

**chatham**  
UNIVERSITY

International Student and  
Scholars Guide



**Office of International Affairs**

Version: 5/2018

# Welcome to Chatham University!

Welcome to Chatham University and Pittsburgh! With international students and scholars from some 25 countries, as well as faculty and staff from around the world, we know you will find Chatham University to be a diverse and stimulating community. We look forward to getting to know you and discovering the special talents and contributions you bring to this institution.

Chatham University is a small institution that provides personal attention to its students. Discovering Chatham's resources and learning about its traditions, while exciting, can be an overwhelming experience for any new student or scholar. This book has been prepared to help with many of the practical matters you must take care of now that you have arrived in Pittsburgh, as well as introduce the cultural richness of Chatham University and Pittsburgh communities.

In addition, the various programs and activities offered by the Office of International Affairs throughout the year are designed to make your transition to the University easier and your stay here productive and enjoyable. The Office of International Student Services (OIA) is *your* office – we hope that you will feel comfortable coming to visit us with any concern that you may have. At OIA you will find advisers who are experts in immigration regulations and conversant in the resources found at Chatham University and in Pittsburgh. We can direct you to resources that will help you solve problems, such as getting a driver's license, understanding your lease, and finding an opportunity to practice your English. You will find a staff that has traveled a great deal, lived and worked in different parts of the world and the U.S., and understands what it is like to move halfway around the world to a totally new culture and environment. In short, we understand the dynamics of "culture shock." In addition, we're good listeners, so if you just need someone to talk to, stop by!

You are also welcome to browse through our resource center, which has information about Chatham University, Pittsburgh resources and activities. We encourage you to read this handbook and keep it on hand for future reference. You will also want to be familiar with other important Chatham reference materials, such as the *Student Handbook*, *The Communiqué* (student newspaper), and the current *Academic Catalog*.

OIA will also be in contact with you regularly during your stay at Chatham University through our e-mail distribution list. We use this to send you very important information about workshops, special programs, and changes in the immigration regulations and procedures. You **MUST** read these messages and check your Chatham e-mail account **daily**—it is a frequent means of communication on campus.

We look forward to meeting you and helping you on your journey at Chatham!

# Office of International Affairs

## (OIA)

Chatham University believes that providing students with a strong global perspective is critical as the world becomes ever more technologically and economically interconnected. Our commitment to internationalizing the campus has an approach across all curriculum, providing curricular and co-curricular experiences on campus and abroad, and involving all students regardless of major and all faculty regardless of discipline or teaching area.

As the center for Chatham's international activities, the Office of International Affairs provides learning opportunities and services that foster cross-cultural awareness, we facilitate intercultural communications, and enhance knowledge of world cultures and societies for all students at Chatham.

The Office of International Affairs oversees:

- English Language Program (ELP)
- Education Abroad
- International Student Services (OIA)
- Global Focus
- International Exchanges and Linkages
- Faculty International Development
- International Certificate Programs

Please visit the following websites, which contain many resources for international students and scholars, at <http://www.chatham.edu/academics/international/students.cfm> and <https://my.chatham.edu/departments/getdept.cfm?DeptID=73>

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*Office of International Affairs*  
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Office of International Student Services

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# Arrival Checklist

You will be very busy during your first few days here, following is a short checklist of things that must be accomplished during your first week at Chatham University. If you have any questions or concerns about any of these things, please be in touch with the OIA.

- ✓ Check in with the OISS, attend international student orientation and complete the “New International Student form”.
- ✓ Get your ID Card in Student Services.
- ✓ Access your Chatham computer account & email, and visit Portal.
- ✓ Register for classes\* (if you did not do so before arrival).
- ✓ Open a bank account. Please see the section on banking.
- ✓ Sign up for health insurance or show proof of your health insurance. Information regarding health plans available to you as a Chatham student is available at Health Services, at the rear entrance of Woodland Hall.
- ✓ Attend the orientation programs sponsored by Chatham University.
- ✓ Allow time for your mind and body to adjust to the effects of jet lag; try to get plenty of rest and drink a lot of water.
- ✓ Have fun! Make new friends and explore Pittsburgh and Chatham University by joining in the activities for new students and scholars.

Although a passport is an acceptable form of official photo ID, it is a good idea to keep your passport and accompanying immigration documents in a safe place. When traveling, even domestically, you will want to carry your immigration documents in a safe place. For all other times, you should consider carrying copies of your immigration papers in your wallet or handbag. Most banks will rent a small safe deposit box for about \$30 a year where you can safely store valuables such as documents, tickets home and jewelry. If you choose not to rent a safe deposit box, make copies of all your important documents, including your tickets home and keep those in a separate location from the originals. In case of loss, it will make the replacement process easier.

## Policies & Regulations

### U.S. Department of State Regulations

You must maintain your lawful nonimmigrant status at all times as outlined below. Failure to maintain your lawful scholar status can result in your having to end your program prematurely and leave the U.S.

**Check-in with Office of International Affairs.** All students must meet with the International Student Services Coordinator within 30 days of the I-20/DS-2019 start date.

**Maintain a valid passport** at all times. At the time of entry to the U.S. make sure your passport is valid for a minimum of six months in the future. Your passport must be valid at all times. Expiration of your passport terminates your student status.

**Make certain that your permission to remain in the U.S. is always valid.** Please make certain that your I-94 card is marked D/S or Duration of Status. This means that you have permission to remain in the U.S. for the length of your program as stated on line #3 of your I-20/DS-2019 form. If you will be staying at Chatham University beyond the end date of your I-20/DS-2019, you must inform OIA well in advance of the date so that we may assist you to extend your stay if necessary and/or possible.

**Maintain Health Insurance.** All students and scholars are required to have health insurance for themselves and their dependents. You must have health insurance within 7 days of your arrival in the U.S. The insurance must meet State Department requirements. (please see health insurance form)

**Abide by employment regulations.** The State Department has very specific and unique limitations on employment in the U.S. You must abide by the employment regulations governing your scholar status. If you work without the appropriate authorization, it will create serious difficulties for you. Always check with OIA well in advance of accepting an offer for speaking engagements.

**Report departure date and reason to OIA.** Occasionally a student or scholar will leave the University early or unexpectedly for personal reasons or because of an early completion of research. In each of these cases, you must inform OIA that you will be leaving Chatham University before the expected completion date on your I-20/DS-2019.

**Notify OIA in advance of transferring programs.** If you are leaving Chatham University and transferring to another program, you must complete an official immigration transfer by first notifying OIA of your intention to transfer from Chatham University. OIA will release your SEVIS record to your new school, which will issue a new DS - 2019 form.

**Make sure you have the appropriate travel documents so that you can reenter the U.S. after a short trip abroad.** You must have a valid passport, a valid visa stamp and a valid I-20/DS-2019 with a signature from a Chatham Alternate Responsible Officer to re-enter the U.S. after a trip overseas. Before you travel out of the U.S., check with OIA that all your documents are in order. If you need to apply for a new U.S. visa, make certain to allow sufficient time for the application and interview process. As interviews are required for some visa applicants, it can take several weeks. The best way to be prepared for possible visa issuance delays is to check the information on the website of the U.S. Embassy or Consulate where you will apply.

**Make sure your family members have the correct immigration status.** As a student or scholar, your spouse and/or dependent children may join you in Pittsburgh. Please make sure they hold the appropriate non-immigrant status for dependents. OIA will provide you with the necessary immigration documents for your dependents. Dependents can work, but only with the authorization from the immigration service (USCIS). Please visit OIA for instructions on applying for work authorization. Other family members or friends will most likely need tourist status to visit you here. Only spouses and dependent children are eligible for dependent status. **PLEASE NOTE! As dependents, visitors have no status of their own!**

**Report any change of local (current residential) address.** OIA, in turn, is required to notify SEVIS within 10 days of your change of address.

**Be Aware of your Obligation to file U.S. tax documents.** All students and scholars in the United States are required to file U.S. tax documents, *even if you did not have any income from a U.S. source.* If you are employed in the U.S., your earned income is usually subject to federal (U.S.) and state income taxes. These taxes can commonly total 15% to 30% of your earned income, depending on your income level. Like immigration regulations, U.S. tax regulations are complex and vary tremendously in individual situations. For assistance you may arrange a tax workshop with the International Student Services Coordinator.

## Travel While in U.S.

You are encouraged to travel to see the rest of Pennsylvania and other areas of the United States. Travel in the U.S. will not require any special permission. However, before you plan to make any trips outside the U.S., you must have the I-20/DS-2019 signed by an Alternate Responsible Officer; normally the International Student Services Coordinator. The signature verifies that you are still performing the duties of your program and that you are eligible to continue your teaching/and or research at Chatham when you return to the U.S. This signature is required for all trips outside of the U.S., including Canada. Please allow time for the ARO to process the I-20/DS-2019 **before** the expected departure date. If you do not obtain this signature, you will not be able to re-enter the U.S. once you have left the country.

You can only renew your visa through the U.S. Embassy or Consulate in your home country or country of legal permanence.

## Settling in at Chatham University

### Email and Computing

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All students and visiting faculty are given a Chatham email and user account. You will receive log in information by email from the Chatham IT department. Once you have set-up your Chatham account, please check it daily. It is Chatham policy that offices will contact you only through your Chatham email and not your personal email. If you have difficulty with accessing your Chatham Account, please contact the HelpDesk at <http://services.chatham.edu>, or going to their office, located on the first floor of Woodland Hall.

### Telephones

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Telephone numbers in the U.S. have ten digits, including a 3-digit area code.

- **Internal Chatham University Call**

To call from an internal number to another internal number, dial the last four digits (all campus phone numbers begin with “365,” so you only need dial the last four digits. Example: “2402”). To make an outside call (local or long distance) from an internal Chatham University telephone, you must dial “9” before the number.

- **Long Distance Call**

Dial 1+ ten-digit number (example: 1-412-432-4771). Internal Chatham University phones block long distance toll calls. It will be necessary to use a calling card for these calls. Remember, from an internal phone, you must dial “9” first.

- **Toll-Free Call**

Any telephone number with the area code 800, 866, 877 or 888 is toll-free. The telephone company will not charge you for the call. You can dial these numbers for free on or off campus from any phone.

- **International Call**

Dial 011+country code+(area code+ number). Country codes are listed in the Pittsburgh telephone directory. You will need a calling card for these calls.

- **Dealing with Telephone Solicitations**

If you live off-campus and you are not using a campus phone, you are sure to receive telephone calls from ‘telemarketers’ - that is, people who will call you and try to sell you things over the phone. Never give any information over the phone to a telemarketer. Never give out your social security number or a credit card number for any reason. If you are interested in something, you may want to ask them to



please send you something in the mail. Never agree to anything over the phone. And remember, if it seems too good to be true, it probably is.

There's also a newly instituted federal "Do Not Call" registry, which is intended to significantly reduce telemarketing calls to registered numbers. To register your number, go to <https://www.donotcall.gov/>.

## Postal Service

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The Chatham Post Office is located below Anderson Dining hall- on the first floor of Mellon. You may mail international items here and also receive mail. If you live on campus you may request a mailbox. The Post Office is open Monday through Friday from 9 am to 4 pm. You may access your mail box at any time. You may call the Post Office by dialing x1270.

The Chatham Post Office should be able to accommodate most of your postal needs. You can also send international mail using UPS or FedEx which have offices in the Pittsburgh area.

## Transportation

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Transportation around Pittsburgh is usually easy. Even if you don't own a car, you should have no problem getting to most places you need to go. **Chatham University staff and students may ride the Port Authority buses and University of Pittsburgh shuttles for FREE.**

- **Bicycle** A bicycle is a great way to get around town quickly. It is particularly convenient if you live nearby, but off-campus. There are bike racks around campus, and Bike Works is located in the rear of Woodland Hall.

While you may never have a problem in Pittsburgh, especially if you take care to lock your bicycle properly, bicycle theft can and does happen. In order to avoid it, be sure to purchase a good lock (a D-lock is recommended), and always lock both the wheels and the frame of your bike to a bike rack, pole or fence, preferably in a visible area. Do not lock your bike to a handicap access ramp, building entrance, or stair rail. Finally, for your riding safety, you must wear a helmet. If you must ride at night, make sure you use lights and reflectors and wear light-colored or reflective clothing. Always ride with the flow of traffic, and be sure to follow the rules of the road.

- **Chatham University Shuttle**

Chatham provides a shuttle to and from Chatham Eastside, the University of Pittsburgh campus and the Oakland neighborhood of Pittsburgh. To find live updates on shuttle locations, visit: <http://www.chathamshuttles.com/>

- **Local Public Bus**

The Port Authority of Pittsburgh is the local bus company. On their website, you can search bus schedules and times: <http://www.portauthority.org>. To get live updates on bus locations and arrival times, visit: <https://truetime.portauthority.org/bustime/home.jsp>

- **Getting to & from the Airport**

The Office of International Affairs and/or host department will provide transportation from the airport when you arrive and also transportation when you leave the university. At other times, you can get to the airport by taking the 28X bus from Oakland (you can ride the shuttle, or the 71D or 71B buses to get to Oakland).

- **Greyhound Bus Station**

The Greyhound bus station is located in downtown Pittsburgh at 55 11<sup>th</sup> street (the 71B and 71D buses from Fifth Ave will take you downtown). You can buy tickets online at <http://www.greyhound.com>. The bus station also houses Megabus, tickets for Megabus can be found by visiting: <https://us.megabus.com/>

- **Train**

The Amtrak train station is located downtown at 1100 Liberty Avenue. You can find schedules and information for Amtrak online at <http://www.amtrak.com>.

Subway services in Pittsburgh are called The T, which runs from downtown to the north and south sides. The T has a free zone in the downtown area and paid zones are free with your Chatham ID.

## Shopping

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- **Shadyside**

The stores in Shadyside are located on Walnut and its adjoining streets, including Ellsworth Avenue, within walking distance from campus. Popular stores include the Gap, Banana Republic, Francesca's, J. Crew, Patagonia, Kawaii Gifts, Eons Fashion Antique, Hey Betty!, Sephora, and many more specialty shops, boutiques and art galleries.

- **Squirrel Hill**

The stores in Squirrel Hill can be found on Forbes Avenue between Murray Avenue and Shady Avenue, and on Murray Avenue to Forward Avenue (the bottom of the hill). Squirrel Hill is within walking distance of campus. Popular stores include Ten Thousand Villages, Jerry's Records, Little's Shoes, The Exchange, Amazing Books and Records, and Avalon Exchange. There are also several drugstores, a Giant Eagle grocery store, and several other smaller specialty shops and banks.

- **Oakland**

Oakland is home to the University of Pittsburgh, Carnegie Mellon University, and Carlow University and offers shopping on the main streets (Forbes Avenue and Fifth Avenue) as well as side streets, such as Craig Street. Oakland is easily accessible from Fifth Avenue by taking the 500 or 71D buses.

- **Downtown**

A variety of shops and activities can be found downtown by taking most all buses inbound that run near Chatham.

<http://www.downtownpittsburgh.com/>

- **Fifth Avenue Place**

Downtown, 412-456-7800

<http://www.fifthavenueplacepa.com>

- **Monroeville Mall** is accessible by the 67 bus, there are several books stores and inside and near the mall, as well as a Guitar Center, Best Buy (electronics store), and Jo Ann Fabrics. Monroeville, 412-243-8511

<http://www.monroevillemall.com>

- **Robinson Town Centre**

Robinson, 412-391-7887

<http://robinsontowncentre.com/>

- **The Shops at Station Square**

Pittsburgh, 412-261-9911

<http://www.stationsquare.com/>

- **The South Side**

[http://www.southsidepgh.com/be\\_entertained/index.php](http://www.southsidepgh.com/be_entertained/index.php)

Bus: 54 C Outbound from Oakland

- **The Strip District**

<http://www.neighborsinthestrip.com/thestrip/businessescat.html>

Bus: 54 C Inbound from Oakland or the 88 inbound from East Liberty

- **The Waterfront**

<http://www.waterfronttowncenter.com/>

Bus: 64 Outbound from Chatham

## International Food Stores

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- **Korean**

New Sambok Oriental Foods: Strip District  
1735 Penn Avenue

Pittsburgh, PA 15222

(412) 261-9377

- **Chinese**

Lotus Foods: Strip District  
1649 Penn Avenue  
Pittsburgh, PA 15222  
(412) 281-3050

- **Japanese**

Tokyo Market  
5855 Ellsworth Ave  
Pittsburgh PA, 15232  
(412) 661-3777

- **General Asian Groceries**

Young's Oriental Grocery: Squirrel Hill  
5813 Forward Avenue  
Pittsburgh, PA 15217  
(412) 422-0559

Panda Supermarket  
5846 Forbes Ave  
Pittsburgh, PA 15217

- **Middle Eastern**

Salim's Middle Eastern Food Store:  
Located at the corner of Centre Avenue  
and N. Neville Street  
4705 Centre Avenue  
Pittsburgh, PA 15213

Labad's: Strip District  
1727 Penn Avenue  
Pittsburgh, PA 15222  
(412) 261-0419

- **Indian and South Asian**

Kohli's Indian Emporium: Located in  
North Oakland near the Carnegie  
Museum  
319 South Craig Street  
Pittsburgh, PA 15213  
(412) 621-1800/2688  
Can also rent Indian movies here

## Bookstores

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- **The Chatham Bookstore**

The campus bookstore, located in the rear of Woodland Hall, provides many items you may wish to purchase. Some items include Chatham clothing and gifts, stationary and greeting cards, books, beverages & snacks, art supplies, school supplies, mailing supplies, personal care items and medicines. The Bookstore is usually open from 9 am to 5 pm Monday thru Friday. You may call the Bookstore at x1661. Most American students purchase or rent textbooks online on websites like Amazon.com

- **Oakland**

**University of Pittsburgh Bookstore**, 4000  
Fifth Avenue (near Thackeray Street)  
412-648-1450

**The College Store**, 122 Meyran  
412-687-2780

**Jay's Book Stall**, 3604 Fifth Avenue  
412-683-2644

**Caliban Book Shop**, 410 S Craig St,  
Pittsburgh, PA 15213

- **Shadyside**

**Journey's of Life**, 810 Bellefonte Street  
412-681-8755

- **Monroville**

**Half Priced Books**, 3757 William Penn Hwy,  
Monroeville, PA 15146

**Barnes & Noble**, 700 Mall Cir Dr,  
Monroeville, PA 15146

- **Squirrel Hill**

**Classic Lines**, 5825 Forbes Ave.  
412-422-222

## Banking & Finances

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It is not advisable to carry large sums of money or to keep large sums of money in your apartment or dorm room.

The banks listed below are in Squirrel Hill, within walking distance of campus.

- **Dollar Bank**, 5822 Forbes Avenue.  
ATMs on campus are from Dollar Bank and will not charge you for withdrawing money.  
412-521-7031  
<http://www.dollarbank.com/>
- **PNC Bank**, 5810 Forbes Avenue  
412-521-8800  
<http://www.pncbank.com>
- **Citizens Bank**, 1801 Murray Avenue  
412-521-5542  
<http://www.citizensbank.com>

The best way to get information is to visit the website or walk over in person. It is very difficult to conduct bank business on the telephone. Remember to ask about the arrangements for transferring funds, as well the different services and fees charged. Keep in mind that wire transfers normally take time and that there are fees at the originating and ending banks.

When going in to open a bank account, make sure you take your passport with I-94, I-20/DS-2019 and your Chatham University I.D. You will also want to know your Chatham address and phone number. You will also need to bring, depending on the bank, at least \$25 to open an account.

- **Do I need a social security number to open my account?**

Banks will sometimes insist upon a valid social security number in order to open a new account. However, a social security number is **NOT legally necessary** to open bank accounts in the U.S. If you prefer, you may wait until you receive your social security number before applying for a bank account. PNC Bank does not require a social security number to open a student account.

- **Need a currency exchange?**

The best option to exchange currency is to do so when you arrive at the Pittsburgh International Airport or open a bank account and deposit the funds. Otherwise, it is difficult to exchange currency in Pittsburgh.

- **ATMs & Banking Fees**

ATM's (automatic teller machines) are convenient ways to have access to the money in your bank accounts. The best thing to do is to use an ATM owned by the bank you have an account with, otherwise you can expect to pay fees.

When shopping around for banks, always inquire about their fees. Some banks will eliminate fees if you arrange direct deposit of your paycheck. You may also be able to get lower fees at your preferred bank by telling them about lower fees offered at a competing bank.

- **Transferring Funds from Overseas**

In addition to a traditional wire transfer, you can also use your ATM card at banks in the U.S. to withdraw directly from your home account. You will receive the going exchange rate for that day. The disadvantage is that both the local banks and your home bank may charge withdrawal fees. You may be able to get around ATM withdrawal fees by paying into your credit card account with your home currency and then charging things in the U.S. against the credit.

- **Sending Money Home**

If you need to send or receive money from home, *Western Union* provides money transfer services on-line, by telephone or via a business agent. For more information about Western Union services and for agent locations, visit <http://www.westernunion.com>.

- **Money Orders**

A *money order* can be used to pay bills by mail instead of by check. Some people use money orders for purchases or for making a deposit if they don't want to carry a large amount of cash. A money order looks similar to a check, but has an instant cash value. You can purchase a money order at your local bank or post office for a small fee.

- **Credit/Debit Cards**

Debit cards are often issued by your bank when you open a checking account. The main difference between credit and debit cards is that a debit card will immediately take money from your checking account for the amount of your purchase. Credit cards with allow you to accrue a balance which you pay off at the end of your statement period (usually one month). Some shops might not accept debit cards—even when used as a credit card. For the most part, debit cards are widely accepted, and using one instead of a credit card is a good way to make sure you do not overspend. Visa and MasterCard are the most commonly accepted cards in the United States.

Americans use credit cards for both small and large purchases. A credit card is also often necessary when renting a car or making a hotel reservation. You can check with your bank to see if you are eligible to receive a credit card, but it is unlikely as soon as you arrive as most banks wish to develop a financial history with you first. It may be useful to wait to apply for a credit card for at least six months and to use a debit card to begin to develop a financial history.

If you do get a debit card understand that whenever it is used, it will draw money from your checking account. You will need to be careful that you have enough funds in your bank account to cover any charges made on a debit card.

## **Social Security Cards**

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Chatham University students and scholars who are employed on or off-campus need to apply for a Social Security Card. Only students who are employed qualify for a social security card.

Please meet with the International Student Services Coordinator before going to apply for a social security card. You will need to have the following to apply for a social security number:

- A letter from the International Student Services Coordinator confirming your Chatham University scholar status. (Application for this letter can be found on my.chatham under Documents and Forms> International Programs
- A letter from your employer confirming your employment status.
- Your immigration documents including: your passport with I-94 card and your I-20/DS-2019.

Take the above to the Social Security Administration (SSA) Office at 6117 Penn Circle North, Monday-Friday from 9:00 a.m. to 4:00 p.m. (closed on federal holidays, phone number: 412-361-6204). You will be required to fill out an application form, which you can download in advance from their website at <http://www.ssa.gov>. The SSA Office is a 20 minute walk from Chatham. You may also take the bus. Please contact OIA if you need a map.

## **Driver's License**

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In order to receive a driver's license in the state of Pennsylvania, you must be at least 16 years old, and pass both a written and manual driver's exam. Information for obtaining your license can be found on the PA Department of Transportation webpage: <http://www.dmv.state.pa.us/>.

You will need to provide two documents that prove your residency in the state, your passport with I-94 card, social security card or letter of ineligibility from the Social Security Office, your I-20/DS-2019, staff ID card and letter from the International Student Services Coordinator. To apply for this letter, please email [internationalaffairs@chatham.edu](mailto:internationalaffairs@chatham.edu)

## Safety & Security

One of the more pleasant aspects of living in Pittsburgh is that it often feels like a small town. However, it is a fairly sizeable city, which means that it is important to take the safety precautions you would take in a big city. "Better safe than sorry," is an expression that means you should follow your instincts about staying safe. This is an important first rule in any urban environment. Although Chatham University has its own patrol and the City of Pittsburgh police force patrols the surrounding areas, remember that they cannot be all places at all times.

International students and scholars who come from countries where officers do not carry guns may find it alarming that officers generally carry a gun in a hip holster. Most likely, even if you live in the U.S. for a lifetime, you will never see an officer remove his or her gun from the holster for any reason. A police officer's gun is only for protection in the most extreme situations like an armed robbery, or when threatened with a gun by someone else.

Chatham University is committed to keeping its community a safe place to work, study, and live through its uniformed police patrol and a range of security and security awareness programs. Do not be passive about security at Chatham University. Take advantage of the security services listed below and follow the personal safety tips. More information can be found at <http://www.chatham.edu/campuservices/publicsafety.cfm>.

## Emergency Numbers

In Case of an Emergency (**medical, crimes, fire**):

- **Dial x 1111** – from any campus telephone, or while on campus.
- **Dial 911** – from any off-campus telephone or while off campus.

## Personal Safety

You should take advantage of the above-mentioned security services Chatham University provides, but it is just as important to be 'street wise' and take sensible everyday precautions on your own. Here are a few tips on staying safe:

- Be aware & stay alert!
- Trust your instincts; they are usually right. If you feel uncomfortable or that something is wrong, leave the area.
- Keep your apartment, dorm room, bicycle and car locked.

- Don't walk alone at night - take a friend or two with you.
- Stay in the well-lit areas at night. Do not take 'shortcuts' through back alleys or empty parking lots. Avoid deserted areas.
- Do not use your passport as an ID. Keep it locked safely at home (you may want to get a PA driver's license or non-driver photo identification card to use as official ID).
- Avoid confrontations through polite refusals. Do not engage in conversations that make you feel uncomfortable. If a stranger is overly friendly or makes a request you don't understand or don't trust, simply say, "I'm sorry. I cannot help you," and walk away. If you are offered something on the street or over the telephone and you feel uncomfortable, you can say, "No thanks," and walk away or hang up.
- Never enter an ATM without checking to see who is around. If you feel uncomfortable, do not enter the vestibule and do not withdraw money.
- Do not carry large amounts of cash with you. If you are making a large purchase, renting an apartment or traveling, it is better to use checks, money orders, traveler's checks or debit/credit cards.
- Never open your door to someone you do not know. This includes the locked front door of your residence hall. Official company representatives, like Federal Express etc. will wear uniforms and carry official identification. Ask for their ID before allowing them to enter your home or dorm.
- Never give out personal information (e.g. name, address, social security number, credit card number, etc.) over the telephone to someone you do not know. Even if the caller identifies himself and/or says where he is calling from, it is best to hang up and not give out personal information over the phone.
- Keep your keys and ID card in an easy place to access.
- If someone approaches you, demands your money and threatens to hurt you, do not resist. Give them your money and report the incident to the police immediately.
- Do not leave your personal belongings unattended anywhere.

(Source: *NAFSA's International Student Handbook*)

## Fire Safety

All students should be familiar with the location, purpose and use of the building fire alarm system and fire suppression equipment (e.g. fire extinguisher). You should also be aware of where the emergency exits are. **Never use an elevator in the event of a fire.**

Students must evacuate their residence hall or apartment when the fire alarm goes off. Failure to do so could result in a fine.

If you discover a fire, **call x1111 on campus or 911 off-campus** and state your name and the location & extent of the fire. If you see a fire or hear a fire alarm, evacuate the building calmly. Remain on the scene but at a safe distance to receive and direct fire fighters when they arrive. Follow all of the instructions given by the Chatham University Police.

## Adjusting to Life in the U.S.

### Culture Shock

When a person moves to a new culture, he or she will eventually experience a period of ups and downs as part of the adjustment process. The onset of the symptoms can occur almost immediately or, sometimes, it can take up to a year before the individual in the new culture feels the effects of culture shock.

Moreover, the severity of the symptoms can vary from person to person. A newcomer may go from elation to depression in a short period of time, or one may simply feel a general sense of discomfort – sometimes emotional, sometimes physical. The feeling of being a ‘fish out of water’ (occasionally confused or disoriented) is to be expected. Some visiting scholars, in their struggles with the new language and culture, have expressed the feeling of being ‘like a child’.

In some of the more difficult moments of the cultural adjustment period, an individual may have unusually strong emotional reactions to what in the native country would be ‘everyday’, ‘normal’ frustrations. A person may go through periods of extreme loneliness. Sometimes people will have physical reactions and may cry or feel like crying. Or there may be other symptoms such as stress, fatigue, headaches, stomach problems, or difficulty sleeping. The important thing to remember is that even though everyone experiences culture shock in some way, it will be different for each person. Some people find it more difficult to adjust than others. Culture shock is to be expected. It is a normal part of the adjustment process, and with time, the symptoms will dissipate as the newcomer integrates into the new culture.

However, anyone who feels he or she is having difficulty coping or experiencing severe symptoms of culture shock should seek counseling immediately. In U.S. culture where individuals often live apart from the social support network of family and friends, it is *normal* to seek counseling services in times of emotional distress.

### **Typical Symptoms of Culture Shock**

- Homesickness
- Inability to work well
- Too much eating, drinking or sleeping
- Anger towards the members of the new culture
- Glorifying the old culture and emphasizing the negative in the new culture
- Withdrawal and avoidance of contact with people from the new culture
- Lack of ability to deal with even small problems

[Source: *Beyond Language: Cross-Cultural Communication*; Levine, Deena R. and Adelman, Mara B., Prentice Hall, 1993.]

### **Six Stages of Culture Shock**

Culture shock can be described as having six stages. After arrival in the new country, everyone normally experiences two low periods (stages 3 and 5) before finally reaching the final level of adjustment. It is possible for some people to skip some of the stages or move through them rather quickly. It will depend greatly on the individual’s personality and previous experience. Change is more difficult for some than others. It is important to be patient, and with time everyone reaches the final stage of adjustment and integration into the new culture.

1. Anxiety about leaving home and what you will find in the new country.
2. Sometimes referred to as the “honeymoon” stage. Everything is so exciting and fascinating. You may feel elation in this period. Everything is new and different. You can’t believe you are really here. Wow!
3. The first low symptoms of culture shock. The individual realizes that everything is quite different in the new culture. There are so many things to cope with: language, setting up house, shopping, transportation, classes, homework, lab work and more. You may feel lonely, or you could feel exhausted from constant struggle to understand a new language and culture.
4. Initial adjustment period. You begin to feel better as you learn to cope with everyday routines and problems. Language may or may not still be a problem, but you can now handle basic interactions, and have no problems conducting daily business such as shopping, banking or going to the post office. You should feel initial satisfaction and a sense of overcoming problems.



5. This second low stage is normally the most severe stage of culture shock. The individual typically experiences a loss of self-esteem. The language is not as easy as you thought, and you may feel like a 'child'. Your sense of loneliness and isolation has deepened as you have been away from family and friends for a long time now. There is often the feeling of being an outsider, and everything may be viewed in a negative light. You don't like the new culture. People are unfriendly. You are not what you were before, and you may feel angry and resentful.
6. Your sense of well-being and humor begins to return as you establish comfortable routines and learn to understand the habits, customs, foods and characteristics of the people in the new culture. You have made some friends, and are beginning to enjoy things about your new life. You realize that the problems and negative aspects of the new country are not reserved for foreigners, but that even natives find certain things difficult. Your perspective becomes more balanced as you have now begun to see that there are good things and bad things about your new life. Some things you may never like, but you accept it as part of life – the same as we accept both the positive and negative aspects in any relationship.

### **Adjustment & Coping**

Developing cultural sensitivity and adjusting to a new life in a new land takes time and effort. Here are suggestions for adjustment and coping with the transition.

- **Gather information.** You might begin by observing the new culture as much as possible. "When in Rome, do as the Romans do," is a common saying in English. Watch how the natives do or don't do things.
- **Get to know the community.** Learn about your environment through exploration. Get a map and find out what's beyond the campus. Take a walk in the park. Do some window-shopping. Try a local restaurant. Go to the movies. Sit in a local coffee shop near the window and people-watch.
- **Ask questions, and don't be afraid to try.** To experience a new culture and learn from it, it is important to be open to new experiences, try new things, and be curious about the way things are done. If you are confused by something, ask how it is done in the U.S. Most people will be pleased to teach you about their country and customs.
- **Find a balance.** Cross-cultural adjustment and integration means adapting to the new culture while retaining your own identity. Extremes of completely giving up one's own culture or refusing to accept anything about the new culture or clinging fearfully to old ways are unhealthy. Learn to recognize cultural differences and modify the behaviors that are necessary to live comfortably in the new culture.
- **Find people to interact with.** Don't live in isolation from others. Give them a smile or a small gift. Invite them to have coffee or take a walk outside. By taking an interest in other people, you shift the focus from yourself to the outside world.
- **Put your situation in perspective.** Many international students and scholars have come to Chatham University and not only survived, but have learned to be quite happy here. With time you will adjust too.
- **Talk with experienced members of the international community.** They have been where you are and can offer advice and support. Ask them what has helped them the most and what they have found to be most difficult. The OIP runs host programs and will connect you to community members who are happy to talk with you.
- **Establish a routine.** There is comfort in what is familiar. Eat and sleep normal hours. Have regular mealtimes. Join a sports club or a discussion group or do at least one activity you look forward to on a regular basis at the same time each week.
- **Get physical exercise.** A healthy body promotes a healthy mind.
- **Take it easy.** Slow down and make your daily tasks as simple as possible. Don't overwhelm yourself with too many details. Get used to all the 'newness'. Take things one day at a time.

- **Work on improving your English.** Small successes with the new language can boost your confidence. Go to the English conversation groups listed in this guide regularly, and most importantly, talk to people. Try to find time for a language exchange partner or even take an English as a Second Language course. There are also tutors available in the English Language Program.
- **Visit the Office of International Affairs.** The OIA staff is here to help answer your questions and concerns. This is *your* office.

### Seven Cross-cultural Lessons

In his book *Cross-Cultural Dialogues : 74 Brief Encounters With Cultural Difference*, author Craig Storti highlights the following “seven lessons”:

1. Don’t assume sameness.
2. What you think of as normal or human behavior may only be cultural.
3. Familiar behaviors may have different meanings.
4. Don’t assume that what you meant is what was understood.
5. Don’t assume that what you understood is what was meant.
6. You don’t have to like or accept “different” behavior, but you should try to understand where it comes from.
7. Most people do behave rationally; you just have to discover the rationale.

### Staying Well

While professional staff members at Chatham University are available to care for students, there are some simple techniques you can practice on your own to stay healthy.

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|--|---|
| 1. Wash your hands frequently with soap and hot water. | 5. Include fruits and vegetables in your diet daily.  |
| 2. Drink at least 6-8 glasses of water each day.       | 6. Make physical exercise part of your daily routine. |
| 3. Get 6-8 hours of sleep each night.                  | 7. Schedule free time every day to relax and reflect. |
| 4. If you smoke, quit.                                 |   |

### Emergency Medical Services

**On-campus, dial x1111.**

**Off-campus, dial 911.**

Should you need emergency care, you should call one of the above numbers immediately. Every hospital has an emergency room and no appointment is necessary. If you are in the Pittsburgh area or on campus, the Emergency Room of Shadyside Hospital will probably be the closest. Another good reason to have medical insurance is to cover the high cost of ambulance service in the case of emergency.

### Hotlines

- |                                    |  |
|------------------------------------|--|
| • Emergency on-campus: dial x1111  | • Suicide Hotline: 1-800-SUICIDE   |
| • Emergency off-campus: Dial 911   | • Contact Pittsburgh: Suicide Crisis/Supportive Listening Line: 412-820-4357 |
| • Poison Control: 412-681-6669     | • Shadyside Urgent Care 412-623-4114   |
| • Shadyside Hospital: 412-623-2121 |  |

# Off-Campus Resources for the International Community

## International Resources

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### Global Pittsburgh

Website: <http://www.globalpittsburgh.org>

A great site to connect with local international groups through the World Affairs Council of Pittsburgh (<http://www.worldaffairspittsburgh.org/>).

### Asian Studies Center, University of Pittsburgh

Website: <http://www.ucis.pitt.edu/asc/>

Offers many Asian related events nearby in Oakland.

### University of Pittsburgh Center for International Studies

Website: <http://www.ucis.pitt.edu/main/>

A good site to find out about the University of Pittsburgh's international events.

Additional international resources can be found at: <http://www.carnegielibrary.org/subject/international/>.

## Religious Life

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The city of Pittsburgh is home to many faith organizations. Below are some local religious institutions and their affiliation. If your faith is not listed here and you need help connecting to your religious community, please visit the Office of International Student Services for assistance.

### Anglican Church:

Church of Ascension- <http://www.ascensionpittsburgh.org/>

### Baptist:

Baptist Campus Fellowship- <http://www.fbcpg.org/>

Macedonia Baptist Church- <http://www.macedoniapgh.org/>

### Buddhist:

Pittsburgh Buddhist Center- <http://pittsburghbuddhistcenter.org/>

### Episcopal Church:

Episcopal Chaplaincy- <https://pittepisopalchaplaincy.wordpress.com/>

### Greek Orthodox:

Saint Nicholas Greek Orthodox Cathedral- <http://stnickspgh.org/>

### Hinduism:

Hindu Jain Temple- <http://www.hindujaintemple.org/>

### The Islamic Center of Pittsburgh:

<http://www.icp-pgh.org/>

### Jewish:

Chabad House on Campus- <http://www.chabadpgh.org/>

### Lutheran:

Lutheran Campus Ministry- <http://www.lucpgh.com/>

### Non-Denomination:

Agape Life Church- <http://www.agapelifechurch.org/>

**Presbyterian:**

Cornerstone- <http://www.cornerstone220.org/>

**Roman Catholic:**

St. Paul's Cathedral- <http://stpaulpgh.org/>

## Local Neighborhoods

**Shadyside**

Shadyside is a residential area in the East End of Pittsburgh. The rent tends to be high as it is more of an upscale neighborhood. The shopping & business district is located mainly on Ellsworth Avenue & Walnut Street and its adjoining streets. It is also home to UPMC Shadyside, a hospital that is a branch of the University of Pittsburgh Medical Center.

Shadyside also has many small art galleries, antique stores, salons, and jewelry stores. The Arts Festival in August attracts many people. You can reach Shadyside by taking Woodland Road to Fifth Avenue and crossing Fifth Avenue.

**Squirrel Hill**

Squirrel Hill is larger than Shadyside and includes a larger business district as well as residential area. The rent in Squirrel Hill can also be high. The main shopping and business district is on Forbes and Murray Avenues.

Squirrel Hill is home to a large Jewish population and has a several synagogues. Squirrel Hill is located next to two large parks, Frick Park and Schenley Park (which connects Squirrel Hill to Oakland).

Squirrel Hill can be reached by taking Woodland Road past Mellon Center to Wilkins Avenue. Make a right on Wilkins and a left on Murray Avenue.

**Oakland**

Oakland is often referred to as a college town due to the presence of the University of Pittsburgh, Carnegie Mellon University, and Carlow University. It also hosts several major and award winning hospitals, including Children's Hospital and Magee Women's Hospital. The main shopping and business districts are on Forbes Avenue, Fifth Avenue, and Craig Street.

Oakland can be reached by taking the 500 or 71D buses from Fifth Avenue to Bigelow Street.

Quotes about local neighborhoods are taken from the City of Pittsburgh website:

<http://www.city.pittsburgh.pa.us>

## News Sources

**National Public Radio (NPR)**

*NPR* is a well-known, intelligent and informative radio news program. You will often be able to hear national and international issues highlighted and explored in a more in-depth manner than you will in the more traditional news programs in the U.S. NPR is a syndicated show, so you can hear it across the country. Locally you can find it on your radio at **90.5FM** (WDUQ) which hosts various NPR programs, such as "Morning Edition" and "Fresh Air." See the website at <http://www.npr.org> for more information about the schedule and where to listen to NPR.

## Local & National News

For local news as well as some national and international news, you can watch Channels 2, 4 and 11. Cable access TV is provided in each residence hall. Cable TV provides access to many international news sources. Also, you can find international news fairly easily by using the World Wide Web.

## Daylight Saving Time

Please be aware that in the U.S., **there are two dates on which the time is adjusted** to conserve daylight hours. This is easily remembered by the phrase **“Spring ahead, and fall back.”** In the spring, usually at 2:00 a.m. on the first Sunday in April, you must re-set your clocks ahead by one hour. In the fall, usually at 2:00 a.m. on the last Sunday of October, you re-set your clocks back by one hour. Often, you will be reminded of the dates when this occurs through casual conversation, and by listening to the news. It is customary to adjust the clocks before going to bed the evening before the date of adjustment; so that when you awaken it is the correct time. Smart phone clocks will automatically adjust if they are connected to data or Wi-Fi, but if roaming is turned off they may not.

## Cultural & Sporting Attractions

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### City Theatre on the South Side, 1300

Bingham Street

412-431-CITY

<http://www.citytheatrecompany.org/>

The place to see contemporary plays and award winning new works.

412-456-6666

<http://www.pgharts.org>

An organization that promotes all that the downtown cultural district has to offer, including all of the performances in their four theatres. It is an excellent information clearinghouse regarding cultural events downtown.

### Pittsburgh Ballet Theatre

412-281-0360

<http://www.pbt.org>

One of the leading ballet companies performing traditional as well as contemporary works, they also include *The Nutcracker* in their repertoire every season.

### Pittsburgh Opera

412-281-0912

<http://www.pittsburghopera.org/>

Classic and contemporary opera with English translations.

### Pittsburgh Center for the Arts

412-361-0873

<http://www.pittsburgharts.org>

Within walking distance at Fifth and Shady Avenues, the Center includes a gallery and offers classes in the traditional and non-traditional arts. They also offer generous financial aid to those in need (including students).

### Pittsburgh Public Theater, 621 Penn

Avenue (O'Reilly Theater, downtown)

412-316-1600

<http://www.ppt.org>

### Pittsburgh Symphony Orchestra

412-392-4900

<http://www.pittsburghsymphony.org>

Classical music performances downtown at Heinz Hall. The Pittsburgh Symphony has traveled all over the world and is a renowned orchestra.

### Pittsburgh CLO

412-281-2822

<http://www.pittsburghclo.org>

Celebrating musical theatre, their company performs in the Benedum Center for the Performing Arts in downtown Pittsburgh.

### University of Pittsburgh Repertory

Theatre, Stephen Foster Memorial Theatre, Oakland

412-624-PLAY

<http://www.pitt.edu/~play>

Pitt's official student theatre company

### Pittsburgh Cultural Trust

## Sports

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**Pittsburgh Pirates**, PNC Park, North side  
<http://www.pittsburghpirates.com>  
Pittsburgh's professional baseball team.

**Pittsburgh Steelers**, Heinz Field, North Side  
412-323-1200  
<http://www.steelers.com/>

**Pittsburgh Penguins**, PPG Paints Arena,  
Downtown  
412-642-PENS  
<http://www.pittsburghpenguins.com>  
Pittsburgh's pro hockey team.

**Pittsburgh Riverhounds**  
412-381-4625

<http://www.riverhounds.com/>  
Soccer.

**Ascend Pittsburgh**, 2141 Mary St,  
Pittsburgh, PA 15203  
<https://www.ascendpgh.com/>  
Rock climbing, Fitness and Yoga

To get involved with on-campus athletics or recreation, please visit:  
<http://www.chatham.edu/athletics/index.cfm>

For the offerings of Chatham's Athletic & Fitness Center, please visit:  
<http://www.chatham.edu/athletics/afc.cfm>

## Museums

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**Andy Warhol Museum**, North Side of Pittsburgh  
<http://www.warhol.org/>  
A pop culture icon, Andy Warhol was originally from Pittsburgh. Most Friday evening events are interesting and free or low cost and include admission. **FREE with your Chatham ID.**

**Carnegie Museum of Art & Natural History**, 4400 Forbes Avenue, Oakland Art Museum: <http://www.cmoa.org/>  
History Museum: <http://www.carnegiemnh.org/>  
Two must see museums! The Art museum has an excellent collection from around the world as well as special exhibits and an amazing gift shop. The Natural History Museum is connected to it and has an excellent collection of dinosaur fossils and gems & minerals. **FREE with your Chatham ID.**

**Carnegie Science Center**, North Shore  
<http://www.carnegiesciencecenter.org/>

More than 300 hands-on exhibits, a four-story Omnimax Theater, interactive planetarium, a real submarine, three live demonstration theaters and the world's largest science & sport exhibition. Check out Pittsburgh's only live laser show on Friday and Saturday nights! The Carnegie Science Center is the most popular attraction in Pittsburgh. **FREE with your Chatham ID.**

**Cathedral of Learning's Nationality Rooms**, Oakland  
<http://www.pitt.edu/~natrooms/>  
Located in a very tall building on the Pitt campus, the 1<sup>st</sup> and 3<sup>rd</sup> floors are home to around 30 classrooms decorated according to different cultures and time periods.

**Fallingwater**, Laurel Highlands  
<http://www.paconserve.org/index-fw1.asp>  
Located in the Laurel Highlands area of Pennsylvania, and about a 2 hour drive from Pittsburgh, is the architectural home/wonder created by Frank Lloyd Wright.

**Fort Ligonier**, Ligonier, PA

<http://www.fortligonier.org/>

A historical site commemorating the battles between Colonel George Washington (the British & Americans) against the French & Indians.

**Fort Pitt Museum**, Downtown Pittsburgh

<http://www.fortpittmuseum.com/>

Located in Point State Park (where Pittsburgh's three rivers come together), this museum examines Western PA's role in the French & Indian War as well as the frontier period of Colonial America.

**Frick Art and Historical Center**, Point Breeze

<http://frickart.org/home/>

Home to an art gallery, Clayton (the restored mansion of local industrialist, Henry Clay Frick), as well as a Greenhouse and Car and Carriage Museum. Provides a glimpse into American Victorian life.

**Senator John Heinz Pittsburgh Regional History Center**, Strip District

<http://www.pghhistory.org/>

A very interesting museum to visit and learn about Pittsburgh history.

**Mattress Factory Contemporary Art Museum**, 500 Sampsonia Way, North Side

<http://www.mattress.org/>

One of the premier galleries in Pittsburgh featuring interesting and cutting edge contemporary art.

**Phipps Conservatory**, Schenley Park, Oakland

<http://www.phipps.conservatory.org/>

Visit Pittsburgh's secret garden - a historic glasshouse with thirteen rooms of lush, tropical plants and beautiful outdoor gardens. Open all year long.

**Rachel Carson Homestead**, Springdale, PA

<http://www.rachelcarsonhomestead.org/>

The family home of Chatham's most famous alum, Rachel Carson '29. Offers educational programming, as well as a 34-mile trail. About one hour from Pittsburgh.

**Soldiers and Sailors Memorial Hall / Military History Museum**, Oakland

<http://www.soldiersandsailorshall.org/>

A national military museum and memorial located in Oakland adjacent to the Cathedral of Learning.

## Sightseeing

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**Gateway Clipper Fleet Tours & Dinner Cruises**, Station Square Dock, South Side

412-355-7980

<http://www.gatewayclipper.com/>

**Just Ducky Tours**, Station Square, South Side

412-402-DUCK

<http://www.justdukytours.com>

Take a land/water tour of Pittsburgh's cultural & historical sites in a vintage WWII amphibious vehicle & learn facts that some Pittsburghers don't even know. A student ticket with ID is \$15.

**Allegheny Observatory**, North Side

412-321-2400

<http://www.pitt.edu/~aobsvtry/>

Offers free tours of the night sky.

**National Aviary in Pittsburgh**, North Side

412-323-7235

<http://www.aviary.org/>

**Pittsburgh Zoo & PPG Aquarium**,

Highland Park Area

412-665-3640

<http://www.pittsburghzoo.com/>

## Amusement Parks

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**Idlewild Park & Soak Zone**, Ligonier, PA

724-238-3666

<http://www.idlewild.com>

Idlewild Park, approximately 1 hour south east of Pittsburgh, offers a swimming pool/water slide area as well as traditional American amusements including many activities for children.

**Kennywood Amusement Park**, West Homestead

412-461-0500

<http://www.kennywood.com/>

Kennywood is Pittsburgh's most popular amusement park—roller coasters are one of the main attractions in the summer. Kennywood is also host to Fright Nights in honor of the Halloween season in October.

**Sandcastle Water Park**, Homestead

412-462-6666

<http://www.sandcastlewaterpark.com/>

Offers swimming and many water rides in the summer. Located next to the Waterfront.

## Outdoors

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**Laurel Caverns**, Route 40, Uniontown

724-438-3003

<http://www.laurelcaverns.com>

Caving.

**Laurel Highlands River Tours**, Ohiopyle

State Park

800-472-3846

<http://www.laurelhighlands.com/>

Enjoy whitewater rafting and other adventures in the Laurel Highlands.

**Bike Pittsburgh**

412-576-5982

<http://www.bike-pgh.org/>

**Boyce Park Ski & Snowboard Area**, 675

Old Frankstown Road, Plum Borough

724-733-4656

<http://www.county.allegheny.pa.us/parks/fees/ski.asp>

Get ready to hit the slopes! Call for 24-hr for Snow Conditions: 724-733-4665.

**Golden Triangle Bike Rentals**, Downtown

Pittsburgh

412-600-0675

<http://www.bikepittsburgh.com/>

**Hidden Valley Resort**, Laurel Highlands

Skiing: 814-443-2600

Golf & Tennis: 814-443-8000

<http://www.hiddenvallyresort.com/>

**Seven Springs Ski & Golf Resort**, Laurel Highlands

814-352-7777

<http://www.7springs.com/>

**Bear Run Campgrounds**, Near Moraine

State Park, Portersville, PA

724-368-3564

<http://www.bearuncampground.com/>

**Highland Park**

412-665-3632

A small local park. South Highland Avenue will take you there. You can also ride the 71D bus.

**Laurel Ridge State Park**

724-455-3744

<http://www.dcnr.state.pa.us/stateparks/parks/laurelridge.aspx>

About 2 hours south east of Pittsburgh.

Good hiking trails.

**McConnell's Mill State Park**

724-368-8091



<http://www.dcnr.state.pa.us/stateparks/parks/mcconnellsmill.aspx>

Approximately one hour north of Pittsburgh.

**Moraine State Park**

724-368-8811

<http://www.dcnr.state.pa.us/stateparks/parks/moraine.aspx>

Approximately one hour north of Pittsburgh.

**Ohiopyle State Park**

724-329-8591

<http://www.dcnr.state.pa.us/stateparks/parks/ohiopyle.aspx>

About 2 hours south east of Pittsburgh, offers whitewater rafting and many other natural attractions.

**Point State Park**, Downtown Pittsburgh

412-471-0235

<http://www.dcnr.state.pa.us/stateparks/parks/point.aspx>

**Raccoon Creek State Park**

724-899-2200

<http://www.dcnr.state.pa.us/stateparks/parks/raccooncreek.aspx>

About 1 hour west of Pittsburgh.

**Schenley Park**, Oakland

412-622-6916

[http://www.city.pittsburgh.pa.us/parks/html/schenley\\_skating\\_rink.html](http://www.city.pittsburgh.pa.us/parks/html/schenley_skating_rink.html)

Offers hiking/biking trails, a visitor's center, an ice rink and golf course.

**Skydive Pennsylvania**

724-748-5377

<http://www.skydivepa.com/>

**Venture Outdoors**

412-255-0564

<http://www.ventureoutdoors.org>

One of the best outdoor organizations around, Venture Outdoors makes it easy for you to participate in their daily activities. They schedule adventures during all seasons and cover every possible outdoor activity.

## Movie Theatres

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**AMC Waterfront 22**

412-462-6384

<http://www.amctheatres.com/movie-theatres/pittsburgh/amc-waterfront-22>

A very popular large 22-screen theatre at the Waterfront Shopping Center.

Bus: 64A from Fifth Avenue

**Manor Theatre**, 1729 Murray Avenue,

Squirrel Hill

412-422-7729

[www.manorpg.com](http://www.manorpg.com)

A 4-screen theatre within walking distance of campus.

**Row House**, 4115 Butler St, Pittsburgh, PA

15201

(412) 904-3225

<http://www.rowhousecinema.com/>

**Pittsburgh Filmmakers**

<http://www.pghfilmmakers.org/filmsplus.html>

Foreign and independent films at 3 local theatres: Melwood Screening Room in Oakland, Regent Square Theatre in Regent Square, and Harris Theatre downtown

## Restaurants & Coffee Shops

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**Shadyside & East Liberty**

**Cappy's**, 5431 Walnut Street, American

**China Palace**, 5440 Walnut Street

**Cozumel**, 5505 Walnut Street

Mexican

**Crazy Mocha Coffee Co.**, 5830 Ellsworth Avenue, Coffee

**Jitters**, 5541 Walnut Street

Coffee Shop

**Pamela's**, 5527 Walnut Street

Known for breakfast (multiple locations)  
**Starbucks**, 730 Copeland Street  
**Thai Place**, 5528 Walnut Street  
**Adda Coffee & Tea House**, 200 S Highland Ave, Pittsburgh, PA 15206  
**Arriviste Coffee Bar**, 5730 Ellsworth Ave, Pittsburgh, PA 15232  
**Prantl's Bakery**, 5525 Walnut St, Pittsburgh, PA 15232  
**Dinette**, 5996 Centre Ave, Pittsburgh, PA 15206, High quality Italian pizza  
**Chipotle**, 5986 Centre Ave, East Liberty, PA 15206 (multiple locations)  
**Daphne Café**, 5811 Ellsworth Ave, Pittsburgh, PA 15232

## Squirrel Hill

**Aladdin's Eatery**, 5878 Forbes Avenue  
**Coffee Tree Roasters**, 5840 Forbes Avenue  
412-422-4427  
Coffee Shop  
**Eat 'N Park**, 1816 Murray Avenue  
412-422-7203  
The American Diner  
**Murray Ave Grill**, 1720 Murray Avenue  
412-521-1272  
**New Dumpling House & Sushi House**,  
2138 Murray Avenue  
412-422-4178  
Vegetarian/Vegan friendly  
**Pamela's**, 5813 Forbes Avenue  
412-422-9457  
Known for breakfast  
**Starbucks**, 6304 Forbes Avenue, 412-421-  
6319 & 2345 Murray Avenue, 412-422-6113  
**Bangkok Balcony**, 5846 Forbes Ave,  
Pittsburgh, PA 15217  
**Silk Elephant**, 1712 Murray Ave, Pittsburgh,  
PA 15217  
**Nu: A Modern Jewish Bistro**, 1711 Murray  
Ave, Pittsburgh, PA 15217  
**Turkish Kebab House**, 5819 Forbes Ave,  
Pittsburgh, PA 15217

## Oakland

**Ali Baba**, 404 S. Craig Street  
412-682-2829, Middle Eastern  
**Fuel & Fuddle**, 212 Oakland Avenue  
412-682-3473, American

**Cafe Moulin**, 732 Filbert St, Pittsburgh, PA  
15232, French  
**Mercurio's**, 5523 Walnut St, Pittsburgh, PA  
15232, Traditional Italian  
**Noodlehead**, 242 S Highland Ave, Pittsburgh,  
PA 15206, Tia fusion noodles  
**BRGR**, 5997 Centre Ave, Pittsburgh, PA 15206  
**Stack'd**, 728 Copeland St, Pittsburgh, PA 15232,  
Burgers  
**Spoon**, 134 S Highland Ave, Pittsburgh, PA  
15206  
**Bakery Square**, 6425 Penn Ave, Pittsburgh, PA  
15206, Plaza with many food option

**How Lee Chinese Restaurant**, 5888 Forbes  
Ave, Pittsburgh, PA 15217  
**Everyday Noodles**, 5875 Forbes Ave,  
Pittsburgh, PA 15217  
**Taiwanese Bistro Café 33**, 1701, 1711 Shady  
Ave, Pittsburgh, PA 15217  
**Ramen Bar**, 5860 Forbes Ave, Pittsburgh, PA  
15217  
**Uncle Sam's Gourmet Subs**, 5808 Forbes Ave,  
Pittsburgh, PA 15217  
**Jimmy John's**, 6425 Penn Ave, Pittsburgh, PA  
15206  
**Dobra Tea**, 1937 Murray Ave, Pittsburgh, PA  
15217  
**Chaya (Japanese)**, 2032 Murray Ave,  
Pittsburgh, PA 15217  
**Green Pepper (Korean)**, 2020 Murray Ave,  
Pittsburgh, PA 15217  
**Tan Lac Vien Vietnamese Bistro**, 2114  
Murray Ave, Pittsburgh, PA 15217  
**Mineo Pizza House**, 2128 Murray Ave # 1,  
Pittsburgh, PA 15217  
**Te Café**, 2000 Murray Ave, Pittsburgh, PA  
15217  
**61 C Café**, 1839 Murray Avenue  
412-521-6161  
**Waffalonia**, 1709 Murray Ave, Pittsburgh, PA  
15217

**Hemingway's**, 3911 Forbes Avenue  
412-621-4100  
**Lucca**, 317 S. Craig Street  
412-682-3310, Eastern European

**Lu Lu's Pan-Asian Noodles**, 400 S. Craig Street

**Mad Mex**, 370 Atwood Street  
412-681-5656

Mexican. Vegetarian/Vegan friendly.

**The Original Hot Dog Shop**, 3901 Forbes Avenue  
412-621-7388

Where the hamburger was invented

**Pamela's**, 3703 Forbes Avenue  
412-683-4066

Known for their breakfast

**Primanti Brothers**, 3803 Forbes Avenue  
412-621-4444

Famous Pittsburgh sandwiches

**Starbucks**, 417 S. Craig Street  
& 3618 Forbes Avenue, 412-682-3868

**Union Grill**, 413 S. Craig Street  
412-681-8620, American

**Legume**, 214 N Craig St, Pittsburgh, PA 15213

**Stack'd Oakland**, 3716 Forbes Ave, Pittsburgh, PA 15213

**Spice Island Tea House**, 253 Atwood St, Pittsburgh, PA 15213

**The Porch**, 221 Schenley Drive, Pittsburgh, PA 15213

**Piada Italian Street Food**, 3600 Forbes Ave, Pittsburgh, PA 15213

**Sushi Fuku**, 120 Oakland Ave, Pittsburgh, PA 15213

**Food for Thought Deli**, 196 N Craig St, Pittsburgh, PA 15213

**Oishii Bento**, 119 Oakland Ave, Pittsburgh, PA 15213

**Korean Garden Restaurant**, 414 Semple St, Pittsburgh, PA 15213

**Crêpes Parisiennes**, 207 S Craig St, Pittsburgh, PA 15213

## Helpful Information about Eating Out

International students and scholars frequently have questions about the different kinds of restaurants and can be puzzled by the many choices on an American menu. There are many affordable, casual restaurants in Pittsburgh, and generally jeans, tee shirt and sneakers will be proper attire. For more formal places (usually more expensive), men will want to wear nice slacks, a collared shirt, maybe a sport jacket and regular shoes (i.e. not sneakers). Women of course have more options and should dress accordingly, such as nice slacks or a skirt and a dressy blouse.

Most full-service 'sit-down' restaurants will have a 'host' who will seat you, so you should wait at the front of the restaurant until someone comes to bring you to your table. If you are not sure whether or not there is a 'host', you should ask before you seat yourself. Please remember that in the U.S. you normally do not join a stranger at a table. Places without waiter service, such as fast-food restaurants, cafes and some casual restaurants will expect you to clean your own table before you leave. You will usually be provided with a tray to clear your dishes.

American cuisine reflects the diversity of the culture, so it is not unusual to find a variety of foods on any menu, even in more casual restaurants like diners or coffee shops. Don't be afraid to ask what something is, or how it is prepared. In fact, Americans will often ask what something is. Most waiters know how a dish is prepared and will generally be pleased to explain a couple of choices. A good strategy when trying a new restaurant is to ask the waiter what she or he recommends.

Remember that there is a commitment to pleasing the customer in the U.S. "The customer is always right," is a popular saying. You may be initially surprised when your waiter returns several times during your meal to ask, "How is everything?" - often interrupting your conversation to do so. They want to make sure you are pleased with your meal, and if something is not to your liking, will do whatever is necessary to make sure you are enjoying it, such as cooking your steak a bit longer, or bringing you extra butter or bread.

## Tipping

Tips, or service charges, are not normally added to the bill in U.S. hotels or restaurants. Workers in these industries work for very low hourly rates and rely on tips to make a living wage. Normally you should tip after services are rendered. You should never tip less than \$1.00, and if you are satisfied with the service you have received, it is customary to tip as follows:

### Restaurants

The waiter receives 15 -20% of the total bill. It is not necessary to tip in a self-serve cafeteria or a 'fast food' restaurant. You should always review your bill to make sure service has not been included before you leave a tip. In particular, restaurants often add a service charge for larger parties. When in doubt, ask whether or not service is included.

### Hotels

Tip the 'bellhop', the person who carries your luggage to your room, \$1.00 - \$5.00 as a base tip and \$.50 per bag. You may also wish to leave a tip for the maid when you leave. There will usually be an envelope in the room that is designated for this purpose, or you can leave the tip in a conspicuous place such as the top of the dresser, or on the nightstand next to the bed. It is customary to leave \$1.00 per day.

### Taxis

A taxi driver should receive 15 – 20% of the total fare. If the driver assists you with luggage, add \$.50 per bag to the total tip. Uber will give you an option to tip and 10-20% is common depending on service.

### Hairdressers

Stylists and barbers receive 15 – 20% of the total bill. If the person who shampoos your hair is different from the person who cuts your hair, you should tip him or her \$1.00 – \$2.00.

## American Culture & Values

### Individualism

One of the most pervasive values in American culture is individualism, and understanding its effects can help illuminate many aspects of the culture. The lone cowboy on the endless prairie, riding strong and silent with his horse as his only companion, epitomizes the American ideal of self-fulfillment and self-reliance. In American culture, in order to succeed and find out what you are meant to do in life, one must be strong and independent. As noted by Evelyn Wanning in *Culture Shock USA*, for more collective cultures, it is unthinkable that one might make a decision without first taking into consideration the welfare of the group. The loyalty in such cultures is first to the group, rather than the self. Accomplishments or successes would be foremost considered an honor to one's family or team, whereas in American culture, they are likely to be attributed to one's own hard work, perseverance, or abilities.

A waiter will not be surprised if a customer asks for a dish to be cooked in a different way, such as grilled instead of fried, or served with a different side dish, such as a salad instead of a potato. The individual is expected to try new things at any time in his or her life on the all-important quest for self-fulfillment. Adult education programs designed for those who wish to change careers are quite popular. Americans praise those who take initiative and do what they want.

### Work Ethic

Because of the emphasis on the individual, Americans can be quite competitive. There is a more fluid class system in the United States than in other more traditional cultures. Hard work, when coupled with greater earnings, is rewarded with a rise in social class. It is perceived as possible to “pull yourself up by your bootstraps” (work your way to the top) in America.

Americans value action, and will generally keep a very busy schedule. As the saying goes, ‘work is a virtue, and idleness is a sin’. To not be busy could be considered strange. Even routine, social or recreational activities are likely to be ‘scheduled’. As a result, Americans may seem hurried, running from one thing to the next – unable to relax and enjoy themselves. To a newcomer, the pace of life may seem very rushed at first. Achievement is a dominant motivation in American life. As Evelyn Wanning writes, from the first English settlement in 1607, history is viewed as a “record of progress: from wilderness to jet planes in a few centuries.” Without the efforts of a few dynamic individuals who never stopped looking for a better way, America would not be where it is today.

## Privacy

The right to privacy is a notion that runs deep in American culture. It is something both respected and defended, and is considered fundamental to a free society. Americans carry this right like a shield, and while often very warm and welcoming hosts, the home is considered a bastion of privacy. Time alone is considered important in order to think and recharge one’s energy. It is inappropriate to visit even close friends without calling ahead, and although Americans often tell a guest, “Make your-self at home,” it is a friendly statement that must be carefully interpreted.

Some Americans have difficulty understanding those who always want to be with others or who dislike being alone. U.S. culture is rather informal, therefore it is sometimes difficult to know where privacy boundaries lie. Three questions that seem to violate the privacy rule and are inappropriate to ask are: ‘How old are you?’, ‘How much money do you make?’, and ‘How much do you weigh?’ Generally, Americans will only ask these questions to close friends in private, and even then, they might be considered too forward. One way to tell when privacy boundaries have been crossed is through body language. For instance, an American may stiffen and look quite uncomfortable.

[Althen, Gary; *American Ways: A Guide for Foreigners in the United States*; Intercultural Press, 1988.]

## Directness

Although it may seem contradictory to the American sense of privacy, Americans are raised to be open and direct. Americans may, while defending their right to privacy, feel that if you aren’t willing to be open and honest, then you must have something to hide. They may be quite uncomfortable when faced with a more reserved and less direct approach. Directness is equivalent to trustworthiness in American culture. One comforting aspect of American straightforwardness is that, unlike other cultures where what is said can be quite different from what is meant, in the U.S., no usually means no and yes usually means yes.

Americans will often speak openly about things they dislike. Criticism can be delivered, but only when it is ‘constructive’ – that is, a manner which the other person will not find offensive or unacceptable. If they do not speak openly about what is on their minds, they will often convey their reactions in nonverbal ways like facial expressions, body position, and gestures. Some areas where Americans are unlikely to speak openly are excessively personal topics such as those listed in the section on taboos, sexual functioning, or personal inadequacies. Americans are not taught, as in some other countries, to mask their emotional responses. It is not improper to display feelings, at least within limits. If they are tired or unhappy, you will hear it in the voice, or see it in the face.

[Althen, Gary; *American Ways: A Guide for Foreigners in the United States*; Intercultural Press, 1988.]

## Time

“To fill the hour - that is happiness.”

- Ralph Waldo Emerson, American philosopher and poet

Efficiency is a virtue in the U.S. Americans are apt to become impatient with slow moving lines in supermarkets and banks, especially if the teller or checkout person is slowing down the line by chatting with the customers. People waiting in lines often show visible signs of irritation. To Americans ‘time is money.’ It should be valued, saved and used wisely. Americans also place considerable value on punctuality. Different types of activities have different conventions. You should arrive at the exact time specified for meals or appointments with professors, doctors, and other professionals.

You can arrive anytime between the hours specified for informal parties, receptions, and cocktail parties. Plan to arrive a few minutes before the specified time for public meetings, plays, concerts, movies, sports events, classes, church services, and weddings. If you are unable to keep an appointment, you should call the person to advise him or her that you will be late or unable to arrive.

## Informality

The notion of equality leads Americans to be quite informal in their general behaviors and relationships with others. The informality of American speech – especially the common use of first name, casual dress, and relaxed posture – can be quite shocking to some international students and scholars. An invitation to a party or an event will often be delivered verbally in a very casual manner. Don’t expect a written invitation.

This is not to say that Americans make no distinctions among themselves as a result of such factors as sex, age, wealth or social position. Professor will often specify how they wish to be called by students, if unspecified always assume the more formal way of referring to them. These distinctions are generally acknowledged in subtle, less formal ways: tone of voice, order of speaking, choice of words, or seating arrangement at a meeting or a formal dinner.

[Althen, Gary; *American Ways: A Guide for Foreigners in the United States*, Intercultural Press, 1988.]

## Equality

“Any man’s son may become the equal of any other man’s son.”

- Fanny Trollope, on visiting the US in 1831

America is known as the ‘land of opportunity,’ and this has helped perpetuate the idea stated in the Declaration of Independence that ‘all men are created equal.’ The belief is that no matter what your social position is in the U.S., with hard work and luck, you are free to rise as high as you can. Although in fact there are many differences in social, economic and educational levels, in theory, everyone should have an equal opportunity for success. This is a cultural belief, though there are deep rooted social divisions within society which are constantly manifesting themselves in social issues such as sexism and racism.

In an academic environment, students are expected to ask if they have questions and engage in discussions, even though there is a difference in social status between teacher and student. This may be difficult for students who are used to a more formal relationship where questioning the teacher may be impolite.

## Politeness

Even though Americans can be quite informal, visitors usually find them to be quite polite. As Evelyn Wanning explains, ‘Please’, ‘thank you’, and ‘you’re welcome’ are used for almost every transaction, even in

cases where service is not optional such as giving change after a purchase. A person who doesn't say please or give thanks appears rude to an American. "You're welcome," is an expected response to "Thank you," even when the action you are being thanked for doesn't seem worthy of thanks. English is a polite language. Words such as *would*, *could*, *can*, *may*, and *might* are used to soften requests and ask for permission. "Open the door," or even "Open the door, please," which may be perfectly polite in other languages, sounds harsh in English. Americans will soften requests with would, as in, "Would you open the door, please?" When asking for permission, it is better to soften it by asking, "May I have one of these?" rather than using a direct form such as, "I want one of these."

## Taboos

Social protocols are quite relaxed in the U.S., so there are very few taboos. Here are some things that are unacceptable in American culture:

- Cover your mouth when you yawn, sneeze or cough. Americans are careful not to spread germs. It is considered unsanitary to not cover one's mouth.
- Americans are offended by strong odors, and normally bathe daily (sometimes twice daily in hot weather), and use underarm deodorant. Strong smelling perfumes or colognes are applied sparingly because they may not be pleasant to others.
- Do not belch loudly in public. Flatulence should be controlled as discreetly as possible.
- Do not spit in public.
- Do not pick your teeth or nose in public.
- Do not stare (gaze continuously at someone).

[Wanning, Esther, *Culture Shock!: A Guide to Customs and Etiquette USA*; Portland, Oregon; 1999. 91

## Talking

Americans can be very exuberant, warm people. They often speak fairly loudly compared to other cultures, because it is important to be assertive. To international visitors, it may seem as if they are angry. They may be simply expressing their opinion as clearly and directly as possible. Anger is more acceptable in American culture than in some other cultures. Americans will often speak in an exaggerated way. Enthusiasm can sometimes rise to the level of being unbelievable: "Great to see you! You look fabulous. Let's have lunch soon!" The American is not being insincere in this common style of expression. The meaning of this is probably something like "It is pleasant to see you and have this exchange on the street and it would be pleasant to see you again."

To demonstrate honesty, Americans are taught to look into someone's eyes while speaking. Looking down, or elsewhere, can be viewed as a sign of being dishonest or untrustworthy. Still, the speakers do not stare continuously into one another's eyes –they actually look away from time to time. Also, when being reprimanded by a superior, such as a parent, boss or teacher, it is considered disrespectful to look down or away while being spoken to.

Research has shown that Americans are uncomfortable with silences longer than three seconds, whereas other cultures may take up to seven seconds or more to respond. If a person is unable to respond quickly to a question, it is normal to use a hesitation device such as, "Hmmm" or "Let me think." You could also rephrase the question to hold your place in the conversation.

When Americans first encounter another person, they often engage in small talk. This includes topics such as the weather, or the current physical surroundings (e.g. the room or building they are in). The conversation then often proceeds to common experiences such as television programs, travel to other

places, or eating in local restaurants. It is important to understand that small talk is often used to 'break the ice', in other words, it is a way to allow people to become acquainted.

## Friendliness

When people visit the U.S., they usually notice immediately the friendliness and openness of Americans and the extreme ease of social relationships. Casual American friendliness should not be mistaken for deep or intimate friendships, which are developed over a long period of time, as in any culture. If you wish to deepen a friendship, it may be necessary to make the first phone calls or visits. It is polite to call someone on the telephone/ text them before visiting them. It is also acceptable to text a new acquaintance to see if she would like to go to a campus or community activity with you.

Even if they don't know you, in the U.S. people often say, "Hi, how are you?" or "How are you doing?" and then do not wait for a response. This is a polite phrase, not really a question. You can respond by saying "Hi", or "Fine, thanks." You may also hear an American say, "Drop by anytime" or "Let's get together soon." These are friendly expressions, but they may not be meant literally. While they may be sincere, people are busy and do not always follow through on the invitation.

The ease of casual relations is sometimes troubling to international students and scholars who have left their own friends and family at home and are learning to live in a new place. They are naturally looking for new friends and may sometimes find it very difficult to develop close relationships with Americans because they cannot seem to get beyond a very superficial acquaintance. With some effort and by getting involved in the activities you already enjoy, you will be able to form friendships in the U.S.

## Friendships & Relationships

To Americans, a 'friend' can be an acquaintance or a person they have known for a long time. Americans often have friendships that revolve around school, work, or sport activities. The key to developing friendships is to participate fully in the activities you enjoy. Americans often have friends who are associated with different aspects of their active lives – a friend from the study group, a friend from the softball team, or a friend from the volunteer project. If you are uneasy about your English, do not let it keep you from seeking out friendships. Be flexible, and above all, don't be discouraged by a few disappointing experiences you may have. With some effort, you will meet people and make friends.

## Gender Roles

Gender equality is a deep rooted issue in American Society. There are even today aspects of society in which women have not yet achieved equality, yet, women play a public and visible role in the political, economic, cultural, and social affairs of Americans. Some people may find that American society is more or less sexist than their own in certain respects.

Men and women in the U.S. may associate more freely with members of the opposite sex at work and in social situations than in many other countries. You may also find that the dress and behavior of women in social situations here are quite different from those of your country. It is acceptable for a woman to ask a man out for a date or initiate a relationship. American women may appear highly assertive if judged in another cultural context.

## Sexual Harassment

Sexual harassment is a form of sex discrimination that violates U.S. law, the policy of the University as well as the Honor Code and is a very serious offense. Whether in the workplace or in the classroom, it is important to behave in a respectful manner towards others - whether the same or opposite sex. Any unwelcome sexually-oriented behavior could be interpreted as sexual harassment. Chatham University's



sexual harassment policy can be found in the student handbook, or online at [http://www.chatham.edu/studentlife/honorcode\\_harassment.cfm](http://www.chatham.edu/studentlife/honorcode_harassment.cfm).

## Leaving Chatham

### Departure Checklist

As you prepare to leave Chatham University, you probably have many things on your mind and may feel anxious about everything you need to do before you depart. This list should help guide you through the process.

- If you were employed at Chatham and received wages during the year, please call the Payroll Office at 412-365-1603 and advise them of the new address where your tax forms can be sent (if you will no longer be on campus). Typically, this will include a W-2 and/or 1042-S form, and you can expect them to be sent at the beginning of the calendar year. You will need these forms to complete your yearly U.S. income tax return (yes, you have to file a yearly income tax return, even if you are no longer in the U.S.).
- Your social security number will remain on record even if you are not in the United States. You do not need to notify the Social Security Administration that you are moving. Keep your Social Security card in case you ever return to the United States. This number stays with you for your lifetime.
- Leave your permanent home address and contact information with those who might wish to be in contact with you. Make sure that your contact information is current with Office of International Affairs.
- Make sure that you do not leave your belongings behind.
- Please inform the Office of International Affairs of your departure plans and new contact information.

### Re-Entry/Reverse Culture Shock

Returning home to one's native culture after having lived overseas typically carries with it a period of adjustment, known as re-entry shock, or reverse culture shock. It results from the changes that have occurred during your time overseas (not just back in your home country) but more significantly, the personal changes you have experienced while living abroad. If you have been at Chatham University for an extended period of time, you likely experienced culture shock symptoms when you first arrived, but now you are at home here in Pittsburgh; what was once quite unfamiliar and new has become comfortable and familiar. You have well established routines and a circle of friends, and all of the places where you work, study, do your shopping, seek out recreation or other aspects of daily living are well known and comprise what you now consider 'home'. You have changed and adapted to your life in the U.S., which may understandably affect your return to your home country.

While making preparations to depart, you may feel a mixture of excitement and fear, similar to what you felt when you first planned to come to Chatham. You are probably looking forward to being together again with family and friends, and there may be some aspects of life in your home country that you missed, and you can't wait to enjoy again. However, you may also worry about the uncertainty that lies ahead, and leaving behind your life here. It is also not uncommon to have the feeling that you have finally gotten adjusted at Chatham University and now it's time to pack up and go back.

#### **What will it feel like to return?**

Like culture shock, the symptoms of re-entry shock can vary both in type and severity. Some individuals feel virtually no effects, while others may take months or even years to readjust and feel better. The important thing to remember is that the shock will fade with time, and everyone eventually adjusts and feels

at home again. The first days or weeks, often referred to as the 'honeymoon' period, will be filled with reunions and excitement. You may feel like a guest in your home country. After the parties subside and you settle into your life back home, is when the real symptoms appear. Here are some of the common feelings and symptoms to anticipate:

- Harshly judging the home culture and focusing on everything that you don't like.
- Feeling that the home culture will never be as good as the previous host culture.
- Feeling that you have changed and will never fit in.
- Feeling overwhelmed by having to start your life over, and/or thinking that it was a mistake to return.
- Experiencing symptoms of depression, such as excessive tiredness, trouble eating or sleeping, lack of interest in things you might enjoy, irritability and mood swings.
- Feeling upset with those around you who don't seem to understand what you are going through.

### **What can I do to ease the re-entry process?**

As already mentioned, over time your symptoms will subside. However, the experience of re-adjustment can be quite uncomfortable. You will want to keep in mind your initial adjustment when you experienced culture shock, and employ the coping strategies you already know. The suggestions below serve as a brief guide to coping with reverse culture shock. If you wish to have a more in-depth description of the process, you may refer to *The Art of Coming Home* by Craig Storti. Here are some strategies for coping that may help you:

- Familiarize yourself with the symptoms and be prepared for the possibility of an adjustment period.
- Talk to others who have been through it. What was it like? What did they do to help themselves feel better?
- Find a way to work with and assist international visitors. Start by inquiring at churches or civic organizations that may serve as hosts.
- Assist students intending to study in the U.S. You may find these opportunities in the international offices at local universities or with the USIS or Fulbright offices.
- If you will not be using English in your daily life, look for opportunities to exercise your language skills – either through a class, volunteer, social or work opportunity.
- Be patient with people in your life who seem to have a lack of interest in your experiences in the U.S.
- Seek professional help if you experience overwhelming symptoms of depression.

## **Additional Websites**

### **Pittsburgh Resources**

- [www.studentguidetopittsburgh.com](http://www.studentguidetopittsburgh.com)
- <http://www.pghcitypaper.com/>

### **Foreign Embassies & Consulates in the U.S.**

<http://www.embassy.org/embassies/>

### **Life in the U.S. – General Info**

<http://www.immihelp.com/>  
<http://www.ilw.com/immigrants/life/relocation/index.shtm>

### **Taxes**

<http://www.irs.ustreas.gov/>

### **Travel**

[www.vayama.com](http://www.vayama.com)  
[www.cheaptickets.com](http://www.cheaptickets.com)  
[www.expedia.com](http://www.expedia.com)  
[www.statravel.com](http://www.statravel.com)  
<http://www.orbitz.com/>

### **U.S. Culture & Culture Shock**

[www.esl-lab.com/shock1/shock1.htm](http://www.esl-lab.com/shock1/shock1.htm)  
[www.educationguide-usa.com/](http://www.educationguide-usa.com/)

**U.S. Embassies/Consulates Abroad**  
<http://www.usembassy.gov/>

**U.S. Immigration**  
<http://www.uscis.gov/>

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Smith, Jan; Meyers, Colleen M.; Burkhalter, Amy J.; *Communicate: Strategies for International Teaching Assistants*, Prentice Hall, 1992.

Storti, Craig; *The Art of Coming Home*, Intercultural Press, 1990.

University of Iowa, Office of International Education and Services; *Handbook for Foreign Students and Scholars: A Guide to Life and Culture in the United States and at the University of Iowa: 1997 1998*; Iowa City, Iowa, 1997.

University of Pennsylvania, Office of International Programs; *Handbook for International Students, Scholars and Families: Your Passport to Penn*; University Publications Services; 1998.

Wanning, Esther, *Culture Shock!: A Guide to Customs and Etiquette USA*; Portland, Oregon; 1999. 91

This guide borrows heavily from that of the Office of International Students & Scholars at Yale University. You can view their handbook here: <http://www.OIA.yale.edu/students/handbook.pdf>

