

MACALESTER COLLEGE
**INTERNATIONAL STUDENT
HANDBOOK**
2021-2022



International Student Programs
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MACALESTER

June 2021

Dear International Student:

On behalf of International Student Programs (ISP), we welcome you to Macalester College. We are looking forward to your arrival, and to facilitating your positive educational experience.



As the Director, Assistant Director, and Department Coordinator of International Student Programs, we are available on a regular basis during your stay at Macalester to provide information and assistance in dealing with federal and state regulations affecting international students (e.g., immigration, visa, tax). We are also here to support you academically, culturally, and personally. Within a few weeks of your arrival, we will schedule an appointment to chat about any concerns you may have. Our hope for this appointment is to start getting to know you, and for us to understand each other better.

Our office provides a diverse set of opportunities, including but not limited to orientation activities, a mentor program, and a host family program. We also provide a myriad of educational programs on topics related to employment options, health concerns, the arts, and understanding your new community, as well as other cultural and global issues.

To put it simply, don't be afraid to visit us. Come see us when something good happens, and not just during crises. In all sincerity, there are few things we enjoy as much as meeting new students. We hope that through visits we can assist you in becoming an active participant and leader.

The International Student Handbook (ISH) provides you with general information about the campus and special interests of international students. Please give us feedback on how to improve it next year.

Best regards,

Aaron C. Colhapp
Director of ISP

Luyen Phan
Assistant Director of ISP

Kara Warren
ISP Department Coordinator

GENERAL INFORMATION

Macalester Academic Calendar 2021-2022

FALL 2021

August 24 - 27	Pre-Orientation for International Students (PO4IS)
August 27 - 31	New Student Orientation
September 1	Classes Begin
September 6	Labour Day - No Classes
September 10	Last Day to Register or Validate
September 10	Last Day to Add/Drop/Audit a Class
October 19	Follow the Thursday Class Schedule
October 21 - 24	Fall Break
October 25	Mid-Term Grades Due
November 5	Last Day to Withdraw from a Class
November 8	First Day to Designate Grading Option
November 8 - 19	Spring 2022 Registration
November 24 - 28	Thanksgiving Break
December 10	Last Day to Designate Grading Option
December 10	Last Day of Class
December 11 - 13	Study Days
December 14 - 17	Final Examination Period
December 29	Final Grades Due

SPRING 2022

January 20	Classes Begin
January 20	Work Due for Fall 2021 Incompletes
January 28	Last Day to Register or Validate
January 28	Last Day to Add/Drop/Audit a Class
March 12 - 20	Spring Break
April 1	Last Day to Withdraw From a Class
April 4	First Day to Designate Grading Option
April 18 -29	Fall 2022 Registration
May 2	Last Day to Designate Grading Option
May 2	Classes End
May 3 - 4	Study Days
May 5 - 9	Final Examination Period (includes Sat.)
May 12	Final Grades Due by Noon
May 14	Baccalaureate
May 14	Commencement
July 1	Work Due for Spring 2022 Incompletes

For subsequent academic years, visit www.macalester.edu/registrar/academiccalendars

For Arts & Events, Athletic Events, Library Hours/Events, Student Organization Events and Alumni Events calendars, visit www.events.macalester.edu

ISP Programming Schedule 2021-2022

ISP is still developing programming for the 2021-2022 school year. This will be updated when dates are finalized.

FALL 2021

September-December Fridays 2:30-4:30 pm Talk and Tea

August 24 -27	Pre-Orientation for International Students (PO4IS)
August 27 - 31	New Student Orientation
September 1	Classes Begin/ISP Ice Cream Social
September 9	America Project
September 10	First Talk and Tea
September 14	Country Spotlight (The Loch)
September 16	America Project
September 18	Minneapolis Institute of Art
September 23	America Project
September 30	America Project
October 5	Country Spotlight
October 7	America Project
October 13 - 16	International Roundtable
October 15	America Project
October 21 - 24	Fall Break (Optional America Trip), TBD
October 28	Mentors End-of-Program/Senior BBQ/Internships Panel
November 2	Country Spotlight
November 24 - 28	Thanksgiving Break
December 10	Last Talk and Tea/Classes End

SPRING 2022

January-April Fridays 2:30-4:30 pm Talk and Tea

January 19	Senior OPT Session
January 20	Classes Begin
January 25	Extra OPT Session
January 28	First Talk and Tea
February 3	Country Spotlight
February 6	Host Family Potluck
February 17	Country Spotlight
February 19	International KidsFest
February 23	Tax Orientation
February 24	Country Spotlight
March 12 - 20	Spring Break
April 15	Taxes Due!
April 21	CPT Session
April 25	CPT Session
April 29	Last Talk and Tea
May 2	Classes End
May 12	Graduation Reception
May 14	Commencement

*Find updated schedule at <https://www.macalester.edu/isp/programs>

2021 Pre-Orientation for International Students (PO4IS)

TENTATIVE SCHEDULE

Time	Event	Location
Tuesday, August 24		
All day	Airport Arrivals and Check-in	Airport & Mac
12:00pm - 1:00pm	Lunch with Available Mentors	Café Mac, Campus Center (CC)
2:00pm - 4:00pm	Shopping Trip	Sign up/Meet at ISP
5:00pm - 6:00pm	Dinner with Available Mentors	Café Mac, Campus Center (CC)
6:00pm - 8:30pm	Shopping Trip	Sign up/Meet at ISP
Wednesday, August 25		
7:30am - 8:00am	Breakfast	Café Mac, CC
8:00am - 8:15am	PO4IS Formal Welcome (students bring laptop if you own one, and immigration docs+originals)	JBD Lecture Hall, CC
8:15am - 9:00am	Health and Wellness Info Session	JBD Lecture Hall, CC
9:00am - 10:30am	Domestic Ametricans Meet	ISP, Kagin Commons
10:45am - 11:30am	Complete Forms for Social Security, I-9, and Glacier Tax	JBD Lecture Hall, CC
11:30am - 12:30pm	Lunch with Mentors	Café Mac, CC
12:45pm - 1:30pm	Optional Sessions: Biking and Public Transportation, Driver's License and State ID, US Cell Phone Plans	TBD
1:30pm - 3:30pm	Resource Fair: Bank, Employment & Tax Paperwork, Campus Resources	Kagin Ballroom (2nd Floor)
1:30pm - 4:00pm	Shopping Trip	Sign up/Meet at ISP
4:00pm - 4:30pm	Ametrica Meeting (Ametrica Participants Only)	Markim Hall Basement
5:00pm - 6:00pm	Dinner with Available Mentors	Café Mac, CC
6:15pm - 8:15pm	Mentor Mediation I: The Foundation	Campus Center
8:15pm - 10:00pm	Mentor Group Activity	Various Locations
Thursday, August 26		
7:30am - 8:00am	Breakfast	Café Mac, CC
8:00am - 10:00am	Apply for a Social Security Card	ISP, Kagin Commons
10:30am - 12:00pm	Mentor Mediation II: Adjusting to Academic Life in US	JBD Lecture Hall, CC
12:15pm - 1:15pm	Lunch with Mentors	Café Mac, CC
1:30pm - 3:00pm	Mentor Mediation III: Identity	JBD Lecture Hall, CC
3:15pm - 4:15pm	Humor & Ambiguous References	JBD Lecture Hall, CC
5:00pm - 6:00pm	Dinner with Mentors	Café Mac, CC
6:30pm - 8:30pm	Frisbee, Soccer or Dance	Campus Center
6:30pm - 8:30pm	Ametrica Project	Weyerhaeuser Chapel
9:00pm - 11:00pm	Observatory Visits	Meet in CC
Friday, August 27		
7:30am - 8:00am	Breakfast	Café Mac, CC
8:30am - 12:00pm	Busses Leave for Drop Off	77 Macalester St.
Afternoon	All Student Orientation	Campus
5:00pm - 6:15pm	All-Campus Welcome Dinner	Café Mac, CC

Macalester International Student Body

2020-2021, BY CITIZENSHIP

286 students representing 67 countries (including exchange students) during Fall 2020

AFRICA	30	AMERICAS AND CARRIBEAN	21	EAST/ SOUTHEAST ASIA, OCEANIA	176	EUROPE	24	MIDDLE EAST CENTRAL/ SOUTH ASIA	35
Botswana	1	Argentina	3	Burma (Myanmar)	2	Albania	1	Armenia	1
Burundi	1	Brazil	2	Cambodia	3	Bosnia- Herzegovina	3	Bangladesh	2
Cameroon	2	Canada	2	Japan	3	Czech Republic	1	Bhutan	1
Eswatini	3	Colombia	3	Kazakhstan	1	Georgia	2	India	12
Ethiopia	4	El Salvador	1	Laos	1	Germany	1	Iran	1
Ghana	2	Guatemala	1	Malaysia	1	Italy	2	Jordan	1
Kenya	3	Honduras	1	People's Republic of China	135	Moldova	1	Lebanon	3
Morocco	2	Jamaica	1	Philippines	3	Netherlands	1	Nepal	1
Niger	1	Mexico	3	South Korea	5	Poland	1	Pakistan	6
Rwanda	2	Peru	3	Taiwan	3	Romania	1	Sri Lanka	2
Senegal	3	Venezuela	1	Thailand	2	Russian Federation	2	Turkey	3
Somalia	1	Venezuela	1	Vietnam	17	Serbia	1	West Bank (Palestine)	2
South Africa	1					Slovenia	1		
Sudan	2					Spain	3		
Zambia	1					Sweden	1		
Zimbabwe	1					Ukraine	1		
						United Kingdom	1		

FALL 2021 INCOMING INTERNATIONAL STUDENTS*, BY CITIZENSHIP

68 students representing 31 countries

Brazil	1	Mexico	2	Swaziland	1
Bulgaria	1	Mongolia	1	Taiwan	1
Burkina Faso	1	Morocco	1	United Kingdom	1
Chile	1	Myanmar	1	Venezuela	1
China	24	Nicaragua	1	Vietnam	8
Colombia	1	Paraguay	1	Finland	1
Cyprus	1	Peru	1	Slovenia	1
India	4	Philippines	1	Germany	1
Japan	2	Serbia	1	Austria	1
Jordan	1	Spain	1	Netherlands	2
Kenya	2				

*Subject to change, includes exchange students.

Check updated International Student Statistics at: www.maclester.edu/isp/about/statistics/

Staff Who Work Directly with International Students

BEFORE YOU ARRIVE

International Admissions: internationaladmissions@macalester.edu

NOW AND AFTER YOU ARRIVE

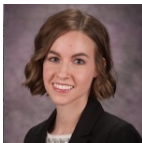
When you arrive at Macalester, among the first people you meet will be Aaron Colhapp, Luyen Phan, and Kara Warren. They are responsible for providing you with information, advice, assistance, and referrals relating to academic, immigration, cultural, financial, and/or personal matters.



Aaron Colhapp, Director of International Student Programs - Aaron is available for individual appointments and walk-ins. He oversees ISP and its programs, advises students on government regulations, and organizes educational sessions throughout the year.
colhapp@macalester.edu +1 651-696-6078



Luyen Phan, Assistant Director of International Student Programs - Luyen is also available for individual appointments. He organizes meetings and educational programs, and handles most issues involving government regulations.
lphan@macalester.edu +1 651-696-6849



Kara Warren, International Student Programs Department Coordinator - Kara advises students on government regulations, assists with programming, coordinates the Friends of Macalester International Students Host Family Program, and provides administrative support.
kwarren1@macalester.edu +1 651-696-6992

Their offices are in the Kagin Commons. To meet with them, call the phone numbers or email the addresses above. You can also set up an appointment with them using Google Calendar.

STUDENT STAFF

Healeam Jung '22 (South Korea)

Andrea Liu '22 (China)

Alexander Hopkins '22 (USA)

Lily Cooper '23 (USA)

Jessica (Wenyang) Ding '22 (China)

Uditi Chandrashekhar '24 (India)

The student workers assist with all programming in the ISP Office. They also coordinate ISP programs, compose the newsletters you receive, assist in tax tutoring, and maintain our ISP website. They are tremendous liaisons between international students and the ISP Office. You can contact the student workers at isp@macalester.edu.

2021 INTERNATIONAL STUDENT AND AMERICA MENTORS, AND PALS

Alexander Hopkins '22 (USA)
Andrea Liu '22 (China)
Healeam Jung '22 (South Korea)
Wenyang (Jessica) Ding '22 (China)
Lily Cooper '23 (USA)
Uditi Chandrashekhar '24 (India)
Ethan Hyslop '23 (USA)
Lingxiao Lou '23 (China)
Wenwen (Rita) Liu '22 (China)
Erik Borgehammar '23 (USA)
Shea Husband '22 (USA)
Nam Nguyen '23 (Vietnam)

Yixuan (Connie) Zhang '23 (USA)
Aalyan Mahmood '24 (Pakistan)
Aliya Nadeeva '24 (Russia)
Daniel Chechelnitzky '22 (USA)
Ginnetho Boateng '24 (Ghana)
Eric Li '22 (China)
Raymond Gu '22 (China)
Johan Azambou Ndongmo '24 (Cameroon)
Mateo Useche Rossania '24 (Ecuador)
Tenzin Gyaltzen '24 (Tibet)
Arkar Kyaw '24 (Myanmar)
Jarita Chen '22 (Taiwan)

2019 ISP Mentors



International Student Programs (ISP)

International Student Programs serves the educational and personal development needs of Macalester's international students by helping them reach their liberal arts education goals. ISP strives to create an environment that is intellectually and culturally supportive through collaboration among students, faculty and staff.

International Student Programs also carries out the U.S. government-mandated functions that allow Macalester to issue documents for international students to attend the College. This includes assisting international students in maintaining their legal status. ISP also grants students access to resources and opportunities allowed by U.S. law.

Goals of International Student Programs include:

- Promoting excellence in academic achievement
- Facilitating interpersonal relations across cultures
- Leading intercultural group learning
- Assisting with students' graduation and continued involvement with Macalester
- Assisting students' successful reintegration into home country life (in addition to applying educational skills gained in the United States)

The Programs



MENTOR PROGRAM

International Student Programs selects returning U.S. and international students to serve as mentors to incoming international students and domestic America participants. Students will meet their mentors during pre-orientation and will consult with them regularly throughout the first semester. Mentors provide a student's perspective on both academic and personal life at Macalester. Their job is to help international students and Americans feel comfortable at Macalester and answer their questions about policies and procedures related to life in the residence halls, campus facilities, registration, and academic procedures, as well as questions about U.S. culture and off-campus opportunities in the Twin Cities community. They also organize engaging activities for students to get to know each other and their surroundings. This program starts at the beginning of PO4IS (Pre-Orientation for International Students) and lasts until the beginning of November. For more information, go to www.macalester.edu/isp/programs/mentors/.



AMETRICA PROJECT

The Ametrica Project aims to promote dialogue, intercultural sensitivity, and friendship between domestic and international students. A small, diverse group of returning students, who also serve as mentors, facilitate sessions for roughly 40 incoming students who apply and are accepted. Ametrica participants will arrive on Tuesday, August 24, 2021, and then meet every Thursday from 4:30-6:30 pm during the first seven weeks of the fall semester. The central component is dialogue in groups of 5-8 students about a range of themes pertinent to students from around the world, allowing them to examine topics through different lenses. Previous topics have included family, peace, current events, law and order, economics, health, race, and love. In the place of or in addition to the weekly sessions, Ametrica participants also venture to off-campus locations a few times during the program. Previous activities have included a scavenger hunt, dinner at Macalester staff/faculty/alumni homes, salsa lessons, and a trip to Chicago or other activities over Fall Break. Participants will build valuable international relationships through Ametrica, which can be a critical stepping stone for the rest of your experiences during and after your time at Macalester College. More information and application for Ametrica at www.macalester.edu/isp/ametrica.html



HOST FAMILY PROGRAM

The Friends of Macalester International Students (FOMIS) Host Family Program pairs Twin Cities area residents with Macalester international students for opportunities in cross-cultural exchange. The program gives international students an opportunity to meet people in the U.S. and helps both hosts and students learn about different cultures and perspectives. The group of hosts is very diverse, ranging from recent college graduates to families to retired individuals and couples (some of whom have young children or teenagers). FOMIS has existed for over 30 years and now includes approximately 170 hosts and 200 students.

Hosts may invite students to visit their home and participate in numerous activities that provide opportunities to learn about the way of life in the U.S. and to make friends with people in the community. Hosts, however, are not expected to help with problems such as finding a place to stay during the academic year or vacation periods, financial needs or difficulties, legal matters, immigration matters, or serious medical or personal problems. The four main expectations of students in this program are designed to help you make your relationship with your host as fulfilling as possible.

Expectations:

- Send and respond to emails/texts/phone calls and invitations from your host
- Spend time either on or off-campus with your host on a regular basis
- Share your perspectives and ideas with your host
- Be open to ideas, activities, styles, and customs of your host

More information and application at www.macalester.edu/isp/hostfamily.html



COUNTRY SPOTLIGHT PROGRAM

Country Spotlight is an opportunity for international students to share their home country traditions with the Macalester community. On a variety of topics, international students prepare engaging presentations about their culture, customs, food, politics, religion or sports. Country Spotlights are held on selected Thursdays in the Loch (the student lounge in the basement level of the Campus Center).

If you want to participate, let us know by emailing isp@macalester.edu. For more information, go to www.macalester.edu/isp/countryspotlight



TALK AND TEA

Join us at ISP every Friday from 2:30-4:30pm for Talk and Tea, an informal, fun gathering after classes! Grab a snack and some tea, talk to friends, and meet new people. Occasionally a special guest from the Macalester community will join us.



BEFORE AND AFTER ARRIVAL

Before Departure

CHECKLIST OF THINGS TO DO

- Obtain valid passport or renew yours.
- Obtain a student (F-1) or exchange visitor (J-1) visa from a U.S. embassy or consulate. (Note: students from Canada and the Bahamas generally do not need to apply for a visa, but must present their I-20 (or DS-2019) upon entering the U.S. Contact ISP for assistance.)
- Bring copies on plane of your admission acceptance letter, financial documents including any Macalester financial aid award, previous school transcripts, and medical prescriptions.
- Pay tuition, room & board, and other fees to Student Accounts (via wire transfer or other method).
- If awarded on-campus employment, submit online Student Employment form for job placement.
- Submit the class registration form on the orientation website (www.macalester.edu/orientation).
- Get a physical exam and return the Health History Form to the Laurie Hamre Center for Health & Wellness (sent separately by the Laurie Hamre Center).
- Read the information on the Host Family Program and, if you wish to join, complete the form at www.macalester.edu/isp/programs/hostfamily.
- Read the information on the Ametrica Project and, if you wish to join, apply online at www.macalester.edu/isp/programs/ametrica.
- Make travel plans to **arrive on August 24, 2021** , and complete the online Arrival Form at www.macalester.edu/isp/incomingstudents.
- Please contact International Student Programs at isp@macalester.edu if you have any questions that must be answered before you leave home.
- If you do not plan to attend Macalester this fall, please inform us immediately.

ON-CAMPUS STUDENT EMPLOYMENT

Most on-campus job applications will require an U.S.-style formatted resume that is one page in length. Your resume is not limited to formal work experiences or jobs. Highlighting your high school/secondary school club involvement, volunteer experiences, interests and skills are often included to help the reader understand you better. Macalester's Career Exploration Center has sample resumes in their "Resume Quick Start Guide" at <https://www.macalester.edu/career-exploration/writing-resumes-and-cover-letters/>. For an incoming first-year student, the first resume on that link is probably most appropriate.

Please note that the quality of your resume will likely affect your job placement. It is important to spend significant time writing and editing your resume and answering the questions on the online applications. You may want to change your resume for the different jobs you apply to. We recommend checking with ISP at isp@macalester.edu if you have more questions about your resume during the process.

VISA AND IMMIGRATION REGULATIONS

Before leaving your country, obtain a passport from your government and a student visa from a United States embassy or consulate. The U.S. immigration statute stipulates that anyone applying for a student visa must establish, to the satisfaction of the consular officer, at the time of application for a visa that they are entitled to nonimmigrant status, i.e., that they are not intending to immigrate to the U.S. The statute also states that, in order to receive a student visa, applicants must have a residence in a foreign country (generally their country of origin) that they have no intention of abandoning after entering the U.S.

When applying for a student visa, it is well-advised to prepare carefully for the consular interview and to anticipate questions concerning economic, social, and/or family ties that will compel you to return after your studies in the U.S. are complete. As of June 1, 2019, you will be asked about your online, social media presence. You should carefully assemble documents establishing these ties to your home country and prepare to discuss them with the consular officer without hesitation or uncertainty. You can practice this with a friend or family member beforehand. You should also present documentation of your economic ties to your parent(s) or family.

VISA APPLICATION PROCESS

1. Get a passport or renew one if it will expire before starting at Macalester. Your passport should always be valid for at least six (6) months beyond your graduation date or program end date (if exchange student). If not you may need to renew your passport while at Macalester.
2. Obtain Form I-901 receipt - (<https://fmjfee.com/i901fee/index.html>). For exchange and most degree students, pay the \$350 SEVIS fee and print out the I-901 receipt. Exchange students through the ISEP program, please check with ISEP.
3. Macalester will mail I-20 to you (ISEP exchange students contact ISEP for DS-2019). Upon receiving it, sign page one (1); read information on I-20 (or DS-2019) which explains your legal responsibilities as a F (or J) student in the U.S. NOTE: Students from Canada and the Bahamas do not need to apply for a visa in most cases, but do need to present the I-20 when they enter the U.S. Carry I-20 with you.
4. Apply for visa at the nearest U.S. consulate or embassy in your country (a visa is a passport page-sized sticker with your personal visa information on it. It will be invalid if you mark or write on it.) *F/J visas cannot be applied for or renewed if you are in the U.S.* Make appointment for visa interview (as required) and bring your passport, I-20 (or DS-2019), I-901 receipt, and supporting documents. A U.S. Consular Officer will review your papers. Upon approval and (usually) after your visa security clearance, the U.S. consulate will issue you an F-1 (or J-1) student visa. This will permit you to enter the U.S. for the purpose of studying at Macalester.

Contact Aaron Colhapp (colhapp@macalester.edu), Luyen Phan (lphan@macalester.edu), or Kara Warren (kwarren1@macalester.edu) immediately if you have a problem obtaining your visa.

VISA APPLICATION TIPS

There are numerous security checks with U.S. government agencies (including the Department of Homeland Security, the FBI, the CIA, and the State Department). Though rare, we have had student security checks take up to 12 weeks! Today, student visas are supposed to be the priority at consulates and embassies in July and August, but this is not always the case. Be aware that consulates have full discretion to deny visas, and they will. These can always be appealed (even though they may tell you that they cannot), but can cause serious inconveniences. If you are referred for a secondary inspection, remain calm and cooperative even if you have to wait a long time. Often it is just a routine system referral for clarification when more information is needed to make a decision.

With this being said, if you go to the U.S. consulate prepared, you should have little or no problem receiving your visa. Of students who are denied visas, 99 percent are denied because of a law called 214b. This law stipulates that a visa applicant has the responsibility to prove that s/he has sufficient economic, social and family ties, which will compel him or her to return home after completing of their U.S. studies.

Prepare documents to prove you have economic, social, and family ties to your home country. Often, you won't need to provide all of the documentation, but keep it with you in the event they are requested at the interview. Prepare to discuss with the Consular Officer about how you intend to utilize your Macalester College education upon returning home. It's not a bad idea to rehearse this before the actual interview.

Show documented evidence that you have available funds to meet all expenses for the first year of study. The amount you will need to show is listed on the Form I-20 which the Admissions Office sent you (for exchange students I-20 sent by Macalester's Study Away office). Generally, you should either bring a bank draft for the amount on Item 8a in Certificate of Finance form or show funds in U.S. Dollars that are already deposited in a bank in the U.S. or have been transferred to the College. If you are receiving financial aid from Macalester, have a copy of your financial aid award ready.

Show great respect when dealing with U.S. Consular Officers and Immigration (Customs and Border Protection) Officers at the port of entry. They have incredible power with regards to your life. Politely answer all of their questions. Keep your answers short, but accurate and to the point. Immigration and Consular Officers repeatedly say that small talk is a red flag (i.e., they believe the applicant may be hiding something), so keep small talk to a minimum.

In short, **APPLY FOR YOUR VISA AS SOON AS POSSIBLE!**

When all goes smoothly, all is well; if not, you should allow yourself time to straighten things out.

Traveling to the U.S.

- Carry your passport (with F or J visa), I-20 (or DS-2019), I-901 receipt and supporting documents when you travel to the U.S.—DO NOT put documents in checked luggage or leave at home with your family.
- When you arrive in the U.S. you must present your passport and documents (including your signed I-20 or DS-2019) to a Customs and Border Protection (CBP) Officer at the port of entry.
- The Officer will stamp your passport and return it to you. The passport stamp indicates how long you may legally remain in the U.S. All students should receive a stamp indicating **D/S (Duration of Status)**, meaning you may remain in the U.S. as long as you are pursuing a full course load and have a valid SEVIS I-20/DS-2019 document.
- Your arrival information is validated on your electronic I-94 (Arrival Card) and should be viewed and printed at <https://i94.cbp.dhs.gov/>. If you cannot find it, please let ISP staff (Aaron, Luyen, or Kara) know immediately. If you arrive in the U.S. by land, you might get a paper I-94; do not lose it.

Travel Tips

- Put your name and address inside your bags and on the outside luggage tags. If your baggage is lost, immediately report it to an airline official. Overweight charges on airlines are expensive, so pack lightly.
- Watch your luggage and belongings at all times in the airports, bus and train stations. Be sure your baggage is clearly labeled and tagged to your final destination; keep a list of the contents of the bags.
- Ask people for help. Airports, bus, and train stations in large cities often have a Travelers Assistance Desk that will be very willing to help you.
- Porters (a person who carries your luggage) usually receive \$1-2; bring small bill for these small expenses.
- In the U.S., you normally pay tip or extra money above the total amount at a restaurant or for other services. Tips are not included in the price of a meal in a restaurant and are usually 20% of the bill.
- Taxi drivers usually receive a 15% tip in addition to the base fare. If you take a taxi to Macalester from the airport, you can expect to pay about \$20.

Arrival

UPON ARRIVAL AT MACALESTER

Your first stop should be at the International Student Programs Office (located in Kagin Commons). We will get you checked into your assigned residential hall room and give you a room key. You will also receive a welcome packet with a schedule for Pre-Orientation for International Students (PO4IS), a campus map, and other useful information.

GETTING TO MACALESTER

The official arrival date for international students (and domestic students in the America program) is **Tuesday, August 24, 2021**. If possible, we encourage you to arrive between the hours of 8 a.m. and 5 p.m. to give you time to settle in and when most campus offices are open. The ISP student workers will meet you at the airport - the Minneapolis/Saint Paul International Airport, or "MSP" - which is located about 10-15 minutes from the College. ISP student workers will be carrying a Macalester College sign so that you can easily recognize them. More information will be sent during the summer about where to meet up with a Macalester representative.

Please fill out the International Student Arrival Form, which is sent to your Macalester email address, as soon as your travel plans are finalized. Notify the International Student Programs staff of any last-minute travel changes.

If you have any difficulty finding us at the airport, bus, or train station, call International Student Programs at +1 651 696-6992. If your luggage is lost or delayed, please provide the transportation company with ISP's contact information and phone number.

New international students may move into their assigned residence halls only on August 24, 2021, without extra charge. We encourage you to arrive and move in on August 24 during the daytime so you can rest from your trip and unpack. During August 24-27 you are required to attend a mandatory Pre-Orientation for International Students (PO4IS). On August 27, you join the rest of your class for all student orientation. More information about all student orientation can be found at www.macalester.edu/orientation/.

EARLY ARRIVAL

The College has **NO** housing for students arriving earlier than Tuesday, August 24. Please make your own hotel or motel arrangements should you arrive earlier. One possibility near campus is below. For more accommodations visit Macalester's website at www.macalester.edu/about/maps/placestostay/

Days Inn Midway—1964 University Avenue Saint Paul, MN 55104 +1 651 645-8681. www.wyndhamhotels.com/days-inn/saint-paul-minnesota/days-inn-st-paul-minneapolis-midway/overview
You may receive a discount with a Mac Student ID or other proof of being a student.

There are also many hotels and motels available in the vicinity of the Minneapolis/St. Paul International Airport and the Mall of America. You can find information on these hotels upon arrival at the airport or at www.airporthotelguide.com/minneapolis.

PRE-ORIENTATION FOR INTERNATIONAL STUDENTS (PO4IS)

All newly enrolled international students at Macalester College are required to attend a special pre-orientation, which begins on August 24, 2021, with your arrival. It is a good idea for you to arrive early on this day to attend various informal orientation activities that occur on that day as well.

During Pre-Orientation for International Students:

- Bring your passport, I-20/DS-2019 and other immigration documents. ISP will make copies of your documents. Afterwards, put your passport, I-20/DS-2019 and other important documents in a safe place. Don't carry them with you unless you travel.
- You will obtain a Social Security card (if you are employed on-campus), Macalester ID, and Minnesota ID (optional). We hope to have officers from the Social Security office come to Macalester.
- You can open a bank account and obtain a phone with a SIM card (if necessary).

You can expect pre-orientation to include greetings by Macalester staff and faculty members. You will also go to information sessions on immigration regulations, the nature of a liberal arts education and academics at Macalester, U.S. academic and cultural environments, and campus resources.

ALL-STUDENT ORIENTATION

After the Pre-Orientation for International Students you will join the general orientation with all new Macalester students on Friday, August 27. You can expect this general orientation to include academic advising, placement testing, book discussions, library tours, city and campus tours, shopping trips, receptions, financial aid information, information on extra-curricular activities, and social events. More information can be found at www.macalester.edu/orientation/. As you can see from this partial listing, orientation activities are a mixture of academic and social events, both serious, but enjoyable.

Other Logistics

FINANCES

Bringing Money

Become familiar with currency exchange procedures. Difficulties and delays frequently occur in the transfer of funds from overseas to the U.S., so bring enough money to cover your initial school supplies and expenses. Transfer of funds may take several weeks or months, and clearance of checks or bank drafts is time-consuming. Nevertheless, we recommend transfers when dealing with large quantities of money.

If your home government or institution is providing funding for you, be sure to arrange a specific process with them for transferring money to you or to Macalester for payment of your student account. Also, let International Student Programs and the Students Accounts Office know the contact name and institution in order to facilitate the transfer. International wire transfers are done via SWIFT (Society for Worldwide Interbank Financial Telecommunication).

For security purposes we cannot give out Macalester's SWIFT Address, so please contact Student Accounts at +1 651-696-6161 or studentaccts@macalester.edu if you need it.

Tips

- Do not carry large sums of cash.
- *If you and your family are bringing funds into the U.S. totaling \$10,000 or more when added together on a family Customs declaration, you must declare the TOTAL amount. There is no penalty or fee if declared.* The purpose is to separate legal money movements from unlawful activities such as drug smuggling according to U.S. Customs and Border Protection (CBP).
- Be aware of and practical about your personal finances. Plan how you will finance your entire education at Macalester, not only your first year. In addition to tuition, room and board, and insurance costs, you will need funds for travel, books, clothing and recreation. You must plan for your summer/winter break living and traveling expenses, as they are not included in your financial aid award.
- If you overdraw on your checking account (meaning that you take out more money than is in your account), you will be fined for that withdrawal and for every day that your balance is below \$0. If you write a check that bounces (where there is not enough money in your account to pay a check expense), you will be fined. You may have to pay a monthly fee or keep a minimum balance to maintain a savings account. ATMs (Automatic Teller Machines) can charge \$2.00 or more per transaction. Money disappears fast so be sure you know what your banking institution's fees are!
- A safe and convenient way to carry money is in the form of traveler's checks, which if lost or stolen, can be recovered.

Opening a Bank Account

Choices for banks near campus include Wells Fargo, U.S. Bank (has ATM on campus), and a few others; there is no one bank that covers the entire U.S. We will help you open a bank account during orientation.

TRANSFERRING ACADEMIC CREDIT

If you are eligible for transfer credit from schools that you have previously attended, please bring original or certified copies of your transcripts or certificates with you. You can receive up to 20 credits using these documents. Visit the Macalester Registrar at www.macalester.edu/registrar/services/ap-ib/ for more information on AP or IB exams placement and/or credit.

WHAT TO BRING

- Sheets, blankets, and pillows are not provided by the College. You can bring them with you. Note that the bed size is Twin XL or 203cm x 99cm. A better option may be to purchase bedding when you arrive.
- You will have time to shop for bedding, items for your room, and anything else you need after arrival. There will be shopping trips during orientation to facilitate this.

- If you have space, bring items from home that you may not be easily found here such as music typical of your country; pictures of your country, home, friends and family; books, etc; special musical instruments, clothing, crafts and games representative of your country. These items will be useful if you make cultural presentations at Macalester or at elementary schools in the Twin Cities area.
- If you plan on bringing any electrical items, please bring a voltage adaptor that converts into the U.S. Voltage of 110 V and uses a US electrical plug, as these could be expensive or difficult to find in the U.S. See www.worldstandards.eu/electricity/plugs-and-sockets/ for more information.
- If you wish to send suitcases or packages to the U.S. before your arrival, you may address them to the below address. Be sure to purchase insurance against loss or damage for any packages you send.

Your Name
 Macalester College
 International Student Programs
 C/O Aaron Colhapp
 1600 Grand Avenue
 Saint Paul, MN 55105 U.S.A.

CLIMATE AND CLOTHING

Minnesota (MN) has four distinct seasons, all of which require different types of clothing. You will be arriving at the end of summer, which is typically a pleasant time of year. However, it can get as hot as 90°F (32°C) and be humid. Fall (autumn) days are cool and often rainy. Winter must be taken very seriously as the temperatures can drop as low as -5 to -20°F (-20 to -30°C), even before taking wind chill into account. After winter, the cool temperatures of spring, 32 to 55°F (0 to 10°C), seem almost balmy! On page 62 is a chart that gives some indication of what weather you can expect in the Twin Cities (Latitude: 44 degrees, 53 minutes north; Longitude: 93 degrees, 13 minutes west). January is the coldest month in Minnesota, which you will be able to avoid some of if you go home during winter break. If you stay in Minnesota, be prepared for extreme cold that may last until April. Very important to have adequate clothing to keep warm.

Buying appropriate clothing for all these temperatures may seem intimidating, but it is not very difficult. Students tend to dress very informally, with the most common attire for both men and women being a pair of blue jeans, a shirt, a sweater and a backpack (to carry books, etc). You will probably want to bring some dress clothes and national/ethnic dress for special occasions. Beyond these recommendations, reserve some money to buy clothes after you arrive in the U.S. You may need to buy a warm winter coat (\$50-200), sturdy boots (\$25-150), mittens or gloves (\$10 or more), a scarf (\$10-20), sweaters (\$20-50), turtlenecks (\$10-\$40) or long underwear (\$15 or more) for winter, and t-shirts (\$10-30) for summer. All prices in U.S. dollars are approximate (see page 63 for more detailed weather info).

MAIL

You will be assigned a personal post office box after you register for classes. Your mailing address will be:

Your Name
 Macalester College
 1600 Grand Avenue
 St. Paul, MN 55105 USA

TELEPHONES

Macalester's Registrar Office requires every student to list a local contact phone number for emergency purposes; if you obtain a U.S. mobile phone number that will work. Otherwise, you'll have to get a voice landline or telephone for your room at no additional cost. More information about this can be found at www.macalester.edu/its/internet-telephone/telephone/. Resident halls and houses also have telephones in common areas with local calling service. Local calls are free with the only charge being for long distance and International Direct Dialing phone calls. There are many websites that offer calling cards for this purpose, with <http://www.callingcards.com/> being a good place to look. Plus, with services such as Skype you can chat away with free calls and never worry about cost, time or distance.

CELL PHONES

If you do not already have a cell phone, you may purchase a phone online or at one of several stores nearby, such as

- T-Mobile St Paul (at the Midway Shopping Center, 1360 University Ave)— call +1 651-646-2000
- MetroPCS Authorized Dealer (at 1539 University Ave W)— call +1 651-646-8135
- Verizon (at the Midway Shopping Center, 474 Hamline Ave N)— call +1 651-646-1363
- AT&T (at 2132 Ford Pkwy)— call +1-651 690-4067

Nearby stores such as Best Buy, CVS, Target, Walgreens, etc., also sell SIM cards. Learn more at PO4IS or in the ISP office throughout the year. Note not all US phone carriers work on the GSM frequency common in the rest of the world. T-Mobile and AT&T use the GSM network. There are many mobile virtual network operator (MVNO) not listed who use the networks of T-Mobile, AT&T, Sprint (which is part of T-Mobile) or Verizon.

PERSONAL PROPERTY INSURANCE

Students are encouraged to purchase personal property insurance to protect themselves against theft, fire, water damage, or vandalism of items such as cell phones, stereos, cameras, calculators, computers and other personal property. One insurance company is recommended by Macalester Residential Life and it is a cheap option for students: National Student Services, INC www.nssi.com.

Contact Residential Life at +1 651 696-6215 or x6215 from a campus phone for information regarding personal property insurance.

WINTER AND SPRING BREAKS

Winter Break lasts from December 18, 2021, to January 20, 2022. The residence halls will be closed during a portion of that time, but you can leave your belongings in your room.

Only those students who are engaged in academia, participating on an athletic team, international students with homes address outside North America, or students required by college departments for student employment, will be allowed to live in campus housing during January. Students must apply through residential life to be accepted for January housing. There will be no additional charge for room and board for the students living on campus at this time. You should begin to plan now for what you will be doing during Winter Break.

During Spring Break, March 12-20, 2022, the residence halls will remain open, but there will be no food service. You should budget \$75-100 for food.

More information about seasonal housing can be found on Macalester's Residential Life website at <https://www.macalester.edu/reslife/livingoncampus/seasonalhousing/>

EMPLOYMENT

F-1 Visa Students: You are not eligible for off-campus employment in the U.S. until you have been a full-time student in the U.S. for one academic year, and only then with special authorization. If you have student employment (as part of your financial aid), you are eligible to work 20 hours or less per week on campus as soon as you arrive at Macalester. If you are going to work on campus, please check with International Student Programs first.

J-1 Visa Students: You may be eligible to work on or off campus, depending on your sponsoring agency's exchange requirements. Per Macalester policy, exchange students are not permitted to work on campus. Any on- or off-campus job must be authorized by your sponsor prior to engaging in work. Be sure to contact International Student Programs and your sponsoring agency about authorization.

HEALTH AND WELLNESS

Health Checklist: Before Leaving Home

- See a dentist to have your teeth checked and cleaned one more time at home. Dental care is typically not covered by U.S. medical or health insurance and the cost of these procedures in the U.S. may be more expensive than in your home country.
- If you wear glasses or contact lenses, bring an extra pair in case of loss or accidental breakage.
- Complete your Health and Medical Forms through your Macalester Patient Portal by Friday, August 20, 2021. **NOTE: 2021 dates to be determined.**
- Enroll or waive out of health and accident insurance plans by Friday, August 20, 2021 (**exact dates for 2021 to be determined**), through your Macalester Portal. Review both the accident and health policies. www.macalester.edu/healthandwellness/insurance/.
- Put together a basic health care kit to take to school or purchase after arrival. Include basics such as adhesive bandages, non-stick gauze, antibiotic ointment, etc. Don't forget over-the-counter medications (i.e. acetaminophen and ibuprofen for headaches, antacids for stomach pains, Benadryl for allergies). For more suggestions, visit: www.dormsmart.com/College-First-Aid-Kits_c_1179.html.
- Make copies of prescriptions (medications, eye glasses/contacts) to bring with you.
- Bring a couple of months supply and a doctor's prescription for any medication that you take regularly.
- If applicable, find health care providers in the area that will provide care for special health care needs (e.g. allergy shots, mental health, physical therapy, etc.).
- Parents and students should discuss how you will share information regarding health care needs, treatment and billing. Information about students who are 18 or over cannot be shared with parents without written consent of the student. Work this out now to avoid confusion (especially around bills) later! Students, remember: the bills will be in your name!
- Optional: make arrangements to get meningococcal, Hepatitis B, varicella, DTaP and/or HPV immunizations before coming to campus. Bring or send a copy of immunization records to Macalester.

If you forget anything, don't worry! There are several pharmacies near Macalester:

- **St. Paul Corner Drug:** 240 Snelling Ave, So. St. Paul, MN 55105. Call +1 651-698-8859
- **Walgreen's Pharmacy** (24 hours): 1585 Randolph Ave, St. Paul, MN 55105. Call +1 651-698-6502
- **CVS Pharmacy:** 30 Fairview Ave S, St Paul, MN 55105. Call +1 651-699-6008

Required Health Information

In order to provide you with adequate medical care, the Laurie Hamre Center for Health & Wellness at Macalester must have your health history form. Please return your completed health and wellness paperwork form by Friday, August 20, 2021 (**exact dates for 2021 to be determined**). Macalester College and the State of Minnesota require PROOF that you have had the following immunizations to be enrolled for the 2021-2022 academic year: Tdap (Tetanus) Booster (received within the last 10 years), 2 MMR (Measles, Mumps, Rubella), and Meningitis (given after the age of 16).

You will not be able to continue enrollment in the Fall semester until a record of these immunizations is on file at the Hamre Center for Health & Wellness. Note: Upon arrival at Macalester, as part of orientation activities, you will be required to complete a Tuberculin Skin (Tuberculosis) test.

Macalester is waiting for guidance from the United States federal and Minnesota state governments in determining which vaccines received outside the US will be accepted and/or if there is risk in receiving a US vaccine upon arrival if you had a different vaccine recently. The College will have vaccines (free of charge) available when you arrive to campus. When more information is made available, it will be shared with the Macalester community via email and Coronavirus Disease Response website. Though conclusive guidance does not currently exist, Macalester expects all international and domestic students to be able to fully participate safely upon arrival.

Health Insurance

Medical insurance is compulsory for all Macalester students and must adequately cover your costs in case of accident and illness. Macalester has an insurance plan for students and, should you choose this plan, the cost of medical insurance is automatically billed to your account after registration/validation at Macalester.

Macalester’s insurance plan (United Health Care Insurance) provides students with coverage within the plan year, August 20, 2021, through August 19, 2022 (*exact dates for 2021 coverage will be announced*). Further information about medical insurance will be sent to you later and provided during orientation. If you are covered by another insurance plan, you should go online to “waive out” from the student health plan. To do this, you must provide the name and address of your insurance company, your policy number, and coverage dates.

All students who enroll for this insurance will need to create an online account to obtain an insurance card with their policy number on it. If you are treated off campus, you may have your health care provider directly submit claims to your insurance plan. Always carry a copy of your insurance card with you. The cost to purchase the Health Insurance Plan for 2021-22 is expected to be \$3,063.

If you choose to opt out of the Macalester plan, you are required to show proof of the personal/family health insurance coverage that will cover you in the United States and, more specifically, Minnesota. If you do not, you are billed for the insurance offered by the college. *Your insurance plan must meet or exceed the coverage requirements, please note travel insurance is not the same as health insurance.*

Remember: ALL STUDENTS (new & returning) MUST EITHER WAIVE OUT OR ACCEPT THE POLICY ONLINE before Friday, August 20, 2021. If you fail to waive enrollment, the charge will be billed to your tuition bill through the Student Accounts Office.

The Laurie Hamre Center for Health & Wellness strongly advises students to check any existing policies that cover them. This way, students can determine if they will be adequately covered while at Macalester. This is particularly important for mental health coverage, which tends to have more limitations.

If you have questions regarding health insurance, how claims are submitted, etc., contact Torri Lattimore in the Hamre Center for Health and Wellness at tlattimo@macalester.edu and see www.macalester.edu/healthandwellness/insurance for more information.

Where to Find and Get Healthcare

	Not urgent	Urgent	Emergency/life-threatening
Examples	<ul style="list-style-type: none"> · Runny, itchy nose and sinuses (unless it persists for several weeks) · Bruises, small scratches · Headache · Slight fever · Coughing, sore throat 	<ul style="list-style-type: none"> · Severe pain (chest, abdomen, head or ear), especially with fever · Asthma (when not responding to usual medication) · Urinary infection · Possible fracture or dislocation · Laceration (a cut requiring stitches) · Major bee sting reaction: hives, wheezing, or swelling (e.g. whole arm or leg swells) · Prolonged (24 hrs) vomiting/diarrhea · Persistent thoughts about committing harm to self or others 	<ul style="list-style-type: none"> · Difficulty breathing · Major injury (e.g. open chest wound with trouble breathing; spinal or neck injury with loss of responsiveness) · Unconscious or minimally responsive (e.g. drug or alcohol overdose) · Convulsion that will not stop
On campus	Hamre Center for Health & Wellness	On campus urgent/emergency services	
Off campus/after hours	Local general care physicians or clinics	Off campus urgent resources	Off campus emergency resources Call 911

1. LAURIE HAMRE CENTER FOR HEALTH & WELLNESS

Located in the Leonard Center, Room 53, +1 651-696-6275

(health@macalester.edu, www.macalester.edu/healthandwellness)

The Hamre Center for Health & Wellness provides health care, short term counseling and consultation, and health education. A more detailed description of services is offered on their website.

Students may call or stop by for appointments. The office is open Monday-Friday during business hours (9 a.m. - 4:45 p.m. and up to 7 p.m. some evenings); drop-in appointments are available on a limited basis for both medical reasons and counseling. There are no fees for office visits at the Hamre Center (including care provided by physicians, nurses, nurse practitioners, visiting psychiatrists, licensed psychologists, mental health counselors, or certified health educators).

Students are billed for immunizations, lab tests, and medications. A charge is posted on their Macalester student account unless they pay for it at time of service. Students may receive a billing statement to submit to their insurance company for reimbursement. Appointments with the massage therapist are offered at a subsidized rate, payable at the time of scheduling.

Macalester insurance policy for international students does not cover preventive medication or treatment, treatment for pre-existing conditions (any health problems that you had before you got the insurance), nor most dental or optical-related costs. If you have questions about the insurance policy, please look through the insurance brochure that will be mailed to you, or talk to the Hamre Center for Health & Wellness.

2. OFF CAMPUS/LOCAL GENERAL CARE PHYSICIANS

- **Open Cities Health Center:** Call +1 651-290-9200 to schedule an appointment. Located at 409 North Dunlap St. St. Paul, MN 55104, this center provides medical, dental, eye, chiropractic, and behavioral health care. Most insurance plans are accepted. www.opencitieshealth.org
- **Parkway Family Physicians:** Call +1 651-690-1311 to schedule an appointment. Located at 721 Snelling Ave. S. St. Paul, MN 55116, this center provides care for acute & chronic illness, physicals, lab and x-ray services, etc. www.parkwayfamilyphysicians.com
- **Target Clinic/Pharmacy:** This is a walk-in clinic, no appointment necessary. Call +1 651-642-1146 for more information.
- **CVS Clinic/Pharmacy:** Also a walk-in clinic, they provide vaccinations and other services. Located at 1040 Grand Ave, St. Paul, MN 55105. Call +1 651-224-2155.

3. ON CAMPUS URGENT SERVICES

Emergencies do not always occur conveniently during office hours. The following are some key off-hours emergency resources available to students on and off-campus:

- **Macalester Public Safety** (or Security): Call +1 651-696-6555 or x6555 from campus phones. Be prepared to give your name, describe the situation, and provide contact info. Security can also connect you with other campus response personnel. Security is the best place to start for issues of personal safety. Visit www.macalester.edu/public-security for more information.
- **Resident Assistant (RA) or the RA on duty:** Telephone numbers are posted on the door of your residence hall office. RA's have special training to deal with personal and community concerns.
- **Resident Hall Director (RHD) on duty:** If you can't reach the RA on duty or Security, contact the RHD on duty. Contact information is posted on the doors of all residence hall offices.
- **Safety Escorts:** If you feel unsafe walking on campus, contact campus security at +1 651-696-6555 for someone to escort you home or wherever you need to be. Service is 24 hours a day, 7 days a week..
- **Aaron, Luyen, and Kara** are usually available in times of crisis after normal business hours.

4. OFF CAMPUS URGENT SERVICES

These resources are for when your condition/illness is urgent, but not a life-threatening emergency. Urgent care services are usually walk-in clinics open during office hours (not available 24/7). The Urgency Room is located at 3010 Denmark Ave, Eagan, MN 55121, open 7 days a week, 8am-10pm (including holidays).

When going to local urgent care: Call ahead to make sure that your insurance will be accepted and to ask if there are special instructions (especially if you have influenza symptoms or other communicable disease concerns). Call the Urgency Room at +1 952-857-0644 to ask about billing through your insurance.

- **HealthPartners Urgent CareLine:** Call the CareLine at +1 612-339-3663. Accessible 24/7, 365 days a year, CareLine is staffed by registered nurses who can answer questions and give free medical advice over the phone, regardless of insurance coverage. Call Health Partners Clinic at +1 651-641-6200. www.healthpartners.com/hp/insurance/individual-insurance/plans-summary
- **Fairview Urgent Care:** Call +1 651-696-5070. www.fairview.org/Locations/Fairview-Clinics-Highland-Park/Urgent-Care
- **Crisis Connection:** Call +1 612-379-6363 or +1 866-379-6363. 24/7. Crisis line with trained counselors available for mental health services. www.canvashealth.org/crisis-support/crisis-connection
- **Regions Hospital:** Call +1 651-254-3456 (Emergency Room), 640 Jackson Street, St. Paul, MN. For both medical and mental health emergencies. www.regionshospital.com/rh/index
- **Hennepin Regional Poison Center:** Call +1 800-222-1222 for 24-hour phone consults with pharmacists certified and trained in poison information. www.mnpoison.org

5. OFF CAMPUS EMERGENCY RESOURCES

Emergency resources are for the most extreme conditions, or for when other services are closed and you believe the medical condition is severe enough that it cannot wait until a clinic opens again. If the facility is not open, contact an emergency room at one of the hospitals or clinics above, those are available 24/7.

WHAT TO DO:

1. Call the Urgent Care center/Emergency Room first
2. As soon as you arrive, indicate why you think the problem is urgent
3. State your main problem first, then report other symptoms
4. Report any past experience with the problem
5. If you have taken any medications for the illness or concern, take them with you.

The closest hospitals are Fairview Urgent Care and Health Partners Urgent Care Clinic, both of which have emergency rooms as well as “urgent care.” Refer to the information above on these resources.

Paying for Emergency Visits: Macalester does not cover visits to the Emergency Room. They are billed to your insurance company. For more information, visit www.macalester.edu/healthandwellness/afterhours.

6. CALLING 911

Remember, this is not for sore throats, nausea, light fever - unless you are concerned that it is indicative of a more severe, life-threatening situation. If you call 911 from a cell phone while on campus, be sure to call Public Safety at x6555 or +1 651-696-6555 as well to let them know so that they can assist the ambulance. *There is no charge for the EMT's to come but if you are transported in an ambulance, there is a significant fee that depending on your insurance may/may not cover. But if it is an emergency, call!*

MORE ABOUT AFTER-HOURS MEDICAL RESOURCES

The odds are good that at some point during the year you will feel REALLY sick over the weekend or at night when the Laurie Hamre Center for Health & Wellness is closed. Who can you call to get some advice and help you determine if you need to be seen by a doctor? Where can you go to be seen outside of an emergency room? Where is an emergency room?

First determine - "how urgent is it?" Most of the time, symptoms indicate that you can probably wait until a provider is open or go to urgent care (or clinic) and you will not need to go to the Emergency Room (ER). While the ER is the place to go for life-threatening emergencies or middle of the night urgent situations, students are encouraged to consider other options first. *A visit to an ER for non-urgent situations can translate into many hours in the waiting room and hundreds if not thousands of dollars.*

TRANSPORTATION

If you need treatment and do not have transportation, contact your RA, the Hall Director on duty, or Security. They can arrange free transportation through Uber to/from urgent care, etc. You can always call a cab yourself or take the bus.

Mental Health Resources

The Laurie Hamre Center for Health & Wellness offers emergency counseling services for students during office hours, at no cost, when school is in session. You can schedule limited appointments or visit during drop-in hours. The school has partnered with ProtoCall, a telephone counseling support service. During the Hamre Center's open hours, call +1 **651-696-6275** to access emergency counseling services. If you call after-hours, **Dial 2** after the voice message and you will be directed to a licensed counselor.

AFTER-HOURS MENTAL HEALTH EMERGENCIES

If you or a friend are having thoughts of harming yourself or are feeling dangerously out of control after hours, you have several resources available to you. If residing on campus, we recommend you **first** contact your RA or RHD, who can help you determine the best option. If simply talking with a trained counselor can help, call The Crisis Connection (+1 612-379-6363 or +1 866-379-6363), a 24-hour crisis line, or the Hamre Center ProtoCall number +1 651-696-6275, then Dial or Push #2.

Finally, consider going to the nearest emergency room or calling 911. The closest emergency room to campus is at Regions Hospital (+1 651-254-5000), located at 640 Jackson Street in downtown St. Paul.

If you or a friend are at risk of self-harm, get help as soon as possible. If necessary, call the Suicide Hotline at +1 612-873-2222.

If the time of distress is not as severe, here are some other steps you can take:

- Identify the specific source of distress. Write down and review positive strategies for responding to it.
- Talk with a trusted family member, mentor, or friend.
- Engage in activities that help you feel better (listen to music, exercise, go for a walk, journal, etc).

Sexual Assault Resources

For resources specific to sexual assault see page 39.

U.S. AND MAC CULTURES

Transitioning to a New Culture

You may have heard the term “culture shock,” the feeling of being disoriented after moving to a new cultural environment. International students adjusting to life at Macalester experience culture shock in a variety of ways, and it can take time for you to feel fully comfortable. Given time, most students will eventually get used to life in the Twin Cities, Minnesota, and the U.S. Before long, may even feel like home. In this section, we discuss ways you can navigate culture shock and adjust more easily.

BEING AN INTERNATIONAL STUDENT

Everyone’s experience of being immersed in a new culture is unique, and international students navigate their transition to Macalester life in a variety of ways. However, it’s common for students to go through a set of “phases” as they adjust to a new culture. If you experience these phases, just know that you are not alone.

COMMON PHASES OF TRANSITION

Pre-departure: You are preparing to leave wherever you are and travel to Macalester. You may be feeling excited to start college, nervous about moving to a new place, or bittersweet about leaving home. It is common for people to feel more excited as they get closer to departure, but this can also be a nerve-racking time. That is completely normal and okay.

Orientation: This phase starts when you first step foot on campus and usually lasts through Pre-Orientation for International Students and All-Student Orientation. You will meet lots of new people, which can be really fun but sometimes overwhelming. Some people may wake up feeling excited and happy, then feel drained by the end of the day. Enjoy this exciting time, but remember to take care of yourself if you start feeling down. You will have plenty of time later on to make friends and experience life at Macalester.

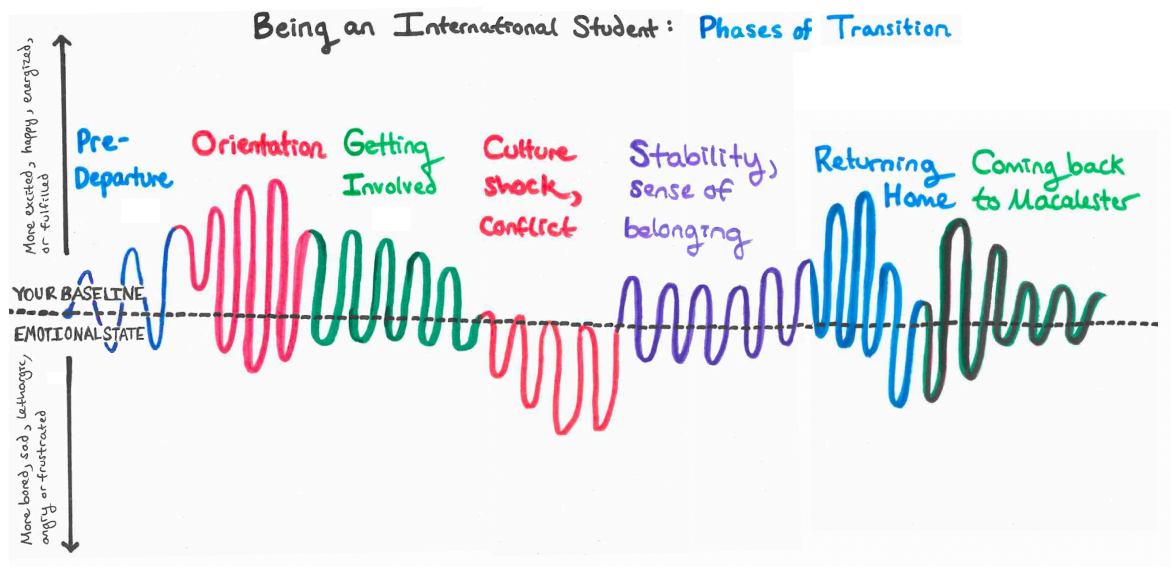
Getting involved: For most, this phase starts when classes begin. You will meet your professors, students in your classes, and people in your dorm. You may be making new friends, joining clubs, or navigating a roommate relationship. It is common for people to become more involved in the Macalester community during their first few months of school. As this is happening, you may feel frustrated at times when navigating spaces and cultures that are still new to you. You may start to get homesick. Towards the end of this phase, you may question if you belong or feel parts of your identity start to change.

Culture shock, conflict: As you settle into life at Macalester and the initial excitement wears off, you may feel disconnected from your home culture and the new cultures you are experiencing at Macalester. Some people experience an identity crisis during this time, start to feel lonely, or become more short-tempered and frustrated than usual. Some have a hard time retaining connections to their home culture. Take time to navigate this phase and pay attention to what you are feeling. Remember to reach out for help if you need it, especially if you start to feel depressed or anxious. Your ISP mentor and your Residential Assistant are there to help you if you need them. You can also seek help from counselors or staff at the Health and Wellness Center (HWC), the Center for Religious and Spiritual Life (CRSL), and the Department of Multicultural Life (DML). It is important to remember you are not alone, and that many people go through this phase and feel more intense emotions as they navigate their first semester.

Stability, sense of belonging: Not everyone feels a sense of belonging right away at Macalester, and it may even take a semester or two for before you feel stable in your new community. This may happen at the end of first semester as you leave the culture shock phase, or it might come later. It is often helpful to find people and communities you identify with from classes, clubs or identity collectives and engage in those communities and events. Throughout college, you will learn new things about yourself and experience personal growth. You will also experience challenges, but finding a community or sense of belonging can help you navigate stressful times.

Returning home: Leaving Macalester to return “home” (whatever that means for you) can be an emotional time. You may be excited to go home or to have a break from Macalester, and those first few days after leaving campus might feel amazing. However, it can be difficult re-adapting to life away from Macalester, and you may feel reverse culture shock. You’ve probably changed during your time in college, and it can be hard to navigate these changes when you return to a place of familiarity.

Coming back to Macalester: Travel and transitioning is an emotional time for many, and you be feeling a mix of sadness and excitement to be returning to Macalester. However, you may be surprised by how smoothly you transition back into college life. This is not the case for everyone, but many begin to see Macalester as a new home and place of belonging.



Common Macalester Customs

The following description of Mac customs and behaviors is only a generalization; this information, although helpful, should be used as a guide and not as a prescription. One of the most helpful ways for anyone to learn about customs and behavior is by observing others and asking questions. It is important to realize attitudes and customs vary from person to person.

CLOTHING

At Macalester, and on most U.S. campuses, students dress very informally. In spite of this informality, a great many U.S. students enjoy dressing up, and you may be asked to dress up for various special occasions. For example, you may want to wear business or business casual attire for interviews and academic conferences and wear formal or semiformal dressy attire for events such as Winter Ball.

In addition to investing in some formal clothing, students should allocate enough money for warm winter clothing. Winter must be taken seriously in Minnesota, where the temperature sometimes drops to -30°F (-34°C). Having a warm winter coat, waterproof boots, and other warm layers is a necessity.

CONVERSATION

Like in any place you are unfamiliar with, conversational phrases at Macalester may seem strange at first. These are just a few common phrases and what they often mean: “How are you?” does not necessarily mean that the person asking wants to have a long conversation, and can sometimes just be a casual greeting. If you are passing each other on the way to class, or want to keep the conversation short, it is common to respond by saying something like: “I’m good. How are you?” Phrases said when departing can be equally confusing. For instance, “see you later” or “let’s get together sometime” are often meant as a friendly goodbye, rather than an actual invitation. When in doubt, do not be shy to clarify whether it is an invitation or not.

RELATIONSHIPS

Before engaging in any sexual activity with someone, it is always important to get clear, enthusiastic consent. Those involved can also revoke consent at any time. In all situations, it is important to be vocal with a potential intimate partner about your expectations for the relationship and to respect each others’ expectations and comfort levels.

Communication can help you navigate relationships more smoothly and respect people’s needs. Terms referring to different kinds of relationships can be confusing or unclear, but communication can help to clear up that confusion and make sure that everyone involved is on the same page.

Some students at Macalester identify as part of the LBGTQA+ community, which stands for lesbian, bisexual, gay, trans, queer, and asexual. The “+” refers to other identities that don’t fall into these categories. There is a group called “Queer Union,” a student-run organization that “seeks to serve the needs of lesbian, gay, bisexual, transgender, and queer-identified students at Macalester.” However, stereotypes against many of these groups still exist in the U.S. and on campus. Some students who identify as part of the LBGTQA+ community choose to be open about their identity while others choose not to share this with people openly, and that is their choice.

INVITATIONS

Invitations are usually informal and most often verbal, but they usually specify a time and place. For example, “Will you come over Tuesday evening at 8:00?” If you say “yes,” it is important that you keep the appointment. Casual verbal invitation such as “come and see me sometime” or “drop by” are usually given with the understanding that you will call and make more specific plans before coming over. If you receive a written invitation that says RSVP (from the French phrase Répondez s’il vous plaît, meaning “please respond”), you should respond by telling your host whether or not you plan to attend. When responding to emails requesting you to RSVP, you should keep record of what events you agree to attend. If you RSVP “yes” and then cannot attend, be sure to email the host(s). In U.S. culture, it is

generally understood that if you decline an invitation more than once or twice, especially without an explanation, it indicates you are not interested and that person may stop inviting you to other things.

USE OF NAMES AND PRONOUNS

First names are commonly used in the U.S. between peers. It is all right to use the first name of someone approximately your same age or someone younger. However, some professors may want to be addressed as "Professor" or by their last name. If you are unsure of what to call someone, it is appropriate (and a sign of respect) to ask what they would like to be called.

People at Macalester refer to each other with respect to their preferred personal pronouns. These are the pronouns that others may use to refer to them. The most commonly used pronouns are she/her/hers, he/him/his, they/them/theirs, and ze/zir/zirs. The gender that someone is assigned at birth does not always line up with their current gender identity. Some do not identify as "male" or "female" and instead identify as non-binary; however, the gender spectrum is nuanced, and how each person identifies on that spectrum is unique to them. At Macalester, it is common for people to say their pronouns when introducing themselves. If you are unsure of what pronouns someone prefers, it is usually polite to use they/them/theirs until you know someone's preferred pronouns.

HANDSHAKES

People usually shake hands when they first meet and introduce themselves. This is a formal means of introduction that will usually occur when you are meeting an adult, but may occur with younger people.

CONCEPT OF TIME

The commonly used concept of time at Macalester and in the U.S. is somewhat rigid, especially with regards to classes and more strict appointments. When an appointment is made, you are generally expected to arrive within five minutes of the appointed time. If you have an appointment with your advisor at 10:30 a.m., for example, you should arrive at 10:30 a.m. or a little before. If a bus is scheduled to stop at 10:20 a.m., be at the bus stop five minutes early because the bus may arrive a few minutes early or late. In addition, when asking things of people, especially your professors or other staff members, it is customary to ask around two weeks before the date you need it. This will give professors and other faculty time to complete what you require without feeling rushed. When making an appointment with a professor or other staff member, you should typically email beforehand to figure out a time and place. Many people on campus, faculty (professors), staff and students, use Google Calendar to organize meeting times and appointments.

CAMPUS LIFE AND POLICIES

Campus Life

CAMPUS HOUSING

During their first and second years at Macalester, students are **required** to live on-campus in residence halls. Residential Life, located on the second floor of the Campus Center, is responsible for the student housing program at Macalester. In their first semester all students are automatically put onto a full, 19-meal-a-week meal plan, but there are other meal plan choices in subsequent semesters.

What kind of housing is available?

There are eight residence halls and several specialty houses on campus, many of them having distinct features corresponding to the living styles of their residents. The language and special houses listed below are not options for first-year or exchange students.

- Co-ed or single-sex floors
- Quiet floors
- 7 language houses on campus (Arabic, Chinese, French, German, Japanese, Russian, and Spanish)
- 6 special houses where students can reside and which are located in different parts of the campus (Cultural House, Veggie Co-op, Eco House, Interfaith House, All Gender Community and Summit House)

What kinds of rooms are available?

Most are double occupancy (two people), although there are single, triple and quad rooms on campus.

How can I get help if I don't know how things work?

Adjusting to dorm life can be tough, especially when you feel that there is no one whom you can ask for help or that your questions are stupid. Your ISP mentors and Residence Hall Assistants (RAs) are people that you can turn to for such help; they are available for any questions you may have.

What if, for some serious reason, I am not satisfied with my room or residence hall?

It may be possible, due to various reasons, to change your room or residence hall. If you are not satisfied with the place where you live, you should first talk to your RA, who will help you work with the hall director or other Residential Life staff.

What about breaks?

Fall Break lasts from October 21-24, 2021, and many students travel, visit home, or simply stay on campus. Residence Halls will not be closed during Fall Break. Cafe Mac is open with modified hours.

During Thanksgiving Break, November 24-28, 2021, most students from the U.S. will celebrate Thanksgiving with their families or with one another on campus. Your host families may invite you to celebrate Thanksgiving with them, and this usually involves a large meal. If you are staying on campus during these breaks, be aware that Cafe Mac hours usually change.

During Winter Break, December 18, 2021, to January 19, 2022, the residence halls are closed to all students from noon on the day after the last exam day in December to the Monday before classes begin in January, but you can leave your belongings in your room. It is very important that you make your own arrangements for where to live during that break period, as dorms are closed. However, students can apply during the fall semester to move back into their dorms shortly after New Year's Day. International students will have access to January Break meal plan/food in Cafe Mac. There is no additional cost for approved students with fall and spring semester meal plans A, B, or C.

During Spring Break, March 12-20, 2022, the residence halls will remain open, but there will be no food service on campus, except for the Grille.

For more information visit the Residential Life website at: www.macalester.edu/residential-life/

OFF-CAMPUS HOUSING

After their first two years at Macalester, students are able to move off campus. Currently, about 50% of Juniors and Seniors live off campus with the rest remaining in the residence halls, so you can decide what is right for you. Some students like living off campus because it is more independent, you can cook for yourself more freely, and it can be less expensive depending on your rent. Others choose to stay on campus to be closer to the community, because they like being on a meal plan, or to take advantage of Residential Life resources. Once the time comes for you decide if you want to live on or off campus, you can access resources such as the off-campus housing page (www.macalester.edu/offcampus) and the ISP Current Students page (www.macalester.edu/isp/currentstudents).

Campus Resources

For a more complete list with links of all the administrative offices, go to <https://www.macalester.edu/directory/offices/>. To call any of these offices from your mobile phone, dial +1 651-696- (the 4-digits after the "x")

CAMPUS ACTIVITY AND OPERATIONS Plans and coordinates campus events, especially for students, that range from cultural to educational	Phone: x6569 Location: Campus Center, 2nd Floor www.macalester.edu/campusactivities/
CAREER EXPLORATION Equipped with resources and personnel to help students learn about various career options and aid them with individual job and internship searches	Phone: x6384 Location: Kagin Commons, 1st Floor https://www.macalester.edu/career-exploration/
CENTER FOR RELIGIOUS AND SPIRITUAL LIFE (CRSL) Coordinates religious activities for the Macalester community, often involving other religious communities within the Twin Cities	Phone: x6298 Location: Weyerhaeuser Chapel, Lower Level www.macalester.edu/religiouslife/
CIVIC ENGAGEMENT CENTER (CEC) Organizes service and volunteer opportunities for students	Phone: x6040 Location: Markim Hall, 3rd Floor http://www.macalester.edu/cec/
STUDENTS AFFAIRS Concerned with the general welfare and collegiate life of all students	Phone: x6220 Location: Weyerhaeuser, Room 119 https://www.macalester.edu/studentaffairs/
DEWITT WALLACE LIBRARY Provides study rooms and provisions new information technologies, as well as an extensive book and periodical collection	Phone: x6346 Hours: Mon - Thu 8:00 a.m. - 1 a.m., Fri 8:00 a.m. - 10:00 p.m., Sat 10:00 a.m. - 10:00 p.m., Sun 10:00 a.m. - 1 a.m. www.macalester.edu/library/
FINANCIAL AID OFFICE Provides information and services concerning financial aid and scholarships	Phone: x6214 Location: Weyerhaeuser, Room 031 http://www.macalester.edu/financialaid/
LAURIE HAMRE CENTER FOR HEALTH & WELLNESS Provides resources for physical and mental health on campus	Phone: x6275 Hours: Mon—Wed, Fri 9 a.m.—4:45 p.m. Thu 10 a.m. - 4:45 p.m. Location: Leonard Center, Room 53 www.macalester.edu/healthandwellness/
INFORMATION TECHNOLOGY SERVICES (ITS) Manages the computing, network and telecommunications resources for all Macalester students, faculty and staff	Help Desk Phone: x6525 Mon - Fri: 8:00 a.m. to 6:00 p.m. Location: Neill Hall, Room 314 www.macalester.edu/its/

<p>THE MAX CENTER Helps students achieve academically. Staff counselors and tutors are available for help in a variety of areas</p>	<p>Phone: x6121 Hours: Mon - Fri 9:00 a.m. - 4:30 p.m. Sun - Thu 7:00 p.m. - 10 p.m. Location: Kagin Commons, 1st Floor www.macalester.edu/max/</p>
<p>DEPARTMENT OF MULTICULTURAL LIFE (DML) Works to integrate the ethos and values of historically underrepresented peoples, discourses, thoughts and ideas as a catalyst for transforming the traditional ways of doing the work of the College into a more inclusive model</p>	<p>Phone: x6243 Location: Kagin Commons, 1st Floor http://www.macalester.edu/multiculturallife/</p>
<p>REGISTRAR Records students' academic records and facilitates the registration of classes</p>	<p>Phone: x6200 Hours: Mon - Fri 8:00 a.m. to 4:30 p.m. Location: 77 Macalester, Room 101 http://www.macalester.edu/registrar/</p>
<p>RESIDENTIAL LIFE Manages student housing and board on campus</p>	<p>Phone: x6215 Hours: Mon - Fri 8 a.m. to 4:30 p.m. Location: Campus Center Room 236 https://www.macalester.edu/residential-life/</p>
<p>SAFETY AND SECURITY DEPARTMENT Here to ensure your safety. Call for help if you're in trouble</p>	<p>24 Hour Line: x6555 Phone: x6278 Location: Janet Wallace Music Building, Lower Level, Music 009 http://www.macalester.edu/security/</p>
<p>STUDENT ACCOUNTS OFFICE/CASHIER Records students' accounts, bills students when necessary and is the international student loan office</p>	<p>Phone: x6161 Hours: Mon—Fri 8 a.m.-12 p.m., 1 p.m.-4 p.m. Location: 77 Macalester Street, Room 102 http://www.macalester.edu/studentaccounts/</p>
<p>STUDENT EMPLOYMENT Coordinates student employment</p>	<p>Phone: x6280 Location: 77 Macalester, Room 201 http://www.macalester.edu/studentemployment/</p>

Student Organizations

Mac has a wide range of student organizations that you can join once you get to campus. Student organizations, commonly referred to as orgs, are clubs which students can join outside of their academic pursuits at Mac. Some people love orgs and are part of multiple ones while some people aren't in any orgs at all, it's really your choice.

In the first week of classes the Org Fair will take place, at which all active orgs have a table for you to get more information and sign up to be on their mailing list. Don't worry though, signing up at the org fair is not a commitment to be in the org and you can always join orgs later, too!

Many international students join cultural orgs, in which they get the chance to bond over shared cultural backgrounds or interests. Below is a list of the cultural orgs currently at Mac. However, there are many more types of orgs that you can join based on your interests such as orgs dedicated to hobbies, sports, academic interests, religions, community engagement, or social justice.

This is only a short list of Mac's cultural orgs. Make sure to check out the full list of organizations at www.macalester.edu/directory/studentorganizations

Adelante!	Europa
Afrika!	Mac Korean Cultural Organization (MacKCO)
Black Liberations Affairs Committee (BLAC)	Macalester Association for Sub-Continental Ethnic and Cultural Awareness (MASECA)
Caribbean Student Association (CSA)	Middle East North Africa Association (MENAA)
Chinese Culture Club (CCC)	Ua Ke (Hmong Student Organization)
Filipinos @ Macalester (FAM)	Vietnamese Cultural Organization (VCO)

Minnesota Laws and Macalester Policies

A lot of what follows in this section is also contained in the [Macalester College Student Handbook](#) that you may access online. The rules we highlight here are especially important for you to know, as they will apply to you as an international student. Remember that your actions are your own decisions, so you will be expected to take full responsibility for them. Please thoroughly read the Macalester College Student Handbook as well because the section below does not include all Macalester rules and regulations.

DRUGS AND ALCOHOL

Many drugs, except those sold in pharmacies or prescribed by a doctor, are illegal in the United States. In the United States alcohol may not be consumed by people under 21 years of age. This does not mean that students at Macalester do not take drugs or do not drink alcohol. Some do, and can get into trouble with police, with immigration officials (if they are international students), or with school authorities. Consequences for breaking Minnesota and federal laws may lead to substantial fines, jail time (in serious cases), suspension or expulsion from the school, or even deportation.

Various mentor group activities during PO4IS will discuss the realities of drug and alcohol use at Macalester. The consequences of breaking rules and regulations concerning drugs and alcohol—especially for international students—are severe. For a complete discussion of Macalester's alcohol policy, see the Macalester College Student Handbook.

In addition to prohibiting them from consuming alcohol, Minnesota State Law also does not allow people under 21 to purchase or possess alcoholic beverages. It also prohibits anyone from selling or providing alcoholic beverages to someone under that age of 21. By law, establishments require legal proof of age (by a Minnesota ID card or another country's passport) in order to serve alcoholic beverages. These laws may vary greatly from your accustomed practices or home country laws. As an international student, you should know the laws and their consequences, as you will be held responsible for them.

TITLE IX

Title IX is a section of the Education Amendments of 1972, a federal law that provides that “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.” At U.S. colleges and universities, sexual harassment and assault are treated as violations of Title IX, but Title IX also covers other forms of sex and gender discrimination that create barriers to students’ educational experience at Macalester. Find out more at www.macalester.edu/titleix

SEXUAL MISCONDUCT

Sexual misconduct as defined by the Macalester Student Handbook “includes sex discrimination, sexual harassment, sexual coercion, sexual exploitation, dating/intimate partner violence, domestic violence, stalking, attempted and actual non-consensual sexual contact, non-consensual sexual intercourse and other forms of sexual assault.” Sexual misconduct is not only a violation of individual rights and dignity, but also erodes the values that are important to the College community and will not be tolerated at Macalester. The College attempts to create and maintain a positive living, working and learning environment in which

community members are aware of and respect the rights of others and individuals take responsibility for their actions. Sexual harassment and violence are not only violations of Macalester's policies, but also can be prosecuted by Minnesota and U.S. law. Prosecution of these offenses has strong implications for international students' status and your place within the Macalester community. Below are details on the most widely used terms; a comprehensive set of definitions is available in the Student Handbook.

SEXUAL HARASSMENT

Sexual harassment involves a wide range of verbal and non-verbal behaviors which includes any sexual or gender-based verbal, written, or physical conduct that is unwanted and/or unreasonably interferes with or deprives someone of academic, social or work-related access, benefits, or opportunities in the College community or creates an environment that interferes with the well-being and/or success of an individual. Sexual harassment can involve instructors and students, supervisors and students, students and students, and other relationships among colleagues or peers. If you are experiencing sexual harassment speak to your mentor, supervisor, the Title IX coordinator, or another staff member you feel comfortable with.

SEXUAL ASSAULT

Sexual assault is any actual or attempted sexual contact with another person without that person's consent. Sexual contact includes intentional contact by the accused with the victim's genital area, groin, inner thigh, buttocks, or breasts, whether clothed or unclothed, or coerced touching by the victim of another's genital area, groin, inner thigh, buttocks, or breasts, whether clothed or unclothed. Sexual assault includes, but is not limited to rape, fondling, incest and statutory rape (sexual intercourse with a person who is under the age of 16). Sexual assault does not occur just between strangers and consent must be given for all sexual interactions between any two individuals, regardless of their relationship.

CONSENT

Consent is defined as conduct or words that indicate a person freely agrees to engage in a sexual act at the time of the act. It can only be given by individuals over 18 years old, as those under 18 are classified as "minors." Moreover, consent must involve a clear, vocal "yes," and it is NOT the same as the absence of a "no." Consent can always be withdrawn, cannot be obtained by coercion, and cannot be given by anyone who is mentally or physically incapacitated (e.g., due to alcohol or drug use). You will learn about consent at New Student Orientation and throughout your time at Macalester, as consent is a highly valued and defended concept within our community.

BE PROACTIVE IN PREVENTING SEXUAL VIOLENCE

- Actively participate in Macalester's culture of consent.
- Consider getting trained as a Green Dot bystander, which will equip you to help prevent violence.
- Take care of yourself and others. Do not leave individuals behind if they are intoxicated or if they are with strangers, especially at parties.
- Trust your intuition. If you feel ill at ease about a situation, speak up for yourself and others and remove yourself and others from the situation.
- Try not to walk alone at night and stay in well-lit, higher-traffic areas.

IF YOU HAVE EXPERIENCED SEXUAL ASSAULT

- Go to a safe place; your first priority is to take care of yourself and make sure you are safe from harm.
- Talk to someone: a friend, your roommate, your RA, Counseling Services, Campus Security (they can help you contact the police), an ISP staff person, or the Title IX Coordinator. If you do not feel ready to make a report to a college administrator, make sure you are getting the support you need from others.
- Go to a medical facility for an exam, including a transmitted disease check, pregnancy test, and to deal with potential injuries. A medical exam is important for your health and will be very important if you decide to press criminal charges. Regions Hospital is best equipped to do an exam. The initial exam and follow-ups are free at Regions Hospital.

- Try not to disturb any evidence. Do not shower, douche, wash your clothing, or comb your hair before completing an exam.
- Take care of yourself. The SOS Sexual Violence Services has a crisis line for support (+1 651-266-1000), Counseling Services can be contacted at +1 651-696-6275, and the Title IX coordinator is able to put you in touch with further resources and help you navigate reporting your assault or pressing criminal charges, if you so wish .

If you have experienced sexual misconduct or have been a victim of sexual harassment or a sexual assault, seek help. It is highly encouraged to report any incident of sexual assault, as this allows the College to assist the victim. Complete the Online Anonymous Report Form at <https://www.maclester.edu/violenceprevention/>.

RESOURCES

On Campus	Off Campus
Public Safety (Security) x6555 (they will help you contact the police)	National Sexual Assault Hotline +1 800-656-4673 (24-hour crisis line)
Hamre Center for Health & Wellness x6275	St. Paul Police Department Emergency: 911
Residential Life Office x6215	St. Paul Police Department Non-emergency: +1 651-291-1111
Title IX Coordinator x6258	Regions Hospital Information: +1 651-254-3456
Dean of Students x6220	
Associate Dean of Students x6136	
Safe Walk Program x6555	

If calling from mobile phone for on-campus resources, dial +1 651-696- (and then the 4 digits above).

GOVERNMENT REGULATIONS

International Students

WHO ARE INTERNATIONAL STUDENTS?

Macalester students who are neither citizens nor permanent residents of the United States are categorized as international students, regardless of their visa classification by the United States Citizen and Immigration Services (USCIS), United States Immigration and Customs Enforcement (ICE), United States Customs and Border Protection (CBP), or Department of State. Additionally, Macalester College considers an international student to be someone who has spent time living and/or studying in another country, regardless of citizenship and visa status. It is the responsibility of each international student to become familiar with the regulations which apply to their particular visa status. Students should consult the International Student Programs Director (Aaron Colhapp), Assistant Director (Luyen Phan), or Coordinator (Kara Warren) if questions or problems regarding immigration matters arise.

U.S. immigration regulations bring great restrictions and consequences for non-immigrants who do not enter the U.S. with a lawful status or who do not maintain their lawful status. Therefore, it is of utmost importance that you enter the U.S. with the proper F-1, J-1, or other visa and documentation, and remain in legal status for the duration of your time at Macalester. The various aspects of maintaining status are defined in the following sections.

IMMIGRATION STATUS

U.S. Laws and Regulations: The U.S. Department of Homeland Security (DHS) regulates the activities of non-immigrants in the U.S., including international students. One of the duties of the ISP Director, Assistant Director and Coordinator at Macalester is to advise international students on how to remain in compliance with immigration rules and regulations.

F-1 Student: The most common student immigration status, the F-1, is obtained on the basis of a Form I-20 issued by the college upon admission. An F-1 student is admitted to the U.S. for the purpose of attending a specific school and must take a full course load every semester (at least 12 credits/semester).

J-1 Exchange Visitor: The J-1 Exchange Visitor classification is used by professors, researchers, students, trainees, and others who come to the United States for educational or training purposes under the sponsorship and supervision of a designated agency. J-1 visa holders must carry out the program described on the form DS-2019 issued by the sponsor to obtain the visa.

Immigrant/Permanent Resident: Some students hold an immigrant status, technically referred to as a permanent resident. This status, indicated by the ownership of a “green card,” allows the person to remain in the country permanently and is the first step toward acquiring citizenship.

STUDY PROGRAM REQUIREMENTS

F-1 students must be registered full-time (a minimum of 12 credit hours) for every semester that they are in the U.S. An exception can be made during a student's final semester before graduation; students only need to take the number of credits required in order to graduate. J-1 visa holders must comply with the requirements set by their sponsoring agency. Permanent residents have no special course load requirements other than those imposed by the College.

REMOVAL (AKA DEPORTATION)

Removal is the expulsion of aliens who have been granted entry into the U.S. The following grounds for removal are stated in very general terms but will give you an idea of how strict the immigration rules are:

- Failure to comply with the conditions of your visa/status (e.g., unauthorized paid or unpaid employment, failure to attend classes and to maintain full time student status). Common examples of unauthorized employment include baby/pet sitting and tutoring students for compensation outside of the Macalester tutoring services.
- Conviction of crime after entry, e.g., crimes of violence, moral turpitude, narcotics-related crimes (including marijuana). Although there are provisions for some criminal convictions, there is no

exception made for a narcotics or marijuana offense—mere possession of marijuana can lead to deportation. *Marijuana is illegal under federal law even in states that legalize it.*

- Unlawful entry.
- Prostitution, or connection to this practice.
- False documents.

Immigration and Travel

PASSPORT

Your passport is the basic international document which identifies you as a citizen of your country. The spelling of your name given in your passport should be used for all records while you are in the United States. The name spelling on your visa will be used on your I-20 or DS-2019 record. If you need to extend the validity of your passport, contact your nearest consulate or embassy for instruction and procedures. Registrar's Office or ISP can provide you with a letter of recommendation stating that you are a registered student if such a document is required by your government. Always keep a copy of your passport in a safe place, and use the copy to provide documentation if you send it in for renewal.

Passport Do's and Don'ts:

DO	DO NOT
<ul style="list-style-type: none"> • Sign your passport. It is not valid unless it has been signed by the bearer. • Fill in the information required on the inside front cover of the passport. In the case of accident or other circumstances, it may be necessary to contact a designated agent or the next of kin. • Register your passport if you mail it while abroad. • Check the expiration date of your passport before you travel. Obtain a new one if needed. • Check the visa requirements of all countries you plan to visit or transit (travel) through and obtain necessary visas from the appropriate foreign consular representatives. Keep a copy of your biographical, visa and other information pages. 	<ul style="list-style-type: none"> • Lend your passport for use by a friend or stranger. Remember that it is an official government document for use only by the person to whom it is issued. • Use your passport as collateral. • Alter, insert, or overwrite any information or entry in the passport. If a change is necessary, it must be made officially by authorized government agents. • Pack your passport in your luggage. When traveling, keep it readily available, but safe. • Tear or substitute pages in your passport.

VISA

A U.S. visa is a passport page-sized sticker in your passport. It is used for entry into the U.S. and can only be obtained from a U.S. Embassy or Consulate outside the U.S. The visa indicates what status you have upon entry to the U.S., as well as the date of issuance and expiration (date by which you can use that visa for entry). After you enter the U.S., the visa is not important unless you leave and wish to re-enter. If you plan to travel outside the U.S., and your F visa has expired, you should contact the ISP Director (Aaron), Assistant Director (Luyen), or Coordinator (Kara) to obtain an I-20 to use to apply for a new visa. Never write on or tamper with your visa sticker.

AUTOMATED FORM I-94 IN ELECTRONIC FORMAT

When you enter the U.S., an immigration inspector (CBP Officer) determines how long you may stay in the U.S. A paperless electronic Form I-94 is created by the CPB Officer when you are admitted by air or sea travel. Check your I-94 status and print out a paper copy later at <https://i94.cbp.dhs.gov/i94/>. If you can't find your I-94, contact ISP immediately. If you enter the U.S. by land from Canada, Mexico, etc, you will be issued a paper I-94 (DO NOT LOSE IT). Generally for F or J visa holders, your I-94 will show your **Class of Admissions: F1** (or J1), and **Admit Until Date: D/S** (which stands for Duration of Status, that is until you complete your program or graduate).

TRAVEL OUTSIDE THE UNITED STATES DURING ACADEMIC VACATIONS

Do not leave the United States without the proper I-20 documentation necessary for reentry. J-1 visa holders should contact their sponsors to obtain travel authorization. If you leave for longer than five months and do not continue your enrollment at Macalester (with a leave of absence), you must have a new I-20 issued in order to reenter. Remember to get your I-20 signed before you leave the country. Check with International Student Programs for study abroad exceptions to some of these rules.

Employment

International students with F-1 status may not accept off-campus employment unless they receive authorization from immigration. Working without authorization is one of the most serious violations of visa status and can result in you having to return home to obtain a new visa. It can also result in immediate deportation. Please talk to an ISP staff member if you have any questions about employment authorization.

ON-CAMPUS EMPLOYMENT

On-campus student employment is considered a form of financial aid; visit <https://www.macalester.edu/employmentservices/studentemployment/>. Students authorized to work on campus by the financial aid office may do so without any special immigration work authorization, but are governed by the following immigration rules:

- Employment is performed on the school's premises, or is considered student employment by the Financial Aid Office.
- Employment must not exceed 20 hours per week when school is in session.
- Employment may be full-time during break periods if the student is eligible and intends to enroll in classes the next term.

FINDING AND APPLYING FOR A JOB

Work-study eligible first-year students are given access to online job postings and may begin applying for positions in mid-May. Students have an application deadline of June 26. There are many students seeking employment on campus and you may not receive your first choice of position, so you should apply for more than one position. (Five is recommended.) The majority of new student employees will work in departments employing the largest number of students, including Facilities Services, Food Service, Athletics, and the Library. Once you have been selected for a position, you are not able to switch to another position until the Spring semester.

If you would like to bypass the hiring process and be placed in a position on campus, complete a First Year Placement Form.

Students with a student employment award are given priority for positions. Once those students have jobs, any remaining positions can be filled by students without an award. Students without an award can apply for positions beginning in the Fall. Students who do not have a student employment award as a part of their financial aid package may request a Student Employment Authorization form in order to begin their search (see section for non-aid students).

CHANGING JOBS

On occasion, a student employee and their supervisor mutually agree to terminate the employment relationship. This may be referred to as a no-fault release. These releases are also referred to as full releases. The most common reasons are scheduling conflicts or obtainment of off-campus employment. These should be readily apparent before or early in the semester and releases should be handled quickly so those positions can become available for students without job assignments. Because students employment positions are for the entire academic year, these releases are not expected to occur after the first two weeks of the semester. The no-fault policy is as follows:

- Releases must be mutually agreed upon by the employee and the supervisor and the release form must be signed by both parties.

- Students who wish to formally apply for another posted work study job must inform their supervisor of their intent to apply.
- It must be understood that the supervisor is not required to release a student, and in many cases is not able to release the student.
- A supervisor may require a student to find a replacement prior to signing a release. Signed release forms are to be forwarded to the Student Employment Office.

A partial release may be approved under certain circumstances. A partial release would allow a student to work in two departments simultaneously. Both partial and full releases require the signature of both supervisors and the student on the release form.

PAY RATE

Macalester College uses a job classification process to ensure that all student employees are being paid equally while working similar positions. When a new position is created, Student Employment determines the tier level and pay rates in accordance with comparable positions in other departments and tier guidelines. Students are paid bi-weekly according to the Bi-Weekly [Payroll Schedule](#). First-year students generally work 10-12 hours per week to reach their maximum student employment award. Jobs on campus are paid according to one of three tiers, in order of specific skill needed (Tier I requiring the least specific skills and having the lowest rate, and Tier III requiring the most specific skills and having the highest rate). For more information on pay rates and classifications, go to [Payroll FAQ](#) through the Macalester Employment Services website.

NON-AID (NO NEED) STUDENT EMPLOYMENT

Students without financial aid may receive student employment under certain conditions. The Student Employment Program is designed for students who need employment to assist in financing college costs. Therefore, students with student employment awards are given the priority on all on-campus positions. Students without awards may seek out remaining positions on campus. However, hiring of no-need students may be delayed or denied in order to allow for available positions to be filled by students with a student employment award. For more information, go to the Student Employment website at <https://www.macalester.edu/employmentservices/studentemployment/>.

STUDENT EMPLOYEE RESPONSIBILITIES

In addition to providing students with financial assistance and skill development, Student Employment helps students learn basic responsibilities associated with employment. This important part of career development can be enhanced by any job, on- or off-campus. Student employees will assume normal employee responsibilities as follows:

- Participate in a job search.
- Report promptly to your work site and supervisor.
- Become familiar with job duties, quality, and quantity of work expected.
- Adhere to the mutually agreed upon work schedule and be on time.
- Submit your timesheet to your supervisor bi-weekly (for most positions).
- Keep your supervisor informed of any schedule deviation.
- Report all on-the-job injuries or illnesses promptly to your supervisor.
- Maintain good work performance.
- Complete the appointment period, not to exceed the total award nor work beyond the appointment period.
- Participate in the employee performance evaluations.

SUMMER AND WINTER BREAK EMPLOYMENT

The Summer Employment Program is administered by the Student Employment Office for the months of June, July, and August. Employment may be full-time or part-time. Not every office hires winter or summer workers, but you can find open positions on the student employment website or by talking to your supervisor. Employment during summer and winter break is not part of your work-study award.

Off-Campus Employment

GENERAL ELIGIBILITY

To be eligible for off-campus employment, you must currently be on an F-1 visa and have studied at least nine months in the United States at a higher education institution on a valid non-immigrant visa (e.g., F, J, H, E, L, M). Off-campus employment may be referred to as an internship, research, fellowship, etc., but it is all considered employment and must relate to your major(s)—not minor(s) or concentration(s). *Always consult with ISP to make sure you are eligible and have employment authorization.*

Curricular Practical Training (CPT): CPT is the employment authorization used for a paid or unpaid internship, fellowship, research position, etc., in which you receive academic credit related to your major(s) - not minor(s) or concentration(s).

Limits: You must complete one academic year before you are eligible for CPT. Authorization is per academic term. It allows you to work 20 hours or fewer while school is in session and full-time (more than 20 hours) during breaks (i.e., between semesters, winter break, spring break, and summer break). One year or more of full-time CPT, in total, cancels OPT—see below.

Optional Practical Training (OPT): Students generally apply 90 days before graduation to begin OPT afterward. This authorization allows you to work up to 12 months full-time in your major; however, if you file for H-1B (temporary worker) status, cap-gap extensions may be available. Generally, OPT must be completed within 14 months of your graduation. You cannot work on campus after you graduate unless you have OPT work authorization.

STEM Optional Practical Training (STEM OPT): STEM OPT extensions for 24 months are available, if qualified, in the Science, Technology, Engineering, and Mathematics (STEM) fields of study. The qualifying STEM OPT majors at Macalester are Biology, Chemistry, Computer Science, Economics, Environmental Studies, Geology, Math, Neuroscience, Physics, Psychology, and rare Individually Designed Majors. Also, during the STEM OPT extension period, you and your prospective employer can file for H-1B working status during the annual April 1st lottery.

The time needed to complete the authorization process for optional practical training is approximately 90-150 days, so plan in advance! Information explaining the application process is available at the [International Student Programs](#) website.

Beginning March 2018, Student Exchange Visitor Program (SEVP) introduced a portal where students approved for OPT/STEM OPT can update the required data within 10 days of any changes: U.S. home and mailing address, U.S. telephone number, foreign telephone number, employer name and address, and supervisor name and contact information.

OFF-CAMPUS STUDENT EMPLOYMENT

Through the off-campus work program, students with financial aid work awards are able to earn their award through a community service work experience. Federal guidelines restrict placements to non-profit, non-partisan, and non-religious organizations. The program's policies are as follows:

- Only students with work awards may participate.
- Only sophomores, juniors and seniors are eligible.
- Students should plan on earning their entire annual award at an off-campus site.
- The program can currently accommodate approximately 35 students per year.
- There are no funds for summer participation.
- Because funding is limited, students are encouraged to apply as soon as possible.

For more information and application materials, go to <https://www.macalester.edu/cec/civicleadershipprograms/ocse/#/0> or contact the Civic Engagement Center at cec@macalester.edu.

SOCIAL SECURITY NUMBER (SSN)

In order to be employed at Macalester or anywhere in the U.S., students must have a valid U.S. government-issued Social Security Number and the proper employment authorization. A Social Security card is necessary in order to be employed in the U.S., but it is only valid for employment if you (as an F-1 student) have employment authorization granted by the Immigration Service or ISP (see previous sections). Students who have been granted permission to work are not required to pay Social Security or Medicare taxes during the first 5 years they are in the U.S. on F-1 status. The Social Security Number application process will take place at Macalester during the Pre-Orientation for International Students. If you find work later after PO4IS, contact ISP for help with applying for your SSN. Remember to keep your Social Security card safe once you get it. The number is assigned to you for life and if you lose the card you can get a replacement. It is not an ID, so keep it somewhere safe and share it wisely.

For information on SSN, go to <https://www.macalester.edu/isp/governmentregulations/socialsecurity/>

TAXES

Most international students on F-1 visas who work on campus are required to pay taxes to the state (usually Minnesota) and to the U.S. (federal) government. Taxes will be withheld from your Macalester paychecks. Social Security and Medicare taxes should not be withheld from your pay usually during the first 5 years in the U.S. In February, the payroll office will send you your W-2 (Wage and Tax Statement) and/or 1042-S (given to students with taxable financial aid or to those students who work on campus and their country has a tax treaty with the U.S.). You may also access these two documents on your 1600grand account if you chose to receive your documents electronically. All students are required to file income tax forms by April 15 and some students, as a result, will receive a tax refund from the U.S. or state government for the taxes they have overpaid. Other students may have to pay taxes if they made more money than expected and did not pay enough taxes during the previous year. It is a good reminder to set aside some part of your paycheck in case you owe additional taxes after completing your tax return.

All international students, whether or not they receive financial aid or work in the U.S., must file a tax return for every year they are in the U.S., deadline usually by April 15. When you receive your tax forms (W-2, 1042-S, 1099, etc) DO NOT THROW THEM AWAY, they are necessary for filing your tax return. It is important to keep tax documents for FIVE years after filing taxes.

Macalester College issues you a password so you can access an online tax service to help you file federal taxes. Additionally, ISP holds tax tutoring sessions during office hours in March and April to help you complete your state and other tax returns. At tax tutoring sessions, you will be required to bring your federal tax form (printed out from the online software), W-2 and 1042-S forms (and any other pertinent forms you may have received in the mail), your passport and U.S. visa, your I-20, and your Social Security Number. It generally does not take more than 30 minutes to an hour to complete your return, and the earlier you get it done to send in, the better. Not filing taxes is not an option and failure to file may affect future visa status.

For more information on taxes, go to <https://www.macalester.edu/isp/taxes/>

Driving/ID Cards

DRIVER'S LICENSE / IDENTIFICATION DOCUMENT (ID)

As an international student, you have at least two forms of picture identification - your passport and your Macalester student ID card. We recommend that you also get a Minnesota (MN) ID card or a driver's license. These state government-issued documents, which look identical except for the title, are the standard forms of identification in the U.S. They are usually required when making financial transactions, especially when writing checks, and at some other times, such as when an age check is necessary (e.g., purchase of cigarettes and alcohol, restricted movies at the cinema). Unfortunately, some places will not accept your passport as a valid form of identification, especially when checking to see how old you are. Additionally, you don't want to risk losing it!

Be aware that if you are applying for a visa to another country while in the U.S. and you have to leave your passport at that embassy, you will not have a valid ID to board a plane to return to campus. A Minnesota ID card or driver's license may be used in these cases.

Every Minnesota resident who operates any motor vehicle (car, truck, motorcycle) must have a driver's license. The operation of an automobile without a valid operator's license is illegal and is punishable with a fine and possible jail sentence. It is also illegal to permit another person without a valid license to drive an automobile.

Obtaining a Minnesota driver's license is fairly simple. First pass a written exam that covers traffic and safety rules, laws, rules of the road, allowable speed limits, road signs and symbols. Once you have successfully passed this test, you will be given a permit, which allows you to practice driving with a licensed driver who is 21 years of age or older. Three months after obtaining your permit if you are 19 or older, and six months if you are 18 and under, you may take the driving portion of the exam during which you will be tested on your driving skills and knowledge of traffic laws. Obtaining a driver's license will cost you around \$40 total (subject to change).

If you possess an International Driving Permit (IDP) we would strongly recommend you apply for a Minnesota driver's license. The IDP, often (incorrectly) referred to as International Driving License, is a document that, along with your valid home driver's license, allows you to legally drive a motor vehicle while not in your home country. The IDP does not replace a U.S.-issued driver's license but acts as a translation of a valid driver's license from one's home country. Each state has its own regulations about holding an IDP as a short-term visitor versus a non-citizen resident, and it is best practice in MN to obtain a state driver license once you have resided in the state for more than 60 days.

For more information on Driver's Licenses and State IDs, go to <https://www.macalester.edu/isp/governmentregulations/licenseandstateid/>

CAR INSURANCE AND ACCIDENTS

The Minnesota No-Fault Automobile Insurance Act requires that every motor vehicle which is operated in Minnesota be covered by proper no fault and liability insurance coverage. Under this law, insurance companies must offer insurance coverage which provides for the payment of basic economic loss benefits resulting from injury or death regardless of the fault of the insured. A driver of a motor vehicle must carry evidence of insurance in their immediate possession. The operator must present the evidence to a law enforcement officer upon request.

A driver involved in any accident should seek advice at once. At the time of the accident, someone should telephone for police assistance. The police will arrange for tow trucks and ambulance if they are needed. Be sure to write down the name, address, phone number, car license plate number, and automobile insurance company of any other persons/cars involved in the accident. At the very least, the police will require that you fill out a written report within five days following the accident. Do not leave the scene of an accident until told to do so by the police. Notify your insurance company immediately.

WHEN THINGS GO WRONG

Got really sick and need to go to the hospital? Got caught by the police doing something unadvisable? Got into trouble at Macalester? Got charged \$2,000 for income taxes when you should have gotten money back? It could happen to you. Although not frequent, it is possible for things to go wrong for international students, and the consequences can be different from those faced by domestic students. If something goes wrong, talk to ISP who will be able to advise you on the best plan of action.

ACADEMICS

A lot of information concerning academic life can be found in the Student Handbook, especially on more specific and formal situations, such as academic policies. For further details on any topic, please consult the online Student Handbook: www.macalester.edu/studentaffairs/studenthandbook/.

LIBERAL ARTS

A liberal arts education is synonymous with a well-rounded education. It is regarded as beneficial for the overall intellectual and interpersonal development of students, and for attaining the variety of skills necessary to live and work in an ever changing global society. At Macalester, students must take a certain number of credit hours in the various distribution areas: social sciences, natural sciences, mathematics, humanities and fine arts, internationalism, and U.S. multiculturalism in order to gain a liberal arts education. The breadth and depth afforded of a liberal arts education, unlike educational systems where one only studies one's major, allows students to explore a wide variety of fields in addition to their own major.

ACADEMIC ADVISORS

Academic advisors are faculty members who are ready to help you plan your academic life and make you think about personal and career goals so that you plan a program of study which enables you to achieve those goals. The instructor of your first-year course is typically assigned to be your advisor. Your advisor is knowledgeable about general education requirements and grading systems. You should develop a good working relationship with your advisor to set academic goals, discuss your academic progress/grades, plan a major, select internships, discuss study away options, etc. All discussions and records are confidential. You may change your advisor after the first semester as you see fit; for instance, if you feel that someone else is more aligned with your academic interests. But it is recommended to discuss this with your current advisor and the one you plan to take on.

COLLEGE CATALOG

The College Catalog is an important guide to your education at Macalester. It contains a thorough description of graduation and curriculum requirements, including majors, minors, concentrations, cores, and honors in the various disciplines. It also gives a description of each course offered by all the departments, along with the semester that they are offered in. College Catalogs are available at the Registrar's Office or you can view the digital version <http://catalog.macalester.edu/>.

STUDENT COURSE LOAD

Students are required to complete 128 credits in order to graduate. The majority of Macalester courses are 4-credit, so in order to graduate in four years, students usually enroll in four 4-credit courses during each of the fall and spring semesters, total 16 credits. Up to 18 credits may be taken at no additional charge. Students may register for 19 or 20 credits, but there is an additional tuition charge per credit. No student may register for more than 20 credits. International students are required to take at least 12 credits per semester in order to fulfill the requirements for the F-1 and J-1 student visa status.

ENGLISH AS A SECOND LANGUAGE

Macalester does not offer ESL courses; however, if you feel you could benefit from additional language work, or if a professor or advisor recommends it, there are courses available at the other Associated Colleges of the Twin Cities (ACTC) schools. Consult the [ACTC site](#) for more information. Another good resource is the MAX Center in Kagin, where tutors can help you with a range of disciplines and skills. In particular, the MAX Center's MAX Pairs program can benefit students in a variety of scenarios, from navigating their first-year, first-semester experience, to mastering the writing traditions of their chosen major(s), to completing their honors theses and other upper-level projects.

GRADING

Macalester's grading system uses the letter grades A, B, C, D, NC and a notation of plus or minus (e.g., A-, B+). An A is the best grade; B is very good; C is average; D is the lowest passing grade, except for courses in a student's major field of study, where students must earn a C- or better to pass. NC means no credit and

indicates failure for the course. Students are encouraged to read carefully the information on grading options in the current College Catalog.

Note particularly the limitations of S/D/NC grades, also known as pass/fail option. The S/D/NC option was established to allow students to take a course without the pressure of earning a regular letter grade. When students select a grading option of S/D/NC, they forego the possibility of receiving an A, B, or other grade. They are instead assigned the grade S for having satisfactorily completed the course, grade SD for having completed the course with an overall grade D, and grade N for no credit and therefore failure of the course.

The Grade Point Average (GPA) is calculated by the Registrar's Office. Each grade is assigned a point value, as follows:

Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	NC
Points	4.0	3.7	3.3	3.0	2.7	2.3	2.0	1.7	1.3	1.0	0.7	0.0

The GPA is calculated by dividing the total grade points by the number of courses attempted on the regular grading system. Courses taken on S/D/NC grading option (pass/ fail), or courses with a grade of W (withdrawal), will not figure in the GPA. Transferred courses and grades are not included in the GPA. Students need a cumulative grade point average of 2.0 in order to graduate.

HOW CLASSES ARE CONDUCTED

Macalester classes are usually small and informal (average class size is 17 students). Professors and students dress casually and the general atmosphere in the class is relaxed. In small classes, professors may expect questions from and discussion by everyone in the class. Sometimes, class participation and attendance counts toward one's final grade. Different types of Macalester classes include:

Lectures: The most common method of instruction is the classroom lecture. Lectures are supplemented by classroom discussion (especially in small classes), by reading assignments in textbooks or library books, and periodic written assignments. It is important that you contribute to discussion in the classroom as this is viewed as a healthy sign of interest, attention, and independent thinking. In many classes your grade will be determined in part by your contribution to class discussion.

Office Hours: When the class is too large to permit questions and discussion, or if for some reason you do not have the opportunity to raise questions, you may see your teacher privately during their office hours or make an appointment for another convenient hour to discuss any questions you may have. Teachers usually announce their office hours at the first meeting of the class, and often will have them written on the class syllabus. It is highly suggested that students make use of this opportunity.

Laboratories (usually referred to as labs): Many courses require work in a laboratory, where theory learned in the classroom is applied to practical problems.

TYPES OF ASSIGNMENTS

Term Research Papers: In many courses you will be required to write a comprehensive paper based on research you have done throughout the semester. Your teacher will usually assign such a paper in the early part of the course. You are expected to work on it during the term and submit it near the end. The grade you will receive on the paper may carry significant weight in determining your grade for the course. In doing research for term papers, you are likely to use the library resources very often. Macalester library has trained employees who are happy to answer your questions about its organization, the location of books, reference materials, periodicals online resources and so on. They can also help you with using the correct paper and citation formats (MLA, APA etc.).

Projects: Projects are more often done in groups. They can be assigned in a variety of forms, depending on the class you take. For instances, it can be a policy proposal, a field research work, an art design, a writing portfolio, or a podcast. The purpose of assigning projects is often to let students apply what they have learned from the class to something creative or practical, to enhance students' learning experiences and understanding on the subjects. Sometimes projects are also done in groups.

Class Presentations: In many classrooms at Mac, class presentation is a common assignment where you get to explain and display your research and projects to your professors and your classmates. Oftentimes,

you are required to prepare for the presentation, for example, by making a slideshow or writing a script. Usually, your class presentations will be graded toward a part of your research and projects. In some cases, class presentations are conducted in groups.

Examinations: Many classes have exams in the middle and at the end of a semester. Additional tests or quizzes may be given with different levels of frequency. All exams are designed to ensure that students are doing the work assigned and to measure how much they are learning.

Note that these are generalizations, as every professor and class is different.

STANDARDS OF ACADEMIC CONDUCT

Academic honesty is expected of Macalester students. Academic standards and practices are influenced by culture, and what is considered appropriate academic behavior in your home country might be different from what is appropriate in the U.S. Thus, it is important to understand U.S. standards and practices. Not meeting the standards can result in academic dishonesty charges and possible expulsion.

The U.S. definition of academic honesty is based on the cultural values of individualism, fairness, the idea that individuals must think and work independently, and a strong value on original thinking, creativity, and invention. Academic dishonesty includes, but is not limited to, cheating on assignments and examinations, plagiarizing, representing as your own work any part of work done by another, or unauthorized use of library or computer materials.

It is common in many countries for students to study and work together to prepare for exams. This is okay in the United States as well; however, once in the classroom, students are on their own. Students cannot copy or discuss answers with each other during an exam unless told otherwise. It is important in the U.S. education system that all students be evaluated individually on their own work.

Cheating is copying someone else's work or taking prohibited information or tools to an exam. **Plagiarism** is copying someone else's work and not noting them as your source. In the United States, this will be perceived as an attempt by you to utilize the ideas or words of another person as your own. Plagiarism is one of the most serious violations of academic conduct standards in the U.S. and it can ruin your academic career. Of course, when you are writing a paper, you research many sources and then present or summarize other people's ideas. But you must name and identify your sources. This also applies to the work of other students including your previous work. Discussing ideas for a paper with friends is okay but it is not acceptable to hand in papers that are the same as your friends' or to let someone else write your paper for you, even if the ideas are yours. (Standards of Academic Conduct was taken from The University of Minnesota International Student Handbook, 1994).

ACADEMIC PROBATION

At the end of every semester, the Director of Academic Programs and the Academic Standing Committee review the grades received by each student and the number of courses passed. If students have taken fewer than the number of courses required, or if their grades includes D's and No Credits, they will be placed on probation for one semester and expected to improve their academic records according to the written terms set forth by the Committee. See the Macalester College Student Handbook for more details.

If students do not succeed in improving their academic record after the semester, they may be placed on a required one-semester leave of absence. This situation is particularly serious for international students who cannot travel outside the U.S. or work in the U.S. unless they are in good academic standing.

Therefore, international students should maintain a 2.0 GPA at all times to avoid being placed on academic probation and to comply with visa regulations. If a student is not maintaining a satisfactory GPA, a visit to International Student Programs (Aaron, Luyen, or Kara) for suggestions and advice would be helpful.

LEAVES OF ABSENCE

The Macalester Student Handbook provides comprehensive information regarding the procedures for taking a leave of absence from your studies at the College. If an international student chooses to take a leave of absence, special regulations apply. First, an international student on an F-1 or J-1 student visa must be taking a full load of courses each semester (at least 12 credits) during their studies in the U.S. If you take a leave of absence and therefore do not take a full course load during a semester, you must either leave the U.S., change status (to something other than a student status), or enroll at another institution full-time on your I-20 or DS-2019. In either case, additional considerations must be made. If you leave the U.S. for longer than five months, a new I-20 must be issued for your re-entry. In the event that you do not have a valid visa when you leave the country, there is no guarantee that the U.S. embassy will issue another student visa for re-entry, even with a new I-20. If you choose to stay in the U.S. and change your visa status, be aware that an adjustment to student status again at the time you wish to resume your studies is not guaranteed, and the process can take months. A leave of absence will also affect your ability to work off-campus or do an internship, research, etc, through CPT employment authorization. If you take a leave of absence during your final year at Macalester, that may affect your OPT employment authorization.

STRATEGIES FOR SUCCESS

To succeed in the U.S. academic system, you will need to learn how it is organized and how it works. You should also try to understand some of the underlying fundamental values of the education system. Below are some suggestions to keep in mind as you prepare to register and begin your studies. You will learn more of the informal rules for academic success as you take courses and talk with advanced students in your field of study. The more you discuss such topics with experienced students, the better and sooner you will understand how your academic department functions.

EXAMINE YOUR EXPECTATIONS

Keep in mind that you will need a period of adjustment to a new academic system before you are able to evidence the best of your abilities. Sometimes, international students earn lower grades than their U.S. counterparts during their first term. Then, as the newcomers' English and knowledge of the system improves, so do their grades. Do not be discouraged if, despite your best efforts, your first term's work here is not outstanding. *Class attendance and participation are common expectations from Macalester professors.*

SELECT YOUR COURSES WISELY

Especially during your first term, do not take more than the usual load of courses (generally four classes). Make sure you have a combination of more demanding and less demanding courses, rather than only difficult ones requiring unusually heavy amounts of work. When arranging your course schedule, consult not only your academic advisor, but also with experienced students familiar with available courses and professors. You may be tempted to take more courses than you need to earn your degree sooner. The usual result of taking too many courses is discouragement and poor academic performance.

WORK HARD FROM THE START

It is not possible in the U.S. system of higher education to wait until halfway through the term to begin studying. If you do not begin on the first day of classes, you are likely to experience increasing difficulty and fall behind.

TALK WITH YOUR PROFESSORS

Professors expect students to ask questions in class or immediately after it. They expect students to consult them in their offices when there are problems. If you are not doing well and you do not see the professor about the situation, they may assume that you are not really interested in the class. In other words, most professors will evaluate the attitude of a student as negative or at best indifferent if the student never raises questions either in or out of class. If you feel unsure of what is expected of you in a class or are troubled by some aspect of the work, ask the professor and some of your fellow students about it. If, at first, you don't feel comfortable addressing the professor, many classes have preceptors that are juniors or seniors that can help you with questions or a problem.

OPEN YOUR MIND TO THE VALUES OF THE SYSTEM

From your experience in other academic systems, you have developed certain assumptions about the purposes and methods of education and about the way your field of interest should be studied.

For example, you may assume that it is important to be able to memorize large quantities of information, or that the way to study your field is to concentrate on a very limited aspect of it in great depth. At Macalester, on the other hand, you may find that memorizing material is considered less important than synthesizing ideas from a variety of sources, and that a field of study can be approached by contemplating the works of a variety of scholars from different disciplines. It is important for you to realize that differences of this kind exist between the educational systems of the U.S. and other countries, and that in order for you to be academically successful, you will have to adjust your thinking. Whether or not you personally accept the values of the system, you will have to work in accordance with them to succeed in it.

INTERNATIONAL EDUCATION

As an international student at Macalester, you are an important part of this institution's efforts to create cross-cultural understanding and community. Macalester's internationalism is defined by this challenge: to create an ambience that requires our students and faculty to bring together the eternal quest for self-knowledge, constitutive of liberal education and the growing trans-nationalization of human life. Internationalism at Macalester aspires to encourage students to be confident in who they are, cognizant of the preciousness of creative intelligence, skillful in analyzing and understanding complex problems and willing to assume leadership in a multi-civilization yet trans-nationalizing world. The following programs and activities are among the key elements of Macalester's internationalism:

- International Student Programs serves the educational and personal development needs of its diverse international student body.
- The Kofi Annan Institute for Global Citizenship provides educational programming, activities, and funding in order to advance scholarship, personal and community development on a local, national, and international level, in an ethical manner.
- A significant percentage of the student body are international students and from as broad a representation of cultures and regions as possible.
- An academically rigorous interdisciplinary International Studies major.
- Area studies, including: American Studies, Asian Studies, French and Francophone Studies, German Studies, Latin American Studies, and Russian Studies.
- Majors in five foreign languages and in linguistics, as well as language houses for students of French, German, Japanese, Russian, Chinese, Arabic, and Spanish.
- The Macalester International Roundtable is held every October on campus. A community-wide intellectual forum, the Roundtable explores crucial global issues with students and prominent international scholars.
- Ongoing international student orientation through workshops focused on international and cross-cultural topics.
- Special courses offered by visiting international faculty under the auspices of the Macalester Visiting International Faculty Program, the Hubert H. Humphrey Professorship, and the Fulbright Scholar-in-Residence Program.
- The Center for Study Away offers opportunities to study abroad and within the U.S. Study abroad is allowed for all international students; however, you will only receive financial aid if required for a formally declared major. The approved majors that require study abroad are: Anthropology, Asian Studies, Chinese, Classics, French and Francophone Studies, German, Hispanic Studies, International Studies, Japanese, Latin American Studies, and Russian Studies. International students who major in International Studies may not use financial aid to study abroad except if they are approved to study on a Macalester program or if they are approved to participate in a Macalester exchange program. (Not all qualified students may be approved because of exchange balance requirements.)

You can find a great deal of information at the Macalester Center for Study Away website at: www.macalester.edu/studyaway/

INFORMATION ABOUT MINNESOTA

MINNESOTA

Macalester College is located in Saint Paul and is the the capital city of Minnesota. Saint Paul is across the Mississippi River from Minneapolis. The two cities are nicknamed the Twin Cities. The Twin Cities Metropolitan area, where nearly 60% of the state lives, has a population of 3.6 million. The state of Minnesota has a total population of 5.6 million. Minnesota is the 12th largest state in the U.S. by area, the 22nd most populous, and number 11 for per capita income. Minnesota, like most of the U.S., was home to numerous Native American tribes before White European settlers fought and executed many of them for the land. Minnesota was originally admitted as the 32nd state to join the Union on May 11, 1858. The state is named after the Minnesota River, a name that is believed to originate from the Dakota language, one of many Native American languages, that means sky-tinted water. The state has gained the nickname of the Land of 10,000 Lakes due to its abundance of natural lakes, which number over 15,000. The largest freshwater lake in the world, Lake Superior, lies on the eastern part of the state. The Mississippi River also flows through southeastern Minnesota, and is only about a 20 minutes walking distance from Macalester College. The state is also known as the North Star State and the Gopher State. It borders 4 other states: Iowa, North Dakota, South Dakota and Wisconsin. Minnesota, and especially the Twin Cities Metropolitan area, has much ethnic diversity, including large Latino/Hispanic, Hmong, Somali and Vietnamese communities.



MINNESOTAN AND FAMOUS

Ethan (1957-) and Joel (1954-) Coen - From St. Louis Park, this filmmaking duo is known for their films with complex plots and bizarre characters, such as *The Big Lebowski*, *Fargo*, and *No Country for Old Men*

Bob Dylan (1941-) - Songwriter and singer whose songs of protest made him a hero to the civil-rights and student movements of the 1960s, winner of the Nobel Prize for literature

F. Scott Fitzgerald (1896-1940) - Author, known for his novels *The Great Gatsby* and *Tender Is the Night*

Judy Garland (1922-1969) - Hollywood actress and singer

Jean Paul Getty (1892-1976) - American oil executive and financier

Josh Hartnett (1978-) - Actor

Hubert H. Humphrey (1911-1978) - U. S. Senator and Vice President (1965 - 1969); Democratic presidential candidate, 1968.

Jessica Lange (1949-) - Hollywood actress

Sinclair Lewis (1885-1951) - Author and winner of the Nobel Prize for literature; wrote novels such as *Babbitt*, *Elmer Gantry*, and *Main Street*

Charles A Lindbergh (1902-1974) - 20th century's first hero as the first solo transatlantic flyer

Charles H. Mayo (1865-1939) and William J. Mayo (1861-1939) - Physicians who founded the Mayo Clinic in Rochester, Minnesota

Walter Mondale (1928-2021) - 42nd Vice President of the United States (1977 -1980); Democratic candidate for president of the United States in 1984; Macalester alumnus

Tim O'Brien (1946-) Novelist and short story writer known for *The Things They Carried*; Mac alumnus

John Sargent Pillsbury (1828-1901) - Food products business leader: a leader in flour milling, he helped found the family company in Minneapolis in 1872

Prince Roger Nelson, aka Prince (1958-2016) - Innovative musician, singer, and actor known for his eclectic style and extreme popularity

Winona Ryder (1971-) - Actress (named after the city she was born in)

Charles M. Schulz (1922-2000) - Peanuts cartoonist

The Twin Cities (Saint Paul and Minneapolis)

GETTING AROUND - TAKING THE BUS OR LIGHT RAIL

Getting around by public transit is cheap and easy!

Destination	Time from Mac
MSP International Airport	40 minutes
The Mall of America	55 minutes
Rosedale Shopping Center	30 minutes
Midway	8 minutes
Downtown Minneapolis	40 minutes



To figure out which bus/train to take and the schedule, check www.metrotransit.org or Google Maps.

Bus/light rail fares (subject to change)

- Local fare - \$2.00 (\$2.50 during rush hour) plus additional fare for Express Bus
- Rush hour: Monday-Friday 6:00 - 9:00 a.m. & 3:00 - 6:30 p.m.

Subsidized Metro Transit passes and stored value refills are available at the Info Desk in the Campus Center. You can also get a semester/summer pass with unlimited rides for a fixed price.

Popular Things to Do

There's plenty to do in the Twin Cities! You can hang out at one of the many lakes, visit art museums, catch a concert or other live performances, go shopping, eat out at one of many restaurants or attend a parade or festival. It won't take long for you to find activities you enjoy, and identify new activities that aren't listed here.

Campus Activities and Operations also sells discount tickets at the Information desk on the first floor of the Campus Center for certain cinemas, theaters, and other events.

MOVIE THEATERS/CINEMAS

Grandview Theatre	1830 Grand Ave, St. Paul www.mantheatres.com/	+1 651 698-3344
Riverview Theatre	3800 42nd Ave. S, Mpls. www.riverviewtheater.com/	+1 612 729-7369
CMX at Mall of America	401 South Avenue, Bloomington www.cmxcinemas.com	+1 612 263-9302
Uptown Theatre	2906 Hennepin Ave., Mpls. www.landmarktheatres.com	+1 612 825-6006
Highland Theatre	760 S Cleveland Ave., St. Paul www.mantheatres.com/	+1 651 698-3085
AMC Rosedale 14	850 Rosedale Center, Roseville www.amctheatres.com	+1 651 604-9344

MUSIC

First Avenue	701 First Ave. N, Mpls. www.firstavenue.com	+1 612 338-8388
Orchestra Hall	1111 Nicollet Mall, Mpls. www.minnesotaorchestra.org	+1 952 371-5656
Ordway Center	345 Washington Street, St. Paul. www.ordway.org	+1 651 224-4222

THEATER

Fitzgerald Theater	10 E. Exchange St., St. Paul. www.fitzgeraldtheater.publicradio.org	+1 651 290-1221
Guthrie Theater	725 Vineland Place, Mpls. www.guthrietheater.org	+1 612 377-2224
State Theater	805 Hennepin Ave, Mpls. www.hennepintheatredistrict.org	+1 612 339-7007
Orpheum Theater	910 Hennepin Ave, Mpls.	+1 612 339-7007

ART

Frederick R. Weisman Art Museum	333 East River Rd., Mpls. www.weisman.umn.edu	+1 612 625-9494
Intermedia Arts	2822 Lyndale Ave S, Mpls. www.intermediaarts.org	+1 612 871-4444
Minneapolis Institute of Arts	2400 Third Ave. South, Mpls. www.artsmia.org	+1 612 870-3131
Walker Art Center	1750 Hennepin Ave. Mpls. www.walkerart.org	+1 612 375-7600

SPORT TEAMS

Basketball	Minnesota Timberwolves (Men) Minnesota Lynx (Women)	http://www.nba.com/timberwolves/ http://lynx.wnba.com/
Baseball	Minnesota Twins (Minneapolis) Saint Paul Saints (St. Paul)	http://minnesota.twins.mlb.com/ http://saintsbasketball.com/
Football/Soccer	Minnesota United FC	http://www.mnufc.com/
American Football	Minnesota Vikings	http://www.vikings.com/
Hockey	Minnesota Wild	https://www.nhl.com/wild

SPORT VENUES

U.S. Bank Stadium	401 Chicago Ave, Mpls. www.usbankstadium.com/	+1 612 777-8700
Target Field	1 Twins Way, Mpls. www.mlb.com/twins/ballpark	+1 612 659-3400
Allianz Field	400 Snelling Ave N, www.mnufc.com/stadium	+1 612 928-2400
Target Center	600 First Avenue North, Mpls. www.targetcenter.com	+1 612 673-0900

An excellent source of information on what is going on in the Twin Cities is City Pages, a free weekly newspaper you can find at most coffee shops and in the Campus Center. The City Pages lists current shows, reviews restaurants by category, features artists from or in the Twin Cities, etc. You can also go to www.citypages.com for more information.

Recommended Restaurants

ASIAN/MIDDLE EASTERN

Restaurant	Food Type	Price	Phone Number	Address
Peking Garden	Chinese	\$\$	+1 651 644-0888	1488 University Ave W, St. Paul, MN 55104
Tea House	Chinese	\$	+1 612 331-8866	2425 Univ. Ave. SE, Mpls, MN 55414
Sidewalk Kitchen	Chinese	\$	+1 612 379-9999	817 SE Washington Ave, Minneapolis, MN 55414
India House	Indian	\$\$	+1 651 293-9124	758 Grand Ave, St. Paul, MN 55105
Sole Cafe	Korean	\$\$	+1 651 644-2068	684 Snelling Ave N, St. Paul, MN 55014
Korea Tofu House	Korean	\$	+1 612 331-1112	307 SE Oak S, Mpls, MN 55414
Mirror of Korea	Korean	\$\$	+1 651 647-9004	761 Snelling Ave, St Paul, MN 55104
Peninsula	Malaysia	\$-\$\$	+1 612 871-8282	2608 Nicollet Ave. S. Mpls, MN 55408
Hong Kong Noodle	Pan Asian	\$	+1 612 379-9472	901 Washington Ave. SE, Mpls, MN 55414
United Noodles 'Unideli'	Pan Asian	\$\$	+1 612 721-6677	2015 E 24th St, Mpls, MN 55404
Pad Thai Grand	Thai	\$\$	+1 651 690-1393	1681 Grand Ave, St. Paul, MN 55105
On's Thai Kitchen	Thai	\$\$	+1 651 644-1444	1613 University Ave W, St. Paul, MN 55014
Bangkok Thai Deli	Thai	\$\$	+1 651 224-4300	333 University Ave W, St Paul, MN 55103
Everest on Grand	Tibetan-Nepali	\$	+1 651 696-1666	1278 Grand Ave., St. Paul, MN 55105
IndoChin	Vietnamese	\$	+1 651 690-2728	1702 Grand Ave, St. Paul, MN 55105
Trieu Chau	Vietnamese	\$	+1 651 222-6148	500 University Ave W, St. Paul, MN 55103

AFRICAN

Restaurant	Food Type	Price	Phone Number	Address
Flamingo	African, Ethiopian	\$\$	+1 651 917-9332	490 Syndicate St, St. Paul, MN 55104
Barbary Fig	African, Mediterranean	\$\$	+1 651 290-2085	720 Grand Ave, St. Paul, MN 55105
Fasika	Ethiopian	\$	+1 651 646-4747	510 Snelling Ave N., St. Paul, MN 55105

AMERICAN

Restaurant	Food Type	Price	Phone Number	Address
Blue Door Pub	Burgers	\$\$	+1 651 493-1865	1811 Selby Ave, St Paul, MN 55104
Neighborhood Cafe	Cafe	\$	+1 651 644-8887	1570 Selby Ave, St Paul, MN 55104
Cafe Latte	Cafe, Dessert	\$	+1 651 224-5687	850 Grand Ave, St Paul, MN 55105
Green Mill	Pizza, Wings	\$-\$\$	+1 651 698-0353	1342 Grand Ave, St Paul, MN 55105
The Cheese Shop	Sandwiches	\$\$	+1 651 698-3391	1573 Grand Ave, St. Paul, MN 55105
Brasa Rotisserie	Southern, Creole	\$\$	+1 651 224-1302	777 Grand Ave, St. Paul, MN 55105

EUROPEAN

Restaurant	Food Type	Price	Phone Number	Address
Brit's Pub	British	\$-\$\$	+1 612 332-3908	1110 Nicollet Ave, Mpls, MN 55403
Kramarczuk	East European	\$	+1 612 379-3018	215 E Hennepin Ave, Mpls, MN 55401
Salut	French	\$\$	+1 651 917-2345	917 Grand Ave, St Paul, MN 55105
Christos	Greek	\$-\$\$	+1 612 871-2111	2632 Nicollet Ave Mpls, MN 55408
The Naughty Greek	Greek	\$\$	+1 651 219-4438	181 Snelling Ave N, St Paul, MN 55104
Bar la Grassa	Italian	\$\$	+1 612 333-3837	800 N Wash Ave, Mpls, MN 55105
Black Sea Restaurant	Turkish, Mediterranean	\$	+1 651 917-8832	737 Snelling Ave, St Paul, MN 55104
Shish	Mediterranean	\$\$	+1 651 690-2212	1668 Grand Ave, St Paul, MN 55105

If you are looking for more restaurant or business recommendations, Yelp is a great resource to use. Yelp has both a website at www.yelp.com and a mobile app. It features user reviews and recommendations for businesses, with restaurants being a particular focus. Yelp is a great resource to check when you are looking for somewhere new to eat!

Shopping

GROCERY STORES

Target

Pharmacy & Optician Available
1300 University Ave, St. Paul, MN 55104
+1 651 642-1146 www.target.com

Cub Foods

1440 University Ave., St. Paul, MN 55104
+1 651 646-1003 www.cubfoods.com

Kowalski's

1261 Grand Avenue, St. Paul, MN 55105
+1 651 698-3366 www.kowalskis.com

Whole Foods

1575 Selby Ave, St. Paul, MN 55104
+1 651 690-0197
www.wholefoodsmarket.com

Shuang Hur Supermarket

654 University Ave, St. Paul, MN 55104
+1 651 251-2196

Sun Foods

544 University Ave, St. Paul, MN 55104
+1 651 209-9370

OFFICE PRODUCTS & SERVICE

Fedex

58 Snelling Avenue S, St. Paul, MN 55105
+1 651 699-9671 www.fedex.com

Office Max

1490 W. University Ave, St. Paul, MN 55104
+1 651 659-9020 www.officemax.com

TECHNOLOGY

Best Buy

1643 County Road B2, Roseville, MN 55113
+1 651 746-0538 www.bestbuy.com

Apple Store

1010 Rosedale Shopping Center, Roseville,
MN 55113
+1 763 656-5010 www.apple.com/retail

MALLS

Mall of America

60 East Broadway, Bloomington, MN 55425
www.mallofamerica.com

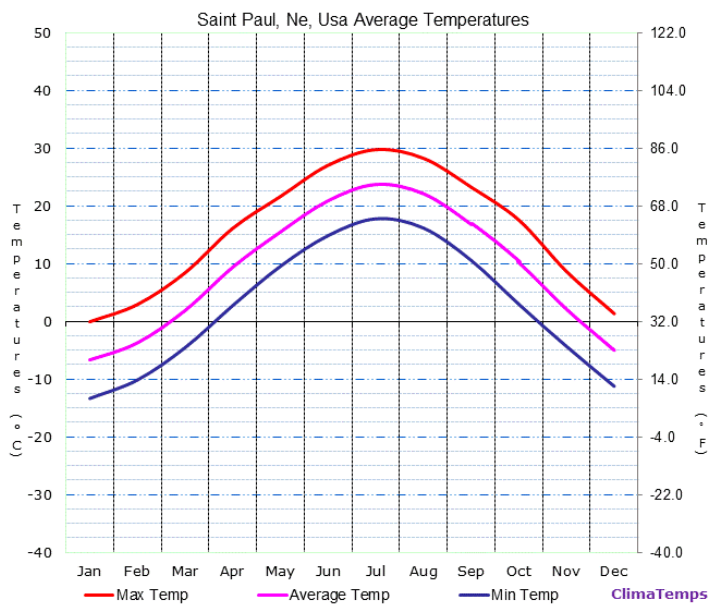
Rosedale Center

Rosedale Shopping Center, Roseville, MN
55113 www.myrosedale.com

Other Useful Information

SAINT PAUL WEATHER

Month	Average High (°F/°C)	Average Low (°F/°C)	Mean (°F/°C)	Record High (°F/°C)	Record Low (°F/°C)
January	26/-3	7/-14	17/-8	59/15 (1944)	-34/-37 (1970)
February	31/-1	12/-11	22/-6	64/18 (1896)	-33/-36 (1899)
March	43/6	24/-5	34/1	83/28 (1986)	-32/-36 (1962)
April	58/15	38/3	48/9	95/35 (1980)	2/-17 (1962)
May	71/22	50/10	61/16	106/41 (1934)	18/-8 (1967)
June	80/27	59/15	70/21	104/40 (1934)	33/1 (1945)
July	85/29	64/18	75/24	108/42 (1936)	43/6 (1972)
August	82/28	62/17	72/22	103/39 (1947)	39/4 (1967)
September	73/23	53/12	63/17	104/40 (1931)	26/-3 (1974)
October	59/15	41/5	50/10	90/32 (1997)	10/-12 (1925)
November	42/6	27/-3	35/2	77/25 (1933)	-17/-27 (1964)
December	29/-2	13/-11	21/-6	68/ (1998)	-29/-34 (1983)



Conversion °F to °C

Subtract 32 from the temperature measurement, then divide by 1.8.

Conversion °C to °F

Multiply the temperature measurement by 1.8 and then add 32.

TIP: 28°C is approximately 82 °F.

ELECTRIC CURRENT

The standard U.S. current is 110 volts, 60 cycles alternating current (A.C.). Appliances running on 220-240 volts will not work in the U.S. Most appliance or hardware stores in metropolitan areas carry current-conversion kits that will work on appliances. You may also bring such voltage converters from home. Note also that U.S. uses 2 or 3-prong electrical plugs that might be different from your country.



U.S. AMERICAN COINS

There are specific terms for different US coins as indicated below. The quarter can have different designs on the backside (the side with the eagle) that represent the fifty U.S. states or national parks within the states. Half dollar (50¢) and dollar coins are not commonly used. One hundred cents is 1 USD (\$1).



1¢	5¢	10¢	25¢	50¢	\$1
Penny	Nickel	Dime	Quarter	Half-dollar	Dollar

HOW TO WRITE A CHECK

When you open a U.S. bank account, you will be able to write checks. Checks are commonly used to pay certain bills where cash may be inconvenient (particularly if it is a large sum). Students frequently use checks to pay their Macalester bill or other bills associated with living off campus (rent, electricity, internet, etc.).

Pay attention to the following (numbers referenced come from above image):

- The amount written numerically after the \$ sign: it should read \$25.00
- The amount written in words: it should read "Twenty-five and xx/00". Many people will then draw a line to the preprinted "dollars" to discourage alteration. In the case of a dollar amount that is not a whole number, you would write the fractional equivalent of the cents, e.g. 25/100.

- A. Your name and address
- B. The check number
- C. Enter the month and date.
- D. Write the name of the person or company who's receiving the money.
- E. Write the amount, including dollars and cents (i.e. \$25.00)
- F. Write out the amount in long form (i.e. "twenty-five and xx/00"). Note that you do not need to use the words "dollars" or "cents."
- G. Write a short memo to remind you of what you are purchasing.
- H. Sign your name here.
- I. Your bank's routing number.
- J. Your bank's account number.

APPENDIX

1. Acknowledgments

The ISP professional and student staff collectively edited the *International Student Handbook*. Bruce Gawtry, Macalester's former immigration specialist, spirit lives in the government regulations. The world's best student staff was never shy with their suggestions. The ISP Lair's student workers are Andrea Liu (China/USA '22), Healeam Jung (South Korea '22), Wenyang Ding (China '22), Alexander Hopkins (USA '22), (Emma Page (USA '21), Likhwa Ndlovu (Zimbabwe '21), Kamelia Drenkova (Bulgaria '20), and Gary Huang (USA '20). Of course, we would never have finished the handbook if we did not stand on the shoulders of past Lair giants who edited *ISH* over the years and are now up to bigger and better things. Those students were Mark Sorenson (USA '02), Natalie Mettler (Switzerland '03), Derrick Fernando (Sri Lanka '06), Na Yeon Oh (Korea '07), Katlo Manthe (South Africa/Botswana '08), and Kristina "Peanut" Doan (USA '10). We're also grateful to all the great but sassy International Student Programs Assistants over the past eighteen years who would tell us about all of the Handbook's problems: Eleni Messiou (Cyprus '03), Andrea Purdekova (Slovakia '03), Ai Li Ang (Malaysia '05), Anyas Sumchenko (Ukraine '05), Jun Sasaki (Japan '08) and Pål Robson (Norway '10), Gerbrand "Number 2" Hoogvliet (Netherlands '11), Marissa Leow (Singapore '11), Feifei Zuo (China '11), Lkhagvajarg "Lhawa" Yondonjamts (Mongolia '11), Even Kvelland (Norway '12), Shahar Eberzhon (Israel, '12), Amy Janett (USA '14), Emily Horecki (USA '15), Alexa Peters Posner (USA '16), Jake Speirs (USA '16), Siyan Zhang (China '17), Merrit Stüven (Germany '17), Dongmin Park (South Korea '18), Paul Chery (USA/France '18), Yaqing Lan (China '19), Pietro Tardelli Canedo (Brazil '19), Ruotong Wang (China '19), Aman Rai (India '19), Julia Fritz-Endres (USA '19) Rina Morisawa (Japan '20), Kami Drenkova (Bulgaria '20), Gary Huang (USA '20), Emma Page (USA '21), and Likhwa Ndlovu (Zimbabwe '21). Finally, thanks to Luyen Phan and Kara Warren for always having my back even when I don't know I'm falling, and for all the support we receive from the AVP Dean of Students DeMethra Bradley and the Vice President of Student Affairs Donna Lee.

Aaron C. Colhapp

Director of International Student Programs, June 2021

ISP AND MACALESTER STUDENT EMPLOYMENT AWARDS OVER THE YEARS

Co-Huang Employees of the Year: Emma Page, Likhwa Ndlovu

Co-Huang Employees of the Year: Page, Ndlovu, Hopkins, Ding, Jung, Liu, Morisawa, Drenkova and Huang

Stüven and Zhang Employee of the Year: Gary Huang (2018)

Chery and Park Tax Tutors of the Year: Aman Rai and Ruotong Wang (2018)

Alexa Peters Posner Employees of the Year: Merrit Stüven and Janice Zhang (2017)

Jake Speirs Tax Tutors of the Year: Paul Chery and Dongmin Park (2017)

Emily Horecki Employee of the Year: Alexa Peters Posner (2016)

Simon Sanggaard Tax Tutor of the Year: Jake Speirs (2016)

Macalester Student Employee of the Year Award: Emily Horecki (2015)

Amy Janett Employee of the Year Award: Emily Horecki (2015)

Yulun Li Tax Tutor of the Year Award: Simon Sanggaard (2015)

Shahar Eberzhon Employee of the Year Award: Amy Janett (2014)

Marissa Leow Employee of the Year Award: Shahar Eberzhon (2012)

Kristina "Peanut" Doan Employee of the Year Award: Marissa Leow (2011)

Gerbrand "2" Hoogvliet Employee of the Year Award: Kristina "Peanut" Doan (2010)

Macalester Student Employee of the Year Award: Kristina "Peanut" Doan (2009)

Katlo Manthe Employee of the Year Award: Gerbrand "2" Hoogvliet (2009)

Na Yeon "O" Oh Employee of the Year Award: Katlo Manthe (2008)

Derrick Fernando Employee of the Year Award: Na Yeon "O" Oh (2007)

Anyas Sumchenko Employee of the Year Award: Derrick Fernando (2006)

Macalester Student Employee of the Year: Ai Li Ang (2005)

Mark Sorenson Employee of the Year Award: Anyas Sumchenko (2005)

Mac Outstanding Student Employee of the Year Awards: Eleni Messiou (2003), Natalie Mettler (2003)

2. Glossary of Useful College Terms

TERM	DEFINITION
Academic Advisor	A faculty member who guides a student in their course selection and other academic decisions.
Academic Year	The period of time during which formal instruction is offered, lasting from September to May. The period from June through August is not generally considered part of the academic year, even if summer sessions are held.
ACTC	Associated Colleges of the Twin Cities, see consortium.
Alumni	Those who have graduated from an institution.
Annan IGC	The Kofi Annan Institute of Global Citizenship (Annan IGC) promotes learning, scholarship, and service focused on civic engagement and global leadership locally, nationally, and internationally.
Audit	To attend a course for purposes of obtaining information only and not to receive a grade. No credit is given for an audit. Consult the college catalog for the procedures to follow to register for an audit.
Bachelor's Degree	A degree awarded by a four year college or university.
Bursar	The person to whom a student pays tuition and fees.
(Academic) Calendar	The formal schedule of academic year events. Includes examination periods, registration periods, and school holidays.
Call Number	The code on each library book that separates the books by field.
Campus	The physical grounds and buildings of the institution.
Career Exploration	Career Exploration helps students and alumni find internships, employment and graduate schools. They also have a resource library which is available to anyone. The Olin-Rice Hub is an extension of Career Exploration that particularly specializes in helping STEM majors.
Catalog	A book describing an institution's courses, regulations, fees, tuition, faculty, location, entrance and other academic requirements, etc.
Chaplain	Macalester's primary chaplain is an ordained Presbyterian minister. Worship services are held regularly at Weyerhaeuser Memorial Chapel for students who choose to go. Macalester also has associate chaplains who serve the Buddhist, Catholic, Jewish, and Muslim faiths.
Class	It can refer to a course of instruction (i.e. English class); it can refer to a group of students taking a particular course together (i.e. a class of English students); or it can mean all the students who are in the same year of study (i.e. the first year class).

TERM	DEFINITION
Commencement	The ceremonies held upon completion of a student's studies, also graduation.
Concentration	Not a major or minor, concentrations allow students to analyze themes, approaches, and geographic areas that cut across departments and fields, usually in 5-8 courses.
Conditional Admission	Colleges might accept some students who do not meet admission standards on the condition that they meet those standards soon after they enroll (for example, students may be told they need to attain a higher level of English proficiency).
Consortium	Colleges which have joined together to make their courses available to all students. Macalester belongs to Associated Colleges of the Twin Cities (ACTC) with Augsburg College, Hamline University, St. Catherine University, and University of St. Thomas.
Counselor	Professional psychologist trained to serve persons experiencing academic, interpersonal or psychological problems. Free and confidential counseling sessions are available at the Hamre Center for Health & Wellness.
CPT	Curricular Practical Training is employment permission granted to degree-seeking students after they have completed 1-year of academic study at Macalester for internship, research position or other off-campus employment. Student has to register for academic credit in course related to their major.
Credit	A unit (generally numerical) given to students who have successfully completed a course. A student must earn 128 semester hours before they will be allowed to graduate. International students must register for at least 12 credits a semester to maintain their student status.
Credit by Examination	Macalester will allow students to gain credits without taking a course if they are successful in passing an examination which covers material presented in the course; there is a fee for this option.
Curriculum	The course of study offered.
Dean of Students	The Dean is responsible for student affairs at the College.
Dormitory	Also referred to as dorm or residence hall; a building on campus used to house students.
Drop/Add	Dropping a class or changing classes during the term. See the handbook for specific information regarding drop/add procedures.
Elective	A course students may choose to take which is not part of the required curriculum.
Exam schedule	Final exam periods can be found at the Macalester's Registrar's website. Go to www.macalester.edu/registrar/ to learn more.
Faculty	The group of professors and instructors who make up the teaching staff of an institution.
First Year Student/ Freshman	An undergraduate student in their first full academic year. May also be used to classify a student in the first year of high school.
Full Course Load	The minimum number of courses a student must take to be considered a full-time student. International students must take three courses per term (12 credits) to be considered full-time. Most students take four courses per term (16 credits).

TERM	DEFINITION
Grade	A grade refers to the letter given to evaluate that student's performance on an assignment, examination, or the entire course.
Grade-Point Average (GPA)	An average grade (numerical) which is derived from a formula which takes into account grades received and the number of credit hours for each course taken.
Graduate	Graduate can refer to (1) the level of study beyond the baccalaureate; (2) to a person who has successfully completed high school or college, and (3) used as a verb to describe the act of receiving a high school or college diploma.
Graduation	see Commencement
Hall Director	The Hall Director is responsible for the residence halls. Each dormitory has its own Hall Director who oversees the dormitory, works with the R.A.s (see R.A.) to plan events and handles problems that are too big for the R.A.s to manage (this is rare).
Hamre Center/ Health & Wellness	Medical assistance and a variety of wellness resources are available at the Hamre Center for Health & Wellness.
Humanities	The branch of learning which constitutes the backbone of the liberal arts education. The Humanities include languages, history, literature, and philosophy.
International Student Programs Director	A staff member (Aaron Colhapp) who is qualified to counsel international students on visa and immigration rules, as well as a wide range of cultural and personal matters (i.e. adjusting to life in the U.S.). You can also see the Assistant Director, Luyen Phan, or the Coordinator, Kara Warren, when Aaron is not available.
Junior	An undergraduate student in their third full year of college. May also be used to classify a student in the third year of high school.
Leave of Absence	A leave of absence is granted for a specific period of time to any student who applies to leave Macalester for personal reasons or for the purpose of attending another institution. Refer to the College Catalog, Dean of Student's Office, and ISP. Please talk with ISP if you are considering Leave of Absence
Leonard Center	The building containing the athletic facilities, including a swimming pool, basketball and racquetball courts, an indoor track, and a weight room.
Loan(s)	Money borrowed but required to be repaid within a specific time period.
Macalester College Student Government (M.C.S.G.)	M.C.S.G. controls funds for student organizations and publications and also represents the student body when the administration makes decisions. Elections for M.C.S.G. are held about twice a year.
Mac Weekly	The college newspaper, which comes out every Friday.
Major	The field or subject which a student has chosen as his or her principal area of study, i.e. mathematics, economics, anthropology, biology, art, French. Students may have more than one major.
Max Center	Serves students who experience difficulty with their studies or desire to improve their study skills and habits. Tutors and professional staff work with students on a one-to-one basis or in groups on subjects such as concentration, note -taking, effective study methods, test taking, time management, reviewing papers, and homework help.
Minor	A subject or field which a student has chosen as an area of study secondary to their major(s). Students may have more than one minor.

TERM	DEFINITION
OPT	Optional Practical Training. Employment based authorization granted to F-1 students normally after they graduate for period of 12-months, and for those in STEM (Science Technology Engineering Mathematics) and additional 24-month of employment may be authorized in a field related to their major.
“PC” (Politically Correct)	A loosely defined term which refers to popular political thought at Macalester. Most of the students are politically liberal but are open to listening to and discussing issues with other points of view. This can be a good way to clarify your beliefs as well as spark discussion.
Petition	A method by which students may request a change in academic rules and policies, for example changing an NC to a drop or to a W (withdraw), or adding a course after the determined deadline. It is wise to consult with your academic advisor first.
Preceptor	A student who helps a professor plan, teach, and grade a course for credit. Oftentimes, the preceptor has already taken the course and helps students in the class with their assignments.
Prerequisite	A course that a student must complete before being permitted to enroll in another course.
President	The person in charge of overseeing the College and providing vision and l
Provost	The person in charge of academic affairs.
Quiz	Short test, sometimes given without advance notice.
Registrar	The person at the college or university who is responsible for student enrollment (and academic) records. Consult with the Registrar’s Office about transferring credits from other institutions.
Registration	The process of choosing a program of courses for the semester and having it approved that occurs each term.
Requirements	Courses that must be taken in order to graduate with a particular major or degree.
Reserve	When a book is on reserve, it means that the book cannot be removed from the Library, and generally can only be borrowed for a short period of time. This is usually done when the library has only a few copies of a book that is required reading for a particular course.
Resident Assistant (RA)	A student who lives in the residence hall and is available to help residents with living arrangements and other school-related questions.
RSVP	This French term (repondez, si'l vous plait), meaning please respond, is often listed on invitations. Tell the host/hostess if you can or cannot attend the event, so that they can prepare for it adequately.
Scholarship	Also called a grant; this money does not have to be repaid (loans must be repaid). Scholarships for international students are generally based on financial need as well as academic merit.
Semester	One of the two terms (grading periods) in an academic year. A semester usually lasts from thirteen to fifteen weeks.
Senior	An undergraduate student is their fourth full year of college. Can also be used to designate a student in the last year of high school.

TERM	DEFINITION
Social Security Number (SSN)	A number assigned by the United States government to U.S. citizens as well as noncitizen who are authorized to work. SSN is required for all international students who wish to work in the U.S. Many application forms request that students list their SSN or SS card, which may then become a form of identification number.
Sophomore	An undergraduate student in their second full academic year. Can also be used to designate a student in the second year of high school.
Student Post Office (S.P.O.)	Students receive mail in their S.P.O. [noun], located in the lower level of the Campus Center. This word (spo) is also used as a verb, e.x. I'll spo it to you (I'll send it to your student p.o. box).
Syllabus	A course outline prepared for students by the professor.
Take-Home Exam	These are similar to homework assignments; students are given a question or a number of questions to answer within a specific number of days. To justify the length of time afforded, a high quality of work is expected. As with term papers, all non-original sources and material used or referred to should be acknowledged in footnotes/citations and a bibliography.
TOEFL	Acronym for "Test of English as a Foreign Language". Scores from this test are very often used to determine the admissibility of international students or the level at which the students should be placed in English-language courses. Some students take the IELTS (International English Language Testing System) test instead.
Transcript	The official record of a student's courses and grades. Students may request copies from the Registrar's Office at \$5.00 per transcript.
Tuition	The cost of the academic program undertaken. Tuition must be paid before each term or for a full academic year.
Tutor	A private teacher who assists students outside normal classroom periods. Tutors are available at the Max Center.
Undergraduate	This is you! The general definition is that of a college student aiming to complete a bachelor's degree.
Withdrawal	Exiting a class before the end of the term; see the handbook regarding the rules for withdrawal.
WMCN	Macalester's student-run radio station (91.7 FM).
Zip Code	A five or nine-digit number used in an address when sending mail to or within the U.S., also known as postal code in other parts of the world. This number aids the post office in delivering mail. Macalester's zip code is 55105-1899.

3. Where are they now?

Notes on former Mentors and ISP student workers since Aaron Colhapp has been at Macalester.

NAME	COUNTRY	CLASS	WORK/GRADUATE SCHOOL
Fred Swaniker	Ghana	1999	McKinsey and Company, South Africa; Stanford University, MBA; Founder and CEO of African Leadership Academy; Co-founder and CEO; African Leadership Network; Founder and CEO; African Leadership University; 2019 TIME Magazine's 100 Most Influential People.
Kate Braband	USA	2000	Alliance Française, Luthern World Relief (Africa); MPH Emory University; UN Program Consultant, Bangkok, Thailand; Deputy Director for Technical Support at Lutheran World Relief; Senior Associate Director of Development at The Carter Center, Atlanta, GA
Takara Matsuu	Japan	2000	Partner, Social Impact Measurement & Evaluation Professional, Fundraising at ARUN LLC; UN Habitat, Japan; Kyushu Univ, Research Asst; LSE -- Masters in NGO Management; Hottokenia, Sekai no Mazushisa Media Officer; Goldman Sachs, Corporate Social Responsibility, Tokyo; Fukuoka Urban Laboratory; Fukuoka Directive Council (Fukuoka D.C.); Editorial Office, Medical Journal, Graduate School of Medicine, Kurume University
Diwakar Thapa	Nepal	2000	Merrill Lynch; Molson Coors; Director of Corporate Finance at GATX Corp.
Hiam Abbas	Pakistan	2001	Saloman, NYC; LSE, Masters International Affairs; Refugee Transitions; World Bank, Pakistan; World Bank, NY
Jeronimo Arellano	Ecuador	2001	NYU Law School; Cambridge University; Stanford University, Comp. Lit PhD; UC-Riverside; Prof of Latin American Lit and Culture, Brandeis University, MA
Andre DeMarce	USA	2001	Specialist at U.S. Bank; George Washington Univ, Elliott School, Masters Security Policy St; Terrorism Research Center, Asst. Dir. Intelligence and Analysis; MENA Regional Team Mngr and Intelligence Analyst at iJET Intelligent Risk Systems; Instructor at Terrorism Rsrch Center; Security Intelligence Analyst at Mall of America; Director, Threat Intelligence Services; AML/BSA Specialist - AML Intelligence Department
Harmony O'Rourke	USA	2001	Harvard University, PhD, African History; Chemonics International Inc.; Professor of African History at Pitzer College
Tafadzwa Pasipanodya	Zimbabwe	2001	Princeton University, MPA; NYU Law School; Open Society Foundations, NYC; CARE International, NYC; International Center for Transitional Justice, NYC; Open Society Foundations, NYC; Doctors of the World/Medecins du Monde, NYC; UN, International Criminal Tribunal for Rwanda, Tanzania; Human Rights Watch, NYC; Attorney at Foley Hoag LLP, NYC; Partner, International Litigation & Arbitration at Foley Hoag LLP, Washington, DC
Tazreena Sajjad	Bangladesh	2001	American University, Masters International Peace and Human Rights; Global Rights, Washington, D.C. and Kabul, Afghanistan; AU School of International Service, PhD; Program Director at Center for Peace Building Int'nl, Washington, D.C.; Professor, Transitional Justice, Human Rights and Conflict, Post-Conflict Reconstruction, International Politics; Senior Professorial Lecturer at SIS, American University
Jon Erik Schonheyder	Norway	2001	US Bank, Minneapolis, MN; Oppdal Booking (family business) Norway

Anushka (Shevde) Arellano	India	2001	Medtronic, Minnesota and California; Medtronic, London; University of California Berkeley, MBA; Medtronic, Santa Rosa, CA; Medtronic Boston, MA; Allergan, Boston; Senior Director Human Resources at TESARO Inc., Waltham, MA; HR Leadership & Strategy Consultant at HAVEN human asset ventures, Arlington, Massachusetts
Wanda Troszczyńska	Poland	2001	LSE, Organization for Security and Cooperation in Europe in Kosovo; Human Rights Watch; Directorate-General for External Policies, European Parliament
Nilhan Ulusoy	Turkey	2001	Piper Jaffrey; Northwestern University, Kellogg School, MBA; Lehman Brothers NYC; Investment Banking, London; Vice President, Citibank, Turkey; Director at MB Advisory, Istanbul, Turkey; Director of Strategic Planning and Business Development at Metcap Energy Investments, Istanbul, Turkey; CFO at Metcap Energy Investments, Istanbul, Turkey
Stephano Cavatto Vieira	Brazil	2001	Brazilian Embassy, Washington, D.C.; Translator Spain and Portugal; FAO(UN) Brazil; Interpreter, European Commission, Brussels; Interpreter, European Parliament, Brussels; Freelance Interpreting - Portuguese, English, German, Italian, French, Spanish, Brussels
Mirei Yamagata	Japan	2001	Mixed Blood Theater, Minneapolis; Corporate Language Trainer, Phoenix Associates; Ibis Associates, Tokyo; Dancer/Choreographer, Tokirotamago, Tokyo; Writer/ Digital Content Developer/Voice Actor/ Interpreter/Translator/Japanese SEO specialist/Script writer Tokyo, Japan
Jan Jamrich	Slovakia	2002	Principal at The Boston Consulting Group, Boston, MA; Microsoft, Seattle; MBA Harvard; Boston Consulting Group; CEO & Founder at Stealth Stage Startup, Boston, MA; CEO & Founder at Entromy Greater Boston Area
Rino Koshimizu	Japan	2002	DISCO International, New York; BJ Labo Tokyo, Japan; attended school for International Training, Product Marketing at Bulgari, Tokyo; Vendor Manager at Amazon Japan
Isra Muzaffar	Palestine	2002	University of Minnesota, MA, Political Science; Palestinian Monitoring Group; UN- OCHA, Jerusalem; Head of Field Office at Central West Bank at UN Office for the Coordination of Humanitarian Affairs
Beth Neitzel	USA	2002	Fulbright Fellowship in Columbia; UC-Berkeley, PhD, Political Science; Stanford Law School, JD; Law Clerk at U.S. Court of Appeals for the D.C. Circuit; Associate at WilmerHale, Washington D.C.; Law Clerk at WilmerHale, Washington D.C.
Katie Nelson	USA	2002	University of California - Santa Barbara, MA, Sociocultural Anthropology; University of St. Thomas, MA E-Learning; Riverland College, Anthropology Instructor; Inver Hills Community College, Professor of Anthropology
Ekaterina Petrova	Bulgaria	2002	London School of Economics and Political Science, Masters in European Politics; Writer, Editor & Translator, BalkanTravellers.com, Sofia, Bulgaria; Freelance Journalist, https://groundbeneathmyfeet.wordpress.com/
Anne Poduska	USA	2002	Cornell University, PhD, Chemistry; American Assn for the Advancement of Science, Senior Program Asst,D.C.; International and Graduate Student Career Advisor, Cornell, NY; Associate Director, Engineering Learning Initiatives at Cornell University, Ithaca, NY

Bimbika Sijapati Basnett	Nepal	2002	London School of Economics and Political Science, MSc and PhD, Development Studies; Non-Profit Organization Management, Cambridge, UK; Social Scientist at CIFOR - Center for International Forestry Research, Cambridge, United Kingdom
Mark Sorenson	USA	2002	The Hague; TomTom, Amsterdam; Tree House Inc, Hastings, MN
Noel Stave	Sri Lanka	2002	University of St. Thomas, MBA, Finance; Board Member and Treasurer at Ragamala Dance, Minneapolis, MN; COO at RBC Correspondent Services & RBC Advisor Services, Minneapolis, MN
Chris Curran	USA	2003	UC Hastings Law School, JD; CELAS Maya, Guatemala; Educator, Legal Services for Children; Immigrants' Rights Attorney at Law Office of Fernando Quinones, San Francisco, CA; Co-founder of Project Victoria; Research Fellow at The Fulbright Program, Bulgaria
Khaled Habayeb	Jordan	2003	Columbia University, MBA; J.P. Morgan, Executive Director, Equity Capital Markets, NYC; Executive Director at UBS Investment Bank, New York, NY; Foundation Medicine, Director of Investor Relations, Cambridge MA; Managing Director at UBS Investment Bank, NY; Managing Director, Biotechnology Investment Banking at Deutsche Bank, Greater New York City Area
Ruchira Jha	India	2003	Harvard Medical School, MD; Physician at Massachusetts General Hospital
Eleni Messiou	Cyprus	2003	University of Minnesota, MA, Public Policy; Elderberry Institute, St. Paul; Intercontinental Aphrodite Hills Resort, Cyprus; Quality Assurance and Development Manager at Hotel ICON, Hong Kong; Founder and Marketing Manager at Levant Foods Ltd
Natalie Mettler	Switzerland	2003	Boston University, PhD, African History
Andrea Purdekova	Slovakia	2003	Johns Hopkins SAIS, MA; University of Oxford, MSc and PhD; World Bank, Consultant on Post-Conflict Reconstruction, Washington, D.C.; Lecturer in African Politics, University of Oxford; Associate Professor/Senior Lecturer in Conflict and Security at University of Bath
Zia Tayebjee	Australia	2003	University of New South Wales, Office of Overseas Studies Program; Child Protection, Sydney, Australia
Kwame Yankson	Ghana	2003	Actuary, NYRAG, New York; HSBC, London, UK; Postdoctoral Research Fellow Teaching and Learning Specialist, Ann Arbor, Michigan
Harris Aqeel	Pakistan	2004	Analyst at Avant Energy, Minneapolis; Senior Analyst at Analysis Group; Associate Intern, Strategy Group at the International Finance Corporation; Associate at Analysis Group, Deputy Director of Analytics at Catalist LLC, Washington DC; Director of Analytics and Data at League of Conservation Voters, Washington DC
Giang Ho	Vietnam	2004	Economics Analyst at Federal Reserve Bank of St. Louis; Graduate School in Economics at University of California Los Angeles, Los Angeles, CA; Economist at International Monetary Fund, Washington D.C., USA

Rena Karypidou	Greece	2004	Administrator at Chatham House; Assistant - Financial Analysis Department, Black Sea Trade and Development Bank; U.S. Development Associate - Office of Institutional Advancement at The American Farm School; Annual Fund Coordinator and U.S./Greek Summer Admissions Coordinator at The American Farm School; Business Owner at The School Bus - Institute of Languages, Panorama, Greece
Larry Lo	Taiwan/Japan	2004	MD/PhD from Yale University Medical School; Assistant Resident in Neurosurgery at Johns Hopkins Medical Center; Assistant Professor of Neurological Surgery at Columbia University College of Physicians and Surgeons, NYC
Andrew Musoke	Uganda	2004	Accountant at Assurant; Senior Accountant at United Health Group; Financial Analyst at Clinton Foundation; Interim Director of Budgeting and Reporting at Clinton Health Access Initiative; Director of Accounting and Administration at Clinton Health Access Initiative; Senior Director of Global Finance Operations at Clinton Health Access Initiative; Country Director at Clinton Health Access Initiative
Tomas Peshkatari	Albania	2004	Vice President at the First Reserve, Greenwich, CT; Analyst at the Credit Suisse First Boston; Vice President at Carlyle Group, NYC; Director, Global Energy & Power Infrastructure, NYC
Rohith Piyaratna	Sri Lanka	2004	Vanderbilt University Medical School; Stanford University Medical Center; Anesthesiologist in Sacramento, CA
Tanzeen Syed	Bangladesh	2004	Investment Banking Analyst at J.P. Morgan, San Francisco; Associate at General Atlantic, New York; Vice President at General Atlantic; Vice President at Great Hill Partners, Boston, MA; Board Director at momondo, London, UK; Director of Technology Growth Investments at Temasek, New York, NY; Board Director at Wish; Board Director at Poshmark; Board Director at ClassPass; Board Observer at Sprinklr; Board Director at Sound Cloud; Managing Director at General Atlantic, NYC
Izumi Tsurumi	Japan	2004	Upper School Science Teacher at American School of Yaounde (Cameroon) and International School of Shanghai; Masters of Education in International Education Policy at Harvard University; Curriculum Developer/Program Evaluator at Human Rights Education Associates; Education Consultant at Save the Children in Vietnam; S.E. Asia Literacy Instruction Fellow at Room to Read; Biology, Mindful Self Discipline, Leadership Program Coordinator, UWC ISAK, Japan
Rahma Adam	Tanzania	2005	Harvard School of Government, Masters in Public Policy; Ph.D. in Rural Sociology at Pennsylvania State University; Graduate Fellow at the International Potato Center; Research Associate for Gender and Technology Adoption in Agriculture at the World Bank; World Bank Group Fellow at The World Bank; Gender and Development Specialist at International Maize and Wheat Improvement Center (CIMMYT), Kenya
Ai Li Ang	Malaysia	2005	Fellow at Kiva Microfinance; Consultant at Deloitte Consulting; Consultant in Monitoring and Evaluation, Education Project at The World Bank; Intern in SMB Revenue Development at Google, Singapore; Masters in Business Administration from INSEAD; Planner in Supply Demand Management at Apple; Manager in APAC Supply Demand Management at Apple; Supply Chain Planning & Operations, Denver, Colorado
Sayaka Araki	Japan	2005	Study Coordinator at Iberica Inc, New York, NY

Jerry Darko-Appianti	Ghana	2005	Masters in Electrical Engineering from University of Southern California; Quantitative Analyst on Fixed Income Research at Countrywide Capital Markets; Masters in Applied Finance from Pepperdine University; Private Equity Analyst at The Gores Group; Founded nonprofit: Play Just Like You; Technology Investment Banking at Morkan Keegan Technology Group, San Francisco; Advisor at YetiZen; Technology Investment Banking at Raymond James Financial Inc., San Francisco, CA; Technology Investment Banking at William Blair, San Francisco, California
Rohini (D'Silva) Chojnacki	India/USA	2005	Office of The Comptroller of Currency, Asst. nat'l bank examiner, NYC; MBA, Univ. of Michigan; William Davidson Institute Fellow at TechnoServe, India; Impact Project Lead at Kiva Microfinance, Detroit; Small Business Sales Strategy and Client Experience at Bank of America Merrill Lynch, Chicago, IL; Portfolio Management Officer, Nonprofit Finance at Bank of America Merrill Lynch
Omar Fernandes	India	2005	Dakota Communities, Inc., Minnesota; University of Minnesota, MPH; Research Project Manager at Health Partners Research Foundation, Minneapolis; MS in Physicians Assistant Studies, Augsburg University; Health Partners
Carlos Gonzalez	Guatemala	2005	Senior Analyst at Analysis Group, Boston; MBA in Energy and Finance from UC Berkeley School of Business; Intern at Bloom Energy; Independent Consultant at Firelake Capital Management; Associate- Energy Procurement at Pacific Gas and Electric, San Francisco; Manager - Corporate Finance at Pacific Gas and Electric Company; Principal - Electric Operations, Pacific Gas and Electric Company; Grid Services Sales Lead for the Americas at Tesla, NYC
Arda Kuran	Cyprus	2005	Masters in International Security at University of Bristol, UK; Masters in European Political and Administrative Studies at College of Europe; Political Affairs Officer at U.S. Department of State, US Embassy in Nicosia; Consultant at Accenture (European Centre for Government Transformation, Brussels; Account Manager at GPlus Europe, Brussels; Child Protection Officer at UNICEF; Child Protection & Education Programme Manager at Terre des hommes foundation, Turkey
Erika Molina	Argentina	2005	World Bank, Washington, D. C.; FLACSO Argentina '08, Maestría, Diseño y Gestión de Políticas y Programas Sociales; FOMIN Associate at Inter-American Development Bank, Argentina
Mladen Nisavic	Montenegro	2005	MGH McLean Adult Psychiatry Residency Program; Harvard Medical School; Psychiatrist at Massachusetts General Hospital
Maxence Paris	France	2005	Master's Degree in Cinematography at the Ecole Nationale Supérieure Louis Lumière, Paris, France; Documentary film making; Ecole Louis Lumière; Director/Producer "Guilt Trip"; Assistant mise-en-scène chez Alicéleo; Assistant Director La route d'Istanbul; Assistant Director Mothers' Instinct; Assistant Director Patrick Melrose
Yukie Sakaguchi	Japan	2005	Mentoring Expats in Japan; TGA Family Relocation Support, Tokyo; IKEA CFO Assistant/Legal Affairs, Chiba, Japan; Mail Magazine-writer, Aichi, Japan

Luis Sandoval	Guatemala	2005	MS in Economics from the University of Gothenburg, Sweden; MPA in Environmental Policy and Research Methods at the University of Oregon; Research Assistant, Center for Economic and Policy Research, Washington, D.C.; Data Services Consultant/Graduate Teaching Fellow at the University of Oregon Data Services Lab; Staff Auditor at Oregon Secretary of State Audits Division, Salem, OR; Associate Solid Waste Planner at Metro, Oregon City, OR
Ganna Onysko	Ukraine	2005	Freedom House, Washington, D.C.; Macalester College Admissions Office; Johns Hopkins SAIS, Masters; World Bank, Washington DC; JPA; UN—Industrial Development Organization, Geneva; Operations Officer at The World Bank, Vienna, Austria
Akiko Terai	Japan	2005	Freelance Writer and Photographer; Senior Consultant at Business Consulting Company, Tokyo, Japan; DoCoMo, Tokyo; SVP—Tokyo; Researcher, Opus Consulting, Japan; Author: "Ten Years Later"
Ha Truong	USA	2005	3M; Cleveland Clinic
Derrick Fernando	Sri Lanka	2006	Co-Founder and CFO of The DDR Group, Washington D.C.; LarsonAllen, Minneapolis; MBA Georgetown Business School; Associate at Wells Fargo Securities; Vice President, Financial Institutions Group, Wells Fargo Securities, Charlotte, NC
Shoko Takemoto	Japan	2006	Consultant at Ex Corporation, Tokyo, Japan; MIT, Master of City Planning at the Department of Urban Studies and Planning with a specialization in Environmental Policy and Planning; Climate Change Program Analyst at UNDP, Ghana; Regional Technical Specialist at UNDP, Suva, Fiji; Disaster Risk Management Specialist at World Bank Tokyo DRM Hub, Japan
Vasilena Tomova	Bulgaria	2006	Teaching in NYC; New York Cares, HR Analyst; Customers Sales Service at ReExe Ltd, Bulgaria; Finance and Operations Manager at New York Needs You; Director, HR Operations, Warner Music Group, NYC
Methawat Chanjiraworakul	Thailand	2007	MBA in Informations Systems and Finance at the University of Minnesota; MS in Computer Engineering and Digital Media Technology from Nanyang Technological University, Singapore; Interim Director of Information Technology at University of Minnesota; International Operations Director at Platinum Micro Group, Thailand; NTU - Singapore
Lulu Chen	Taiwan	2007	Taught ESL in Taiwan; Masters in Teaching Foreign Language University of MN; Christopher American School, Teaching Assistant; Kaohsiung American School
Boram Hong	S. Korea	2007	Cal Tech, PhD, Chemistry; Sales & Marketing Consultant at Michael Page, Mexico City, Mexico; Consultant at Michael Page, Mexico City, Mexico;
Nisha Krishnan	India	2007	Johns Hopkins, Masters in Applied Economics; Resources for the Future, Washington, D. C.; Impacts and Adaptation Group, ICF International, Washington, DC; Program Manager and Graduate Research Fellow at Innovations for Peace and Development, Austin, TX; At the crossroads of climate and development, Washington D.C.
Hannah Nayeon Oh	South Korea	2007	Consultant at Prophet Inc., New York, NY; U.S. Marketing Lead, BioAg Alliance at Monsanto Company, St. Louis, MO; Monsanto, Amsterdam, Netherlands; Europe Middle East Communications Lead at Bayer Crop Science, Amsterdam Area, Netherlands

Alexander Rivero	Costa Rica/ USA	2007	National Institutes of Health; George Washington University Medical School
Naveen Sablani	Jamaica	2007	"Georgetown University, Masters in Public Health; St. George's University Medical School; NYU School of Medicine Residency; Cardiology Fellow, Allentown, PA
Jonas Hiltrop	Germany	2008	MS from MIT in Electrical Engineering and Computer Science; MBA from MIT Sloan School of Management; Post-Graduate Fellow, TechBridge Program for Technology Commercialization at Center for Sustainable Energy Systems (CSE), Boston, MA; Research Associate at Cornerstone, Boston; Consultant at The Boston Consulting Group, Zurich, Switzerland;
Momchil Jelev	Bulgaria	2008	M.A. in International Relations at King's College, London; Senior Manager External Affairs & Alliance Development at Johnson & Johnson, Brussels, Belgium; Manager of Government Affairs & Policy EMEA, Johnson & Johnson, Belgium; Senior Manager External Affairs & Alliance Development, Johnson & Johnson, Belgium
Katlo Manthe	Botswana	2008	Research Analyst at Optimal Solutions Group, Washington, D.C.; M.S. of Economics, The John Hopkins University; Data Management Senior Research Assistant, Johns Hopkins Bloomberg School of Public Health; Data Manager and Health Policy Analyst, Washington, D.C.
Nao Munemara	Japan	2008	Mitsubishi Shoji
Matthew Olson	USA	2008	College of the Atlantic, MPhil; Al Futtaim Group, Dubai; World-Wide Opportunities on Organic Farms (WWOOF), Portugal, Iceland, Israel; Project Manager at IPM Institute of North America; Software Business Analyst at Forte Research Systems, Inc., Madison, WI;
Jun (Sasaki) Greminger	Japan	2008	Merrill Lynch Japan Securities Co., Ltd. Investment Banking Analyst Global Capital Markets at Morgan Stanley, Tokyo, Japan; MBA Candidate At The Wharton School, University of Pennsylvania; Product Management Intern at Amazon, Seattle, WA; Consultant, The Boston Consulting Group, Chicago IL; Director of Marketing and New Business Development at KonMari Media, Inc., Chicago, IL; Strategy and Business Development at Baxter International Inc., Chicago, IL
Lucia Wang	New Zealand	2008	Hennepin County Medical Center ER; Sydney Medical University, Sir Charles Gairdner Hospital, Western Australia
Anne Johnson	USA	2009	International Organization for Migration, Tajikistan; IREX, Washington, D.C. Research Assistant at The Brookings Institution, Washington D.C.; MA in Global Human Development at Georgetown University; Project Manager and Impact Investing at Beeck Center for Social Impact & Innovation, Washington D.C., USA; Consultant, Inclusive Business at International Finance Corporation, D.C, USA; Consultant at Dalberg Global Development Advisors, Mumbai, India
Suma Setty	USA	2009	Center for Progressive Leadership, Washington, DC; Project Fellow, Indicorps, Chicago, IL; Mailman School of Public Health, Columbia University; Community Engagement Fellow at Kangu.org, New York, NY; Project Coordinator at Columbia University - National Center for Children in Poverty, New York, NY; Research Associate at Columbia University - National Center for Children in Poverty, New York, NY;

Urvashi Wattal	India	2009	Tata Institute of Social Sciences in Bombay, Masters Degree; Consultant at Catalyst Management Services Pvt. Ltd., New Delhi, India; Policy Manager at Abdul Latif Jameel Poverty Action Lab (J-PAL), India
Munadir Ahmed	Bangladesh	2010	Investment Analyst, Macalester College; MSc, Electrical Engineering, Purdue University, IN; Graduate Research Assistant, Purdue University, IN; Applications Engineer at Plexim, San Francisco, CA; Product Definition Engineer at Power Integrations, San Francisco, CA;
Ji Young Choi	Korea	2010	MBA at The University of Chicago Booth School of Business, Chicago, IL; Senior Analyst at Analysis Group, Denver, CO & Boston, MA; MBA Intern in Business Strategy & Pricing at Adobe Systems Inc., San Jose, CA; Consultant at The Boston Consulting Group, San Francisco, CA;
Dimitri Da Gama Rose	Kenya	2010	MSc Public Health, University College London (UCL); Associate Consultant at Bain & Company, Johannesburg Area, South Africa; Group General Manager at The Da Gama Rose Group of Companies, Nairobi, Kenya;
Kristina Doan	USA	2010	Paralegal and Project Assistant, Crowell & Moring, Washington, DC; Consultant at Maximus, Minneapolis, MN; MA of Public Policy, Global Public Policy, - Humphrey School of Public Affairs, University of MN, Minneapolis, MN; Graduate Research Assistant, Center on Women, Gender and Public Policy - Humphrey School of Public Affairs; Refugee Advocacy Intern at Human Rights First, Washington D.C., USA; Graduate Research Assistant, Humphrey School of Public Affairs, University of Minnesota, Minneapolis, MN; Human Services & Civic Engagement Manager at CAPI USA, Greater Minneapolis-St. Paul Area
Sharmila Raghunandan	India	2010	Clinical Research Assistant, Regions Hospital, St. Paul, MN; MPH at School of Public Health, University of Minnesota, Minneapolis, MN
Pål Robson	Norway	2010	Public Outreach Intern at Grassroots Solutions, Minneapolis, MN; Energy Researcher at Sierra Club, Minneapolis, MN; Projector Coordinator at Life Technologies; Oslo, Norway; MSc Energy Policy at University of Exeter, UK; Research Assistant at Intergovernmental Panel on Climate Change, Falmouth, UK; Frontline Team Leader at Greenpeace, Oslo, Norway; Policy Analyst at SSE plc, London, UK; Senior Consultant at E4tech, London, UK; Strategic Advisor at Energy Discovery Ventures, London, UK; North America Business Analyst at Highview Power New York, NY
Sami Saqer	Palestine	2010	Software Engineer at Microsoft, Seattle, WA; Senior Software Engineer at FinTech Startup Seattle, WA
Catherine Skluzacek	USA	2010	Teach For America, Jacksonville, FL; Campus Connection Adviser at Ordway Center for the Performing Arts, St. Paul, MN; Teacher at Duval County Public Schools, Jacksonville, FL; Broker/REALTOR® at Keller Williams Realty - Charlotte South Park, Charlotte, NC
Stephen Snider	Jamaica	2010	Financial Leadership Development Program at Ameriprise Financial, Minneapolis, MN; Financial Analyst at Columbia Management, Boston, MA; Officer at State Street Bank, Boston, MA; Treasury Analyst at Santander Bank, Boston, MA; Senior Liquidity and Funding Analyst at Santander Bank, Boston, MA;

Pei-Hsuan Wang	Taiwan	2010	MFA from Cranbrook Art Academy, MI; Artist in Taipei, Taiwan;
Tina Wong	Jamaica	2010	JD from William Mitchell College of Law, St. Paul, MN; Legal Assistant - Debt at Minnesota AIDS Project, Minneapolis, MN; Education Policy Intern at Council on Asian Pacific Minnesotans, Minneapolis, MN; Research Assistant at William Mitchell College of Law; Legal Extern at State of Minnesota, Department of Administration; Contracts and Policy Specialist at State of Minnesota, Department of Administration; Senior Contract Services Analyst, Hennepin County
Andrew Goodhouse	USA	2011	Office of Policy and Analysis Intern, Smithsonian Institution, Washington DC; MA Decorative Arts, Design History, and Material Culture, Bard Graduate Center, New York, NY; Development and Membership Intern, Storefront for Art and Architecture, New York, NY; International Fine Art and Antique Dealers Show Assistant at H. Blairman & Sons Ltd, New York, NY; Exhibitions Assistant at The Bard Graduate Center; Publications Graduate Intern at the J. Paul Getty Trust, Los Angeles, CA; Editor at Centre Canadien d'Architecture, Montreal, Canada; Editor at M+, Hong Kong
Bassam Khawaja	USA/Palestine	2011	Manager and Guitar instructor at SoundWorks Studios, Minnetonka, MN; JD at Columbia University School of Law, New York, NY; Intern at The Advocates for Human Rights, Minneapolis, MN; Intern at Human Rights Watch, Beirut, Lebanon; Extern at Legal Aid Society, New York, NY; International Justice Intern at Human Rights Watch, New York, NY; Protection Unit Intern at UNHCR, Beirut, Lebanon; Editor-in-Chief at Columbia Human Rights Law Review, New York, NY; Fellow in the Children's Rights Division, Human Rights Watch, New York, NY; Lebanon Researcher, Human Rights Watch, Beirut, Lebanon; Senior Advisor to the UN Special Rapporteur on extreme poverty and human rights, Lebanon
Marissa Leow	Singapore	2011	ER Scribe at Emergency Physicians Professional Association - EPPA, Minneapolis, MN; Duke University/NUS Medical School, Singapore; Studies Physician Assistant Studies at Drexel University; Lower Bucks Hospital, PA
Gerbrand Hoogvliet	The Netherlands	2011	MA Legal and Political Theory at UCL, London, UK; Day Director at Exploration Summer Programs, Wellesley, MA; Account Manager at Procter & Gamble, London, UK; Account Manager Eetzuivel Jumbo Supermarkten at FrieslandCampina, Amersfoort, The Netherlands; Raad van Toezicht (Supervisory Board) at Nederlandse Wereldwijde Studenten (NWS), Amsterdam, The Netherlands; Trade Marketing Manager at FrieslandCampina, Amsterdam
Gayatri Sarin	India	2011	Consultant at Deloitte Consulting, New York, NY; MBA at London Business School, London, UK; Retail Operations and Initiatives Intern at Amazon, London, UK; Growth Strategy and Investor Relations Intern at Glownet, London, UK; Digital Strategy at Deloitte UK, London, UK;
Lhawa Yondonjamts	Mongolia	2011	Asset Management Intern at CRF USA, Minneapolis, MN; Store Manager at Total Growth, Mongolia; Analyst at CBM LLC, Mongolia; Supervisor Business Services at Rio Tinto, Mongolia

Feifei Zuo	China	2011	Business Bridge Program at Dartmouth College - The Turk School of Business, Hanover, NH; Investment Analyst at Macalester College, St Paul, MN; Consultant at DeBere Partners; Senior Research Analyst, Wisconsin Alumni Research Foundation; MBA from HKUST Business School; Associate Intern at Blue Ocean Capital Management, LLC, Hong Kong; Corporate Finance Intern at Haitong International Securities Group Limited, Hong Kong;
Nolin Deloison	USA/France	2012	University of California, Berkeley; Consultant (self-employed); Le Cordon Bleu Paris, France; Manager at Backyard
Shahar Eberzhon	Israel	2012	Singing; Working at Face Forward Humanity Through Art, Minneapolis, MN; Extended travels in India; Working in Australia
Hillary Frey	USA	2012	Clinical Research Assistant at Providence Health & Services; Cardiovascular Monitoring Technician at SpecialtyCare, Inc., Minneapolis, MN; Clinical Research Assistant, Brain and Spine Institute at Providence Health & Services
Masha Kuznetsova	Russia	2012	Program Assistant at Minneapolis Public Schools; Administrative Intern for Atrius Health, Boston, MA; Research Assistant at the Risk Science Center, Ann Arbor, MI; Revenue Operations Analyst for the MetroPlus Health Plan, New York City, NY; Research Data Associate at the NYU Langone Medical Center, New York, NY, Program Manager at the NYU Langone Medical Center, New York, NY
Even Kvelland	Norway	2012	Project Coordinator for Kenya Red Cross, Kenya; Project Coordinator for the Business for Peace Foundation; Education and Research Advisor, U.S. Embassy, Oslo; Education and Research Advisor at the U.S. Embassy, Oslo, Norway; Energy Graduate Consultant, United Nations Economic Commission for Europe, New York/Geneva
Kathleen McGee	USA/France	2012	Research Consultant at Laterite, Kigali, Rwanda; Project Coordinator for Population Services International, Kigali, Rwanda; Data-Driven Decisions Manager at Population Services International, Haiti; Research and Monitoring & Evaluation Manager at Population Services International, Haiti; Evidence, Policy and Planning Consultant in Global Health, Haiti
Ruben Pena	Paraguay	2012	Regions Hospital, St. Paul, MN, & Masters in Nursing at St. Catherine University; Returning to Asuncion
Jessica Sweet	USA/Japan	2012	Master's Degree in GIS at the University of Minnesota; Industry Solutions Contract Marketing Coordinator, Esri, Redlands, CA; Data Scientist at NGA, Springfield, VA; IC GIS Portal Manager at National Geospatial-Intelligence Agency, Washington, D.C.
Paolo Venneri	USA	2012	Masters Student at the Korean Advanced Institute of Science and Technology; Research Fellow at Center for Space Nuclear Research, Idaho Falls, ID; Chief Engineer Special Projects/NASA at USNC Nuclear Engineering; Ph.D Candidate at Korean Advanced Institute of Science and Technology, South Korea; Director, Advanced Systems Division at USNC; CEO/ Director, USNC Space, Seattle, WA
Oana Alexan	Romania	2013	Master of Arts in Human Rights and Humanitarian Action at Sciences Po Paris; Rabat Process Intern at the International Centre for Migration Policy Development (ICMPD), Brussels, Belgium; Associate Director at CCS Fundraising, Boston, MA; Freelance Grant Writer

Clark Bledsoe	USA	2013	Instructor and Events Coordinator at Mission Cliffs Indoor Rock Climbing Gym; Filming the mountaineering communities of Colorado; Produced an environmental educational documentary about a unique and vulnerable ecosystem in Northwestern Sri Lanka; Bike Messenger
Lydia Brosnahan	USA	2013	Performing Arts Administration Intern at the Massachusetts Museum of Contemporary Art; Performing Arts Research Intern at the Walker Art Center; Concert Supervisor in the Music Department at Macalester College; Program Associate, Consortium for the Study of the Premodern World at University of Minnesota, MN; Scholarship Coordinator, Institute for Global Studies at University of Minnesota; Assistant Producer, MIT, Boston.
Jeesun Choi	South Korea	2013	Editorial Intern for the Lerner Publishing Group, Minneapolis-St. Paul, MN; Management Apprentice at the Roundabout Theatre Company, New York, NY; MFA Candidate at the Dell'arte International School of Physical Theater
Anja Crowder	USA/Germany	2013	Intern with United Nations Association of Minnesota; Production Coordinator for This Week with George Stephanopoulos at ABC News, New York City, NY; Senior Production Coordinator at ABC News, Washington, D.C., USA; Producer at ABC News, Washington D.C., USA; The Late SHow with Stephen Colbert, NYC
Kwame Fynn	Ghana	2013	Summer Analyst Intern at Goldman Sachs, New York, NY; ITS Helpdesk Consultant III at Macalester College; Investment Analyst - Global Portfolio Solutions at Goldman Sachs, New York, NY; Associate - Global Portfolio Solutions at Goldman Sachs, New York, NY;
Ezequiel Jimenez-Martinez	Argentina	2013	Associate Editor and Columnist at En Letra, Buenos Aires, Argentina; Consultant at FreshMinds Talent, London, UK; Investigator and Research Analyst at FUNDEPS, Cordoba, Argentina; MA in Human Rights Policy as an Erasmus Mundus Scholar; University of Gothenburg (Sweden), Roehampton (London) and Trømsø (Norway); Organizational Development & Learning Officer at Amnesty International, London, UK; Fellow [FRSA] at The Royal Society for the Encouragement of Arts, Manufactures and Commerce, London, UK;
Vinod Malwatte	Sri Lanka	2013	Regional Project Site Manager for the Sri Lanka Turtle Conservation Project; Sustainability Fellow at The DO School, New York City, NY; Intern at Mongabay.com; Leader for The Climate Reality Project, New Delhi, India; Programs Manager at the Federation of Environmental Organizations of Sri Lanka, Sri Lanka; Climate Reality Leader at The Climate Reality Project; Development Associate at The Invictus Initiative, Denver, CO;
Cerisa Obern	USA	2013	Admissions Interviewer at Macalester College; Legal Assistant at the University of Minnesota Law School, Minneapolis, MN; Advocate with Ramsey County, St. Paul, MN; Graduate School in Sweden
Lorna Proctor	Malaysia	2013	Marketing Communications and Program Management Intern at Tix for Tots, St. Paul, MN; Public Relations and Campaign Specialist at HandsOn Twin Cities, Minneapolis, MN; Associate at PwC South East Asian Consulting, Kuala Lumpur, Malaysia

Nick Skenderian	USA	2013	Mental Health Program Intern, World Health Organization, Copenhagen, Denmark; Pursuing a Master's Degree in Global Health at the University of Copenhagen School of Global Health; Trauma Resource Institute Intern, Claremont, CA; Public Health Program Course Assistant at the Danish Institute for Study Abroad; Consultant at the World Health Organization, Copenhagen, Denmark; Public Health Program Course Assistant at the Danish Institute for Study Abroad, Copenhagen, Denmark; Research Intern at Trauma Resource Institute, Claremont, CA
Ye Yingxin	China	2013	SEO Project Assistant for Teach For China, Yunnan, China; Teaching Fellow and SEO Project Assistant at Teach for China, Yunnan, China; M.P.A. from Columbia University, New York, NY; Research Intern at Rothamsted Research, Harpenden, UK; Graduate Consultant at The World Bank, Tanzania
Amy Janett	United States	2014	M.S. from the University of Delaware, DE; Software Systems Engineer at MITRE, US
Rohin Borpujari	India	2014	Business Analyst Intern at Hemisphere Companies, Greater Minneapolis-St. Paul, MN; Consultant at PwC, Dubai, U.A.E; Senior Consultant at PwC, Dubai, U.A.E
Yulun Li	China	2014	Software Engineer at Manage.com; Software Engineer at Personal Capital, San Francisco, CA; Software Engineer at Amazon, Seattle, WA; Software Engineer at Uber, US
Alexandra Ward	USA	2014	Legislative Intern for the U.S. Senate; Product Specialist at Tesla Motors, Atlanta, GA; Ownership Advisor at Tesla Motors, Washington D.C., USA
Anna Jacob	USA	2014	Research Analyst at the Minnesota Department of Employment and Economic Development; Technical Services Analyst at Epic, Verona, WI; Environmental Health and Safety Intern at Molex, Lisle, IL; Technical Services Analyst at Epic, Verona, WI;
Ariadne Baskin	South Africa / Greece	2014	Intensive French Language Program at l'Universite Paris-Sorbonne, Paris, France; Project Intern at ISSC (International Social Science Council), Paris, France; MSc in Urban Planning & Economics at The London School of Economics and Political Science, London, UK; Air Quality and Mobility Division at UN Environment, Nairobi, Kenya;
Javier Donoso	Ecuador	2014	Project Associate at the Dexis Consulting Group, Washington D.C., USA; Junior Project Financial Analyst at the Dexis Consulting Group, Washington D.C., USA; Project Associate at the Dexis Consulting Group, Washington D.C., USA;
Nola Pastor	USA	2014	Family Advocate at Casa de Esperanza: National Latin@ Network, St. Paul, MN; Host and Bartender at The Green Owl Cafe, Madison, WI; Prevention Project Coordinator Hope House of South Central Wisconsin; Violence Prevention Specialist, UW-Madison, WI
Qingyang Liu	China	2014	Research Assistant at Friends of Acadia, Boston, MA; Analyst at Cloud Spectator, Cambridge, MA; Project Manager at Generis AG, Cambridge, MA
Salman Haji	USA	2014	Intern at the U.S. Department of State, Washington D.C., USA; Intelligence Analyst and Arabic to English Translator at Zenti, Inc.; Public Affairs Intern at the U.S. Embassy, Dushanbe, Tajikistan; Foreign Service Officer at the U.S. Department of State, Washington D.C., USA

Camille Kroll	USA	2014	Medical Scribe at North Memorial Hospital, Minneapolis, MN; Recruitment Manager at Phoenix Medical Scribes, Phoenix, AZ; Legal Assistant at Medical Malpractice Law Firm and Former Director of Operations of Medical Scribe Company, Chicago, IL
Anissa Abdel-Jelil	Mauritania/ USA	2015	Changemaker Fellow at the Pacific School of Religion, Berkeley, CA; North America Fellow at the United Religions Initiative, San Francisco Bay Area, CA; Communications and Outreach Coordinator at the United Religions Initiative, San Francisco Bay Area, CA; Master of Divinity Candidate at Harvard Divinity School, Cambridge, MA
Brett Campbell	USA	2015	Junior Scientist at the University of Minnesota, Minneapolis, MN; Forensics Coach at the Nova Classical Academy, St. Paul, MN; Research Technologist at Cleveland Clinic, Cleveland, OH
Emma Cederlund	Sweden	2015	Youth and Family Assistant at The American Swedish Institute, Minneapolis, MN; Administrative Officer for Membership and Donor Services at the Swedish Committee for Afghanistan, Stockholm, Sweden; Programme Officer at the Swedish Committee for Afghanistan, Stockholm, Sweden; Reporting Adviser at the Swedish Committee for Afghanistan, Stockholm, Sweden; Programme Support Officer at Danish Refugee Council / Dansk Flygtningehjælp, Iraq
Leia Cozier	Trinidad and Tobago	2015	Workforce Access Program Assistant at the Latino Economic Development Center, Minneapolis, MN; USAID/LEARN Project Associate for the Dexis Consulting Group, Washington D.C., USA; USAID/LEARN Senior Project Associate for the Dexis Consulting Group, Washington D.C., USA
Anne Gavin	USA	2015	Independent Consultant at Redwood Philanthropic Advisors, Minneapolis, MN; Fulbright Schuman Research Scholar at the U.S. Department of State, Washington D.C., USA; Program Assistant at ThinkImpact, Piedras Gordas, Panama; Government Affairs Stagiaire at 3M, Brussels, Belgium; Fusion Hill, Minneapolis; Schwarzman Scholar in Beijing China
Emily Horecki-Lopez	USA	2015	Emergency Department Technician at Mayo Clinic Health System, Eau Claire, WI; Spanish Interpreter at Chippewa Valley Free Clinic, Eau Claire, Wisconsin; Medical School of Wisconsin
Luiza Barbato Montesanti	Brazil	2015	Public Health Research with Myanmar Ministry of Health, St. Paul, MN; Coordinator at Macalester's ISP and Disabilities Services, St. Paul, MN; DPMI Davis Fellow at the Middlebury International Institute, Washington D.C., USA; Analista de Faturamento at Plascar, Jundiai; Analista Fiscal at Natural One, Atibaia; Master's Student at Evans School of Public Policy, University of Washington Seattle, WA
Simon Sanggaard	Denmark	2015	Laboratory Manager and Technician for Basic and Translational Neuroscience at the University of Copenhagen, Copenhagen, Denmark; Graduate student in Biomedical Engineering New Haven, CT
John Sankara	Kenya	2015	Global Shaper at the World Economic Forum, Minneapolis, MN; Associate Consultant at CliftonLarsonAllen, Minneapolis, MN; Board Secretary at Impact Hub, Greater Minneapolis-St. Paul Area, MN
Rachel Swanson	USA	2015	Research Assistant at the University of Kentucky, Lexington, KY; Client Services Legal Advocate at the East Bay Community Law Center, Berkeley, CA; Program Coordinator at the East Bay Community Law Center, Berkeley, CA; Student at University of Washington, Seattle, WA

Aparna Mazumdar	USA	2016	English Teaching Assistant for TAPIF, Bordeaux, France; Communications Intern at the Alliance of Community Health Plans, Washington DC; English Teaching Assistant, Teaching Assistant Program in France; ESL Teacher, Campus Education; Assistant teacher, Science, Language & Arts International School, NYC
Gage Garretson	USA	2016	Fellow at Humanity in Action, Amsterdam, Netherlands; Research & Training Fellow at Dartmouth College, Department of Geography, Hanover, NH; Project Assistant at Humanity in Action MSP, MN
Jake Speirs	USA	2016	Princeton in Asia, Macau; International Student Advisor at Kansas State University, Manhattan, KS
Alexa Peters Posner	USA	2016	Rise Fellow at New Sector Alliance, Twin Cities, MN; HR Generalist at Youth Frontiers, Minneapolis, MN; 311 Customer Service Agent at City of Minneapolis, MN
Minah Kim	South Korea	2016	Developmental and Computational Social Neuroscience Fellow at the Yale Child Study Center, New Haven, CT; UW-Seattle Children's Research Institute
Rowena Foo	Malaysia	2016	Account Install Specialist (Benefits Design, Commercial Markets) at Prime Therapeutics, Greater Minneapolis-St. Paul Area, MN; Solutions Consultant at Narrative Science, Chicago, IL;
Vandy Sengh	Sierra Leone	2016	Laboratory Technician at Ecolab, Eagan, MN; Penn State University
Alizee Vignon	France	2016	Events, Promotions, Partnerships at Repetto Paris, Paris, France; Merchandising Assistant, Woman Leather Goods, Paris France
Claire Mercer	USA	2016	Special Education Paraprofessional at Easterseals, Chicago, IL; Assistant Clinician, LEEP FORWARD, Chicago, IL
Gina Marie Storch	USA	2017	Master of Social Work from Brown School at Washington University in St. Louis, Department of Social Work and Mental Health, Saint Louis, Missouri; Counseling Intern at Lutheran Family and Children's Services of Missouri, Saint Louis, MO
Andrea Kiang Hinojosa	USA	2017	Asian American Health Coalition - HOPE Clinic Houston, TX; Legal Services Project Coordinator at Human Rights First, Refugee Representation Team, Houston, TX
Dagmara Karolina Franczak	Poland	2017	MSc Public Policy candidate at University College London (UCL), London, UK, Mentoring Women in Business Programme Officer at Cherie Blair Foundation for Women, London, UK
Wei Fen Rachel Tan	Singapore	2017	Dean's Fellow at Yale-NUS College, Singapore
Di Cui	China	2017	Masters Student in Historic Preservation at Pratt Institute, Brooklyn, NY
Melissa Leong	Malaysia	2017	Associate Financial Analyst at Ecolab, Greater Chicago Area, IL
Merrit Stueven	Germany	2017	Communications and Development Associate at Kakenya's Dream, Washington D.C.; Principal Gifts Executive at International Rescue Committee UK, London, UK
Jessie Zhang	China	2017	Business Analyst Intern at Christie's, Elmhurst, NY
Tuyet-Anh Tran	Vietnam	2018	Master's degree at The London School of Economics and Political Science.
Rohit Kamath	India	2018	Work as an MRI Research Assistant studying visual perception in Schizophrenia at the University of Minnesota.

Soobin Choi	South Korea	2018	Product management internship with ESRI, a supplier of GIS software and applications.
Nefeli Neamonitaki	Greece	2018	Drug development research for AstraZeneca, a biopharmaceutical company in Boston.
Eloá França Verona	Brazil	2018	Software Developer at Bitwise IO in Minneapolis.
Jack Chen	China	2018	Work as a financial analyst at Ecolab in Chicago
Joshua Doyle	Germany, USA	2018	Work for Ernst & Young, Washington D.C.
Jacob Edward Burke	Ireland	2018	Work for TD Securities in New York City
Andrea Kvietok	Peru	2018	Research Fulbright grantee in Dakar, Senegal
Vergianti Agustini	Indonesia	2019	Associate Consultant, The Concord Group, USA
Giang Duong	Vietnam	2019	Google, Software Engineer, Bay Area , USA
Fouad El Hamdouni	Morocco	2019	Ernst & Young (EY), Technology Advisory Consultant, Boston, U.S
Li (Tiffany) Fan	China	2019	Stanford University, PhD in Computational and Mathematical Engineering
Dong Min (Andy) Han	South Korea	2019	Technology Development Associate at Wellmark Blue Cross and Blue Shield in Des Moines.
Midori Hasegawa	Japan	2019	Morgan Stanley, Operations analyst, Japan
Nikhita Jain	India	2019	Mckinsey & Company, Business Analyst, Minneapolis
Haruhiko Kuramochi	Japan/USA	2019	Chemistry PhD at University of Minnesota
Khin Khin Kyaw	Myanmar/ Burma	2019	Apple Company
Yaqing (Grace) Lan	China	2019	Political Science PhD at Yale University
Duc Le	Vietnam	2019	Microsoft, Software Engineering, USA
Yucai Li	China	2019	UBS Investment Bank, Analyst, New York City
Julia Romare	Sweden	2019	Interning at Spotify, working with data infrastructure back home (Stockholm, Sweden).
Marietta Saldías Montivero	Chile	2019	Rockefeller Research Laboratories - Memorial Sloan kettering Cancer Center, Senior Research Technician, USA.
Pietro Tardelli Canedo	Brazil	2019	Laboratory Technician, Smithsonian National Museum of Natural History, USA
Aman Rai	India	2019	Work as an Analyst at EY, Washington DC
Nahla Almbaid	Palestine	2020	EY, Analyst, Washington, DC
Rohit Bagda	India	2020	Code42, Associate Software Engineer, MN, US
Andra-Ecaterina Boca	Romania	2020	Analysis Group, Analyst, Boston, MA
Valeria Bustamante Callejas	Ecuador	2020	Einstein School Quito, Ecuador, high school counselor & psychology teacher
Ke (Christina) Cai	China	2020	University of North Carolina at Chapel Hill, MS in Statistics and Operations Research
Khanh Doan	Vietnam	2020	Financial Analyst at Chewy (Dania Beach, Florida Headquarter)

Kamelia Drenkova	Bulgaria	2020	I am going to spend 2 years working as a biotech consultant or research assistant before I apply for medical school
Juan David Garrido Rojas	Colombia	2020	Google, Software Engineer, USA
Nathalia Gutierrez Sacasa	Costa Rica	2020	Lab Technician, University of Minnesota, USA
Gary Huang	US	2020	Application Developer at Securian Financial in St.Paul, MN
Stella Matutina Ikuzwe	Rwanda	2020	Johns Hopkins University, Chemistry PhD program
Raza Khalid	Pakistan	2020	Chanl Health, Software Engineer, United States
Kaarin Khandelwal	India	2020	Marathon Capital, Investment Banking Analyst, US
Muxue Kou	China	2020	Data Science Master at UPenn
Yuanchen (Leo) Li	China	2020	University of Chicago, MS in Analytics
Jinyoung Lim	South Korea	2020	Amazon, Software Engineer, US

4. Sampling of Class of '21 - Plans after Graduation

NAME	COUNTRY	MAJOR	PLANS AFTER GRADUATION
Zoraiz Paracha	Pakistan	Economics	Analyst at Capital Markets Gateway
Linnea Prehn	United States	Computer Science	Software Architect Analyst at Accenture
Diego Lopez Gutierrez	Peru	Physics, Mathematics	Fellow of the Physics Department at Harvard University.
Diana Paz Garcia	Mexico	Political Science & International Studies	M.A. in Conflict Resolution at Georgetown University
Likhwa Ndlovu	Zimbabwe	Geology and Geography	Attending the University of Pennsylvania for a Master of Applied Science
Donia Khraishi	Palestine	political science and international studies	Working with the mission of the state of Palestine to the United Nations
Anh Thùy Nguyễn	Vietnam	Computer Science and Psychology	Working for PwC in Seattle
Xilin Niu	China	Economics, Mathematics	M.A. Economics (MAE) at Duke University
Siddhant Singh	India	Physics; Applied Mathematics & Statistics	PhD in Mechanical Engineering at the University of Michigan
Yilin Chen	China	Mathematics, Computer Science	PhD program in Computational and Applied Mathematics

5. Clothing & Shoe Size Conversions

Women's Clothing

Japanese	5	7	9	11	13	15	17	19	21
American	6	8	10	12	14	16	18	20	22
British	28	30	32	34	36	38	40	42	44
Continental	34	36	38	40	42	44	46	48	50

Collar Sizes, Men's Shirts

Japanese	36	37	38	39	40	41	42
American	14	14.5	15	15.5	16	16.5	17
British	14	14.5	15	15.5	16	16.5	17
Continental	36	37	38	39	40	41	42

Men's Suits, Overcoats, and Sweaters

Japanese	S	M	L	LL
American	34	38	40	44
British	34	38	40	44
Continental	44	48	50	54

Women's Shoes

Japanese	23	23.5	24	24.5	25	25.5	26
American	6	6.5	7	7.5	8	8.5	9
British	4.5	5	5.5	6	6.5	7	7.5
Continental	36	37	38	38	38	39	40

Men's Shoes

Japanese	24	25	26	27	28	29
American	6.5	7.5	8.5	9.5	10.5	11.5
British	5.5	6.5	7.5	8.5	9.5	10.5
Continental	38.7	40	41	42.5	44	45

MEASUREMENT CONVERSIONS

Length

- 1 millimeter (mm) = 0.0397 inch
- 1 centimeter (cm) = 10 mm = 0.3937 inch
- 1 meter (m) = 100 cm = 1.0936 yard
- 1 kilometer (km) = 1000 m = 0.6214 mile
- 1 inch (in) = 25.4 mm
- 1 foot (ft) = 12 in = 0.3048 m
- 1 yard (yd) = 3 ft = 0.9144 m
- 1 mile = 1760 yd = 1.6093 km

Volume/Capacity

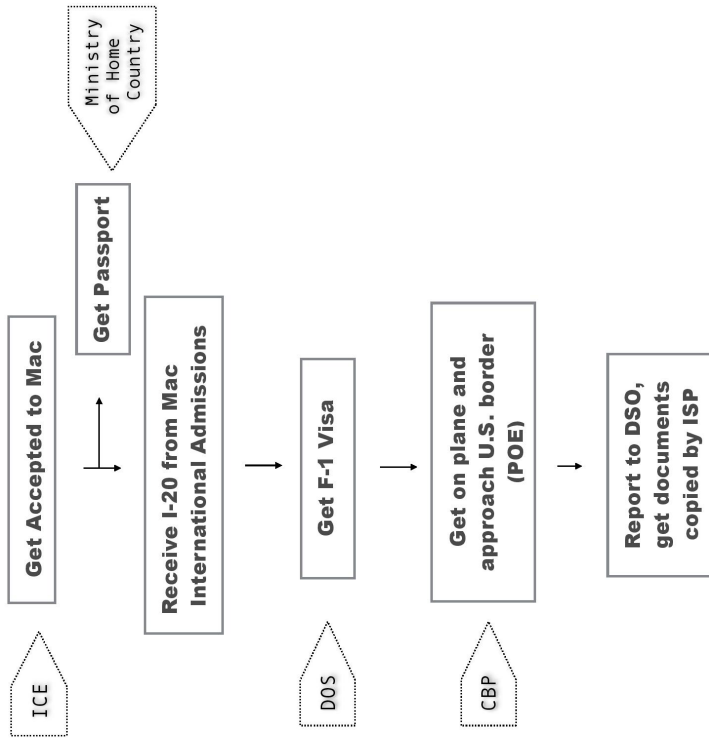
- 1 liter (l) = 0.2642 US gallon
- 1 US dry pint = 0.5506 l
- 1 US bushel = 64 US dry pints = 35.239
- 1 US liquid pint = 0.4732 l
- 1 US gallon = 8 US liquid pints = 3.7854

Mass (Weight)

- 1 gram (g) = 0.0353 ounces
- 1 kilogram (kg) = 1000 g = 2.2046 pounds
- 1 tonne (t) = 1000 kg = 1.1023 short tons
- 1 tonne = 0.9842 long ton
- 1 ounce (oz) = 437.5 grains = 28.350 g
- 1 pound (lb) = 16 oz = 0.4536 kg

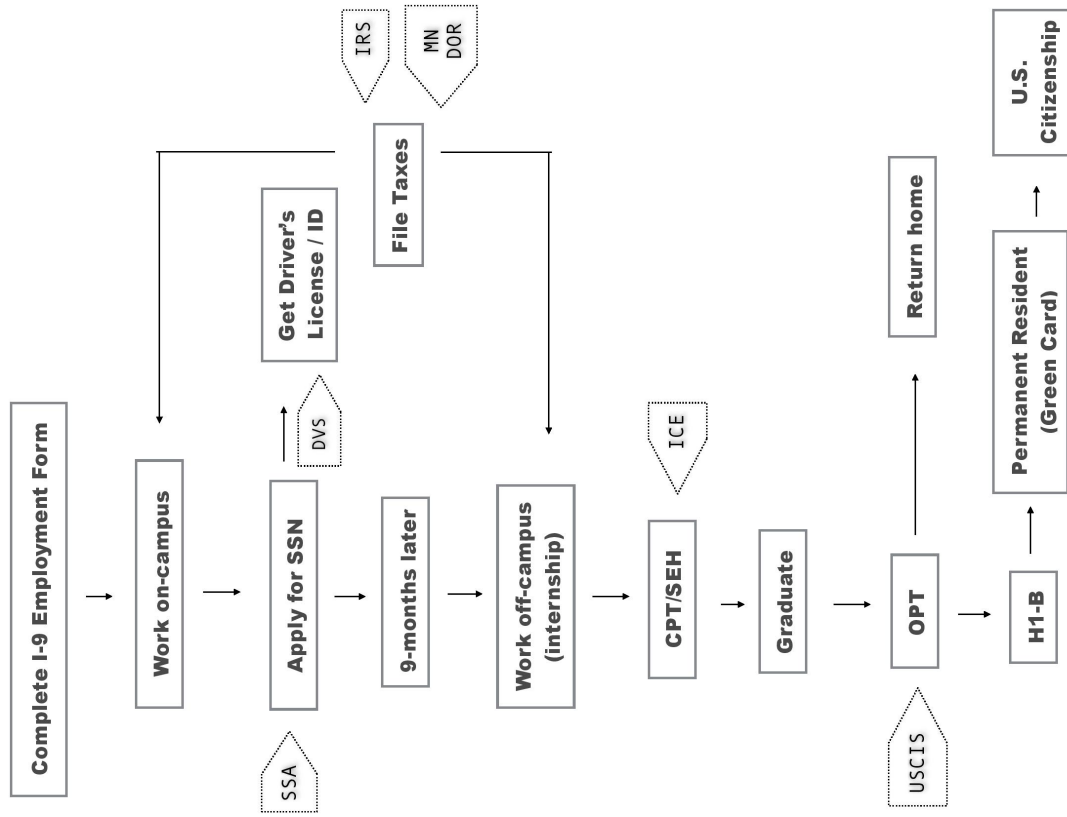
6. Relevant Government Agencies

Pre-Arrival / Arrival

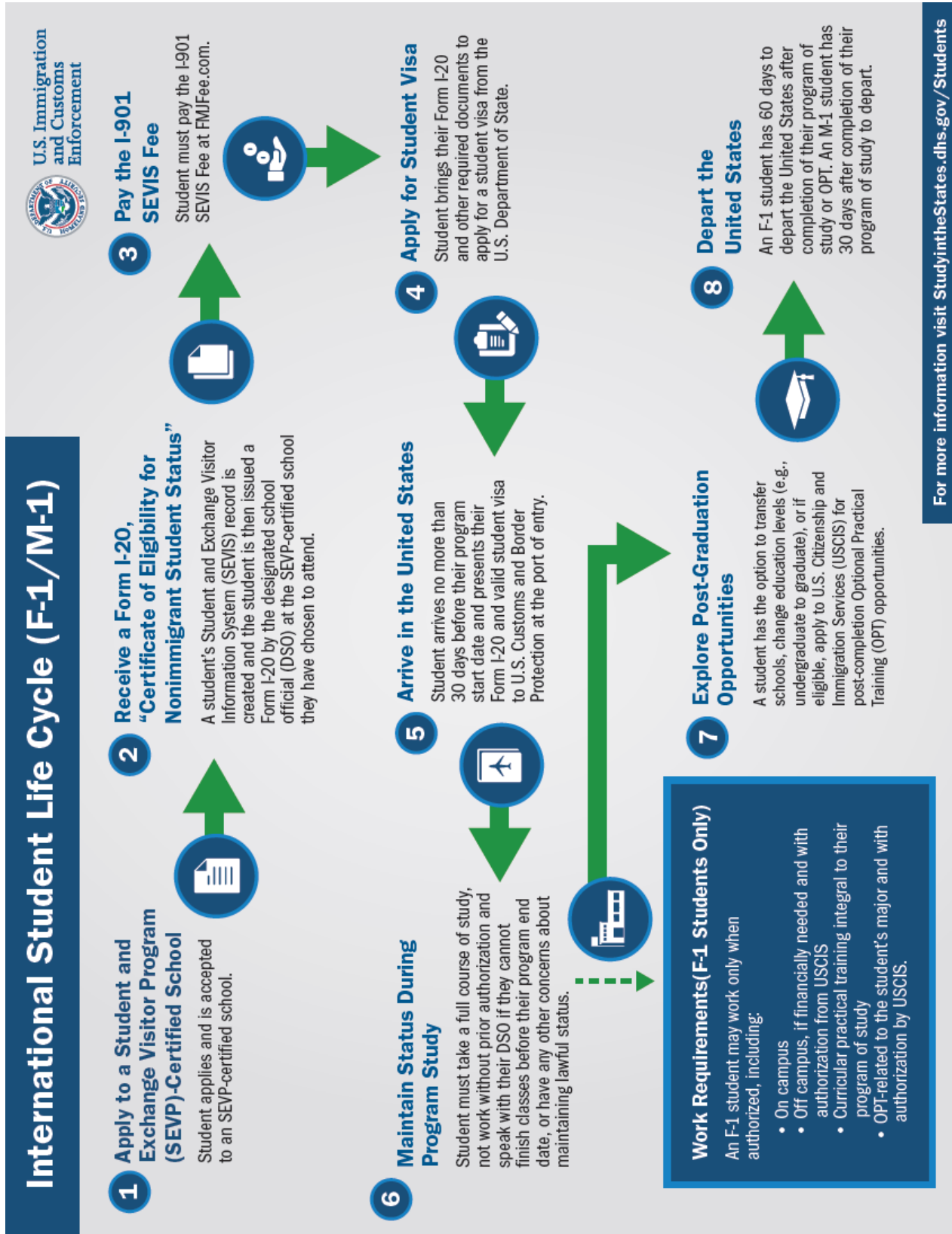


- CBP - Customs and Border Protection
- DOS - Department of State
- DSO - Designated School Official (ISP)
- DVS - Department of Vehicle Services
- ICE - Immigration and Customs Enforcement
- ISP - International Student Programs
- IRS - Internal Revenue Service (Federal Tax)
- MN DOR - Minnesota Department of Revenue
- SSN - Social Security Number
- POE - Port of Entry
- USCIS - Citizenship and Immigration Services

Post-Arrival



7. International Student Life Cycle



Notes

This handbook will continue to be a useful resource for you during your time at Macalester. In addition, it will be continually referred to, particularly during Pre-Orientation for International Students. Therefore, make sure to keep it and bring it along with you to Macalester.

Important Numbers

ISP – +1 651-696-6992

MACALESTER SECURITY – +1 651-696-6555

RA ON CALL IN DUPRE– +1 651-696-8239

RA ON CALL IN DOTY/TURCK – +1 651-696-8237

PRESS 2 (PHONE COUNSELING) – +1 651-696-6275

FOR EMERGENCIES – 911