record and DS-2019. They are currently by appointment only, so first request your appointment as walk-ins are not allowed.
- J scholars are NOT subject to the same U.S. tax laws as U.S. citizens.
- J-2 dependents are eligible to work duration of their status, if they obtain an EAD card from USCIS. This process can take 9-12 months.

# Taxes

The U.S. tax system can be very confusing for everyone and especially international students and scholars. Here are some of the basic rules:

- If you receive any money, stipend, or assistance while you are in the United States, you will be required to file taxes the following year.
- Tax deadline is April 15<sup>th</sup>
- There are both state and federal taxes that you must file
- When you sign up for the work permit, you will sign up with Glacier for your deduction designations
- You will receive or have online access to a W-2 form at the end of January which lists your income from the previous year for tax reporting
- Sign up for the [listserv](#) (the weekly newsletter) as it will give you updates during tax season

**The ISS tax page has many more details:**  
**<https://lcl.okstate.edu/iss/tax-information.html>**



# Traveling Out of U.S.

- Check with Supervisor for permission
- Complete Travel Validation Form ([Online](#))
- Bring your DS-2019 and Passport to the ISS Office after you receive an approval notification email for travel validation.
- Receive a travel signature on your DS-2019
- Travel with valid passport, visa, I-94 and DS-2019 (It is also recommended to take financial document and invitation letter from your department.)
- It is not recommended to travel longer than 30 days due to the nature of the J-1 program.
- Dependents must go with you if your trip is longer than 30 days.

**NOTE:** Travelling outside the U.S. and then trying to re-enter within the 30-day grace period after your DS-2019 has expired is not allowed.





# Upcoming Program End Date

30 days prior to your program end date you will receive an email notification. Your options include:

- Program Completion
- Extension
- Transfer



**NOTE:** Please notify ISS as soon as possible with your decision. Once your record has expired, the ISS will not be able to make any changes to your program.



# Extension

If your department wishes to extend your program it must be processed **before** the DS-2019 expiration date.

- Department fills out DS-2019 extension request online
- The following categories are eligible for extension if J-1 exchange visitors have not met the maximum duration: Short-term scholar, Research scholar, Professor and Student Intern
- ISS will need:
  - Invitation letter from dept.
  - Financial support (if not paid by OSU)
  - Proof of extended health insurance

1. Program Sponsor: Oklahoma State University	
Participating Program Official Description: PROFESSOR; RESEARCH SCHOLAR; SHORT-TERM SCHOLAR; STUDENT ASSOCIATE; STUDENT DOCTORATE; STUDENT INTERN; STUDENT MASTERS; STUDENT NON-DEGREE	
<b>Program End Date</b>	
Purpose of this form: Begin new program; accompanied by number (0) of immediate family members	
3. Form Covers Period:	4. Exchange Visitor Category:
From (mm-dd-yyyy): 06-29-2016	RESEARCH SCHOLAR
To (mm-dd-yyyy): 12-29-2016	Subject/Field Code: 42.0101 Subject/Field Code Remarks: Psychology, General
5. During the period covered by this form, the total estimated financial support (in U.S. \$) is to be provided to the exchange visitor by:	
The Exchange Visitor's Government : \$12,276.00 Total : \$12,276.00	

# Transfer

If you wish to transfer to another institution or university within the U.S.:

- Complete Transfer-Out Form from ISS
- Submit offer letter from a new university/institution
- Contact International Office at new university/institution for transfer acceptance
- Process must be completed **before** DS-2019 expires



# Program Completion & Departure

## Prior to your departure:

- Supervisor and Scholar fill out Program Completion Form and return to ISS Office (2 separate forms)
  - Scholar's completion form
  - Supervisor's completion form
- Clear your bursar account
- Cancel housing contract

You have a 30-day grace period after DS-2019 expires. You must leave U.S. by 30<sup>th</sup> day.



Oklahoma State University  
International Students and Scholars

### J-1 PROGRAM COMPLETION NOTIFICATION

To be completed by the J-1 scholar

The following information should be completed and submitted to the ISS Office (International Students and Scholars) prior to your departure. Notification of intent to end participation is required BEFORE the ending date on the Form DS-2019.

Name: \_\_\_\_\_ Expected Date of Departure: \_\_\_\_\_

**Please check all that apply:**

- I have successfully completed my program objectives.
- I have NOT met my program objectives. (Please comment below)
- I will be leaving within 30 days after the expiration of my DS-2019.
- I will be leaving prior to the end date on my DS-2019.

Comments: \_\_\_\_\_

**Required:** List any cultural activities you have attended/participated in during your program at OSU.

**I certify that:**

1. I have paid my bursar in full and will be responsible for any charges that appear after my departure.
2. On Campus Housing - I have cancelled my housing contract. Off Campus Housing - I have informed my landlord of my intent to vacate.
3. All J-2 dependents not previously departed will be departing the US with me.

Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Return to: ISS (International Students & Scholars)  
250 Student Union  
Stillwater, OK 74078  
Email: [jscholar@okstate.edu](mailto:jscholar@okstate.edu)

For ISS Use Only:

Received by: \_\_\_\_\_ Date Received: \_\_\_\_\_ Updated Database: \_\_\_\_\_ Updated SEVIS: \_\_\_\_\_

# Office of Designation

## Academic and Government Programs Division

### **Mailing Address:**

U.S. Department of State Office of  
Designation  
Academic and Government Programs  
Division  
ECA/EC/AG – SA-5  
Floor C2 2200 C Street  
NW Washington, DC 20522-0582

Fax Number: 202-632-2701

Email Address: [jvisas@state.gov](mailto:jvisas@state.gov)

Bureau of Educational and Cultural Affairs Website: [eca.state.gov](http://eca.state.gov)

BridgeUSA J-1 Exchange Visitor Program Website: [bridgeusa.state.gov](http://bridgeusa.state.gov)

### **Street Address (couriers):**

U.S. Department of State Office of  
Designation  
Academic and Government Programs  
Division  
ECA/EC/AG – SA-5  
Floor C2 2200 C Street  
NW Washington, DC 20037

# Cultural Exchange

Cultural Exchange is a required component of the BridgeUSA J-1 Program. You are required to report participation at the completion of your program.

- International Student Organization: <https://campuslink.okstate.edu/organization/international-student-organization>
- Student Union Activities Board: [suab.okstate.edu](http://suab.okstate.edu)
- OSU Sports Events: [okstate.com](http://okstate.com)
- Allied Arts: [alliedarts.okstate.edu](http://alliedarts.okstate.edu)
- Family Resource Center: <https://reslife.okstate.edu/parent-portal/frc>



# Culture Shock

Feeling a little overwhelmed, tense, and anxious by a new culture is a normal experience known as “culture shock.”

- "Plunge" into your host culture and wrestle with the differences.
- Keep an open mind; it is natural to have preconceived ideas and beliefs that come into question while abroad.
- Athletic activities like team sports or taking walks may be helpful.
- Get to know others at your host school or organization.
- Do not isolate yourself.
- Learn as much as you can about your host culture.

If these emotions are affecting your everyday life and interfering with your work and social life, find a local person with whom you can discuss your frustrations and encounters.

# Life and Customs in the US

Some American customs may seem strange to people from other countries, but knowing about them may help you better adapt during your stay in the U.S.

## Americans...

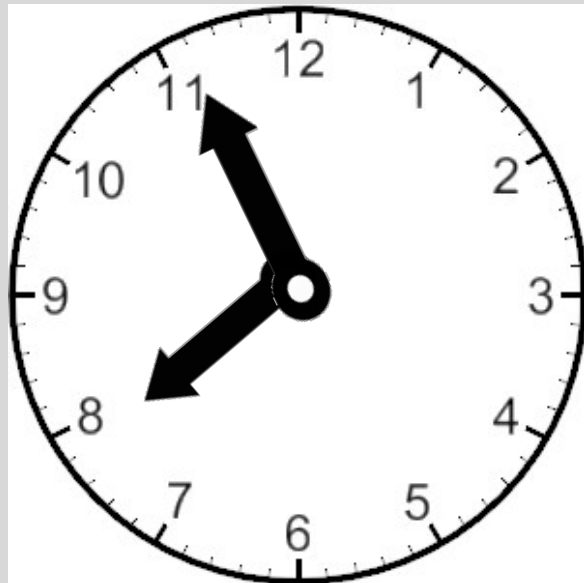
- like privacy and personal space.
- can be very direct and honest, even though it may seem rude to people from another culture.
- ask about how your day is going without expecting an answer.
- wait their turn in lines.
- value independent thinking.
- like to joke, smile and talk.
- like to dress and entertain informally.
- are very concerned with personal hygiene and cleanliness. They are very sensitive to smell and it is not uncommon for them to wear perfume/cologne or use candles and air fresheners.
- R.S.V.P. means please reply to an invitation. Reply if you are going to the event or not.



# Being On Time is Important!

## Work/Formal Events

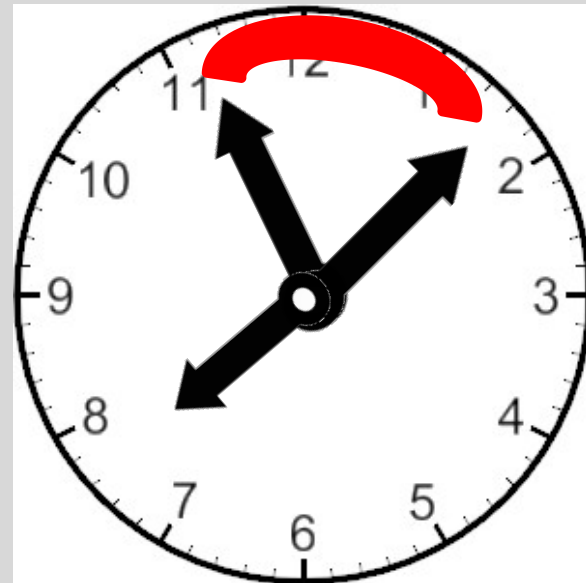
On time/5 minutes early



Examples: Work, Formal Dinner, Movie, Concert or Performance

## Social/Informal Events

Time is a little more flexible



Examples: Informal Dinner, “Come-and-Go” Event, Social Gathering

**NOTE:** You will find that some Americans are more punctual than others.



# Health

- Remember, NOT a free system
- If you are sick, a good place to start is the Student Clinic.
  - Appointments for service are made in one of three ways:
    - University Health Services Portal - <http://okstateportal.pointnclick.com> - More details [here](#).
    - Call (405) 744-7665
    - Walk-in
- Private doctor or clinic
  - Stillwater Health Clinic <http://www.stillwaterchc.org/>
  - Stillwater Medical Physicians Clinic <https://www.stillwater-medical.org/locations/stillwater-medical-physicians-clinic>
- Hospitals
  - Emergency care will cost you a minimum of \$600 just to walk in the door, so make sure it is truly an emergency.
- Know what your insurance covers
- Pharmacy
  - Many over the counter drugs, but all prescription drugs require a prescription from a doctor



# Medical Insurance

Scholars must maintain medical insurance (for themselves and J-2 dependents, if any) that meets the Dept. of State requirements:

- Major medical coverage: \$100,000
- Medical Evacuation: \$50,000
- Repatriation of Remains: \$25,000
- Deductible not to exceed \$500

Proof of medical insurance must be submitted to the ISS Office within **10 days** of arrival.

Both J-1 and J-2 on an OSU DS-2019 must maintain health insurance coverage for duration of the program, even if travelling outside the U.S.

**Failure to submit proof of valid insurance will result in termination of your SEVIS record!**

# How to use Health Insurance

You already know that health insurance is required but here are some helpful hints:

- Understand your insurance policy. Talk to them if you have questions before you go for health services.
- Deductibles are amounts you will have to pay out of pocket before the insurance company will cover anything. The maximum deductible is \$500 for J eligible health insurance.
- Co-pays are defined as a shared cost or portion of any testing or medical procedures you might encounter at a medical visit. For example, you might have a co-pay that requires you pay the first \$25 of any doctor's visit.
- Take your health insurance information with you for any doctor visits or healthcare providers. Present this to the receptionist before you start.
- Contact your insurance before any large procedures to confirm costs and receive authorization.
- Where to start if you get sick?
  - [University Health Services](#) is more than happy to provide medical care for J's and their dependent spouses. They can also provide care for children ages 6 and up. You can call or go online to make appointments. They can typically see you in the same day and the costs are less than attending other facilities. They are available Monday-Friday, 8 a.m.-5 p.m.
  - For after-hour emergencies, you should contact any of the three urgent care facilities or [Stillwater Medical Center](#) Emergency Room Department. Again, these can be quite expensive, but they are there for emergencies and take your insurance card with you.

# Mental Health

You are NOT alone. Everyone can experience stress and depression. If you are feeling overwhelmed, lonely, depressed, or exhausted, reach out for help and take advantage of the resources on campus. There is nothing negative about getting assistance.

- [OSU Mental Health Resources](#)
- [OSU Counseling Services](#) has counseling and is not limited to students.

# Healthcare & Emergency Assistance

- University Health Services:
  - 1202 W. Farm Road
  - (405) 744-7665
- Stillwater Medical Center
  - 1323 W. 6<sup>th</sup> Avenue
  - (405) 372-1480
- Payne Co. Health Department
  - 1321 W. 7<sup>th</sup> Avenue
  - (405) 372-8200
  - [www.ok.gov](http://www.ok.gov)
- Poison Control:
  - 1-800-222-1222
  - [Website](#)
- OSU Police (Non-Emergency):
  - (405) 744-6523
  - [police.okstate.edu](http://police.okstate.edu)
- OSU Campus Safety:
  - [safety.okstate.edu](http://safety.okstate.edu)
- City Police (Non-Emergency):
  - (405) 372-4171
  - [stillwaterpolicedept.org](http://stillwaterpolicedept.org)



# Stillwater

Oklahoma State University is located in Stillwater, Oklahoma. With a population of close to 50,000 citizens, Stillwater has a unique combination of big city amenities and small-town charm. Stillwater is home to museums, theaters, art galleries, parks, golf courses, walking trails, bike trails, and 5 lakes. Stillwater has over 100 restaurants and a variety of lodging and shopping choices available.



- For more information: [iss.okstate.edu](http://iss.okstate.edu)
- Stillwater Chamber of Commerce: [stillwaterchamber.org](http://stillwaterchamber.org)



# OSU Services

- OSU Bus Routes:  
<https://parking.okstate.edu/transit/index.html>
- Family Resource Center [shopping shuttle](#)
- OSU parking: [parking.okstate.edu](https://parking.okstate.edu)
- Edmon Lowe Library: [library.okstate.edu](https://library.okstate.edu)
- Colvin Recreation Center: [wellness.okstate.edu](https://wellness.okstate.edu)
  - The Colvin Recreation Center is not included in your program. However, you can purchase an affiliate membership for a reduced rate. For more information: [wellness.okstate.edu/member-services/rates](https://wellness.okstate.edu/member-services/rates)
- Writing Center: helps with writing documents of any kind in English <https://osuwritingcenter.okstate.edu/>
- English classes: through the [Family Resource Center](#)

# Stillwater Resources

- Stillwater Library: [library.stillwater.org](http://library.stillwater.org)
- Banks: Located in the Student Union
  - Simmons Bank: [simmonsbank.com](http://simmonsbank.com)
  - University & Community Federal Credit Union: [home.cuintouch.com](http://home.cuintouch.com)
- Stillwater Public Schools: [stillwaterschools.com](http://stillwaterschools.com)
- Social Security Number: <https://www.ssa.gov/> , 406 E. Hall of Fame Ave.



# Important Stillwater Locations

- Driver's License Testing, <http://www.dps.state.ok.us/dls/>
  - To Make appointments: <https://oklahoma.gov/dps/services/inline-online.html>
  - 701 E 12th Ave
  - 405-743-9140
- Tag Office to get Driver's License or car tag, <http://www.oktagagent.com/stillwater/>
  - 702 S. Western Rd.
  - 405-624-0200
- Social Security office, 406 E. Hall of Fame Ave.
- City of Stillwater (electricity, water), <http://stillwater.org/>
  - 723 S. Lewis St.
  - 405-372-0025
- Police & Municipal Building, <http://stillwater.org/page/home/government/departments-divisions/police-department>
  - 723 S. Lewis St.
  - 405-372-4171
- Library, <http://library.stillwater.org/>
  - 1107 S Duck St
  - [\(405\) 372-3633](tel:4053723633)
- Payne County Courthouse, <http://www.paynecounty.org/>
  - 606 South Husband Street
- Walmart—Perkins Road or Hwy 51 (6<sup>th</sup> St)
- CM Asian Market, <https://www.facebook.com/CrepeMyrtleMarket/>
  - 613 S. Lewis
- Himalayas' Market, <https://www.yelp.com/biz/himalayan-grocery-store-stillwater>
  - 125 S. Main

# Banking information

- Check with several banks in Stillwater to see who can give you the best options for your situation.
- Before you leave, make sure that you do not need to leave your account open for future deposits or payments. But also, check to see if there are fees for leaving it open but not using it. Find out what you need to do to close it later.
- Always ask if you don't understand. They should answer any questions you have.
- Banks located in the Student Union
  - Simmons Bank: [simmonsbank.com](https://simmonsbank.com)
  - University & Community Federal Credit Union: [home.cuintouch.com](https://home.cuintouch.com)

# Cheap Shopping Options

- Thrift Stores (2<sup>nd</sup> hand/used items)
  - Karman Korner, 819 S Main St
  - Elite Repeat, 711 S Main St
  - Goodwill, 801 E Lakeview Rd
  - Stillwater Habitat for Humanity, 505 E 18th Ave
- Garage Sales
  - Usually held on Saturday mornings, go early
  - Posted in the Stillwater Newspress (local paper)



# Some Local Restaurants

## **Burgers/Steaks**

### [Eskimo Joe's](#)

501 W. Elm

### [Texas Roadhouse](#)

2000 N. Perkins Rd

### [Louie's Bar and Grill](#)

720 S Main St

### [The Garage](#)

520 W Elm Ave

### [Freddy Paul's](#)

1707 E. 6th

## **Pizza**

### [Hideaway](#)

230 S Knoblock

## **Asian**

### [Boba Fusion Asian](#)

211 N Perkins Rd

### [Golden Dragon](#)

203 S. Perkins Rd

### [Thai Café](#)

502 S Husband St

### [Thai Loco](#)

2223 W 6th Ave

### [Nooki](#)

405 S. Washington

### [Nagoya Japanese](#)

2260 N Perkins Rd

Nilima's Indian Food Truck

140 N Duck St

## **Mediterranean**

### [Nikki's Greek](#)

610 E McElroy Rd

## **Italian**

### [Olive Garden](#)

2100 N Perkins Rd

### [Davinci's Italian Ristorante](#)

2280 N Perkins Rd

## **Seafood**

### [Red Lobster](#)

102 E Hall of Fame Ave

## **Mexican**

### [Palomino's Mexican](#)

1919 N Perkins Rd

### [El Tapatio Mexican](#)

825 S Perkins Rd

### [Mexico Joe's](#)

311 E Hall of Fame Ave

## **Barbeque**

### [Rib Crib](#)

103 S Perkins Rd

### [Bad Brad's](#)



# Housing Options

- Campus Housing
  - OSU Residential Life
    - P: 405-744-5592
    - F: 405-744-6775
    - Email: [reslife@okstate.edu](mailto:reslife@okstate.edu)
  - Website: [OSU Housing and Residential Life](#)
  
- Off-Campus Housing
  - Apartment Guide—[apartments.com](http://apartments.com)
  - Off-Campus Housing <https://offcampushousing.okstate.edu/>

***Check on laundry facilities, deposits, whether utilities are included, central heat/air, parking, distance from campus***





# American Holidays 2021

**Red**—OSU Holidays    **Blue**—Federal Government additional holidays

- **January 1**—New Year's Day
  - **January 17**—Martin Luther King
  - February 2—Groundhog Day
  - February 14—Valentine's Day
  - **February 21**—President's Day
  - March 13—Daylight Savings
  - March 17—St. Patrick's Day
  - March 14-18—OSU Spring Break
  - April 17—Easter
  - May 8—Mother's Day
  - **May 30**—Memorial Day
  - June 19—Father's Day
  - **July 4**—Independence Day
  - **September 5**—Labor Day
  - **October 10**—Columbus Day
  - October 31—Halloween
  - **November 11**—Veteran's Day
  - **November 24**—Thanksgiving
  - **December 25**—Christmas
- 
- **Daylight Savings Time**
    - March 13--Spring Forward (moves clocks forward one hour)
    - November 6--Fall Back (moves clocks back one hour)





# Sales Tax

- In the US, sales taxes are not included in the price which is on the shelf. In Stillwater, the sales tax is 8.813% which is added at the time to check out.



Check out will be \$24.99 plus 8.813% sales tax. \$27.19 is what you will pay at the register.



# Weather

- Watch the news for weather—local news channels are 4, 5, and 9.
- Be prepared for quick changes—the weather can change very quickly
- Tornadoes—stay inside, downstairs, interior room, basement is best
- Snow, ice—be careful when you walk or drive
- Hail—measured by size (dime size, quarter size, golf ball size, baseball size), stay inside
- Lightning—do not stand under a tree, get inside
- Heat and Sun—Use sunblock and drink lots of water. NEVER leave a child or an animal in the car with the windows up.





# Safety

- Crossing at crosswalks
  - Not in the middle of the street
  - Cars may be required to stop, but they may not, so wait to confirm first
- Lock doors
- Don't leave things just laying around
- Walk with others
- Watch where you are walking, head up
- Cars drive very fast in the US and on the right side
- Rave Guardian App <https://go.okstate.edu/apps/>
- Blue Phones, emergency phones located around campus, use in case of emergency only



# Legal

- Laws—Firm with consequences
- Driving
  - Know the laws—OK driver's manual
  - Don't Drink and Drive!! DUI (Driving Under the Influence) is the most common offense. This can be a felony, jeopardizes the immigration status, and costs between \$2000-5000.
  - Would need an attorney to represent you.
  - SGA has free legal advice at Student Government Office, 211Q Student Union, 405-744-6500.



# Crime

- If you are victim or witness of a crime, here is what you need to do:
  - Call 911 if it is an emergency and is happening right now or just happened (this will go to OSU Police if calling from on campus or to the Stillwater police if off-campus or calling from a cell phone)
  - Know exactly where you are
  - Wait for them
- If reporting afterwards or a non-emergency:
  - Contact the OSU police if on campus 744-6523
  - Contact the Stillwater police 405-372-4171
  - Contact the ISS office 744-5459

# 1 is 2 Many

- Sexual Harassment and Sexual Violence is not accepted at OSU in any manner
- Please check the [1 is 2 Many website](#) for information on what is considered sexual harassment/violence and what you can do if you find yourself in this situation.
- There are many resources and support available. Please report any such problems to the ISS representative as well.





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# Scams

- Scams are attempts from strangers to illegally receive money or personal information through deception, threats, or intimidation.
- Scammers contact their victims in different ways, including phone calls or phishing e-mails.
- They may pretend to be representatives of official agencies or banks. They will often have a lot of personal information which makes them seem legitimate.
- Someone may ask you to verify or update information on your bank account or debit card PIN or other personal information. Do **NOT** give out personal information, account information, and do not send money. This information will **NEVER** be requested over the phone by a legitimate company.
- You can ask for their name and agency (which usually they will not give) and then you can contact the agency (bank, credit card company, or office) directly to see if this was something legitimate if you have doubts.
- Report a scam to the police department and the ISS office.



# Driving and Buying a Car

- The Department of Public Safety (DPS) performs the driving tests. You must take a written test and a separate driving test. Both are done through this office. Make the reservations [online](#). Take 2 forms of identification. The [driving manual](#) can be found at this link as well.
- Then you can go to the Department of Motor Vehicles (DMV)/Tag Agency to be issued your driver's license.
- If you buy a car, you will also need to take the papers to the Department of Motor Vehicles (DMV)/Tag Agency to get your new car license plate.

# ISS Listserv

The Listserv is an email that is sent weekly from the ISS Office like a newsletter.

- The Listserv includes:

- Workshops
- OSU Campus Events
- Stillwater, Oklahoma City, Tulsa Community Events
- Weather related information
- Tax information
- Immigration updates



- To sign up for the ISS listserv visit the ISS website [here](#).

# ISS Office information

309 Wes Watkins Center

Front Desk Phone: **(405) 744-5459**

Monday-Friday

8:00 a.m. – 11:30 a.m.

1:30 p.m. – 4:30 p.m.

\*We are closed for Lunch from 11:45-1:00\*

- Please allow time for yourself and us.
- Do not come in 5 minutes before you need to be somewhere.
- Look on these links for answers as well:
  - [International Student Handbook](#)
  - [ISS website](#)

# International Students and Scholars Contact Information

## BridgeUSA J-1 Exchange Visitor Program Staff

- Tina Newton – Assistant Director (RO, DSO)
  - [tina.newton@okstate.edu](mailto:tina.newton@okstate.edu)
- Kee Luck – [kee.luck@okstate.edu](mailto:kee.luck@okstate.edu)
- Brooke Richardson – ARO
  - [brooke.richardson@okstate.edu](mailto:brooke.richardson@okstate.edu)
- Karen Sebring – ARO
  - [karen.sebring@okstate.edu](mailto:karen.sebring@okstate.edu)
- Tim Huff – ISS Director
  - [tim.huff@okstate.edu](mailto:tim.huff@okstate.edu)



Phone: (405) 744-5459

Website: [icl.okstate.edu/iss](http://icl.okstate.edu/iss)