

Table of Contents

The Basics	1-14
Communication: Post, Computer & Phone	3-4
Transportation: Planes, Trains, Buses, Automobiles & Bikes	5-7
Money Matters: Banking and Finances	8-9
Places to Go, Things to Do (Shopping, Dining, Salons, Places of Worship and Attractions)	9-13
Your Health in Clinton, SC	15-20
Student Health Center	17
Where to get Medical Assistance when the Health Center is Closed (Reasons to go to the Emergency Room, Emergency Information)	18-19
Health Insurance Policy	19
Other Kinds of Doctors	20
Living and Learning in America	21-28
Culture Shock	23
Living in American Society (Greetings and Introductions, Making Friends, Dating and Relationships, Concepts of Time, Social Etiquette, Dress, Showing Appreciation, Types of Parties, Family Customs, Note about Hygiene)	24-27
Immigration Issues	29-32
Essential Rules and Regulations for International Students (Change of Address, Important Documents and Procedures)	31
Useful Resources	33-37
Conversion Charts	35
Media (TV, Radio and Newspaper information)	36
American Holidays	37



The Basics

NOTES:

COMMUNICATION: POST, COMPUTER AND PHONE

BY POST

Where to mail a letter or package:

Clinton Town Office: 202 Elizabeth St.
833-2433

Student Mailroom: Springs Center
833-8500

Administration Mailroom: Smith Administration Building
938-7089



MAILING A LETTER

When writing a letter overseas, address your letter with the return address in the upper left corner. This should include your name, street address, room number, city, state, postal code, and country. Place the person's name that you are mailing the letter to in the middle of the envelope, followed by the address, city, country, and any other postal codes needed for your country. Domestic rate for a letter is currently \$0.44. International rates vary by destination. The Administration Mailroom can offer you some general assistance with mailing packages and letters.

Joe Student
PC Box 50000
403 S. Adair St.
Clinton, SC 29325

Name
Address
City, State or Province, Postal Code
COUNTRY

Note: You can write the address you are mailing the letter/package to in the native language of the country you are sending it to, but remember to write the name of the COUNTRY in English so that it can get there.

BY COMPUTER

Harrington-Peachtree 212
The only 24/7 lab on campus

Jacob Halls 201
Located upstairs in Jacobs Hall

Richardson Hall 109
On the ground level of the Richardson Science Hall

Carol International House Lab
Four computer stations available to residents of CIH and guests.

NOTE: Homework and papers take precedence over email and chat. Please be respectful to other students working on projects and papers.

OBTAINING AN EMAIL ACCOUNT

The summer prior to your arrival (or upon arrival for Spring semester students) you should have received a packet with information about Blackboard, Banner Web and your PC email account. Please refer to this information when accessing your account for the first time. If you have any difficulties, please contact the Office of International Programs or ResNet for assistance.

LOANER COMPUTERS

Desktop loaner computers may available on a limited basis to international exchange students who plan on being at PC for a year or less. These are refurbished basic computers (CPU, Monitor, Keyboard, and Mouse) that students may keep in their room for personal use. Speakers, web cams, headphones, etc. are the responsibility of the student to purchase. Those eligible to borrow a computer will be asked to indicate their interest during orientation, however please let the International Programs staff know if a need arises at a later date.

NOTE: Degree-seeking International Students are not eligible for a loaner computer due to the limited number of units available. There is never a guarantee that we will have enough computers for everyone. Foreign Language Assistance will have first dibs if there are not enough computers to meet the need.

BY PHONE

ON-CAMPUS PHONE SERVICE

Calling On-Campus: You can call any on-campus number by dialing the last 4 digits of the phone number. For example, the number of the International Programs Office is 864-938-3777, to call from your room or other campus phone you only have to dial 3777.

The college's phone system does not permit direct long-distance dialing. Students wishing to make long-distance calls must obtain their own telephone credit cards from a long-distance carrier of their choice using their home telephone number to establish credit, if needed, or purchase pre-paid calling cards.



Campus telephone numbers cannot be used to obtain long-distance credit cards or pre-paid calling cards from any telephone service provider nor can students order additional services or telephone lines to be installed on college property with the exception of students residing in the Scottish Arms apartments. Students residing in Scottish Arms apartments must obtain their own local and long-distance telephone services.

The following calls cannot be placed or received from any PC telephone: "900" numbers, person-to-person, telegram calls, collect calls, or reverse charges to a PC telephone number.

Contact the telecom office at extension 8218 or telecom@presby.edu to report telephone service problems or to ask questions regarding PC telephone services.

NOTES: *Upon arrival, you may use the phones in the International Programs Office to call your family and let them know you got here safely.*

Information (Directory Assistance)

If you cannot find a number in the telephone book, you may call "Information".

- In Clinton: dial 9-411.
- Within the 864 area code, but outside of Clinton: dial 9-1-864-555-1212.
- For numbers outside the 864 area code: dial 9-1-area code-555-1212.

Cell Phones

You may wish to purchase/use a cell phone. If you are a degree-seeking student, your best option is to look to one of the regular providers in town to find the deal that best suits your needs. If you are a short term exchange student, consider a pay-as-you-go option. You can purchase these phones at most major retail stores for around \$20 with one-year activation and limited minutes. You can then purchase minutes in the amount that you need them. This avoids having to sign long-term agreements.

TRANSPORTATION: PLANES, TRAINS, BUSES, AUTOMOBILES & BIKES

BY PLANE

Area Airports

Greenville/Spartanburg International Airport (GSP)

Take I-385 north to I-85 north toward Spartanburg to exit 57 and follow the signs.

Columbia Airport (CAE)

Take I-26 East to Airport Exit 113. Turn right on Airport Blvd./Edmund Blvd. and follow the signs.

Charlotte Douglas Airport (CLT)

Take I-26 West to I-85 North and follow the signs.

GSP AIRLINES AND RESERVATION NUMBERS

American Airlines	1-800-433-7300
Continental Airlines	1-800-523-3273
Delta Airlines	1-800-221-1212
Northwest Airlines	1-800-225-2525
United Airlines	1-800-864-8331
US Airways	1-800-428-4322

CAE AIRLINES AND RESERVATION NUMBERS

American Airlines	1-800-433-7300
Continental Airlines	1-800-523-3273
Delta Airlines & Delta Connections	1-800-221-1212
Northwest Airlines	1-800-225-2525
United Airlines	1-800-864-8331
US Airways	1-800-428-4322

Online Travel Sites

There is not a travel agent in Clinton that handles airline reservations. If you prefer to go through a travel agent to get your tickets, please visit the International Programs Office for assistance.

Kayak.com
Expedia.com
Hotwire.com
Priceline.com
Orbitz.com

Travelocity.com
STAtravel.com
Travelcuts.com
StudentUniverse.com

BY TRAIN

AMTRAK Ticket and Station Information

www.amtrak.com

Greenville
1120 W. Washington St..
Greenville, SC 29601

Columbia
850 Pulaski St.
Columbia, SC 29201

Spartanburg
290 Magnolia St.
Spartanburg, SC 2930

BY BUS

GREYHOUND Bus Ticket and Station Information

www.greyhound.com

Greenville
100 W McBee Ave
Greenville SC 29601
(864) 235-4741

Columbia
2015 Gervais St
Columbia SC 29204
(803) 256-6465

Greenwood
408 Roseland Dr
Greenwood SC 29649
(864) 223-8114

BY AUTOMOBILE

Driver's Licenses

A South Carolina driver's license is required after 60 days residency, you may drive on your international license during this first 60 days. If you will live in South Carolina for less than a year, you may maintain your home country or international license. Before applying for a South Carolina driver's license, you should obtain a copy of the South Carolina Driver's Manual to familiarize yourself with the rules and regulations.

Persons who have a foreign license and who do not have US citizenship, will be required to show proof of identity and birth date with a passport or any document from the Immigration and Naturalization Service. The person must provide the license branch with a legible copy of the foreign license and an authorized English translation.

All applicants must pass the vision, written and driving examinations, and must be able to read and understand South Carolina highway warning or direction signs written in English.

Driver's License and Registration Bureau: 390 Fairgrounds Rd
Laurens, SC
682-3213

Photos for driver's license may not include any head covering

Car Title and License Plates

When you purchase a used or new car you will receive the car title of ownership. The title must be presented at the Bureau of Motor Vehicles when you purchase the license plate for your car. You may also be asked to show the title when you take your driver's license exam.

Rental Cars

If you are 25 years of age, have an International or South Carolina driver's license, and a good credit rating (for example, a major credit card like Visa or MasterCard), you are probably eligible to rent or lease a car. Check with the larger car agencies, such as Thrifty Car Rental, about rates for short- or long-term rental.

Buying a Car

If you are buying a car, the key word is CAUTION. There are several very reputable car dealerships in the area that sell new or used cars. These dealerships will service your car if it needs repair after purchase. You must pay for repairs unless you have a manufacturer's warranty that states otherwise.

If you buy a used car from a private dealer, be careful to check the car before purchase. If you are an inexperienced car buyer, bring along a friend who knows about cars or take the car to a mechanic for an inspection. An honest car dealer should be happy to let you inspect all parts of the car and ask questions before you buy.

Automobile Insurance

If you own a car in South Carolina, you must purchase liability insurance. Collision insurance is not required, but is recommended. Look in the "yellow pages" of the phone book to locate insurance agents, or ask a friend to refer you. Compare rates with several companies before buying. Remember, the owner of a car is responsible for any damages incurred while driving.

PC Parking Permit

If you have a car and want to park in campus parking lots, you must purchase a PC parking permit. Student permits (color-coded) cost between \$60 and \$35 depending on your classification (freshman, \$60, sophomore \$50, and so on.) You may order permits from www.thepermitstore.com.

Borrowing a Car

There maybe some friends that may let you borrow their car to go different places. Before you take the keys, ask: Does their insurance cover you? Often insurance coverage is limited to the regular operators of the car and does NOT cover you should you have an accident. If you have an accident YOU may be 100% responsible for covering the damage of your friends car and any damage you have done to the other persons car. If it does cover you, you should cover any deductible that is require which can range from \$500 to \$2000.

USE OF THE PC FLEET VEHICLES

Due to their dual status, Foreign Language Assistants may use the PC Fleet in accordance with the rules and regulations laid out for them by Public Safety and the packet they receive from the International Programs Office. Failure to do so will result in the revocation of their driving privileges for the remainder of their time at PC. For liability and safety reasons, international exchange and degree-seeking students are NOT allow to borrow or drive PC fleet vehicles. However, students may rent a car through Public Safety from the College's regular rental provide in order to have it delivered to the campus.

MONEY MATTERS: BANKING AND FINANCES

Banks:

Arthur State Bank:	205 Jacobs Hwy 833-1588
Capitalbank	198 Jacobs Hwy 938-1000
Carolina First Bank	819 S Broad St 938-2651
Suntrust Bank	301 N Broad St 833-5662
The Palmetto Bank	101 W Carolina Ave 833-7761
Wachovia	203 S Broad St 833-0340

OPENING A BANK ACCOUNT

There are a variety of good reasons to open a bank account in the Clinton area. For the majority of people, it is the best way to manage their funds while at college. There are two main types of accounts that are of greatest interest to students: Checking and Savings.

Checking Accounts

At most banks in Clinton, students can open an interest free checking account. This means that you will not collect any interest on your money being held in the bank, but you do not have to keep a minimum amount in your account at all times either. Upon opening your account, you will receive a packet of starter checks and later a debit card in the mail to use to access money in your account at stores and ATM machines.

Although you do not have to keep a minimum balance in the account, you do have to have enough funds in the account to cover any checks or debit card charges you make. If you spend more money than is in your account, you will be charged an extra fee called an overdraft fee (\$30 to \$40) for each transaction that you make when there is not money in your account. Checking accounts also can have a flex amount, which means that they will cover a certain amount that is charged over what is in your account.

Example: You have \$300 in your account and you use your debit card twice, once for \$200 and once for \$102, which sends you over the amount in your account. The bank will pay the extra \$2, but will charge you an overdraft fee of \$35 and the \$2 you were over making your account -\$37. A check you wrote for \$5 dollars is also cashed during this time, again the bank covers it and your account balance goes to negative \$77 (-\$77.). This can keep going until you reach the flex amount (often around \$500) or set your account to right by paying the full amount over both the charges and the overdraft fees. As you can see, this \$7 mistake has now become a \$77 dollar mistake.

ADVICE:

- Use the check register that you received in your starter check packet to keep your own running balance of the money in your account and balance your account every month.
- **DO NOT RELY ON ATM OR ON-LINE ACCOUNT BALANCES!** It can take a few days for even debit card transactions to go through your account, checks will depend on when the person you paid with the check cashes it, not when you wrote it.
- If you do overdraft a charge take care of it **AS SOON AS POSSIBLE**. Yes it can be embarrassing, but it can happen to anyone with a checking account. Charges can add up quickly, as soon as you receive the notice that it has occurred, go down to the bank and take care of it.

Savings Accounts

These are accounts where you plan on having a large amount of money for a longer period of time. You will earn interest on a savings account, but there is usually a minimum balance that you have to maintain. This is good for degree-seeking students as they can put money allocated for their college expenses in an account and gain a little bit of interest on them. Banks may also let you tie your savings account to your checking account, so that if you do overdraft, money will be pulled from your savings account to cover the charges. If you are here for only a year, this may not be the most appropriate account for you.

Be sure to read all the information that the bank provides so that you understand the responsibilities of your accounts in order to prevent mistakes and errors that could end up costing you a great deal of money.

USING YOUR HOME ACCOUNT IN CLINTON

You may find that it is easier for you to not open an account in Clinton, but to use your home bank account. Most ATMs are on the Plus or Cirrus systems and will accept a debit or credit card from your home bank (foreign or domestic). However, most charge a fee for this service so make sure to take note of these fees to deduct them from your account. Your home bank may also charge a fee so keep this in mind. Due to these fees it may be better for you to withdraw larger sums of money less frequently. If your bank is in a country other than the U.S. you will also want to pay attention to the exchange rate. The rates that you will get at an ATM are comparable to those that you will receive in a bank, but make sure that you are converting properly when deducting it from your account at home.

You may also be able to use your bank or credit card at most stores in Clinton. Again, pay attention to charges you make (and the exchange rate if applicable) so that you do not run into issues later.

PLACES TO GO, THINGS TO DO

SHOPPING IN CLINTON

Clinton is not a huge town, but there are several places in or near Clinton to shop. Very close to Clinton is the city of Laurens, which adds to the commercial life of the college.

Grocery Stores

These stores carry a variety of food items. A limited amount of international foods can be purchased at either store in Clinton, but a larger selection and harder to get items you should try the Greenville or Columbia specialty food stores.

Bi-Lo

927 S. Broad Street
833-7339

Ingles

312 Jacobs Hwy
833-4173

General Shopping

You can buy anything from medicine, toys, food, clothing, car parts, and more can be purchased.

Fred's

105 Jacobs Hwy

CVS Pharmacy

194 Jacobs Hwy

Dollar General

1203 S Broad St

Wal-Mart in Laurens

917 E Main St

DINING OUT IN CLINTON

Ethnic Restaurants

Although limited in number, Clinton does have something to offer for ethnic food lovers.

Chinese Cuisine

China 8

208 S. Broad St.
833-5731

Chinese Buffet

801 S. Broad St.
833-3366

South China

927 S. Broad St.
938-9155

The Parthenon

306 E. Carolina St.
833-5544

Mexican Cuisine

El Jalisco

1002 S. Broad St.
938-0013

Senior Garcia

107 Jacobs Highway
833-0122

American, Greek and Italian Cuisine

Other Restaurants

If you would like to try some more American style foods, here are some other options that might suit you.

Pizza

Dempsey's Pizza

833-4373

Domino's Pizza

833-6900

Jason's Pizza

938-9388

Pizza Hut

833-4444

Papa Johns

833-7272

Hunt Brothers Pizza

833-7658

Fine Dining

Seafood

Blue Ocean Seafood Restaurant

833-9900

Café Style

Steamers

833-1315

Fatz Café

833-5280

Study Hot Spot

Waffle House

833-0007

Bar-B-Que

Hickory Hills

833-2690

Fast Food

Bojangles' Famous Chicken 'n Biscuit

310 Springdale Drive
938-1082

Hardee's

833-0316

KFC/Taco Bell

(864) 833-7649

McDonald's

833-4816

Subway

833-2582

Wendy's

833-5380

Other

Little Clock of Clinton

833-1611

Sonic Drive-In

925 Broad Street

Whiteford Drive-in

833-0193

Jacob's Highway Study Club

833-3267

SALONS, HAIRDRESSERS AND BARBERSHOPS

** Offer services such as relaxing for students of color*

Salons/Hairdressers

Beautees Creations*

208 Musgrove St
833-1906

Creations Unlimited

106 Hazel Dr
833-4828

Design Systems*

106 Wall St
833-5686

Empress Salon

327 W Main St
833-3667

Exclusive Hair Designs*

504 W Main St
833-6564

Hair Biz

515 N Broad St
833-4392

Hair Flair

123 E Main St
833-0024

Hair Unlimited

319 W Main St
833-4701

Jus Nip It

1154 AB Jacks Rd
833-4736

Right Touch Beauty Salon

110 N Broad St
833-6908

Styles by Sherry

308 W Walnut St.
833-4702

Taylor Made for You*

100 N Livingston St
833-6222

Uptown Day Spa

105 Musgrove St
833-0544

Barbershops

Burton's Barbershop

706 W Main St
833-6203

Carnes Barbershop

27800 Highway 76 E
833-2211

Cofield Barber Shop

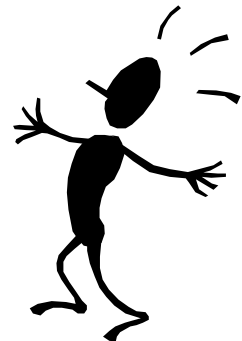
206 Enterprise St
833-2792

Foggie's Barbershop

112 N Broad St
833-5531

Rick's Barbershop

314 W Pitts
833-3670



PLACES OF WORSHIP

The three closest places of worship are listed for each denomination by proximity to PC. Included are those for major world religions where services in Clinton may not be available.

AME

Mount Pleasant AME Church
973 Ridge Rd
Clinton, SC 29325
(864) 833-6548

Friendship AME Church
104 S. Bell St
Clinton, SC 29325
(864) 833-0130

New Bethel AME Church
318 New Bethel Church Rd.
Clinton, SC 29325
(864) 833-6352

Apostolic

Greater Faith Apostolic Church
543 Coleman Rd
Clinton, SC 29325
(864) 833-1903

Assembly of God

Assembly of God First
110 Henry St.
Clinton, SC 29325
(864) 833-3960

Baptist

Lydia Baptist Church
Palmetto-Lydia Mill
Clinton, SC 29325
(864) 833-2884

Calvary Baptist Church
702 N Sloan St
Clinton, SC 29325
(864) 833-2118

Davison Street Baptist Church
400 Davison Street
Clinton, SC 29325
(864) 833-1058

Buddhist

Dharmadhatu Buddhist Meditation
Center
2065 Blossom St
Columbia, SC 29205
(803) 254-9048

Ganden Mahayana Buddhist Center
2740 Devine St
Columbia, SC 29205
(803) 256-0150

Catholic

St Boniface Church
403 N Main St
Joanna, SC 29351
697-6745

Holy Spirit Catholic Church
1040 W Main St
Laurens, SC 29360
984-2880

Church of Christ

Church of Christ

603 N Broad St
Clinton, SC 29325
(864) 833-2919

Church of God

Church of God
313 Elizabeth St
Clinton, SC 29325
(864) 833-1183

Miracle Church of God in Christ
205 Hampton Av
Clinton, SC 29325
(864) 938-9102

Church of God in Prophecy
200 Jackson St
Clinton, SC 29325
(864) 833-6787

Episcopal

All Saints Episcopal Church
505 Calvert Ave
Clinton, SC 29325
(864) 833-1388

Jehovah's Witness

Kingdom Hall of Jehovah's
Witnesses
100 Colony Rd
Clinton, SC 29325
(864) 833-4421

Jewish

B'Nai Israel Temple
146 Heywood Ave
Spartanburg, SC
(864) 582-2001

Temple Of Israel
400 Spring Forest Rd
Greenville, SC 29615
(864) 292-1782

Beth Israel Synagogue
425 Summit Dr
Greenville, SC 29609
(864) 232-9031

Hindu

Hindu Temple
1130 Fairview Church Rd
Spartanburg, SC 29303
(864) 599-7048

Hindu Temple & Cultural Center of
SC
5704 Bush River Rd
Columbia, SC 29212
(803) 772-9650

Islamic

Islamic Center Of Columbia
1929 Gervais St
Columbia, SC 29201
(803) 254-7242

Masjid Noor-UI-Huda
517 Winmet Dr
Columbia, SC 29203
(803) 754-2632

Muhammad Mosque #38
5646 Farrow Rd
Columbia, SC 29203
(803) 691-6751

Lutheran

St. John's Lutheran Church
1009 S Broad St
Clinton, SC 29325
(864) 833-1072

Pentecostal

First Pentecostal Holiness Church
403 Academy St.
Clinton, SC 29325
(864) 833-3336

Lydia Pentecostal Holiness Church
661 Poplar St
Clinton, SC 29325
(864) 833-2783

Zion Hill Pentecostal Church
165 Airport Rd
Clinton, SC 29325
(864) 833-3132

Presbyterian

First Presbyterian
Church (USA)
410 E Carolina Ave
Clinton, SC 29325
(864) 833-1062

Westminster Presbyterian Church
(PCA)
1387 Hwy 56 S
Clinton, SC 29325
(864) 833-1275

Southern Baptist

First Baptist Church
301 S Broad St
Clinton, SC 29325
(864) 833-2578

United Methodist

Broad Street United Methodist
Church
310 S. Broad Street
Clinton, SC 29325
(864) 833-0177

Springdale United Methodist Church
851 Springdale Dr.
Clinton, SC 29325
(864) 833-1291

NEARBY ATTRACTIONS

Due to its small size, there are not a lot of attractions in Clinton outside of special events. However there are several cities nearby to which many students make weekly trips and visits. There are also regional attractions.

Greenville: Greenville is around forty-five miles north-northeast of Clinton. It is the closest large city. There are two mall shopping centers in Greenville, two large movie theatres, and numerous places to dine out. The downtown district of Greenville is home to the Bi-Lo Center and the Peace Center which bring in concerts (rock and art), plays, and various other attractions. Most College students are able to get discounts to these events. There is also a local zoo. Greenville is the local connection to Amtrak Railways and also contains the regional airport.

Charleston: Located nearly 3 hours south of Clinton, Charleston has often been called the jewel on South Carolina's Crown. The City of Charleston is one of the oldest cities in South Carolina. Common attractions are Rainbow Row, The Market, The Battery, and Fort Sumter where the Civil War began. Another common attraction are the various tours, specifically the nightly ghost tours. Near Charleston is James Island which contains a public beach.

Myrtle Beach: Is one of the more popular beaches. Barefoot Landing, Alabama Theatre, Dixie Stampede, and Broadway are common attractions for tourists. Myrtle Beach is the home of the South Carolina version of Swing known as Shag.

Atlanta, GA: Atlanta is the closest metropolitan city. It is about three hours away, and many students are from there. There are tons of attractions in Atlanta from historic sites such as the Martin Luther King Jr. Birthplace. There are other cultural attractions such as the World of Coca Cola, Fernbank Museum, the High Museum of Art, and the Woodruff Arts Center, home to the Atlanta Symphony Orchestra. There are also many rock concerts held at the Phipps Arena and Chastain Park. Atlanta is home to several professional athlete teams such as the Braves (baseball), the Falcons (football), the Hawks (basketball), and the Thrashers (hockey).

NOTES:



Your Health in Clinton, SC

NOTES:

Where to get Medical Assistance when the Health Center is Closed

You may need to seek medical treatment at a time when the Health Center is closed. If you are ill during the night and want to see a doctor, the only option available is the emergency room at a local hospital. Medical treatment in the emergency room can be very costly. If you go to the emergency room for something that is not an emergency, your health insurance will probably not cover all of the costs. Please familiarize yourself with the following information regarding treatment at an emergency room.

Please remember that most insurance companies will only pay for a hospital emergency room bill if the reason for going is life threatening, could seriously harm bodily functions, or could seriously reduce the function of a body organ or body part. The list on the following page will help explain when to go to the hospital.

Good Reasons to Go to the Emergency Room

- Loss of consciousness
- Intolerable and uncontrollable pain
- Severe shortness of breath
- Chest pain
- Uncontrollable bleeding
- Poisoning (NOTE: If possible, call your poison control center first and ask for immediate home-treatment advice)
- A major injury, such as head injury
- Severe or worsening reaction to an insect bite or sting, or a medication, especially if breathing is difficult
- Stupor, drowsiness, or disorientation

Not Very Good Reasons to Go

- Earache
- Minor laceration (cut) where bleeding is controlled
- Minor dog bite where bleeding is controlled
- Possible broken bone (if bone is showing or if limb is deformed go directly to the Emergency Room)
- Possible strain
- A blistered sunburn, or minor blistered cooking burn
- Bee or insect sting, or delayed swelling (if there is breathing difficulty go directly to the Emergency Room)
- Rash
- Fever (if there is a convulsion, go directly to the Emergency Room)
- Sexually transmitted disease (STD)
- Colds or cough, sore throat or flu

The Presbyterian College Health Center is not an emergency department or a trauma center. If you have a serious medical emergency, you should call 911.

EMERGENCY INFORMATION

In Case of Emergency:

On Campus:	Phone 7777 for Fire, Ambulance, or Police assistance.
Off Campus:	Phone 911 for Fire, Ambulance, or Police assistance.

Remember to use 911 ONLY in case of an emergency!!!

At any time if you need help call:

Diane Pritchard	Liz Dille
Office: 938-3705	Office: 938-3777

If you are ill or have been seriously injured in an accident, call 911 for an ambulance to take you to the emergency room at the hospital. Please have someone at the hospital call the Director of International Programs immediately.

Call the Director of International Programs immediately if you have any problems involving the police or the sheriff's department. In the past, some international students have been embarrassed or did not want to bother anyone. By trying to take care of the problem alone, they made the problem worse or had to spend time in jail when jail time may have been avoided.

Health Insurance Policy

All international students (F-1 or J-1 visa holders and J-1 dependents) must have adequate health insurance while enrolled at Presbyterian College. Presbyterian College participates in the Cultural Insurance Services International (CISI) health insurance plan for international students. It is required that you purchase this insurance plan for the duration of your stay.



Minimum coverage will provide:

- Medical benefits of at least \$50,000 per accident or illness
- Repatriation of remains in the amount of \$25,000
- Expenses associated with medical evacuation to student's home country in the amount of \$50,000
- Emergency flight for family member \$1,500
- No deductible if first treatment happens at the PC Student Health Center
- Coverage for entire length of stay

This is both for your protection and is a matter of immigration regulations.

OTHER KINDS OF DOCTORS

There may be an occasion where you need or wish to obtain the services of a dentist, optometrist, or other specialized professional. Please be sure to check with your insurance first to see if they will cover such a visit and if there are particular doctors that you must see in order for your insurance to be accepted. If your insurance does not cover you and you still wish to see a doctor, please contact the Health Center or Director of International Programs for assistance in finding an appropriate doctor to meet your needs.



Living and Learning in America!

NOTES:

CULTURE SHOCK

American cultural differences are puzzling to many students from abroad. After the student has developed an understanding of American culture and how to relate to people, he or she can usually relax and enjoy the experience more. Most international students experience some form of **culture shock**, which is feelings of frustration or anxiety while becoming accustomed to a different culture. Research has shown there are five stages to culture shock:

Arrival Fascination

The students who have recovered from initial exhaustion are soon busy getting acquainted with new people, registered in their classes and oriented to the campus. They are caught up in the excitement of the experience.

Culture Shock

Immediately following the initial excitement is the frustration with college bureaucracy, academic pressure, and the weariness of speaking and listening to English or the accents of the region everyday.

Adjustment / Isolation

Adjustment occurs after a few days (or a few weeks) of culture shock when the students can understand lectures and textbooks somewhat better. They make a few friends and learn to manage the size and complexity of the campus. Isolation can happen when students devote most of their time to studies. If students have problems with English, this may isolate them further, and they may cling to a friend who speaks the same native language.

Adjustment/Acceptance

This stage is realized when the student finally feels at ease with the language, university, and peer groups. The students will be better able to handle any differences with friendship at this time, and relationships can mature.

Return Anxiety

As the student draws near completion of their studies and the time to return home draws closer, some new anxieties may be felt. It is difficult to leave new friends and an environment that has become familiar. The students may realize how much they have changed since leaving home and wonder if it is possible to bring these changes home with them. This feeling may be compounded if they are aware of changes in their own country and culture that have occurred during their stay in the U.S. Friends can be of help to students experiencing any of these feelings by just listening.

Getting through Culture Shock

Students should remember that culture shock is a normal process in the transition from one's home culture to a new culture, and most people experience some degree of "shock" in this transition. It may help to talk about negative feelings with both American friends (who can explain aspects of American culture) and international friends who have had similar experiences.

Staff in the Office of International Programs should be consulted when these problems arise, to assist the student in coping with his or her problems in adjustment. While it is something that most, if not all people experience while living abroad, it can be difficult to get through it on your own and there are people here who can help you work through it. You should also feel free to talk with your RA about what you are going through. They may not understand what you are experiencing completely but knowing that you are having problems adjusting; they can offer suggestions to make the transition easier for you. In some cases they may want to meet with Susan Gentry-Wright, Director of Counseling Services, who can also help you work through these issues.

LIVING IN AMERICAN SOCIETY

Because social relations and customs change so frequently, it is difficult to provide a completely "accurate" guide. Freely expressing one's opinion and openly questioning the system are encouraged in US society, however there is a stronger tendencies in the South to maintain the appearance of comfortable interaction and it may take a little more time for students to get to know you before opening up about their feelings on particular issues. It is also important to remember that Americans may differ in sensitivity to certain aspects of life, such as appearance and manners. For this reason trying to understand what social customs are observed and attempting to find a comfortable way to act and live in this environment can be quite perplexing. A brief introduction to some basic attitudes may be helpful in understanding American social customs and patterns.

Americans place much emphasis on individuality and personal identity. This often results in a large degree of informality in appearance, interpersonal relationships, and method of communication. Such informality can give the impression that Americans are promiscuous. This is not the case, although in some situations, individuals may be looked upon as exhibiting poor taste in their behavior or dress. As long as one does not infringe on the rights of others, he or she is permitted a great deal of flexibility in his/her personal expression.

Greetings, Titles, and Relationships

Both men and women usually smile and shake hands when they are introduced to someone. When greeting someone for the first time, Americans will commonly say, "Nice to meet you", or "How do you do?" During introductions that are more casual a "Hello" or "Hi" is common. After meeting someone, first names are used in the U.S. between friends and peers, but adults in society are often referred to as Mr., Mrs., or Ms., unless the individual is more comfortable with using his or her first name. It is appropriate to refer to professors by their title (the use of Dr. is gender neutral and does not require a Mr. or Mrs. before it).

Making Friends

Americans are curious people. They will ask you many questions. Some of their questions may appear ridiculous, uninformed and elementary, but try to be patient in answering them. You may be the first foreign national of a particular country whom they have met, and they will probably have little understanding of life in your culture. Most Americans are sincerely interested in learning more about you and your culture. It is also important to understand that Americans may form relationships differently than many cultures. Be sure to notice the differences in the things people may say or do toward each other. For dating or other more intimate relationships, take the time to understand how Americans differ in things like manners and physical contact. It's important to communicate with the person and keep an open mind.

Dating and Relationships

In the United States, relationships between men and women tend to be informal and vary between maintaining one exclusive relationship to dating many people with no commitment to any one person. The expectation that someone will be faithful after a couple of dates has caused many international students to become disillusioned about dating Americans. Going to social events together, while indicating that one's company is enjoyed, does not guarantee emotional attachment.

The amount of physical contact between men and women varies greatly, often depending on the amount of affection they have for each other. A large amount of touching, even at a superficial level, occurs between men and women. Therefore, while casual hugging or holding hands with someone of the opposite sex may appear to be an invitation to greater intimacy, it often is not. In this culture, there is less touching between female friends and practically none among men.

Men still tend to initiate invitations to parties, movies and other evening events, but women may also do so. Studying together, going to a special lecture or other everyday activities also provides a way for getting to know someone. Because few students have a great deal of money, many students go on dates where each person pays his or her own way.

Concepts of Time

Life in the U.S. may at first seem rather rushed to you. Americans are usually time conscious and being on time is very important. When you accept an invitation or when you make an appointment, you are expected to arrive within five minutes of the appropriate time.

Social Etiquette

You may receive invitations in person, over the phone, or by mail. Most are informal but also should specify time and place. A casual verbal invitation, such as "come and see me sometime" or "drop in" is usually given with the understanding that you will call and make more specific plans before coming over. When you accept an invitation over the telephone be sure that you understand where and when the event is to be held and that you know how to get there. If you do not have a car, tell the person who invites you so that transportation can be arranged.

If you receive an invitation in the mail with the letters RSVP in the lower corner, this means that your host expects you to reply and say whether or not you will attend. Some invitations ask for an RSVP "for regrets only", that is, if you cannot attend. If you must refuse, give a short reason explaining why. Most invitations for large public events do not require a reply.

If you accept an invitation to a person's home, it is important to keep the appointment. The host expects the guest to call or write well ahead of time if he/she cannot come. Most Americans do not have domestic help, and it is important for them to know in advance the number for whom to prepare. Do not accept an invitation if you do not plan to honor. Americans are more offended by the guest who accepts an invitation and then fails to appear than by a person who refuses an invitation.

Children and Invitations

Children will be invited to come with the parent for some visits in homes. If you are not sure that children are included in the invitation, ask the person inviting you. If you cannot leave the children at home, tell the person who invites you.

Children may be invited to other children's birthday parties. The invitation will usually tell what the activity will be and tell when the party starts and ends. Cake and ice cream are usually served. Unless told NOT to bring a gift, guests take the child having the birthday an inexpensive gift, such as a book, game or toy.

Social etiquette

Your national dress will be appropriate at any occasion and will be of interest to others attending. If you do not wear this national dress, wear what you may have. There are a few rules to what you wear. Generally, dressy clothes are worn to a cocktail party, very casual clothes are worn to a picnic, and "in-between" types of clothes are worn to other functions. If you are not sure about what to wear, ask your hostess or someone else whom you know is attending the same affair.

It is unnecessary to bring a gift when invited to dinner. It would be a lovely gesture and accepted graciously, however, should you do so. Overnight house guests usually DO bring a small gift to the host. A souvenir from your home country, for example, would be quite suitable and appreciated.

Before leaving, tell the host and hostess something nice about the event and thank them for inviting you. Compliments on the meal are always appreciated. It is not necessary to write a thank-you note for every invitation, but it is thoughtful to send a note of thanks for an overnight or weekend visit in someone's home, or after the first time you are invited to someone's house for a meal. A note is always acceptable and pleasant to receive from a guest who feels a host or hostess has been particularly kind or has done something to make the guest happy.

Types of Parties

Receptions are for large groups of people and vary widely. As guests arrive they are greeted by people who are being honored or who are hosting the party. Light refreshments are served. People usually stand or walk around and talk with other guests. It is proper to introduce yourself to someone who is near you. People come, eat and visit for awhile, and leave during the allotted time.

Dinners are a complete meal. A dinner party is usually in the late afternoon or evening, but some families will have special dinners at mid-day. If you have food restrictions, tell your hostess when you accept the invitation. If the food and service are strange to you, watch your host or hostess for an example to follow. Usually guests leave an hour or two after the evening meal is finished. If there are activities planned to follow the meal, leave soon after the activities are finished. However, it is not unusual for the host and her guest to relax and talk after a dinner party.

Pot Lucks are meals for school or other large groups where food is provided by those attending. The invitation or announcement will tell what will be provided by the committee planning the meal and what each family or guest should bring. Usually each family brings a big dish of food and table service (plates, forks, cups for each family member). All the food is placed on a table and people serve themselves. There is usually a wonderful mix of dishes and desserts to sample.

B.Y.O.B (Bring Your Own Beverage) generally refers to parties where guests are asked to bring what they would like to drink. Food may be provided by the host, or guests may be asked to bring something. It is a time for visiting, eating and drinking. There may be dancing or games.

Picnics are informal meals eaten outside in a yard or park. Some of the food may be prepared at the picnic area (grilled). Games and other outdoor activities may be played.

R.S.V.P. To R.S.V.P. to an event is to inform the host whether or not you will come.

A Note about Hygiene

You may notice that Americans place a great deal of importance on outward appearance. Americans are offended if a person smells of sweat or has bad breath. Showering daily, as most Americans do, is not sufficient to prevent body odor. Because Americans are so sensitive to odor, they use deodorant under their arms, brush their teeth twice a day, and use breath fresheners when they believe their breath smells stale, after smoking, or after eating onions and garlic. Clothes, especially shirts and blouses, are washed after one or two wearings, even if they appear to be clean. Americans are also very sensitive to comments on their personal appearance. For example, if someone is looks poor one day or is overweight, it is considered very rude to comment negatively on their appearance.

NOTES:



Immigration Issues

NOTES:

ESSENTIAL RULES AND REGULATIONS FOR INTERNATIONAL STUDENTS

The U.S. Immigration and Naturalization Service has established certain rules and regulations which you are expected to understand and follow:

1. Attend the school you were authorized to attend. Enroll in and complete a full course of study during the academic year (12 credit hours for undergraduate students.) Always consult with the Director of International Programs before you drop course load to part-time or withdraw from all of your courses.
2. Maintain a valid passport at all times.
3. Do not accept employment off campus without authorization from the INS. With permission from BCIS, students may work up to 20 hours per week when classes are in session and full-time during the break periods.
4. Report any change of address to the Office of International Programs within 10 days of moving.
5. Leave the U.S. by the anticipated completion date on Form I-20. If studies are not completed within the allotted period of time (see explanation below), apply for an extension of stay to the Director of International Programs by the date on Form I-20.

CHANGE OF ADDRESS AND TELEPHONE NUMBER

Please keep us informed of your current address and phone number. It is imperative that any change of address and telephone number be reported to International Programs. It is essential that we know where to contact you in case of an emergency.

IMPORTANT IMMIGRATION DOCUMENTS & PROCEDURES

Passport

It is your most important piece of identification, and you need to keep it valid (6 months beyond your projected date of departure from the U.S.) You cannot renew your visa unless your passport is current, nor can you leave the U.S. without a valid passport.

Visa

The stamp in your passport which is issued by a U.S. embassy or consulate abroad, allowing the bearer to enter the United States. Visas can only be obtained or renewed outside the U.S.

I-20

Certificate of eligibility for non-immigrant F-1 Student Status. This form is issued to you to attend PC initially. Having accepted the I-20, you are required by immigration to attend PC for at least one semester before transferring. Whenever you travel outside the U.S. you must carry an up-to-date I-20 endorsed by the Director of International Programs. You must also check visa requirements of those countries through which you will travel.

**You should keep page 3/4 of your I-20 at all times.
It serves as a record of all transactions about your status.**

DS-2019 Form

Certificate of eligibility for non-immigrant J-1 Exchange Visitors. This document certifies that the person has been accepted under the Exchange Visitor Program, which is approved by the USIA in Washington, D.C. Under this program, students, researchers and professors come to the United States on a temporary basis for the purpose of educational exchange. The terms of the appointment and the financial support of the program are indicated on the IAP-66. Uses of the DS-2019 correspond to those of an I-20 form. The program sponsor endorses the IAP-66 for overseas travel. As PC does not currently issue the DS-2019 document, you must revert to your program sponsor for authorization to travel outside of the U.S.

I-94

Entry permit issued by the Immigration inspector at the port-of-entry into the U.S. This is the little white card, which was stapled into your passport upon your arrival in the U.S. **KEEP IT THERE, FOR IT IS YOUR PERMIT TO REMAIN IN THE U.S.** The D/S marked on the I-94 means that you are permitted to remain in the U.S. for as long as you are pursuing your intended program of study, provided you remain in status and are making satisfactory progress toward completion of your degree or program.

Duration of Status (D/S) is defined as the period during which a student pursues a full course of study in any educational program and any period of practical training plus **60** days to depart from the United States.

Employment. International students on F-1 visas are not permitted to work off-campus. However, you may apply for on-campus jobs (including work-study jobs that have not been filled by U.S. citizens.) You are allowed to work on-campus up to 20 hours/week during the academic term and a maximum of 40 hours/week during the vacation periods.

In the case of economic necessity due to unforeseen circumstances which arise **after your first year in the U.S.**, you may seek permission to work off-campus. Contact the OIP (938-3777) for information on these regulations and application procedures.

Students holding a J-1 visa should consult the OIP regarding regulations for off-campus employment provided by their sponsor.

Optional Practical Training is a period of up to one year during which a student is permitted to work in a position relevant to his/her field and can be used before or after completion of studies. Students remain in F-1 status with the college, although they can accept employment anywhere within the United States. Contact the OIP for details and application forms. **The application for practical training must be received by BCIS within 60 days of completion of your degree requirements.**

I-538

Certification by Designated School Official (foreign student advisor) used to process program extension, off-campus employment permission, curricular practical training, and optional practical training.

I-765 Form

Application for Employment Authorization Document (EAD.) For F-1 students, this form is used to request optional practical training; off-campus employment under the sponsorship of a qualifying international organization; or off-campus employment due to severe economic hardship. This is also the form the J-2 dependent must file to request work permission. The I-538 is certified by the Director of International Programs.

Employment Authorization Document (EAD)

A laminated card with photo issued to some non-immigrants by BCIS indicating how long work is authorized.



Useful Resources

CONVERSION CHARTS

SYMBOL	WHEN YOU KNOW	MULTIPLY BY	TO FIND	SYMBOL
LENGTH				
in	inches	25.4	millimeters	mm
ft	feet	0.305	meters	m
yd	yards	0.914	meters	m
mi	miles	1.61	kilometers	km
AREA				
in²	square inches	645.2	square millimeters	mm ²
ft²	square feet	0.093	square meters	m ²
yd²	square yard	0.836	square meters	m ²
ac	acres	0.405	hectares	ha
mi²	square miles	2.59	square kilometers	km ²
VOLUME				
fl oz	fluid ounces	29.57	milliliters	mL
gal	gallons	3.785	liters	L
ft³	cubic feet	0.028	cubic meters	m ³
yd³	cubic yards	0.765	cubic meters	m ³
MASS				
oz	ounces	28.35	grams	g
lb	pounds	0.454	kilograms	kg
T	short tons (2000 lb)	0.907	megagrams (or "metric ton")	Mg (or "t")
TEMPERATURE				
°F	Fahrenheit	(F-32) x 5 / 9 or (F-32) / 1.8	Celsius	°C
ILLUMINATION				
fc	foot-candles	10.76	lux	lx
fl	foot-Lamberts	3.426	candela/m ²	cd/m ²
FORCE and PRESSURE or STRESS				
lbf	poundforce	4.45	newtons	N
lbf/in²	poundforce per square inch	6.89	kilopascals	kPa

MEDIA

Television Stations

02	Local?
04	NBC
05	WB
06	WGGS/DT
07	CBS
08	ETV
09	UPN 62
10	Local?
11	QVC
12	FOX Carolina
13	ABC
14	Classes?
15	***
16	PC Channel
17	***
18	***
19	TVG
20	ETV Info
21	BET
23	TBS
24	ESPN2
25	ESPN
26	TNT
27	FSN
28	OLN
29	Lifetime
30	CNN
31	CNN Headline
32	CNBC
33	A&E
34	Bravo
35	AMC
36	TCM
37	We
38	TNT
39	Spike
40	Disney
41	TVLand
42	TLC
43	History
44	Discovery
45	Animal Planet
46	Travel
47	SciFi
48	FX
49	USA
50	Nickelodeon
51	Cartoon Network
52	Food Network
53	HGTV
54	Comedy Central
55	ABC Family
56	VH1
57	MTV
58	
59	MTV2
60	Toon Disney
61	Turner South
62	Golf Channel?
63	CMT
64	G4
65	Court TV
66	Fox News
67	MSNBC
68	SOAP
69	E!
70	GSN
71	Style
72	National Geographic
73	OH! Oxygen
74	Hallmark
75	diy

Radio Stations

88.5	Religious	98.9	Contemporary
88.7	Folk/Bluegrass/Americana	100.5	Country
89.3	Christian Contemporary	101.5	Classic Rock
89.7	Christian Contemporary	101.9	R & B
90.1	National Public Radio	102.5	Easy Listening
91.1	Religious	103.5	Contemporary
92.5	Country	104.3	Country
93.3	Top 40	104.7	Top 40
93.7	Oldies/Hit	105.9	Religious
94.1	80's	106.9	Christian Contemporary
94.5	Classical	107.3	R & B
97.1	WPCX – Presbyterian College radio	107.9	Hard Rock
97.5	Older Country		

List of Foreign Embassies in the U.S.

<http://www.embassy.org>

Currency Conversion

<http://www.xe.com/ucc/>

American Holidays

The following is a list of some of the special days celebrated in the United States. The list is not inclusive. Shading over the date indicates that post offices and banks are closed on that day.

January 1 New Year's Day	Celebration of the first day of the year.
Second Monday in January Martin Luther King Day	A day to honor Dr. Martin Luther King, Jr. for all he did to combat racism and prejudice in the United States.
Third Monday in February Washington's Birthday is observed	Celebration of the birthday of the first President of the United States.
February 14 Valentine's Day	Originally for sweethearts, it is now a day to send cards to loved ones. Red hearts are symbolic of this day, and cards, flowers and chocolates are traditional gifts. Young school children make and exchange Valentine's Day cards.
April 1 April Fool's Day	A day for playing harmless jokes or pranks on others.
Second Sunday in May Mother's Day	A day to honor mothers and grandmothers. Mother's Day cards are sent through the mail.
Last Monday in May Memorial Day	A day to honor the memory of the dead. People often decorate the graves with flowers. Military services honor those who have died at war. This day also marks the beginning of the summer season.
Third Sunday in June Father's Day	A day to honor fathers and grandfathers. Again, cards are sent through the mail.
July 4 Independence Day	The birthday of the United States of America. The day on which the Declaration of Independence was adopted by the Continental Congress, July 4, 1776. Traditional colors of this day are red, white and blue.
First Monday in September Labor Day	A day to honor the working people. Labor organizations sponsor various celebrations. It also symbolizes the end of the summer season.
October 31 Halloween	This is basically a children's holiday. Children dress up as ghosts, witches, etc., and go "trick or treating", a custom of going from house to house with a paper sack. They ring the door bells and are offered a piece of candy to protect the householder from a "trick". Some of the children will also collect donations to support UNICEF.
November 11 Veteran's Day	A special day to honor the courage and patriotism of all the men and women who have served in the U.S. armed services.
4th Thursday in November Thanksgiving Day	A day for families to give thanks with feasting and prayer for the blessings they have received during the year. Thanksgiving dinner often includes turkey, pumpkin pie, and other traditional foods. This day also marks the beginning of the holiday season which lasts until New Year's Day.
December (date changes every year) Hanukkah	An eight-day holiday celebrated by Jews to commemorate the rededicating of their temple in ancient days. Today gifts are exchanged between family members.
December 25 Christmas Day	A holiday celebrated by Christians to observe the birth of Jesus Christ. A spirit of good will pervades and gifts and cards are exchanged among family and friends. Much attention is given to Christmas by the media.