

2021-2022

Lawrence University

International Students

*Pre - Departure
Handbook*

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Last updated Summer

Communicating with Your New Roommate

- ❖ You will receive your roommate's name and email address during the summer before you depart for the United States. Your roommate will also receive the same information about you.
- ❖ You are encouraged to email your new roommate over the summer.

One of the most important aspects of your college life will be living with a roommate. It is not easy to share the same room with a stranger who has a different lifestyle than you. Therefore, in order to have a good relationship with your roommate, here are a few tips you might want to try:

- Communication is the key. Contact your roommate as soon as possible, share your lifestyle and expectations. Learn about each other and think of ways to balance your two different lifestyles. The closer you get with your roommate, the easier it is to live with them.
- Here are a few questions you might want to ask:
 - How did you decide to go to Lawrence?
 - What are you most excited about?
 - What classes interest you?
 - What do you like to do in your spare time? Activities?
 - What kind of music do you listen to?
 - What kind of movies/sports do you like?
- Learning about your roommate and sharing space
 - Does she/he have any strict rules about using/sharing the space?
 - Will you study in the room or elsewhere?
 - When do you like to study?
 - Are you neat or messy?
 - Are you a morning or a night person? Sleeping schedule?

Frequently Asked Questions

Q. How can I find roommate information?

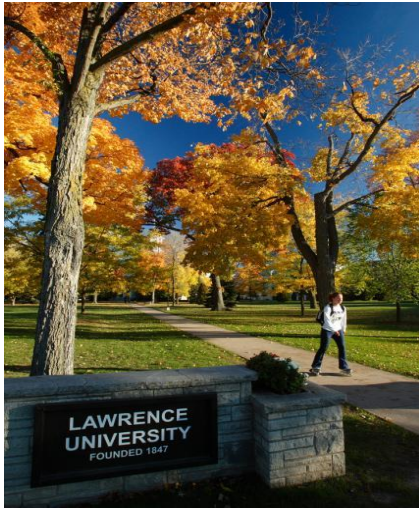
A. You can find your roommate information on Voyager. Log on to your Voyager account → Click Student Services → Click Housing & Roommate Information.

Q. How often should I write my roommate?

A. There are no specific guidelines for how often to write. Some roommates communicate often over the summer, while others have busy schedules or little access to email, so write only once or twice. You should write at least once, but after that it depends on your schedule and your roommate's schedule.

Q. What if my roommate doesn't write me back?

A. Some students have little or no access to email over the summer. If your roommate doesn't respond to your email, chances are they haven't received it yet. Try an old-fashioned airmail letter instead!



Packing Advice and Climate

Clothing : Lawrentians dress casually most of the time. However, there are some occasions, such as Lawrence International Formals when students dress formally. Moreover, there are other events such as Cabaret, where students dress in traditional clothing from their home countries.

Suggested Clothing to pack
<ul style="list-style-type: none">▪ Casual comfortable clothing<ul style="list-style-type: none">○ Jeans○ T-shirts○ Sweatshirts▪ Formal clothing<ul style="list-style-type: none">○ Suit or dress▪ Traditional clothing from your home country (If you wish to represent your country in some of the LU cultural events)

Climate: Welcome to Wisconsin, a land of four seasons! Winter in Wisconsin is COLD, while summer is hot.

September

Average high temperature: 70°F (21°C)

Average low temperature: 51°F (10°C)

October

Average high: 57°F (14°C)

Average low: 39°F (4°C)

November

Average high: 42°F (5°C)

Average low: 27°F (-3°C)

January

Average high: 23°F (-5°C)

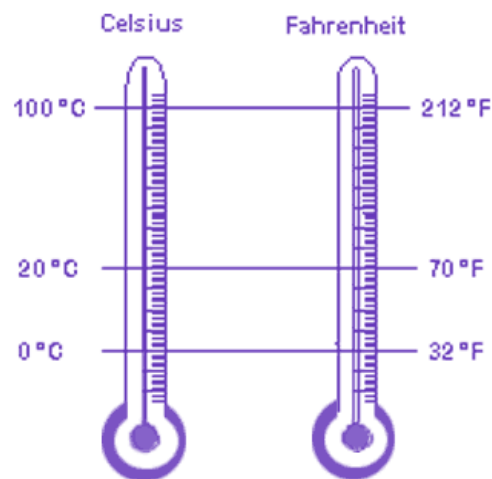
Average low: 6°F (-14°C)

Record low: -30°F (-34°C) Very unusual, but it is possible!

June

Average high: 76°F (24°C)

Average low: 56°F (13°C)



Tips for packing :

1. **Warm weather clothing:** Even though Wisconsin winters are very cold and long, the weather is warm the first few weeks of September and after mid-May. Bring some clothing for this weather too!
2. **Cold weather clothing:** You will definitely need some clothing for VERY cold weather. You may find that the coat that you bring from home is not warm enough for a Wisconsin winter. However, you are always encouraged to bring a warm coat from home. If you do not have a warm coat, you should wait to buy one here.
3. **Bedding, linens, and toiletries:** You will need to bring basic items such as a small towel, toothpaste, soap, etc. because you will not be able to go shopping the first day. Remember that other basic items can be purchased after your arrival.
 - a. You should also receive an order form for sheets from a bedding company over the summer. If you order sheets from them, they will arrive over the summer and be waiting for you when you get here. These are more expensive than sheets you can buy at local stores, but also more convenient. **If you choose to purchase sheets after you arrive, you can borrow a set of sheets and a cotton blanket from International House for the first couple of nights.**
4. **Room furnishings:** Your residence hall is furnished with a bed, desk, desk chair, lamp, and dresser. However, you may want to purchase some other optional items to make your room more comfortable, such as an alarm clock, desk lamp, coffee maker, hair dryer, etc. For electrical appliances, **U.S. voltage is 110 – 112 and outlets fit two flat prongs.** It is recommended that you purchase most of your room furnishings here. Bring only what you think will be absolutely necessary before you have a chance to shop (i.e. a small travel alarm clock, etc.).
5. **School Supplies:** You can purchase notebooks, pens, binders, and other school supplies at the LU campus store. Walgreen's, a pharmacy and variety store, is located about 15-20 minutes from campus by foot. They sell a wider variety of school supplies at lower prices. However, you may want to bring one small notebook and a pen so you can take notes during orientation sessions before you have the chance to go shopping. **ISS will organize a trip to the Fox River Mall during Welcome Week orientation. This is a good chance to buy school supplies because stores usually have back-to-school sales at that time.**

Shopping Shuttles: Campus Life and International Student Services provide shopping shuttles to grocery stores, Walmart, and Fox River Mall.

For more information about shopping shuttle schedule, please check https://www.lawrence.edu/mw/shopping_shuttle.pdf

Packing Advice from International and Domestic Students

- ❖ “Just bring clothes and pictures, the rest you can get it here. Please do not forget essentials: laptops, I20s, passports, visas, medication (prescribed, although you can see a doctor at Lawrence and get more of these later).” **Camila De Meo, Brazil**
- ❖ “You already have too much. The less you have the better. You might think now that you might need or use something later but you most probably will not. Also, maybe try bringing something special that reminds you about back home or that you can teach people about?” **Daniel Vaca, Ecuador**
- ❖ “From where I come from you get to take 2 suitcases each with 23kg/50pounds and a carry on. It's not a lot for someone who is going to be here for a long time. So the important thing is to at least bring clothing appropriate to each season that is winter, summer, spring, and fall. A few pair of shoes, it is very normal to buy a lot of stuff here anyways so bringing what you think is important is necessary.” **Binita Rajbhandari, Nepal**
- ❖ “Always try to bring clothes/ items with multiple purposes. Bring one formal dress. Try to leave extra space for your return or expect to bring a second bag.” **Chela Gans, US**
- ❖ “Bring things that remind you of home and leave the rest back, you will get tired of moving.” **Diana Szteinberg, Bolivia**



Shipping Items from Home

For items that you want from home but do not want to carry in your luggage, consider shipping them. If you ship to yourself at **your SPC campus mailing address (see below)**, the packages will be stored in **mailing services at the Warch Campus Center** prior to your arrival. You should **insure** your belongings for the amount it would cost you to replace them if they are lost or damaged. If you ship by post office, it is also a good idea to ask for a *tracking number* so that you can track your package if it does not arrive when you expect it. Packages shipped by regular surface or air mail are nearly impossible to locate if they get lost unless they also have a tracking number.

Information about shipping from your country to US prior to your arrival

- Every student has his or her own SPC mailbox on the second level of the Warch Campus Center and all mail including packages is **delivered to the mailbox**. Campus mail, small items, or magazines delivered to you will be accumulated in your mailbox. **You will receive an email notice if you have any package that does not fit into your mailbox and you can claim it at mail services.** Students have to show their Lawrence ID card to claim the package. We recommend you check your mailbox frequently. For information about Mailroom schedule, please check https://www.lawrence.edu/s/warch_campus_center/about/hours
You can find your SPC number and mailbox combination on Voyager. Log on to your Voyager account → Click *Personal Information* → Click *View Address(es) and Phone(s)*. It should appear under *Campus Mailing Address*.
- When shipping your items from home to your address at Lawrence, write down the receiver's address as follows:

STUDENT NAME
711 E BOLDT WAY SPC (insert mailbox number here)
APPLETON, WI 54911
USA



Finance and Banking in the US

We recommend you do not carry large amounts of cash on you while traveling or living in the United States, in case it is lost or stolen. Most Americans carry little cash with them (\$10 - \$50), and do most of their shopping by **check, credit card, or debit card**. There are, however, a number of situations in which only cash is accepted, such as some fast food restaurants or taxi cabs, so most Americans also carry an ATM (Automatic Teller Machine) card, which allows them quick access to cash from ATM machines. Until you are able to open a bank account in the U.S., it is recommended that you use **traveler's checks** and/or a **credit card**.

- **Checks** are used to purchase items by drawing funds from a local bank account. Most stores accept personal checks along with a picture I.D., but restaurants do not generally accept checks.
- **Debit cards** can be used like a credit card but the funds are drawn directly from your local checking account. Many students prefer this to writing checks. **However, be careful when using debit cards for on-line purchases because, unlike credit cards, debit cards offer no safeguards against internet fraud.**
- **Credit cards** can be used to purchase items at most stores, restaurants, travel agents, and on-line retailers. You will get a bill for all your purchases at the end of the month, which you will then have to pay. It will be almost impossible to get a credit card from a U.S. bank if you do not have a permanent U.S. residence. You can have your credit card published in your country and use it in U.S. In that case, it would be strongly recommended that the card is VISA, Master Card or other major international credit card companies.
- **ATM** cards allow you to receive cash from your local bank account 24 hours a day. There is an ATM on campus located in the Warch Campus Center. This service costs \$1.50 per transaction.
- **Traveler's checks** are a convenient way to carry cash when traveling in the U.S. They are accepted as cash in most places and offer protection against theft or loss.

Sending money from your country to the U.S:

- **Traveler's checks** can be carried with you and then deposited into a bank account when you get here. This is convenient as it also allows you to cash in some of the checks along the way if you plan to travel in the U.S. before coming to Appleton. Most banks charge a small fee when you purchase traveler's checks, but it is

usually quite reasonable.

- **International money orders** can be purchased cheaply from post offices and mailed (after you are already here) to the U.S. If you mail them, however, be sure to use registered mail and to purchase insurance just in case they are lost. Even with these additional fees, however, they are one of the most economical methods of sending money to the U.S. Once here, your local bank can cash the money order and/or deposit it into your bank account.
- **Credit card** companies (like Citibank) are another method of withdrawing cash in the U.S. Appleton, however, has no local branch of Citibank, so any withdrawal will incur additional fees from the ATM that you use and probably from your account as well. If a large sum of money (over \$100.00) is withdrawn, it should definitely be deposited into a local bank account right away.
- **Electronic wire transfer** can also be used for transferring money. In order to send a wire transfer, you need to visit your bank's local branch and provide the information such as recipient bank name, address and country, recipient bank's SWIFT/BIC, recipient account number and recipient's IBAN.

Exchanging Currency

- **The international terminal at the airport** is usually the easiest place to exchange your money for U.S. dollars. Look for the small currency exchange booths.
- **U.S. Bank, Chase Bank, and Wells Fargo Bank** in Appleton are places where you can exchange money locally. They are all within walking distance of campus, and you can Google their addresses. However, you will probably need to open a free savings account in order to use their currency exchange.
 - *Please note that it is advisable for you to exchange your currency to U.S. dollars in your country prior to departure because it is usually a better rate.*



Types of Bank Accounts

You will need to keep your money in a secure bank account that you can access easily while you are in the United States. Do NOT keep large sums of money (more than \$50.00) in your room. One of the most convenient solutions for many students is to open a bank account at a local bank while you are in the United States. There are a couple of types of bank accounts available to you:

- ❖ **Savings accounts** are usually free of charge. Once you deposit your money in a savings account, you can access it by visiting the bank during business hours or withdrawing it from an ATM (automated teller machine) 24 hours/day. Most savings accounts also pay you a small amount of interest on the money you have deposited. Most stores will also allow you to use your debit card (ATM card) at the checkout to pay for your purchase directly from your savings account.
- ❖ **Checking accounts** may cost a couple of dollars each month, but these accounts allow you to write checks to pay for purchases at most retail stores, even those that do not accept a debit card. In addition, you can also withdraw funds at the bank, via ATM, or by debit card at store checkout, just like a savings account.
- ❖ **Safety deposit boxes** can be rented for a small monthly charge at any bank. This is a good place to store any valuables that you have brought with you, including your passport.

Opening a Bank Account

You will need two forms of picture identification, usually your passport and your Lawrence ID card, to open a local bank account. You will also need to know your residence hall address. At the services fair during Welcome Week, you will be able to talk to representatives from a few area banks and to open an account right away. It is recommended that you compare services, prices, and ATM locations for a couple of banks before deciding which one will work best for you.



Academics

Cultural Differences

Certain cultural differences and attitudes toward education make studying at an American University a new experience for many international students. A liberal arts education, which emphasizes study in a wide range of academic disciplines in addition to an area of specialization, can be very different from high school experiences. A liberal arts philosophy states that an educated person should be knowledgeable about many subjects rather than narrowly focused on only one area of study. As part of a liberal arts education, Lawrence students are also encouraged to take part in extra-curricular activities, such as volunteering in the community, joining athletic teams, joining musical ensembles, or working with a social organization.

Another aspect of American academic culture that may be new to international students is the **focus on student's active participation in the classroom**. Students are encouraged to discuss, ask questions, and assert their opinions in class. This more interactive style of instruction may seem unusual to students who are used to studying in classrooms where the professor lectures and students quietly take notes.

In addition, American professors are often just as interested in the *process* of a student's learning as they are in the final outcome. This is seen in the way that students are graded at Lawrence. For many classes, attendance, participation, and multiple assignments throughout the term are all averaged together for the student's final grade in the course. Professors will note absences from class, lack of participation, and missing assignments, these factors will all lower a student's grade. This is quite a contrast for students who come from educational systems where the final grade is determined by the score on one cumulative exam at the end of the semester.



Registration

Many of you advance-registered for your classes in early July. This information will be processed before you arrive. Don't worry if you have not registered yet! Certain students (e.g. exchange students, conservatory students, etc.) are only eligible to register in the fall. You will be required to meet with your **academic advisor** to discuss your choices during the first week of the fall term. You will then need to register online through Voyager. If you later change your mind about your class choices, you can add/drop classes during the first two weeks of each term (this period is September 13th-17th in Fall Term 2021). This flexibility allows students to attend a couple of sessions of different classes before making their final registration decision. Please be aware, however, that popular classes often have limits on the number of students who can enroll. **After the class change period concludes, students can only withdraw from classes. The withdrawal will show on the course transcript. Students cannot withdraw from any class after the 7th week.**

Academic Advisors

All students at Lawrence are assigned to academic advisors. Students are expected to meet with their academic advisors at the start of every term to review course choices and discuss any changes. You are encouraged to meet with your advisor more often and to develop a good relationship with her or him. They are there to help you navigate the academic world at Lawrence. For more information on the role of academic advisors at Lawrence, please see the description of academic advising at :

http://www.lawrence.edu/students/academic_life/academic_services/planning

Course Load at Lawrence

Lawrence University's academic year is composed of three terms. Each term lasts for 10 weeks. Regular courses are worth 6 units. However, some courses, such as tutorials and independent studies, may be worth fewer units. The normal course load for students during one term is 18 units, which is usually 3 courses. International students **must** maintain a 15 unit course load to keep their visa status. Students who wish to take 4 or more regular courses (24 units or more) in any term (called an "overload") must gain permission from their academic advisor.

Class Numbering System at Lawrence

Courses have numbers which indicate how much previous knowledge in the subject area students taking the course are expected to have.

100 – 199	Introductory
200 – 399	Foundation/Gateway
400 – 599	Advanced
600 – 699	Capstone (only for majors, usually in their senior year at LU)

Class Styles

Although not noted formally in the catalogue, most classes at Lawrence are lecture, seminar, or some combination of these two class styles.

- ❖ **Lecture courses** are more common at the introductory and foundational level. For most of the class period the professor lectures while students take notes. However, you may notice more teacher-student interaction after class. Some instructors may also assign small group work, where students work on problems or discuss issues with each other. The instructor may also try to engage the entire class in a discussion.
- ❖ **Seminar courses** are discussion-based classes in which the instructor will more often act as a leader of the students' discussion with each other, rather than as a lecturer. In these courses, a student's oral participation is often a component of their final grade for the course. Freshman Studies will be your first introduction to a seminar style course.

Study Tips

The average American college student spends four hours studying outside of class for every hour in class. That means a typical Lawrence student who takes 3 classes in one term (10.5 hours of class per week) will need to spend an additional **42 hours studying outside of class** each week. Non-native speakers of English will probably need to spend a little more time studying than the average American student.



CAS – Center for Academic Success



The CAS, located on the first floor of Briggs Hall, offers students tutoring in: writing, oral communication, quantitative skills, and course content. ESL (English as a Second Language) tutors are available to help non-native speakers with writing and other communication skills (pronunciation, listening comprehension, etc.). The CAS also provides workshops on topics such as time management, test-taking strategies, and study habits as well as offering individualized academic counseling and academic skills coaching. You can request a tutor online (in Voyager or at tutoring@lawrence.edu) or consult the CAS website for a list of workshops and other services. Getting help from CAS tutors, especially for Freshman Studies papers, is strongly recommended for international students. Also, it is free!

Visit the CAS website at <http://go.lawrence.edu/cas>

Study Tips from Students

- ❖ “Find what works for you. Many people have different habits or ways that work for them, the hardest part is to start doing homework, studying, etc. Motivate or force yourself to start.” **Daniel Vaca, Ecuador.**
- ❖ “Manage your time. You will have lots of time and freedom deciding what to do after class, so be smart and schedule it out. Be sure to have enough time for your study so you can get good grades. Also, talk directly to your professor. Professors at Lawrence are usually very easy to approach, so feel free to talk to them about your concerns and thoughts on your study.” **Xue Yan, China.**
- ❖ “Try to do whatever assignments your professor asks ON TIME. That’s really useful and you won’t get overwhelmed. Plus , a bit of homework a day makes a difference in a trimester system...trust me, I know hahaha.” **Camila De Meo, Brazil.**
- ❖ “It really depends on an individual. Some people likes studying in a group so finding the perfect friends to study would be good. Taking notes in class, if there is any question, always meeting the professor outside of class and meeting tutors if it is impossible to meet the professor which is kind of a rare case.” **Binita Rajbhandari, Nepal**



On-Campus living

Lawrence is a small residential campus, which means that nearly all students live on campus in the residence halls. As there are very few single rooms available, most students live with roommates. Freshmen are all paired with a roommate. This is an important part of your Lawrence experience. Although many of the experiences of living with a student from another culture will be fun and rewarding, other aspects of this arrangement can be challenging for both you and your roommate. Americans may generally expect a more direct style of communication than is common in many countries, so if you have concerns or complaints, you will need to learn to communicate them to your roommate directly. It is **very** important that you make every effort to communicate with your roommate right from the beginning and to let her or him know what you like and what you dislike about your living situation. As adults living together, the Lawrence Campus Life office expects you and your roommate to compromise when you have differences and to make multiple efforts to work out any problems. Your roommate may or may not become a great friend, but even if you find that you have different personalities, you can have a rewarding and happy relationship and gain much from each other throughout the year.

CAs, RHDs, and Campus Life – People who can help you

If you have any concerns about a situation with your roommate or other aspects of living in your residence hall, there are a variety of Lawrence staff people who are here to help you.

CAs are Community Advisors. These are Lawrence students who have been selected to work as peer advisors in the residence halls. At least one CA is located on every floor of the residence halls. If you have questions about residence life, a problem with your roommate that you cannot resolve yourself, or questions or complaints about life on your floor (such as too much noise in the next room or a broken laundry machine in the basement, etc.), **the first person to talk to is your CA**. Please make sure to seek out and introduce yourself to your CA early in the term. Tell them it is your first time living in the United States and share your concerns about residential life. CAs in each residence hall also plan programs and activities for residents. Those events might include floor dinners, games night, or a short trip. Try to get involved in those activities to interact with other residents on your floor and ask them if you don't know what the programs are. Also, if you get locked out of your room, your CA can let you back in.

RHDs are Residence Hall Directors. The RHDs are the supervisors of the CAs who are mentioned above. RHDs are full-time staff members who have graduated from college. Their job is to make sure that everything runs smoothly in the residence hall where they live and work. If you have a problem that your CA is unable to help you resolve, then you should contact your RHD immediately for help. The RHDs office is located on the entry floor near the hall desk.

Amy Uecke is the Associate Dean of Students for Residential Education and Housing. If you have a serious situation and have talked to your RHD for help, they may refer you to Amy for further assistance. Her office is located in room 405 at the Warch Campus Center.

Residence Hall Desks

Residence hall front desks are the focal point for the services that each residence hall offers. Located in the main lobby of each residence hall, the front desk often becomes a gathering area for residents looking to find others who are taking a “short study break”. On occasion CAs will host social activities while they are staffing the desk. Movies, board games, study groups, and other random activities have been known to spontaneously happen at or near the front desk in the late evening hours. The desk opens at 9:00 pm and stays open until midnight Sunday through Thursday nights, and until 1:00 am Friday and Saturday nights. During these hours CAs staff the desk. Each residence hall front desk has a variety of items and services available. You can get light bulbs and garbage bags at no charge. If you ever get locked out of your room during desk hours, CAs can help you get back into your room.

Items that you can check out at the desk include:

Movies, board games, cooking utensils, vacuum cleaners, DVD players, various tools, and various sports equipment.



Campus Dining

The campus dining facilities are located in the Warch Campus Center (WCC)

- ❖ **Andrew Commons Café**, the main dining facility, is an all-you-can-eat buffet featuring breakfast items, soups, salads, comfort foods, pizza, sandwiches, and international entrées. It's located on the first floor of the WCC.
- ❖ **Kate's Corner Store**, located on the second level of the Warch Campus Center, is a sophisticated, comfortable retail shop designed with a focus on freshness and a menu of popular brands. Snacks, beverages, and personal items are among the many convenience items offered. It also features premium items such as Starbucks Coffee and Chocolate Shoppe packaged ice cream.
- ❖ **Kaplan's Main Street Café & Grill** is great food served in a quiet, efficient manner. The deli cases are constantly filled with specialty sandwiches and paninis. At breakfast a full line of bagels and breakfast sandwiches is featured. The full grill menu includes hot sandwiches, great burgers, appetizers, and many late night snack options.
- ❖ **Patt's Coffee Central**, located adjacent to Kaplan's on Level 3, is a full service coffee shop featuring coffee drinks, smoothies, Chocolate Shoppe hand-dipped ice cream, and a full line of home-made pastries and desserts baked fresh daily in the campus bakery.

For additional information, please visit the campus dining website:

<http://www.cafebonappetit.com/menu/your-cafe/lawrence>

Or <https://lawrence.cafebonappetit.com/#cafe-hours>

Meal plans

New students will have to choose one meal plan from the following plans:

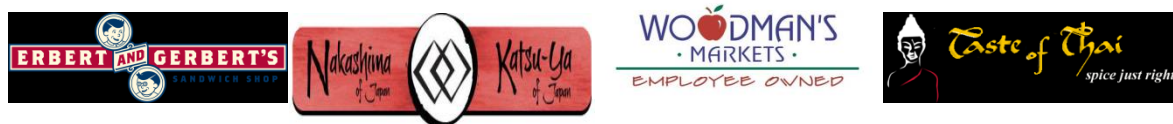
Plan	Meal Swipes	Culinary Cash	Cost
A	19 meal swipes per week	\$100.00	\$1,826.00/term
B	14 meal swipes per week	\$225.00	\$1,757.00/term

The default meal plan is Plan B (14 swipes per week with \$225 in culinary cash per term). Most new students will choose this plan with only a handful of student athletes opting for all 19 meals per week.

You can change your meal plan up until the Thursday before the start of classes. Changes made after that incur a \$50.00 late change fee. For fall 2021, the last day to change your meal plan free of charge is September 13th.

Basically, meal swipes can only be used for eating in Andrew Commons, sack lunches in Kate's Corner Store, or on some special occasions such as LI's cultural dinner, etc. They are called meal swipes or simply "swipes" because you use your LU ID card to swipe. You can use Culinary Cash in any retail food operations in the Warch Campus Center. But you can only use Culinary Cash for food. To buy daily supplies in Kate's, you have to use Viking Gold, cash or credit/debit cards.

Other Dining Options



Most Lawrence students do not eat all their meals in the dining halls. Instead, they supplement their meal plans with a variety of other options:

- ❖ **Cooking for yourself** – each residence hall has a kitchen with a refrigerator, stove, oven, and microwave. In addition, International House also has cooking facilities and cookware. Two rice cookers are also available and may be checked out from International House.
- ❖ **Shopping for groceries** - Students often find it economical and convenient to purchase and keep some non-perishable food items in their rooms, such as granola bars, chips, and other snacks for quick breakfasts and late night snacks. Some students also purchase

small refrigerators (your roommate may have one) to keep perishable items, like milk and fruit. You may also keep food in your residence hall refrigerator, but be sure to label it with your name or others may eat it.

- ❖ **Shuttles**- There are shopping shuttle services from campus to the Fox River Mall, Walmart, Woodmans, and the Oriental food Market. Ask at the Info Desk in Warch for more information.
- ❖ **Local Dining** – College Avenue features a number of ethnic and American restaurants in all price ranges.

Dining and Groceries within Walking Distance- Please note that there are many more stores and restaurants in non-walking distance.

★★★★★ = Great Service and great food
 \$\$\$\$\$ = Very Expensive

Sandwich Shops

Bagelicious ★★☆☆ /\$
 101 E. College Ave.
 (920) 380-9097

Erbert and Gerbert's – sandwiches at affordable prices ★★☆☆ /\$\$
 218 E. College Ave.
 (920) 730-8701

Jimmy John's – they deliver!
 ★★☆☆ /\$\$
 345 W. College Ave.
 (920) 882-8470

International Food

Apollon –Mediterranean Rim and fine Hellenic cuisine ★★☆☆ \$\$\$\$\$
 207 N Appleton St.
 (920) 739-1122

Antojitos Mexicanos– Fine Mexican cuisine ★★☆☆ /\$\$\$
 204 E. College Ave.
 (920) 380-0244

Dong Po – Chinese food and American sushi ★★☆☆ /\$\$\$
 719 W. College Ave.
 (920) 749-0186

Fika Tea Bar – Tea bar that offers traditional boba tea ★★☆☆ /\$★
 207 W. College Ave.
 (920) 574-4026

Hunan 1 - Chinese food with special discounted prices for Lawrence students ★☆☆\$
 220 E. College Ave.
 (920) 738-0119

Lindo Michoacan Authentic Mexican Restaurant – Mexican food ★★☆☆ /\$
 207 N Richmond St, Appleton
 (920) 733-3345

OB's Brau Haus – Bavarian-style beers & German-leaning dishes ★★☆☆ /\$\$
 523 W College Ave, Appleton
 (920) 730-0202

Katsu-Ya of Japan – Fine Japanese food, 30% discount during happy hours (from 5pm-6:30pm Mon.-Thrs.) ★★☆☆ /\$\$\$\$
 338 W. College Ave.
 (920) 882-4183

Mai's Deli – South East Asian Cuisine ★★☆☆ /\$\$
 104 S. Memorial Dr.
 (920) 733-7900

Taste of Thai - Thai food with a popular, all-you-can-eat lunchtime buffet Monday-Friday ★★☆☆ /\$\$
 321 E. College Ave.
 (920) 830-2030

Victoria's Italian Cuisine –Italian food (known for their large portions!) ★★☆☆ /\$\$
 503 W. College Ave.
 (920) 730-9595

Bowl Ninety-One – Ramen and Asian cuisine ★★☆☆ /\$\$
 100 E. College Ave.
 (920) 815-3184

Pisco Mar – Peruvian cuisine, seafood ★★☆☆ /\$\$\$\$
 528 W. College Ave.
 (920) 221-3346

Coffee Shops

Acoca Coffee – serves a variety of ice cream as well ★★☆☆ /\$\$
 500 W. College Ave.
 (920) 993-1458

Seth's Coffee – close to the conservatory, serves coffee and tea

★★★★★ / \$\$\$
323 E. Washington St.
(920) 221-3310

Copper Rock Coffee – also serves food and is a good place to study, too

★★★ ★★ / \$\$
210 W. College Ave.
(920) 882-9462

Lou's Brew Cafe and Lounge – serves great sandwiches and smoothies, good place to study

★★★ ★★ / \$\$
233 E. College Ave.
(920) 955-2229

Bona Fide Juicery – serves healthy smoothies, juice and snacks

★★★★★ / \$\$\$
111 E. College Ave.
(920) 757-3454

Tempest Coffee Collective – serves coffee & tea, breakfast & brunch

★★★★★ / \$\$\$
181 S. Riverheath Way Ste 1100.
(920) 939-2153

Other Restaurants

Fress Restaurant –

New American and shared plates/ \$\$\$
511 W. College Ave.
(920) 364-9098

Rye – American food

★★★ ★ / \$\$\$
308 W. College Ave.
(920) 380-4745

Good Company – serves burgers, sandwiches, steaks. Good for dinner

★★★ ★ / \$\$\$
110 N. Richmond St.
(920) 735-9500

Garden View Restaurant – American diner style

★★★ ★ / \$\$
216 E. College Ave.
(920) 739-8207

Angel's Restaurant – American breakfast & brunch, sandwiches, dinner

★★★ ★★ / \$\$\$
1401 E. John St.
(920) 993-8847

Vince Lombardi's Steakhouse – steaks, fine dining

/ \$\$\$\$★★★★★
(920) 380-9390
333 W. College Ave. (Inside the Radisson Paper Valley Hotel)

Houdini's Escape Gastropub – New American snacks & entrees

★★★★★ / \$\$
(920) 574-2616
1216 S Oneida St, Appleton

Pizza - Most pizza places deliver!

Domino's Pizza

★★★ ★ / \$\$
206 W Calumet St.
(920) 380-4030

Muncheez – delivery

★★★ ★ / \$\$
600 W College Ave.
(920) 749-1111

Papa John's Pizza – a popular chain pizza place

★★★ ★ / \$\$
902 W. Northland Ave. (920) 380-7272

Sal's Pizza – good for dine-in and take out

★★★★★ / \$\$
411 W. College Ave.
(920) 955-4444

Topper's Pizza – delivery ★★★★★ / \$\$

109 E. College Ave.
(920) 730-7070



Socializing and making friends

Get involved! The Lawrence community is host to many student organizations including academic clubs (for example, NeuroLawrence), social organizations (for example, Amnesty International), musical ensembles, and athletic teams.

International students are strongly encouraged to join clubs and organizations. It is a great way to meet students with shared interests. For more information about clubs and organizations, please check https://www.lawrence.edu/students/activities/involvement_guide

Advice from Students on Making Friends

- ❖ "Do not kiss on the cheek the first time you meet someone. Americans are not touchy at first encounters." **Camila De Meo, Brazil.**
- ❖ "Try to socialize with everyone, especially domestic students. You will get to practice your language skills and understand the culture." **Vicky Jhong Chung, Peru.**
- ❖ "Don't be afraid to ask questions." **Alysa Levi D'ancona, US/Italy.**
- ❖ "Don't be afraid to make mistakes, the worst that can happen is everyone will think it was funny." **Sari Hoffman-Dachelet, US**
- ❖ "Do not try to fit what others might look like, do, think etc. This is the time to discover what you like or don't like, shape and strengthen who you are, but also go to event, try new activities and clubs, you might find good friends." **Daniel Vaca, Ecuador**
- ❖ "Making friends is not that hard but to make it sustainable is what is important." **Binita Rajbhandari, Nepal**





Fun Things to Do in Appleton

Fox River Mall

4301 West Wisconsin Ave.
Appleton, WI 54913
(920) 739-4100

Fox Cities Performing Arts Center

400 W. College Ave.
Appleton, WI 54911
(920)730-3760

*Cheap student rush tickets available an hour before the show with Lawrence ID

Wisconsin Timber Rattlers Minor League Baseball

2400 N. Casaloma Dr.
Grand Chute, WI
(920)733-4152

Movie Theaters:

Marcus Hollywood

513 N. Westhill Blvd. (close to Woodman's grocery store)
Appleton.
(920)830-6568

* There is a bus going to Woodman's and you can walk to the theater from there

Parks in Appleton

City Park

500 E. Franklin Street
Right behind the conservatory building, a good place to spend time to relax

Peabody Park

601 N. Green Bay Road
About 15-20 minutes from the campus, a beautiful place with the Fox River right next to it

Telulah Park

1300 E Newberry St
About 15-20 minutes from the campus, a family-friendly park with picnic tables, walking and biking trails, and a 9-hole disc golf course

High Cliff Park

N7630 State Park Rd. Sherwood, WI 54169,
Sherwood, WI 54169

Transportation in Appleton

You can get around the city of Appleton even if you don't have a car or driver's license! Here is a list of transportation available in Appleton.

1. Uber/Lyft

Uber and Lyft are the most convenient and the fastest ways to get to your destination. It usually takes 15-20 mins and costs \$15-20 to get to the Fox River Mall from Lawrence. You can save money by sharing rides with friends.



2. Bus

You can also take the bus to the mall or other fun places that are not within walking distance. You can get your bus tickets from the Appleton Transit Center, which is also the Greyhound station. The bus costs \$2.00 per ride. You may want to get a one-day pass which costs \$4.00 for unlimited rides for one day. The bus takes about 40 mins to get to the Fox River Mall. Note: the buses do not run on all major holidays. For more information, check the Valley Transit website <http://www.appleton.org/residents/valley-transit>



3. Taxi

Taxi may not be the most common way of transportation, but you can still use them.

Below are major taxi companies in Appleton:

[Fox Valley Cab](#) - (920)734-4545

[-Appleton-Neenah-Menasha Taxi](#) - (920)733-4444



Adapting to Life on an American College Campus

The chance to study and live in another country is an exciting and life-changing experience. However, no matter how excited and well-prepared a student is to study abroad, living in another culture and speaking a foreign language every day can have an emotional and physical effect. This is a normal part of the cultural adaptation process called “culture shock.” Every person adjusting to life in another culture goes through some elements of culture shock, although the process varies depending on the individual and the situation. This is a process that, to some extent, follows a predictable pattern.



Most individuals adjusting to a new culture are usually happy and excited when they first arrive. Everything is new and interesting, and cultural differences often match what they have read or learned about the new culture before they left their home country. As time passes, however, these emotions often give way to feelings of frustration especially when the individual encounters differences in culture, language, and expectations that make it difficult for her or him to function comfortably. At this point, the person may feel some of the physical and/or emotional symptoms of culture shock, which may include:

- a change in eating habits (either loss or gain in appetite)
- problems sleeping or sleeping too much
- mental and emotional exhaustion
- depression
- headaches
- cold or influenza
- homesickness

It is a good idea to get help from the [Health and Counseling staff](#) should you feel these symptoms. If you do experience any aspects of culture shock, be strong, because things will get better. Soon you will begin to adjust to your new environment and feel more and more comfortable and competent living and interacting in the new culture.

Although the term “culture shock” is often viewed negatively, it is important to remember that this is actually a very positive growing and learning experience. The process of adapting to a new culture requires an individual to reassess her or his beliefs and perspectives. By adjusting to a new culture people often discover new ways of looking at the world, including their own culture.

Health Care in the US

Medical Care

If you are sick:

- ❖ [The Health Center](#) is your best and cheapest option for general sickness such as colds, influenza, headaches, stomach problems, etc.
- ❖ Visits to the nurse are free.
- ❖ Over the counter medicine is free (aspirin, cough drops, etc.).
- ❖ Prescription medicine (that a doctor must prescribe to you) is **not free**. The cost varies depending on the medicine.
- ❖ A doctor comes Monday-Friday mornings from 8:00– 9:00 a.m. A visit to the doctor costs \$8.00.



How do I pay for doctor visits or prescription medication from the health center?

- ❖ You do not need to bring cash to the health center.
- ❖ For students with a health insurance plan that is not through Lawrence, you must request an **itemized bill** when you leave the health center. You will need this to send to your insurance company (the bill from your student account will not have enough information on it for your insurance company).
- ❖ All costs will be charged to your **student account**.
- ❖ Your bill will appear on your student account in Voyager.
- ❖ Take the bill to Brokaw Central-Student Accounts Office in Brokaw Hall, 1st floor and pay with cash or check (skip this step **only if** you contact your insurance company and they say they will pay Lawrence University directly).
- ❖ If your insurance pays for prescriptions and doctor visits, send your bill to the insurance company. They should reimburse you (pay you back) for the charges. You may need to contact your insurance company or read your policy information to understand exactly how this process works for your company. Most insurance companies have different requirements.
- ❖ If you have a **deductible**, you must pay this before the insurance company will begin to pay you. However, you still need to mail in your bills and receipts so it will count towards meeting your deductible.

Will I ever need to go to the hospital?

- ❖ If you have a serious sickness or injury, such as a broken arm or sprained ankle, you will need to go to the hospital for treatment.

- ❖ Bring your insurance information to the hospital if you can. You will not need to pay when you receive treatment. They will send a bill to you or your insurance company.
- ❖ You should contact your insurance company right away. They will let you know whether they will reimburse you or pay the hospital directly.
- ❖ If you have a **deductible**, you must pay this before the insurance company will begin to pay you. However, you still need to mail in your bills and receipts so it will count towards meeting your deductible.

Lawrence Holidays & Travel

For the 2021-2022 academic year, Lawrence University Residence halls close on the following dates:

- ❖ **Winter Break:** Students must leave by November 24th at noon.
- ❖ **Spring Break:** Students must leave by March 17th at noon.
- ❖ **End of the Year:** Students must leave by June 9th at noon.



Staying on campus during winter and spring breaks is also an option. However, please note that you must notify campus life if you plan to do so. Also note that while there is no fee for staying on campus during spring break, students who wish to stay during winter break or return to campus from winter break early will be charged. Winter housing options for international students will be determined soon, so please check with Campus Life for more information.

Travel During Breaks

School breaks are a great opportunity to travel within Wisconsin or to other regions of the U.S. However, you need to follow certain precautions for safe travel in the United States:

- ❖ Unless you are traveling to visit a friend in another city, do not travel alone. Find a friend to travel with you.
- ❖ Leave your travel itinerary and contact information (hotel phone numbers, etc.) with someone. That way, if there is some emergency and people need to get in touch with you, they know where you are.
- ❖ Carry traveler's checks and credit cards, not cash. You may have difficulty using checks from an Appleton bank account outside of Wisconsin, so traveler's checks are the safest and most convenient method of carrying money while traveling.

- ❖ **Make hotel/hostel reservations before you go** – this is especially important during the winter holiday season when many people are traveling and it may be difficult to find a hotel room.
- ❖ Research the place you travel to so that you can choose a safe location to stay. This is especially important in larger cities where safe neighborhoods may border dangerous neighborhoods.
- ❖ Don't walk around unknown parts of town after dark. Take taxis unless you are sure that the walk is safe. Check with the concierge at your hotel for advice about which parts of town are safe in the evenings.
- ❖ Leave yourself some flexibility in your travel schedule, especially during winter break. Winter weather conditions often cause delays at airports like Chicago O'Hare.
- ❖ **If you are traveling outside of the United States** – be sure to see Leah McSorley, the International Student Advisor in International House **for the proper forms/signatures to re-enter the U.S.**



Travel Resources

Council Travel – A student travel company, now affiliated with STA travel. For more information, see the website: <http://www.statravel.com>

Hostelling International – For inexpensive lodging and a chance to meet other young people while traveling. For the best rates, be sure to join before leaving your country. <http://www.hihostels.com/openHome.sma>

The Convention and Tourism (or Visitors) Bureau for the city/region you plan to visit – look up the bureau's website for information on lodging, dining, transportation, special events, etc.

Example:

Chicago Convention and Tourism Bureau: <http://www.choosechicago.com/>

New York City Convention and Visitors Bureau: <http://www.nycgo.com/home/index.cfm>

Websites for flight reservation

<http://www.studentuniverse.com>

<http://www.cheaptickets.com>

<http://orbitz.com>

<http://www.expedia.com>

<http://www.travelocity.com>

<http://priceline.com>

<http://kayak.com>

Websites for hotel/hostel reservation

<http://www.hostelworld.com>

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

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

Greyhound Bus Lines

100 E. Washington St.

Appleton, WI 54911

(920)733-2318 or (800)231-2222

<http://www.greyhound.com/home/>

Amtrak Train Service (in Milwaukee)

433 West St. Paul Ave.

Milwaukee, WI 53203

(Greyhound/Lamers Bus Lines have two departures daily to Milwaukee Amtrak Station)

(800) 872-7245

<http://www.amtrak.com>

Appleton International Airport

W6390 Challenger Dr.

Appleton, WI 54914

(920)832-5268

<http://atwairport.com>

Taxis:

Fox Valley Cab - (920)734-4545

Appleton-Neenah-Menasha Taxi - (920)733-4444

Information specific for Waseda Students

Mentor Program

When you arrive at Lawrence, you will meet your student mentor. Your mentor is a Lawrence student who has lived on campus a couple of years and is familiar with the campus environment. In addition, mentors usually have some experience living abroad - either they have been exchange students in the past or they are international students. In either case, they are students who have had to make their own cultural adjustments to living in another country. Each mentor is assigned to help 2 – 3 CS-L students adjust to campus life for the first two terms of the program. Your mentor can help you with practical issues, such as registering, setting up your voice mail, campus dining advice, good places to buy supplies, etc. In addition, mentors can also help you get to know people at Lawrence by introducing you to people on campus, taking you to meet members of clubs or athletic teams you are interested in joining, etc. Finally they are also available to help you with cultural questions as you adjust to both American culture and the Lawrence campus "sub-culture."

During Fall and Winter Terms, your mentors will:

Arrange weekly activities for Waseda students and friends. These activities are designed to introduce you to different social opportunities on or around campus and to help you meet other Lawrence students. These activities could include:

- ❖ Yoga or Pilates classes
- ❖ student musical or theatrical productions
- ❖ meetings of student organizations or clubs
- ❖ student dances or other social events

The mentors will work with you and the other CS-L students to tailor these activities to your interests.

Arrange several informational programs both fall and winter terms for all TSA students. Programs are designed to be relaxed but educational discussions that explore cross-cultural differences or focus on aspects of adapting to life in the U.S. Examples of possible program topics are:

- ❖ culture shock and cultural adaptation
- ❖ dating at Lawrence University
- ❖ preparing for winter
- ❖ travel in the U.S.

Meet your Mentors!



Hello everyone, and welcome to Lawrence! My name is Celeste and I'm from Chicago, Illinois. I'm currently a 5th year here at Lawrence pursuing a double-degree in Clarinet Performance and Studio Art. I also work for the school newspaper 'The Lawrentian' as both the Variety Section Editor and as one of the artists! So be on the look out for some wholesome art in the paper! :)

I am extremely excited and honored to be this year's Waseda and Pathway mentor. I love meeting new people, and I can't wait to work with each and every one of you. Lawrence is an absolutely wonderful community of people that you will soon get to meet and build long-lasting relationships with. Please always feel free to reach out to me whenever you have questions about student life, our campus, or if you just want to say hi! I would love to chat with you!

I wish you all a lovely year at Lawrence! **がんばって!**
Good luck!

Japanese Embassy and Consulate

[Embassy of Japan in Washington DC](#)

2520 Massachusetts Avenue, NW
Washington DC 20008
(202)238-6700

[Consulate General of Japan at Chicago](#)

737 North Michigan Avenue, Suite 1100
Chicago, Illinois 60611
(312)280-0400

Waseda CS-L Program and
International Student Services
Lawrence University
Appleton, WI

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