

2024 | UNIVERSITY OF KANSAS MEDICAL CENTER



INTERNATIONAL  
STUDENT GUIDE

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"Of all the joint ventures in which we might engage, the most productive, in my view, is educational exchange. I have always had great difficulty--since the initiation of the Fulbright scholarships in 1946--in trying to find the words that would persuasively explain that educational exchange is not merely one of those nice but marginal activities in which we engage in international affairs, but rather, from the standpoint of future world peace and order, probably the most important and potentially rewarding of our foreign-policy activities." [From The Price of Empire, Senator Fulbright on International Exchange]

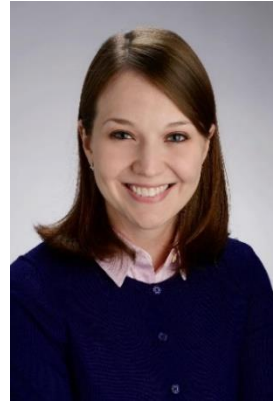
# OFFICE OF INTERNATIONAL PROGRAMS

## OIP STAFF

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KUMC is committed to capacity building that promotes global health education and training for our students, residents and faculty. We work with global partners in reciprocal exchange relationships that are symbiotic and beneficial to our respective partners, communities, educational programs, patients and countries. Through our global health programs, we provide experiential learning opportunities that encourage our trainees and faculty to view healthcare through new lenses and bring innovation into the educational and patient care setting.

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## **VISION, MISSION AND POLICY STATEMENTS**

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### **INTERNATIONAL PROGRAMS VISION**

In an interdependent world, International Programs believes it is essential for students, faculty and staff to have the opportunity to become personally and intellectually familiar with the people, ideas and customs of other nations. Such interaction not only promotes a universal perspective and intellectual growth, but it also contributes to the cultural and economic well-being of the university, the state and the nation.

### **EDUCATION ABROAD MISSION**

The Office of International Programs is committed to fostering and assisting with the international educational experiences of KUMC students, faculty and staff. The goal of the Office of International Programs is to support and ensure the safety and success of all international travel experiences.

### **INTERNATIONAL TRAVEL/EDUCATION ABROAD POLICY STATEMENT**

Because of the complexities of international travel and the need to be aware of Department of State Travel Warnings and other pertinent safety information, it is required that all student international travel be registered with and approved by the Office of international Programs. Owing to the desire to give logistical and safety support for all members of the KUMC community, it is requested that any faculty or staff member participating in international travel as a representative of KUMC, also consult with the Office of International Programs in advance of travel.

### **INBOUND MISSION STATEMENT**

The Office of International Programs strives to provide support and services to international students, scholars, and employees that will enable them lawfully to pursue their academic and professional goals within the University of Kansas Medical Center

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## **OIP CONTACT INFORMATION**

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### **ADDRESS**

3901 Rainbow Blvd.  
MS 3033  
Kansas City, KS 66160

### **WEBSITE**

<http://www.kumc.edu/academic-and-student-affairs/departments/office-of-international-programs.html>

### **PHONE**

913-588-1480

### **FAX**

913-588-1462

### **EMAIL**

[Internationalprogs@kumc.edu](mailto:Internationalprogs@kumc.edu)

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### **EMERGENCY CONTACT**

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**Kimberly Connelly**

816-668-6414

## OIP: WHAT WE DO

OIP ADVISERS REPRESENT:	➤ THE U.S. GOVERNMENT
	➤ THE UNIVERSITY
	➤ THE INTERNATIONAL

- REGISTER AND PROCESS INTERNATIONAL VISITORS AND EMPLOYEES
  - **400-500 INTERNATIONALS COME THROUGH OUR OFFICE ANNUALLY**
- ENSURE VISA COMPLIANCE FOR EACH CATEGORY OF VISIT/STAY
- PROVIDE PROGRAMMING, SUPPORT, AND SERVICES TO ASSIST INTERNATIONALS WITH THE TRANSITION TO KUMC AND THE UNITED STATES
- DEVELOP SPECIAL PROGRAMS AND EXCHANGES

## ARRIVING AT KUMC

### I-20/DS-2019 PROCESS

Once you are accepted and admitted by the individual academic department, there will be a number of things that you will be required to do in order to obtain a KUMC I-20 or KUMC DS-2019 Document. Depending on whether you are transferring from another U.S. institution or coming from your home country, you will have slightly different requirements.

The following items will be required of **all** incoming international students:

#### ○ PROOF OF FUNDING, INCLUDING SUPPORTING DOCUMENTS

##### COST OF ATTENDANCE (2024-2025)

##### COST OF ATTENDANCE ESTIMATES

PER ACADEMIC YEAR	UNDERGRADUATE	GRADUATE
Tuition and Fees*	\$21,384	\$23,760
Living Expenses	\$29,484	\$29,484
Student Health Insurance	\$2,831	\$2,831
International Student Fee	\$100	\$100
<b>TOTAL COST</b>	<b>\$ 53,799</b>	<b>\$ 56,175</b>

##### **Please note:**

- **\*THE TUITION AMOUNTS ARE BASED ON FULL-TIME ENROLLMENT. FUNDING REQUIREMENTS WILL VARY FOR STUDENTS THAT HAVE BEEN OFFERED ASSISTANTSHIPS\***
- Tuition is estimated based on minimum full-time status enrollment requirement of 12 credit hours per semester for undergraduate and 9 credit hours per semester for graduate. The estimates are based on enrollment in fall and spring semesters only.
- Living expenses are estimated based on 12 months residing in Kansas City area.

### PASSPORT IDENTIFICATION PAGE

If you will have dependents (i.e. spouse and children) accompanying you, we will also need their passport identification page(s)

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## ○ IMMUNIZATIONS

### A COMPLETED STUDENT HEALTH FORM FILLED OUT BY YOUR HEALTHCARE PROVIDER AND SUPPORTING DOCUMENTS FOR THE FOLLOWING IMMUNIZATIONS:

- Tetanus/Diphtheria/Pertussis (Tdap)
- Measles/Mumps/Rubella (MMR)
- Influenza Vaccination (Flu Shot)
- Hepatitis B Surface Antibody – Quantitative (Immunity)
- Varicella (Chicken Pox) IgG Antibody (Immunity)
- Quantiferon is required upon arrival at KUMC

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## VISA ATTAINMENT – INITIAL STUDENTS

Once you receive the KUMC issued I-20 or DS-2019 document, you will need to schedule a VISA interview at a U.S. Consulate that has jurisdiction over your permanent place of residence. Prior to the interview, you will need to pay the SEVIS fee.

If VISA issuance should be delayed, **please notify OIP immediately**. If your VISA is denied, you should ask the officer for the reason for denial. You should then contact our office for advice on re-applying for the visa.

After obtaining your VISA, **you may enter the United States 30 days prior to the start-date on your I-20 or DS-2019**. When choosing your arrival date, please keep in mind to arrive in time of the OIP student orientation, which is in addition to departmental, or university wide orientation programs. **Attendance for the OIP student orientation is mandatory**. Also, allow time to find housing and to settle in Kansas City prior to starting your classes.

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## VISA ATTAINMENT – TRANSFER STUDENTS

If transferring from another U.S. university or institution to KUMC, you will need to work with the sponsoring school's international services office so that your SEVIS record can be transferred to KUMC. Your current institution will need a copy of an acceptance letter from KUMC before transferring your record.

Any student that is transferring in between U.S. institutions will **not** need to renew his or her VISA with the KUMC program information. Once you are issued the new KUMC I-20 or DS-2019, you are permitted to remain in the United States and start the new program as listed on the document regardless if the VISA in your passport is valid or not.

If you decide to travel home on an expired VISA in between program sessions, you will need to renew your VISA using the KUMC issued I-20, endorsed with a travel signature from the Office of International Programs.

Students transferring SEVIS records to a new U.S. institution will not need to repay the SEVIS fee.

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## KANSAS CITY INTERNATIONAL AIRPORT (MCI)

The metropolitan area is served by 12 major commercial airlines and their connection partners. Kansas City International Airport is 21 Miles/ 34 Kilometers from the downtown Kansas City area, and 23.5 Miles/ 38 Kilometers from the University of Kansas Medical Center main campus. The international airport code for Kansas City is MCI. For more information please visit <http://www.flykci.com/>. Information on individual airline carriers, please reference the list below.

AIR CANADA - <a href="http://www.aircanada.com">http://www.aircanada.com</a>	FRONTIER AIRLINES - <a href="http://www.flyfrontier.com">http://www.flyfrontier.com</a>
ALASKA AIRLINES - <a href="http://www.alaskaair.com/">http://www.alaskaair.com/</a>	SOUTHWEST AIRLINES - <a href="http://www.southwest.com">http://www.southwest.com</a>
APPLE VACATIONS - <a href="http://www.applevacations.com/">http://www.applevacations.com/</a>	SPIRIT AIRLINES - <a href="http://www.spirit.com/Default.aspx">http://www.spirit.com/Default.aspx</a>
ALLEGiant AIRLINES - <a href="http://www.allegiant.com">http://www.allegiant.com</a>	UNITED AIRLINES - <a href="http://www.united.com">http://www.united.com</a>
AMERICAN AIRLINES - <a href="http://www.aa.com">http://www.aa.com</a>	VACATION EXPRESS - <a href="http://www.vacationexpress.com/">http://www.vacationexpress.com/</a>
DELTA - <a href="http://www.delta.com">http://www.delta.com</a>	VIVA AERObus - <a href="https://www.vivaaerobus.com/en">https://www.vivaaerobus.com/en</a>

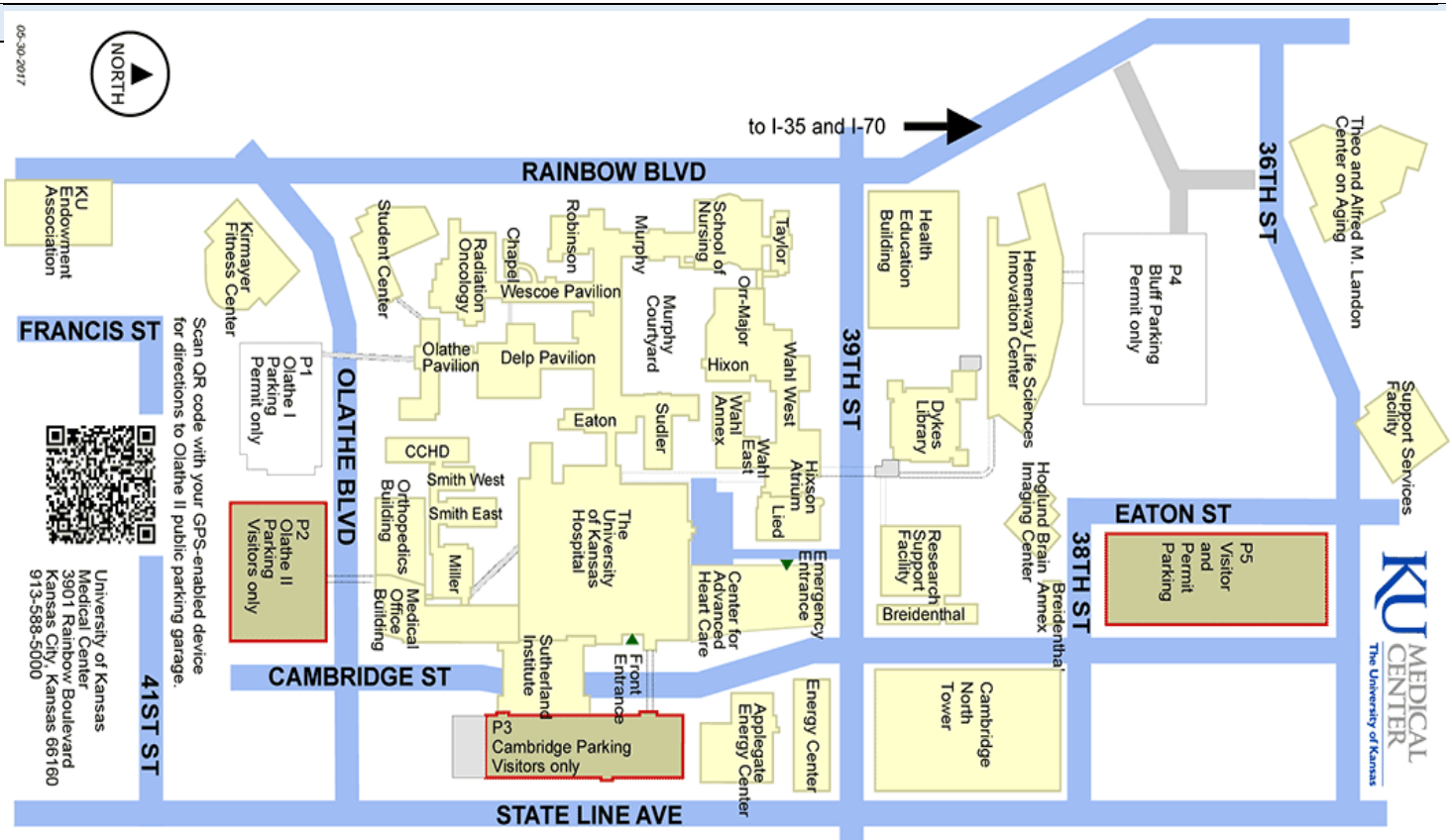
## REGISTRATION WITH OIP

### CHECK-IN

The Office of International Programs designated check-in times are: 9:00 am – 3:30 pm upon arrival to KUMC. Schedule a check-in appointment with Stacie Rader

At the Check-In, we will review your documents and validate your SEVIS record. Upon successful validation, you will receive a “continued attendance” KUMC I-20, verification letters (i.e. DMV), SSA letters, or any other applicable information to help ensure a smooth transition to your program at KUMC.

Immediately after checking in with OIP, you will go to student health to obtain the Quantiferon (\$65 fee), and any other outstanding immunizations. For more information on the fees associated with specific immunizations, please contact: Student Health, [studentvaccines@kumc.edu](mailto:studentvaccines@kumc.edu).



## OIP INTERNATIONAL STUDENT ORIENTATION

### ALL INTERNATIONAL STUDENTS ARE REQUIRED TO ATTEND THE OIP STUDENT ORIENTATION.

Students must plan to attend the orientation dates, which will take place on Thursday and Friday, August 15 and 16, before the start of the fall semester. It is a two-day event designed to introduce students to OIP and KUMC. The orientation aims to acquaint students to services provided on campus and to inform about regulatory requirements to help international students maintain lawful presence in the United States. Please note that if you are a transfer student and you may have undergone an orientation program before with your previous university, **you are still required to attend**. Each university and institution has its own processes, procedures, and protocols.

The OIP orientation is a separate event from other KUMC department orientations and university wide orientations.





## SAFETY INFORMATION

### KUMC POLICE

#### ***KUMC POLICE: MISSION STATEMENT***

The primary mission of the University of Kansas Medical Center Police Department is to promote a safe environment conducive to education, research, health care, and employment. The accomplishment of this goal requires the concerted effort of every professional found within the University Police Department. Whether or not you ever need the direct services offered by the department, this goal is being conscientiously pursued on your behalf.

#### ***KUMC POLICE: VISION***

Our departmental vision is to operate with the highest standards of excellence and integrity in all areas

#### WEBSITE

<http://www.kumc.edu/public-safety/police-and-security-services.html>

#### PHONE

**913-588-5030**

#### NON-EMERGENCY CONTACT PAGE

<https://www.kumc.edu/public-safety/forms/contact-us.html>

#### BLUE PHONES ON CAMPUS

Utilize blue phones located throughout campus to connect directly to the KUMC Police dispatch.

## CAMPUS SAFETY

### SECURITY ESCORT SERVICE

- KU Police Department offer a security escort service to employees, students, and visitors to and from residences, parking lots, and parking garages within the boundaries of **Chester to the north, State Line Road to the east, 43rd Street to the south, and Fisher to the west.**
  - Policy: have parked in a parking lot or your destination is on a shuttle route during normal shuttle operation hours (4:30am to 9:00am and 2:00pm to 8:00pm Monday - Friday for the Main Campus Blue Shuttle) then you should take the bus to your destination.

- Outside the normal shuttle operation hours, you may use the on demand service through the [TapRide App](#) which you can download from a link on the Parking Services website. You would be picked up by either a shuttle bus or an escort vehicle depending on the time of day and day of week.
- Questions regarding shuttle service should be directed to KU Parking Services at 913-588-5175 or use the link <http://www.kumc.edu/parking/shuttle-service.html> for more information.
- Escorts to locations off-campus are handled from 8pm to 6am Monday - Friday, and 24 hours a day on holidays and weekends within the boundaries of **Chester to the north, State Line Road to the east, 43rd Street to the south, and Fisher to the west.**
  - To request a police escort, contact police dispatch at (913-588-5030); **make sure to specify that you are asking for a security escort when making the request and to let dispatch know your current location and your destination.**
  - In order to expedite the service, the KU Hospital main entrance and Health Education Building (HEB) have been designated as the main escort pickup and drop-off points.
  - Requests for escorts outside the established boundaries and times are granted upon a supervisor's approval.
  - For more information go to their website - <https://www.kumc.edu/public-safety/campus-safety/security-escort-service.html>
- For personal safety when crossing 39th street, KU Police ask students and employees to try to use one of the skywalks whenever possible and refrain from using the ground level crosswalk on 39th street.
  - Access to the hospital skywalk is located next to A.R. Dykes Library.
  - Access to the HEB/Orr-Major Skywalk is located on the ground floor of the HEB, at the 39th street entrance.

## BADGE

All KUMC employees and students are issued [identification cards](#). This card will also serve as your key to enter doors at the university. It is extremely important that you safeguard this card. It is University policy that all employees and students are required to wear proper identification cards.

Please visit the website <https://www.kumc.edu/public-safety/campus-safety/card-access-info.html> for more information on after-hours access and how to care for your KUMC Badge.

## EMERGENCY MANAGEMENT

<http://www.kumc.edu/emergency-management.html>

**New App!** KUMC Emergency Management is proud to announce our new app - MyEOP. This app puts all of our campus emergency procedures and Emergency Operations Plan right at your fingertips. To access this amazing new app, simply download the MyEOP app from the app store and search for "KUMC University Main Campus".

**Don't forget, RAVE Text Messaging Now Available Campus Wide!** Rave text messaging is no longer just for University staff. Check out [the Campus Emergency Communications site](#) to see how you can sign up today to receive emergency-related text messages. If you are already signed up, now is a good time to update your account!

**RAVE Guardian – New and Improved:** For additional campus safety for our community, we've implemented a new phone app called RAVE Guardian. Now you can report tips to the police, call KUMC police and stay in contact with family and friends (dependent upon which campus you are located). Get all of the information by visiting the Rave Guardian page [here](#).

## Key Features



### Set a Safety Timer

Notify people you trust to check in on you if you are alone or in an unfamiliar place.



### Connect With Your Guardians

Invite family, friends, or others you trust to be your Guardian and communicate with them within the app as needed.



### Easy Emergency Communication

Call safety officials directly for help if you are in trouble and send text tips – including photos – if you see something suspicious.

## PERSONAL SAFETY

Crime Prevention Awareness: <https://www.kumc.edu/public-safety/campus-safety/community-crime-prevention.html>. Kansas City is a large metropolitan area. There are areas of the city that are not safe. You should also take extra precautions if you are alone and/or at night, particularly if you are in an area with which you are not familiar.

### 9-1-1: CALLING FOR EMERGENCY SERVICES

The phone number 911 is a connection to all Emergency Services. When you call 9-1-1, you will be connected with an operator or dispatcher who can send the police, an ambulance or fire truck.

It is important to know when to use 9-1-1. This number should only be used in case of an **emergency**. If you need to contact the police, ambulance or fire company regarding a non-emergency matter, you should contact these agencies through a listed number.

Whenever on the KUMC campus and you need to contact emergency services, you can dial 913-588-5030 or extension 8-5030 or pick up one of the blue phones located throughout campus.

Personal Safety	Auto Theft Prevention
Be aware of your surroundings	Park in well-lit areas
Trust your instincts	Lock your car and don't leave it running - even for a minute
Avoid parking in dark areas and going out alone	Don't leave a spare set of keys anywhere in or on the car
Walk with confidence and alertness	Keep your registration card with you and not in your car
Have your keys ready when approaching your house or car	Use your parking brake and turn wheels towards the curb
Get in and out of your vehicle as quickly as possible	Lock valuables in the trunk of the car or out of sight
When in your car, lock your doors immediately and wear your seat belt	Don't leave your purse, wallet or other valuables unattended
Keep money and credit cards in your pocket or inside your jacket	Theft Prevention
Doors should have a peep site and never open it for a stranger	Lock up your valuables
Pre-plan and think through possible attacks and carry a cell phone	Keep belongings out of sight
Burglary Prevention	Lock your office, unit, or work area when not present
Lock all doors and windows in your house	Call the Crime Prevention Sergeant to do a free security assessment of your building, unit, or workspace at 913-588-8333
Utilize deadbolts on all exterior doors and secure sliding glass doors	Robbery Prevention
Keep all shrubs trimmed below window level	Be aware of your surroundings
Trim tree limbs up to at least six feet	Don't carry large amounts of cash or more than two credit cards
Use adequate lighting inside and outside your house or business	Don't wear large amounts of valuable jewelry
If you will be away for long periods of time, get a trusted neighbor to collect your mail, mow your lawn and even park their car in your drive from time to time	Try not to walk around shopping areas, banks and convenience stores alone or in dark areas
Secure all windows with a pin or nail system	If you need to make cash drops - vary the times and have someone with you
Keep the garage secured and protect valuable items inside the garage	Keep the interior of workspaces well-lit and a minimum of two employees working
	Do not block windows with large signs or displays

### SAFETY AT HOME – RESIDENTIAL PRECAUTIONS

Life in a house or apartment includes a personal responsibility for one's safety and well-being. This includes everything from understanding the appliances and heating system and how to shut them off if they malfunction to locking your doors and windows. You are entitled to locks that work and need to contact your landlord immediately to repair broken locks.

When inspecting a housing unit, be sure to check the exterior for adequate lighting in parking areas, pathways, front door, and surrounding areas that you may be using. Look at the landscaping. Are trees and shrubbery blocking doors and windows? Could someone hide undetected? Ask what sort of security system is offered. If it is an apartment complex, are there gates or security guards? Ask if the complex offers insurance for theft.

When you check the interior of a housing unit, look for dead bolt locks. Check for a peephole in the door with a 180-degree view. Make sure sliding doors are secure. Make sure smoke detectors are properly installed and functioning at all times. If you have sliding doors or windows you might choose to have lengths of wood made to lay in the tracks of the doors/windows to keep them from being opened. There are other commercial

devices to provide extra security or warnings if your home is being entered. Check with your landlord before doing anything that would be permanently installed in the house or apartment.

SAFETY AT HOME	SAFETY ON THE STREET	SAFETY IN THE OFFICE OR CLASSROOM
Leave an interior light on a timer to come on at night when you are not home.	If you are followed, act suspicious. Keep looking behind you.	Report anyone who behaves suspiciously to Campus Security.
Never leave notes indicating that you are not home.	If someone is following you on foot, cross the street, or change your directions.	While in class or office, keep personal belongings in view.
Invest in dusk-to-dawn lights for the exterior.	If you are followed by someone in a car, turn around and walk in the opposite direction. If the driver continues, write down or take a picture of the license number and call the police immediately.	Keep doors locked, even if you are away for only a few minutes.
Stop mail and newspaper deliveries when you will be out of town.	Stay in well lighted areas.	Your keys should always be kept in your possession.
Always use the peephole when answering the door.	If you carry a purse, keep it near to your body. This will reduce the chances of theft. (If your purse is snatched, never fight. Turn it over rather than risk personal injury, then report the incident to police).	Call campus police if you see a male entering, leaving or in a woman's restroom. If you are inside, run out screaming.
Never open your door to anyone until the person has identified himself or herself.	Never hitchhike	If you enter an elevator and the person riding with you is making you uncomfortable, leave. Get off before the door closes or leave at the next floor.
If it is a repairman, call the company to verify his position before opening the door. Never leave the repairman alone, even for a few minutes.	Carry only necessary credit cards and money.	Do not stop to ask or answer questions.
Do not let strangers into your house to use the phone. Make the call for them.	Walk with someone else whenever possible. Participate in the buddy system.	You don't need to make excuses or feel guilty for protecting yourself.
Do not place hidden keys outside your door.	Stay near people. Avoid shortcuts through deserted places.	Follow your gut instincts; if your intuition tells you that you are at risk, try to leave the situation.
Do not attach name or driver's license to a key chain.		
Be careful to whom you give or lend your keys.		
Do not forget to lock doors and windows every time you leave your home.		

## WEATHER SAFETY

### EMERGENCY SYSTEM/PUBLIC ASSISTANCE

In most areas a monthly siren test is held at 11:00 am on the first Wednesday of every month. The test signal varies from locale to locale, but is often a one-minute steady blast, one minute of silence, and a one-minute undulating signal.

During real warnings for tornadoes or emergencies, sirens will sound steadily for three minutes. The attack warning signal is a three-minute undulating, on-off signal. Except for tests, residents are advised to listen for emergency information over local radio and television stations and the

N.O.A.A. weather radio whenever the outdoor warning sirens sound. If severe or threatening weather or an actual potential disaster should occur, the test will not be held until the first Wednesday of the following month.

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## TORNADOES

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### WHAT IS A TORNADO?

A tornado is a fast-rotating column of air. It can destroy large buildings leaving only the bare concrete foundation, lift 20-ton railroad cars from their tracks, or drive straw and blades of grass into trees and telephone poles.

The United States has by far the most tornadoes of any country in the world, with about 1,000 tornadoes occurring in an average year. The geography of the Great Plains of the central United States is uniquely suited to bring together all the ingredients for tornado formation. With more than 500 tornadoes typically occur in this area every year, it has become known as "Tornado Alley" (Arkansas, Iowa, Kansas, Louisiana, Minnesota, Nebraska, North Dakota, Ohio, Oklahoma, South Dakota, Texas). The main factors are the Rocky Mountains to the west, the Gulf of Mexico to the south, and a terrain that slopes downward from west to east.

Peak months of tornado activity in the United States are April, May, and June. However, tornadoes have occurred in every month and at all times of the day or night. A typical time of occurrence is an unseasonably warm and humid spring afternoon between 3 pm and 9 pm.

### WHAT SHOULD I DO IF A TORNADO IS COMING MY WAY?

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Tornadoes are hard to predict. The most important thing to do is TAKE COVER when a tornado is nearby. It is also important to know the difference between a tornado watch and a tornado warning.

A tornado watch is when tornadoes are possible in your area. No tornado has been spotted, but it could happen.

A tornado warning is when a tornado has been seen, and you should take shelter immediately in the most interior place of your home.

### WHAT TO DO DURING A TORNADO WATCH

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- Listen to local radio or television stations for updated information. Tornadoes can change direction, intensity, and speed very quickly.
- Be alert to changing weather conditions. Tornadoes accompany severe thunderstorms, and weather conditions can change rapidly. Large hail, blowing debris, or the sound of an approaching tornado may alert you.
- Watch for tornado danger signs. Tornadoes may happen so quickly warnings cannot be issued long in advance. Pay attention to weather clues around you that may warn of imminent danger.

### WHAT TO DO DURING A TORNADO WARNING OR A TORNADO

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- Pick a safe place in your home where family members could gather during a tornado. The safest place to be is underground or as low to the ground as possible and away from all windows. If you have a basement, make it your safe place. If you do not have a basement, consider an interior hallway or room on the lowest floor, a bathroom or closet if possible. Putting as many walls as you can between you and the outside will provide additional protection. Less than 2% of all tornadoes are powerful enough to completely destroy a sturdy building. Make sure there are no windows or glass doors in your safe place and keep this place uncluttered.
- Get under something sturdy, such as a heavy table, hold on and stay there until the danger has passed. Being under something heavy will help protect you from falling objects. If tornado winds enter the room and the object moves, holding on with one hand will help you move with it, keeping you protected.
- Use your other arm and hand to protect your head and neck from falling or flying objects. Your head and neck are more easily injured than other parts of your body. Protect them as much as you can.
- Damage happens when wind gets inside a home through a broken window, door, or damaged roof. Keep windows closed. Houses do not explode due to air pressure differences. Stay away from windows during severe storms. Flying debris could shatter the glass and cause injury.
- If you are in a high-rise building, pick a place in a hallway in the center of the building. You may not have enough time to go to the lowest floor. Center hallways are often structurally the most reinforced part of a building.
- Learn about your community's warning system. Different communities have different ways of providing warnings. Many communities have sirens intended for outdoor warning purposes. Most communities in the Kansas City metropolitan area test the siren warning system at 11:00 am on the first Wednesday of the month.
- Make sure all family members know the name of the county where you live or are traveling, because tornado watches and warnings are issued for a county by name.
- Check with your work and your children's schools and day care centers to learn tornado emergency plans. Every building has different safe places. It is important to know where they are and how to get there in an emergency.
- Discuss tornadoes with your family. Everyone should know what to do in case all family members are not together. Discuss ahead of time helps reduce fear and lets everyone know how to respond during a tornado.

- Wherever you are, if you hear or see a tornado coming, take cover right away. Tornadoes can move quickly, blowing objects at very high speeds, even if they are a distance away. Protect yourself from flying debris by taking cover immediately.
- If you are outside in a car or in a mobile home, go immediately to the basement of a nearby sturdy building. Sturdy buildings are the safest place to be. Tornado winds can blow large objects, including cars, hundreds of feet away. Tornadoes can change direction quickly and can lift up a car or truck and toss it through the air.
- **Never try to out-drive a tornado.**
- If there is no building nearby, lie flat in a low spot such as a ditch. Use your arms and hands to protect your head. Tornadoes cause a lot of debris to be blown at very high speeds, and you can be hurt by this debris if it hits you. Dangerous flying debris can be blown under highway overpasses and bridges, and weaker overpasses and bridges could be destroyed. You will be safer lying flat in a low-lying area where wind and debris will blow above you. Tornadoes come from severe thunderstorms which can produce a lot of rain. If you see quickly rising water or flood water coming towards you, move to another spot.
- Avoid places with wide-span roofs, such as auditoriums, cafeterias, large hallways, or shopping malls. Wide-span roofs are frequently damaged or destroyed in tornado winds, providing less protection and more risk of injury than roofs over smaller rooms.

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## FLOODS AND FLASH FLOODING

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### WHAT IS A FLOOD?

Floods are the most common and widespread of all-natural disasters. Most communities in the United States can experience some kind of flooding after spring rains, heavy thunderstorms, or winter snow thaws. Floods can be slow or fast rising but generally develop over a period of days.

Flooding occurs in known floodplains with prolonged rainfall over several days, intense rainfall over a short period of time, or an ice or debris jam causes a river or stream to overflow and flood the surrounding area. Melting snow can combine with rain in the winter and early spring; severe thunderstorms can bring heavy rain in the spring and summer; tropical hurricanes can bring intense rainfall to the coastal and inland states in the summer and fall.

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### WHAT IS A FLASH FLOOD?

Flash floods usually result from intense storms dropping large amounts of rain within a brief period. Flash floods occur with little or no warning and can reach full peak in only a few minutes.

Flash floods occur within six hours of a rain event, after a dam or levee failure, or following a sudden release of water held by an ice or debris jam. Flash floods can catch people unprepared. You will not always have a warning that these deadly, sudden floods are coming. If you live in areas prone to flash floods, plan now to protect your family and property.

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### FLOOD HAZARDS

Be aware of flood hazards. Floods can roll boulders, tear out trees, destroy buildings and bridges, and scour out new channels. Flood waters can reach heights of 10 to 20 feet and often carry a deadly cargo of debris. Flood-producing rains can also trigger catastrophic debris slides.

Regardless of how a flood or flash flood occurs, the rule for being safe is simple: **head for higher ground and stay away from flood waters**. Even a shallow depth of fast-moving flood water produces more force than most people imagine. The most dangerous thing you can do is to try walking, swimming, or driving through flood waters. Two feet of water will carry away most automobiles.

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### WHAT TO DO DURING A FLOOD WARNING

- Listen continuously to radio or television for updated emergency information. Local stations provide you with the best advice for your particular situation.
- Be alert to signs of flooding. A WARNING means a flood is imminent or is happening in the area.
- If you live in a flood-prone area or think you are at risk, evacuate immediately. Move quickly to higher ground. Save yourself, not your belongings. The most important thing is your safety.
- If advised to evacuate, do so immediately. Move to a safe area before access is cut off by flood water. Evacuation is much simpler and safer before flood waters become too deep for vehicles to drive through.
- Follow recommended evacuation routes. Shortcuts or alternate, non-recommended routes may be blocked or damaged by flood waters.
- Stay out of areas subject to flooding. Dips, low spots, canyons, washes, etc., can become filled with water.
- If outdoors, climb to high ground and stay there. Move away from dangerous flood waters.
- Stay away from flooded areas. Even if it seems safe, flood waters may still be rising.
- Never try to walk, swim, drive, or play in flood water. You may not be able to see on the surface how fast flood water is moving or see holes and submerged debris.

- If you come upon a flowing stream where water is above your ankles, stop, turn around, and go another way. Never try to walk, swim, or drive through such swift water. Most flood fatalities are caused by people attempting to drive through water or people playing in high water.
- Watch out for snakes in areas that were flooded. Flood waters flush snakes from their homes.
- Stay away from creek and stream banks in flooded and recently flooded areas. The soaked banks often become unstable due to heavy rainfall and can suddenly give way, tossing you into rapidly moving water.

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#### WHAT TO DO IF YOU ARE DRIVING DURING A FLOOD

- Avoid already flooded areas and areas subject to sudden flooding. Do not attempt to cross flowing streams. Most flood fatalities are caused by people attempting to drive through water, or people playing in high water. The depth of water is not always obvious. The roadbed may be washed out under the water, and you could be stranded or trapped. Rapidly rising water may stall the engine, engulf the vehicle and its occupants, and sweep them away. Look out for flooding at highway dips, bridges, and low areas. Two feet of water will carry away most automobiles.
- If you are driving and come upon rapidly rising waters, turn around and find another route. Move to higher ground away from rivers, streams, creeks, and storm drains. If your route is blocked by flood waters or barricades, find another route. Barricades are put up by local officials to protect people from unsafe roads. Driving around them can be a serious risk.
- If your vehicle becomes surrounded by water or the engine stalls, and if you can safely get out, abandon your vehicle immediately and climb to higher ground. Many deaths have resulted from attempts to move stalled vehicles. When a vehicle stalls in the water, the water's momentum is transferred to the car. The lateral force of a foot of water moving at 10 miles per hour is about 500 pounds on the average automobile. The greatest effect is buoyancy - for every foot that water rises up the side of a car, it displaces 1,500 pounds of the car's weight. Two feet of water moving at 10 miles per hour will float virtually any car. Many persons have been swept away by flood waters upon leaving their vehicles, which are later found without much damage. Use caution when abandoning your vehicle and look for an opportunity to move away quickly and safely to higher ground.

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#### WINTER AND COLD WEATHER

Winter arrives in Kansas City around November and often lasts through March. Remember that the temperature in the United States is measured in Fahrenheit (F) not Celsius (C). The snow can be beautiful, but the cold can be dangerous unless you take certain precautions:

- Several layers of clothing are warmer than a single heavy coat.
- If the temperature falls below 20° F and you must be outside, be sure to cover all exposed skin.
- Coats should be removed while inside, so the body does not overheat.
- Loose-fitting clothes help trap and utilize body warmth.
- Rubber-soled shoes are less likely to slip on icy walks than leather shoes.
- Be careful when walking on concrete and sidewalks; you may not see the ice covering the walk. Many winter injuries come from falls on ice-covered sidewalks and streets.
- Following an ice storm, you may find it safer to walk on grassy or dirt areas instead of sidewalks.
- Wool caps prevent heat loss from your head where most heat loss occurs.
- Skin often gets dry and chapped in winter. Apply lotion frequently.
- Winter is hard on cars as well as people. Do not forget to put anti-freeze in your car radiator to prevent the water from freezing.
- Driving on snow and ice requires special techniques. Learn these techniques and drive with extreme caution. Avoid sudden stops or you may skid. If driving on ice or snow, pump your brakes (apply the foot brake, release the brake, apply the brake, and release the brake). This will help prevent a skid. Do not pump the brakes if the car has anti-lock brakes.
- If you leave your residence during winter break, turn the temperature down but not off or your water pipes may freeze and burst, causing damage to the building and your property.

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#### SUMMER HEAT

Summer heat typically starts in the beginning of June and often lasts through mid-September. Special precautions should be taken on those days that are hot and humid.

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 am and 7 am
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Remember that electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Use sunscreen if your skin will be exposed to the sun.
- Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water to keep cool.

- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly but make the effects of the heat on your body worse. This is especially true about beer, which actually dehydrates the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increases metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.

For additional information, please visit the following resources:

- [National Weather Service](#)
- [Weather information](#)
- [What to do in a disaster](#)
- [American Red Cross - Kansas City Chapter](#)

## INTERNATIONAL STUDENT STATUS

### IMPORTANT TERMS

#### STUDENT AND EXCHANGE VISITOR INFORMATION SYSTEM (SEVIS)

This computer information system will be used to monitor your status in the U.S. as an international student. You were issued a SEVIS ID number by ICE when you were issued your I-20. Different government agencies such as USCIS, ICE, the State Department, Ports of Entry and others will be able to access the information in SEVIS.



#### DEPARTMENT OF HOMELAND SECURITY (DHS)

DHS was created to replace the former Immigration and Naturalization Service (INS). It is divided into three agencies – Immigration and Customs Enforcement (ICE), United States Citizenship and Immigration Services (USCIS), and Customs and Border Protection

#### UNITED STATES CITIZENSHIP AND IMMIGRATION SERVICES (USCIS)

USCIS is the service side of the former Immigration and Naturalization Service (INS). Applications for benefits such as Optional Practical Training (OPT), Reinstatement, etc. are submitted to USCIS.

#### DESIGNATED SCHOOL OFFICIAL (DSO)

These are individuals at the university who are authorized to issue and sign I-20s, update SEVIS, etc.

#### RESPONSIBLE OFFICER (RO)

These are individuals at the university who are authorized to issue and sign DS-2019, update SEVIS, etc.

#### IMMIGRATION AND CUSTOMS ENFORCEMENT (ICE)

ICE is the enforcement side of the former INS that enforces immigration regulations.



**U.S. Immigration  
and Customs  
Enforcement**

## MAINTAINING STATUS



### STATUS

International students will be classified under either the F-1 international student category or a J-1 Exchange Visitor student category. Students admitted under F-1 or J-1 status are permitted to be present in the United States as long as they comply with the rules and regulations set forth by the U.S. federal regulations. F-1 students will have a corresponding I-20 document which verifies their legal status in the United States. Meanwhile, a J-1 student will have a corresponding DS-2019 document to confirm their legal status in the United States.



## VISA VS STATUS

Even if the F-1 or J-1 visa stamp in the student's passport is valid or has not expired, the student can lose legal F-1 or J-1 status if he or she does not comply with the applicable laws defining legal stay in the United States. Conversely, if the F-1 or J-1 visa stamp in the student's passport is no longer valid, but the student has a valid I-20 or DS-2019 document, he or she can continue to study in the United States even though the visa stamp is no longer valid.

<p><b>VISA:</b></p> 	<p><b>STATUS:</b></p> 
<p><b>AFFIXED IN PASSPORT</b></p>	<p><b>ALLOWS YOU TO STAY IN THE UNITED STATES</b></p>
<p><b>ALLOWS YOU TO ENTER OR CROSS THE U.S. BORDER</b></p>	<p><b>I-20 DOCUMENT IS PROOF OF LEGAL STATUS IN THE UNITED STATES AS LONG AS IT'S VALID</b></p>

## STATUS RULES TO REMEMBER

1. Do not enter the United States more than 30 days prior to the program begin date.
2. Report to the DSO or ARO for SEVIS registration upon arrival at the school.
3. Attend the authorized school.
4. Carry a full course of study.
5. Make normal progress toward degree.
6. File timely requests for:
  - a. Extension of Stay (extend your program end date)
  - b. Transfer
  - c. CPT (Curricular Practical Training) **\*\*F-1 Status Only**
  - d. OPT (Optional Practical Training) **\*\*F-1 Status Only**
  - e. Academic Training **\*\*\*J-1 Status Only**
  - f. Change of Status
7. Report any changes to your I-20/DS-2019 within 10 days of occurrence, especially for:
  - a. Address
  - b. Major
  - c. Program Dates
  - d. Financial Information
8. Do not engage in unauthorized work
9. Employment:
  - a. Your work must be authorized.
  - b. Authorized or legal work for a student includes:
    - i. On-Campus Employment
    - ii. CPT (Curricular Practical Training) **\*\*F-1 Status Only**
    - iii. Economic Hardship (Unforeseen)
      1. Must provide unforeseen economic hardship
      2. Obtain EAD document to be authorized to work off-campus
    - iv. OPT (Optional Practical Training) **\*\*F-1 Status Only**
    - v. Academic Training **\*\*\*J-1 Status Only**
10. Keep your passport valid for 6 months into the future

## SERVICES PROVIDED TO INTERNATIONAL STUDENTS

### VISA AND STATUS ADVISING

Our advisors will work with you to ensure that you maintain legal immigration status in the United States. They can advise you on how to maintain a full course of study, obtain legal employment, travel and maintain status, and complete your program.

PROCEDURE	WHEN TO REQUEST
Verification letter	Anytime
Travel Signature	Anytime
Change of Local Address	Report within 10 days of move
Change in Funding	Report within 10 days
SSN Support Letter	Anytime with job offer in hand
CPT – Curricular Practical Training *For F-1 Status Only	As soon as possible before intended CPT Start-Date
OPT – Optional Practical Training *For F-1 Status Only	90 days before program end-date & within 60 days of program end-date
Academic Training *For J-1 Status only	As soon as possible, prior to program end-date
Transfer Out	Within 60 days of program end-date. Provide letter of acceptance to new institution.
Change of Status	As soon as possible

## ENROLLMENT REQUIREMENT

### FULL COURSE OF STUDY

Throughout the academic program, F-1 and J-1 students are required to maintain a full course of study. Full course of study requirements will vary for graduate and undergraduate students. Furthermore, full of course of study requirements will differentiate for doctoral students who had successfully completed their oral examinations and thus enrolled in dissertation hours. Below please reference KUMC's enrollment requirements.

FOR GRADUATE STUDENTS	
FALL and SPRING SEMESTERS	
REGULAR	WITH GRA/GTA APPOINTMENT
9 CREDIT HOURS	6 CREDIT HOURS
Doctoral candidates enrolled in dissertation hour(s).	
SUMMER SEMESTER	
REGULAR	WITH GRA/GTA APPOINTMENT
6 CREDIT HOURS	3 CREDIT HOURS
Doctoral candidates enrolled in dissertation hour(s).	

FOR UNDERGRADUATE STUDENTS
FALL and SPRING SEMESTERS
12 CREDIT HOURS

### ONLINE COURSES

Online courses may count up to a 3-credit maximum towards meeting the full course of study requirement. Approval of online coursework or distance education should be obtained from your Academic Advisor and the Office of International Programs prior to registering for the course(s).

### SEMESTER REGISTRATION

The Office of International Programs is required to register all of students' records in SEVIS every fall and spring semester. OIP has exactly 30 days from the start date of each semester to register your record in SEVIS. Around the time of the first day of class of each semester expect to receive an email from our office asking for you to respond and provide your address and related program information. If a response is not received by our office by a designated deadline and your record is not registered within the specified 30 days, you will fall out of status.

## PROGRAM EXTENSION AND OTHER ACADEMIC CHANGES

### PROGRAM EXTENSION

Should you and your academic advisor determine that you require additional time to complete your program, you may request an extension. This must be completed at least one month prior to the expiration date on your current I-20 or DS-2019. Only students who have continually maintained status may be eligible for an extension.

### OTHER ACADEMIC CHANGES

As part of your requirements to maintain valid F-1 or J-1 visa status, please report to OIP any changes to your academic programs which includes:

- Changes in major (i.e. IGPBS-Biomedical Sciences transition to Pathology)
- Changes in financial information (i.e. reduction or increase in GRA/GTA appointment)
- Changes to program dates



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## PROGRAM COMPLETION

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### F-1 STATUS STUDENTS

Upon completing your academic program and if you choose not to participate in OPT, all F-1 students have a “60-day grace period”. The 60-day grace period allows students time to prepare for their departure. During the grace period, F-1 students are not permitted to work or continue their studies.

At the end of your OPT or STEM OPT employment, the 60-day grace period still applies.

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### J-1 STATUS STUDENTS

Upon completing your academic program and if you choose not to participate in Academic Training, all J-1 students have a “30-day grace period”. The 30-day grace period allows J-1 students time to prepare for their departure. During this grace period, J-1 students are not permitted to work or continue their studies.

Please notify OIP of your departure plans as soon as they are finalized.

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## TRANSFER

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### TRANSFER FROM KUMC TO ANOTHER U.S. INSTITUTION

If you should choose to transfer from KUMC to another university in the United States, you should notify OIP of your plans. To initiate the transfer, you will need to send an email to Stacie Rader and Irina Aris, [srader@kumc.edu](mailto:srader@kumc.edu) and [iaris@kumc.edu](mailto:iaris@kumc.edu) with your request. OIP will need to obtain a copy of your acceptance letter prior to releasing your SEVIS record to your new university. In addition, OIP may or may not be required to fill out an “intent to transfer form” from your new institution. If applicable, please send this form with your initial email request to transfer. When your record is transferred, you will not need to pay the I-901 SEVIS fee again.

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## DEPENDENTS

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### DEPENDENTS OF F-1 STUDENTS

If your spouse and/or child hold F-2 visas, they may not be employed. Due to a recent change in VISA regulations, F-2 dependents are now permitted to participate in part-time program of study. A spouse who wants to study full-time must apply for a change of status to F-1. A change of status can be obtained either through Consular Processing or filing a Change of Status Application I-539 with the USCIS. When a change of status application is pending with the USCIS, your spouse is permitted to start the intended academic program without receiving the final approval.

F-2 children may study full-time in elementary or secondary schools. Dependent status is derivative of F-1 status. Therefore, if you should fail to maintain your status, your dependents likewise will be considered out of status.

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### DEPENDENTS OF J-1 STUDENTS

If your spouse and/or child (old enough to work) hold J-2 visas, your spouse may be employed once obtaining an EAD card from the USCIS. Please contact OIP for more information on the EAD card application process. There are no regulatory restrictions on study for J-2 dependents.

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## EMPLOYMENT OPTIONS

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### EMPLOYMENT

F-1 and J-1 students must engage in employment that has been authorized. Depending on the type of employment sought, authorization has to come from either OIP or the USCIS (U.S. Department of Homeland Security). Authorized or legal work for a student includes the following:

F-1 STATUS STUDENTS	J-1 STATUS STUDENTS
<b>On-Campus Employment</b> allows students to work on campus and part-time (up to 20 hours/week) when classes are in session. Full time on campus is	<b>On-Campus Employment</b> allows students to work on campus and part-time (up to 20 hours/week) when classes are in session. Full time on campus is

permitted during breaks or when classes are not in session. (No USCIS authorization necessary)	permitted during breaks or when classes are not in session. (No USCIS authorization necessary)
<b>CPT (Curricular Practical Training)</b> allows students to engage in curricular related training, internships, or employment that is an integral part of study. (No USCIS authorization necessary)	<b>Academic Training</b> allows to engage in employment related to a student's field of study. Please see OIP for more information. (No USCIS authorization necessary)
<b>OPT (Optional Practical Training)</b> permits students to engage in employment upon completion of their academic program in field of study. Employment can be authorized for 12 months with a potential 24-months STEM extension if eligible. (USCIS authorization required)	<b>Economic Hardship (Unforeseen)</b> authorizes student to work off-campus when he or she successfully shows proof of an unforeseen economic hardship. Please see OIP for more information. (No USCIS authorization necessary)
<b>Economic Hardship (Unforeseen)</b> permits off-campus work authorization if student successfully petitions USCIS and proves that he or she is facing an unforeseen economic hardship. (USCIS authorization required)	

## ON-CAMPUS EMPLOYMENT

No prior approval is needed from the USCIS if you are pursuing a full course of study and the employment is on the KUMC campus. However, you will still need to obtain approval from the Office of International Programs for your on-campus employment.

On-campus employment is limited to 20 hours per week while school is in session. Full-time employment is permitted during official school breaks, such as the week of spring break or the break between semesters.

On-campus employment includes employment required for teaching or research assistance positions, fellowships and scholarships. If employed as a GTA (graduate teaching assistant) or GRA (graduate research assistant) that is less than 50% or 20 hours per week, you can supplement this with another campus position, working up to but no more than 20 hours per week.

On-campus employment only includes KUMC. Please note employment at the University of Kansas Health System (TUKHS) is not considered on-campus employment.

Once you have completed your program you can no longer be employed on campus, unless you hold an EAD card under the OPT provisions or have a change of status which authorizes employment.

Dependents of students (F-2 status) cannot be employed.

## KUMC HUMAN RESOURCES DEPARTMENT

### ADDRESS

1044 DELP

### WEBSITE

<http://www.kumc.edu/human-resources.html>

### PHONE

913-588-5086

### WHO'S WHO IN HUMAN RESOURCES

It can be confusing when applying for a job at KUMC. Many think that everything on campus belongs to KUMC. In reality, there are several separate entities, and they all have their own administrative and human resources offices.

KUMC represents the academic medical center. This includes the School of Medicine, School of Nursing and School of Health Professions, as well as many departments that help keep the schools running. [KUMC Human Resources](#) operates under the auspices of the State of Kansas Board of Regents, and most employees at KUMC are employees of the State of Kansas.

At one time, the UKHS was part of KUMC. However, in 1999 they separated, and the hospital now has its own administration and human resources. You may hear people refer to the hospital as "The Authority" when talking about employment with the hospital. Hospital employees are not State of Kansas employees; they are called hospital or authority employees. Contact [KU Hospital Human Resources](#) to learn how to apply for employment with the hospital.

The Research Institute is a private corporation established to promote and support medical research. The Research Institute administers primarily privately funded research projects within KUMC with a major objective of enhancing the research capability of KUMC faculty for the benefit of the public. Student employment opportunities with the Research Institute are limited; however, you can contact the [Research Institute Human Resources](#) to find a listing of employment opportunities.

## MOVING TO KANSAS CITY AND START UP COSTS

**PURPOSE:** PREPARE THOSE WHO ARE MOVING TO THE USA FOR THE FIRST TIME WITH THE COSTS ASSOCIATED WITH RELOCATION. THESE COSTS ARE NOT REFLECTED ON THE I-20 OR DS-2019 WHICH CAPTURES THE GENERAL COST OF LIVING FOR THE FIRST YEAR AS WELL AS APPLICABLE TUITION AND FEES

### **COSTS NOT CONSIDERED OR LISTED ON I-20/DS-2019:**

- Airfare and luggage
- Shipping of items to the US
- Apartment deposit, first and last month's rent (which is typically required by the apartment management)
- Household items: kitchenware, bed, mattress, towels, sheets, pillows
- Deposits on utilities
- New phone and phone service
- Transportation: Uber or (Car purchase and car insurance is an additional cost that can be from \$10,000+ for an older used car).

### **COST TO MOVE TO NEW LOCATION/KANSAS CITY:**

- **Approximately \$5,000 USD**
- *This cost is something an individual would need to be prepared to spend prior to starting a program, job or school.*

### **NOTE OF GRA/GTA FUNDING OR KUMC EMPLOYMENT:**

- Anticipate a 2-week delay from starting a GRA/GTA position to receive your first payment.
  - It takes 4 weeks to receive payment if you already have a Social Security Number (SSN). If you don't have an SSN see note below.
  - Stipends are paid every 2 weeks on Friday

### **SOCIAL SECURITY NUMBER (SSN):**

- If you don't have an SSN, you can only apply when in the United States upon arrival and after completing check in appointment with OIP
- You can begin working without having an SSN
  - But you will not receive payment unless the SSN is in the KUMC Human Resources Workday and Payroll Systems
- When you don't have an SSN, please anticipate a 4-week delay prior to receiving your first GRA/GTA payment

### **GENERAL NOTE AND RECOMMENDATION:**

- Due to delay of receiving payment, anticipate bringing enough funds to help you cover your cost of living that are not listed on the I-20.
  - Plan to have enough funds for a minimum of 4 weeks and up to 8 weeks.
- For any concerns about the ability to meet this obligation, individuals are encouraged to reach out to OIP for additional advice.
- We also connect our international population to ISI who give fantastic support for transportation and setting up a new home as well as access to gently used housing items.

## ELIGIBILITY AND ATTAINMENT OF SOCIAL SECURITY NUMBER

### WHO CAN APPLY FOR A SOCIAL SECURITY NUMBER?

#### PROTECT YOUR SSN

Your SSN is a unique, lifelong identification number that serves many beneficial functions. Your SSN is used for a variety of purposes such as tracking income taxes, accrued government benefits, credit histories, and insurance claims, to name just a few.

You should treat your Social Security Number as confidential information and avoid giving it out unnecessarily. You should keep your Social Security card in a safe place with your other important papers. Do not carry it with you unless you need to show it to an employer or service provider.

Who has valid reason to ask for your SSN? Your employer and financial institutions will need it for wage and tax reporting purposes. Other businesses may ask you for your SSN to do a credit check if you are applying for a loan or credit card, renting an apartment, or signing up for utilities. You should ask them why they need your number and how they will use it. You do not have to provide them with your SSN if you choose not to.

#### DO NOT SHARE YOUR SSN OR USE SOMEONE ELSE'S SSN

In October 1998, President Bill Clinton signed a law that makes it a felony to use or transfer the identity (including the SSN) of another person.

Identity theft is one of the fastest growing crimes in America. A dishonest person who has your Social Security Number can use it to get other personal information about you. Identity thieves can use your number and your good credit to apply for more credit in your name. Then, they use the credit cards and do not pay the bills. You may not find out that someone is using your number until you are turned down for credit or you begin to get calls from unknown creditors demanding payment for items you never bought so, please protect your Social Security Number. Only provide your number to those with a valid need to know. Do not share or allow anyone else to use your number.

#### APPLY FOR AN SSN AT THE LOCAL SOCIAL SECURITY ADMINISTRATION PROCESS

- You must complete the SS-5 application form
  - <http://www.socialsecurity.gov/forms/ss-5.pdf>
- You must provide:
  - Form I-20
  - I-94
  - Passport
  - Visa
  - A letter from the Office of International Programs

#### DIRECTIONS TO SSA

**The nearest Social Security Administration office is located at:**

850 Nebraska Avenue  
Kansas City, KS 66101  
Phone: (913) 621-0265

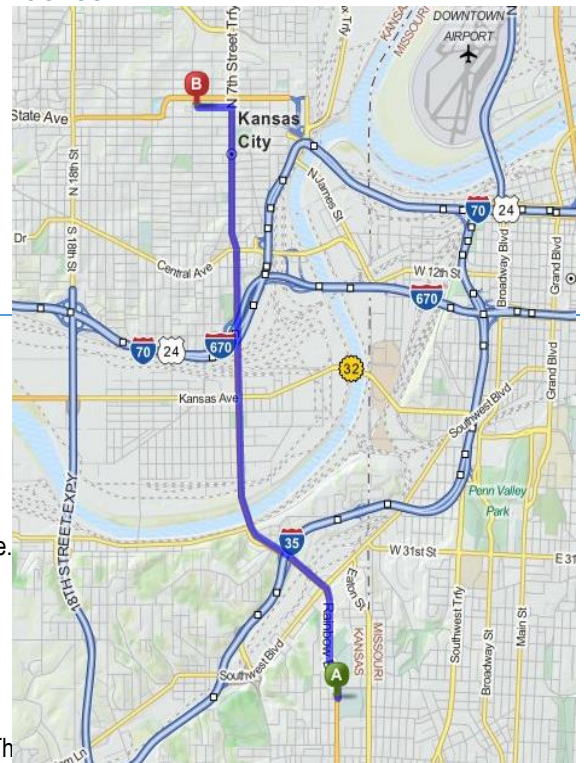
#### Directions:

1. Drive north on Rainbow Boulevard/U.S. 169, which becomes 7th Street.
2. Follow 7th Street to Nebraska Avenue, which is one block north of State Avenue.
3. Turn left onto Nebraska Avenue and drive two blocks to 9th Street.

#### Hours of Operation:

Monday - Friday - 9:00a.m. - 4:00p.m.  
Closed for Federal Holidays

Parking is available in the lot next to the building or on the street in front of the building. Th and Nebraska Avenue. Allow 20 minutes from KUMC to reach the Social Security Administration.



## FILING YOUR INCOME TAX

All international students are required to file the appropriate federal and state income tax forms, regardless of whether they earned income or not.

International students who are studying, teaching, or engaged in research activities in the United States may be subject to federal and state income taxation on any income earned in the United States from teaching and research assistantships. Interest on checking and savings accounts may also be subject to taxation. Check with the [KUMC Payroll](#) department to determine if your country shares a tax treaty with the United States which may exempt you from paying taxes. If you are exempt, you will still need to file a tax return.

Some students in F-1 and J-1 status are also exempt from contributing to Social Security or Medicare. Check with KUMC Payroll prior to starting employment to determine if you are exempt from these contributions.

The deadline for tax filing with the [Internal Revenue Service \(IRS\)](#) is April 15. Each year starting in February, the Office of International Programs will publish information regarding free tax workshops for students.

### FORM 8843

**All international students** (F, J or M visas), even if he/she had no U.S. earned income for the previous tax year, and their spouses and dependents must file [Form 8843](#).

Form 8843 must be completed and sent to the [IRS](#) by April 15 for the previous tax year. For example, you are reporting information about the tax year 2024 on the 8843 form that you complete and submit by April 15, 2025.

**OIP staff cannot give you tax advice**; however, we can provide resources to help you. In addition, OIP hosts Tax Workshops on campus. These workshops are run by attorneys from KU Legal Services. Watch for emails announcing workshop dates which are typically held in March and April.

For more information about tax laws which apply to internationals, review the [U.S. Tax Guide for Aliens](#).

## INTERNATIONAL TRAVEL

### PRIOR TO TRAVELING OUTSIDE OF THE U.S.

- **You are required to speak with an advisor in the Office of International Programs.**
- Your I-20 or DS-2019 must be endorsed or signed by an advisor for travel.
- The advisor will check your SEVIS record, update your address, and review your U.S. visa as well as your passport with you.
- You should contact the Embassy or Consulate of the country you will be visiting to determine the visa requirements for entry into that country and the process to obtain a visa, if needed.
- Register your travel - <https://www.kumc.edu/academic-and-student-affairs/departments/office-of-international-programs/outbound-programs/professional-and-personal-travel-for-faculty-and-staff.html>

### EXPIRED VISA IN PASSPORT

You will need to renew your visa at the U.S. Consulate or Embassy closest to you or that has jurisdiction of your permanent place of residency abroad. For your visa appointment, please be sure to have the following items ready for the U.S. Consular Officer's inspection:

- Valid Passport (valid at least six months into the future upon return to the United States)
- Valid I-20 or DS-2019 document with recent travel signature
  - It is recommended to have a recent travel signature on your I-20/DS-2019 document every time you travel internationally.
- KUMC admission letter/transcript/proof of enrollment
- Proof of Financial Support (GRA/GTA appointment letter, scholarship letter, or personal bank statement)

### AUTOMATIC REVALIDATION

If you have an expired U.S. visa stamp in your passport and you are travelling to Canada, Mexico, or the adjacent Caribbean islands specified by (*INA, Section 101(b)(5)*) you may not need to renew your U.S. visa stamp in order to reenter the United States when you travel for 30 days or less.

Please visit: [https://www.ice.gov/sevis/travel#\\_Toc81222015](https://www.ice.gov/sevis/travel#_Toc81222015) for the most updated list of adjacent islands.

For more information, please contact an OIP advisor.

# STUDENT HEALTH INSURANCE

## HEALTH INSURANCE & COST OF CARE

### HEALTH CARE OVERVIEW

Health Care in the United States is likely to be very different from your home country. For example, health care facilities are often owned and operated by the private sector. Health insurance is also largely provided by the private sector. Currently, not all Americans have health insurance, although it is changing with the passing of the Federal Health Reform. During your time here you are likely going to need to visit the doctor and will need at least a working knowledge of how the system works. Health care and health insurance in the United States can seem complicated and inconsistent at times, meaning that your situation will likely be different from that of your friends and peers. It will be important for you to develop a personal plan to deal with any health issues that arise during your time here. Your plan should include understanding your insurance policy and what options are available to you, and the associated costs.

### HEALTH INSURANCE: AN INTRODUCTION

There is much to be learned about Health Insurance and we will not be able to cover it all here. A very broad description of how insurance works is this:

You will first purchase a policy with the plan that best suits your needs. In most cases, you will pay a **monthly premium**. This premium is like a rental payment. You are renting the policy with your monthly payment. If you do not pay the premium, you lose the policy. Your plan will also tell you what type of **deductible** you have. The deductible is the amount that you must pay out of pocket before the insurance company pays. Let's say the cost for your first visit is \$250. You would have to pay this \$250 out of your own pocket. Your second appointment is \$250, again, you pay this amount. At this point, your deductible has been met, and the insurance company will begin to pay.

Regardless of whether or not you have met the deductible, at any doctor's visit, you must pay something called a **co-pay**. The amount of the co-pay is determined by your policy. Typically, they range from \$25-\$50.

There is also something called **co-insurance**. Instead of or in addition to paying a fixed amount up front (a co-payment), the co-insurance is a percentage of the total cost that the insured person may also pay. For example, the member might have to pay 20% of the cost of a surgery over and above a co-payment, while the insurance company pays the other 80%. If there is an upper limit on co-insurance, the policyholder could end up owing very little, or a great deal, depending on the actual costs of the service they obtain.

Your policy will also contain some **exclusions**, meaning that there are some services that your insurance will not cover at all. For example, most cosmetic surgeries, unless needed for medical reasons, fall under the category of exclusions.

When you make an appointment with a doctor or caregiver, you will want to make sure that the caregiver is "**in network**". In-Network means that the caregiver is on a list provided by the insurance company of caregivers that accept your insurance policy.

All health insurance companies will provide you with a "hotline" or phone number designated for policy holders who have questions about the cost of certain procedures, which caregivers are in network, and services that are not covered under your plan. If you have any questions at all regarding your insurance policy, you should feel free to contact them at the number provided. Calling and asking questions before going to the doctor, when possible, could save you money and time.

### HEALTH INSURANCE WHILE AT KUMC

**Health insurance coverage is mandatory for all international students enrolled at the University of Kansas, regardless of their course load.**

Policies pertaining to insurance coverage may vary according to academic program. You should consult with your respective department to inquire about the health insurance policies applicable to you.

The University of Kansas Medical Center offers a health insurance policy for eligible students. This plan, selected for the Kansas Regents schools by the State of Kansas, is offered through Student Resources and is underwritten by UnitedHealth Care Student Resources. International Students who wish to enroll in the United Healthcare plan should contact the OIP. You will need to fill out a form which will be uploaded to UnitedHealth Care through a secure file.

### WAIVER PROCESS

Students have the option to choose alternative insurance so long as the plan's coverage meets or exceeds the minimum requirements listed below.

If using an outside insurance company, you will need to complete the waiver process through ECI Services. You will receive an email at the beginning of each semester. Failure to follow the waiver process, will cause you to automatically be enrolled in the KUMC health coverage.



Please familiarize yourself with your health insurance plan. Insurance plans differ and have different levels of coverage. You may be responsible for an office visit charge as well as a percentage of the total charges for an office visit. If you are seen in a clinic and then have laboratory work or x-rays done in the hospital, you can anticipate receiving bills from the doctor, the hospital and possibly from the pathologist or radiologist if they provided services as well.

Visits to the Emergency Room are very expensive. If you are ill, but it is not an emergency or life-threatening situation, contact your primary care physician for the direction on where to seek care. Your physician may be able to respond to your question over the phone or may direct you to an urgent care center for services.

If there is an emergency or life-threatening situation call 911. They will notify an ambulance service to transport you to the Emergency Room. The ambulance service will later bill you for their services.

If you have further questions after reading the information provided by this website, please contact our insurance coordinator.

HEALTH INSURANCE REQUIREMENTS		
<b>MEDICAL BENEFITS (ESSENTIAL BENEFITS)</b>	<b>Policy must include:</b> <ul style="list-style-type: none"> <li>Pharmacy</li> <li>Mental Health Services</li> <li>Maternity Benefits</li> <li>Preventative Care</li> <li>Coverage for pre-existing conditions</li> <li>Pediatric dental and vision (for any dependent children on plan)</li> </ul>	<b>UNLIMITED MAXIMUM BENEFIT</b>
<b>DEDUCTIBLE</b>		<b>\$500 MAXIMUM</b>
<b>OUT-OF-POCKET EXPENSES</b>	<b>This includes:</b> <ul style="list-style-type: none"> <li>Deductibles</li> <li>Co-insurance</li> <li>Co-pays</li> </ul>	<b>CANNOT EXCEED \$6,350 PER MEMBER (\$12,700 PER FAMILY)</b>
<b>CO-INSURANCE</b>		<b>MINIMUM OF 80% PAYABLE BY INSURANCE PLAN TO NETWORK PROVIDERS</b>
<b>MEDICAL EVACUATION</b>		<b>\$100,000</b>
<b>REPATRIATION</b>		<b>\$100,000</b>
<b>Provider must have the following:</b> <ul style="list-style-type: none"> <li>Plan documents are written in English. <ul style="list-style-type: none"> <li>Currency amounts must be converted to USD.</li> <li>Insurance company contact phone number must be located in U.S.A.</li> </ul> </li> <li>Insurer has a base of operations in the United States or has United States. based claims payer.</li> <li>J-1 Students Only - Policy must be underwritten by an insurance company that meets the rating requirements or is backed by the full faith and credit of your home government.</li> <li>Insurer is authorized to do business in Kansas and is providing coverage under a policy that has been filed and approved by the Kansas Department of Insurance.</li> </ul>		
<b>SUMMER 2024</b>	<b>FALL 2024</b>	<b>SPRING 2025</b>
06/01/2024 through 07/31/2024	08/01/2024 through 12/31/2024	01/01/2025 through 05/31/2025

## OPEN ENROLLMENT

For students that choose to utilize the KUMC Health Insurance Benefits there will be an email notification from OIP sent out prior to the start of each semester. The student will follow the directions to **fill out the form and submit back to OIP** in the link provided so that they can be enrolled in the UnitedHealth Care coverage provided by KUMC.

# KUMC SERVICES

## ACADEMIC AND STUDENT AFFAIRS

### MISSION STATEMENT

The KUMC Division of Student Affairs contributes to the academic mission of the university with quality student-centered programming and services that support the emotional, intellectual, personal, and professional growth of our individual students.

### VISION STATEMENT

Our vision is excellence in supporting a student's educational experience.

### ANNUAL REPORT

Each year The Division of Student Affairs produces an annual report--check out the latest [report](#) or view our [archive](#) to see what we've been up to! If you have trouble locating the information you need, please contact Academic and Student Affairs by [email](#), or call us at (913) 588-4698.

## OFFICE OF THE STUDENT OMBUDSMAN

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/student-resources/student-ombudsman.html>

### PHONE

913-588-4698

## REGISTRAR'S OFFICE

### ADDRESS

G035 Dykes Library  
MS 4005  
Kansas City, KS 66160

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/registrar-office.html>

### PHONE

913-588-7055

### FAX

913-588-8841

## OFFICE OF ADMISSIONS

### ADDRESS

G035 Dykes Library  
MS 4005  
Kansas City, KS 66160

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/registrar-office/admissions.html>

### PHONE

913-945-7347

## STUDENT FINANCIAL AID

### ADDRESS

G035 Dykes Library  
MS 4005

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/student-financial-aid.html>

### PHONE

913-588-5170

### FAX

913-588-8841

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## STUDENT HEALTH SERVICES

### ADDRESS

1012 Student Center  
(Corner of Rainbow Boulevard and Olathe Boulevard) – MS 4044

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/student-health-services.html>

### PHONE

913-588-1941

### FAX

913-588-1943

### EMAIL

[studenthealthrecords@kumc.edu](mailto:studenthealthrecords@kumc.edu)

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## COUNSELING AND EDUCATIONAL SUPPORT SERVICES

### ADDRESS

G116 Student Center  
(Corner of Rainbow Boulevard and Olathe Boulevard) – MS 4006

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/counseling-and-educational-support-services.html>

### PHONE

913-588-6580

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## OFFICE OF STUDENT LIFE

### ADDRESS

1006 Orr-Major  
MS 4018

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/office-of-student-life.html>

### PHONE

913-588-6681

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## KIRMAYER FITNESS CENTER

### ADDRESS

3901 Rainbow Blvd.  
Kansas City, KS 66160

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/kirmayer-fitness-center.html>

### PHONE

913-588-5232

### EMAIL

[kirmayer@kumc.edu](mailto:kirmayer@kumc.edu)

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## ACADEMIC ACCOMMODATION SERVICES

### ADDRESS

1040 Dykes Library  
Kansas City, KS 66160

### WEBSITE

<https://www.kumc.edu/academic-and-student-affairs/departments/academic-accommodation-services.html>

### PHONE

913-954-7035

### EMAIL

[ada-kumc@kumc.edu](mailto:ada-kumc@kumc.edu)

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## PARKING INFORMATION

### PARKING SERVICES

Support Services Facility  
2100 W. 36th Ave.  
Kansas City, KS 66160-7130

Contact Parking Services at:  
913-588-5175  
(For emergencies, call KU Police at 913-588-5030)

For the initial check-in, the Office of International Programs will validate your parking tickets. Please bring your parking ticket with you to the check-in appointment and we will validate it for you.

**After your check-in appointment and receiving your badge, you must reach out to the Parking Services office to obtain a parking pass if you would like to park on campus regularly.**

## STUDENT FINANCIAL ACCOUNTING

Support Services Building  
2100 W. 36th Ave.  
(913) 588-2590  
[studentaccounting@kumc.edu](mailto:studentaccounting@kumc.edu)

The [Office of Student Financial Accounting](#) is responsible for billing, collecting, refunding, reporting, and managing student fees and loans for KUMC students. If your home country or university will pay for your tuition, you need to contact Student Financial Accounting and provide them with the necessary information.

[Enroll & Pay](#) allows you to perform all enrollment and payment functions online at your convenience. This includes searching for classes, enrolling, communicating with your advisor, requesting tuition adjustments, updating contact information and making payments.

## CAMPUS COMMUNICATION

The University of Kansas Medical Center has many tools to facilitate communication among different members of the campus community. The most common and popular method is still email communication. Therefore, be sure to check your KUMC email regularly as most announcements whether related to events, campus updates, or other critical information are sent out by email. Please visit [Campus Communications](#) for more information about other tools of communication on campus. For information on emergency communication on campus, please visit Emergency Management's website at this link: <http://www.kumc.edu/emergency-management/campus-emergency-communications.html>. Through this link you can sign up for RAVE, which will enroll you to receive accurate emergency text messages. In addition, it provides information about ALERTUS which is another method of communicating accurate emergency messages. ALERTUS messages can be seen on the Alertus Beacons and on computer screen pop-ups.

Please also visit the following websites:

[KUMC Events Calendar](#)  
[Center eXpress](#) – a weekly campus publication  
[KUMC Student Handbook](#)  
[KUMC Campus Maps and Contact Information](#)

## OTHER CAMPUS SERVICES

### KUMC BOOKSTORE

Ground Floor Orr-Major  
(913) 588-2537 or (800) 262-7509

The [KUMC Bookstore](#) offers health related textbooks or reference books, lab coats, jackets, tee shirts/sweatshirts, other KU insignia items, medical instruments, or repair parts for medical instruments.

## **DYKES LIBRARY**

[Dykes Library](#) is the KUMC campus library and available to all KUMC students. To best understand the library and its services as well as how to search the available databases, visit the library website for complete information.

The library is open 7:30am to 11pm Monday through Friday, and 6pm to 11pm Saturday and Sunday with KUMC ID Badge.

## **COMPUTER ACCESS**

The library maintains a number of computer workstations in various locations across campus, with a selection of software programs, including educational applications.

## **COMPUTER TRAINING**

The [Department of Information Resources](#) offers both instructor lead courses as well as web-based courses which are available to KUMC students at no charge.

## **GIFT SHOPS**

There is one gift shop on campus which sell gifts, greeting cards, hygiene and other personal care items, beverages, snacks, candy, magazines, and books. The gift shop is located in the Hospital lobby.

## **CAFETERIAS AND VENDING**

The Bell Cafeteria is located in the Hospital on the ground floor. It offers hot entrees for breakfast, lunch and dinner as well as salad and deli bars, hamburgers and sandwiches, desserts, and juices and other beverages. There is also the Cambridge Cafeteria in the Cambridge Building located on the first floor.

Vending machines with water, soda, and snacks are located throughout the campus, including in the basement of the School of Nursing, Orr-Major, the Student Center, Dykes Library, and the Hospital Cafeteria's.

## **THRIVE FOOD PANTRY**

The Thrive Food Pantry is a free resource available to all students at KUMC and exists to supplement students' current food circumstances. Providing non-perishable food items will help students meet their basic dietary needs and will ensure no student ever goes hungry. You can contact them via their email – [thrive@kumc.edu](mailto:thrive@kumc.edu). Their hours are Thursday 1-5pm all year long. They are also open Monday's 3-5 during the regular semester, starting on the first day of classes. They are located in B015 Orr Major.

## GETTING AROUND KANSAS CITY



## GETTING TO KNOW KANSAS CITY

### KANSAS OR MISSOURI

When people say, “Kansas City,” they are usually referring to the entire Metropolitan area. This includes an area within two states, six counties and many cities and boroughs.

Kansas and Missouri are separate states. Each has its own state government, legislature, and laws. Topeka is the capital city of Kansas. Jefferson City is the capital city of Missouri.

The University of Kansas Medical Center is part of the University of Kansas, located in Lawrence, Kansas. The University is directed by the Board of Regents of the State of Kansas. Legislation and funding for the University comes from the Kansas Legislature.

When traveling around town you may not know in which state you are. There are differences in state laws which you may encounter including:

- Sales tax
- Who can buy alcohol and on what days?
- The purchase of a car and its registration, and obtaining a driver's license
- Addresses and street names and direction can change when you cross to the other state
- Telephone prefix numbers, 913 vs. 816, must be used when calling a number in the other state – these are not considered long-distance calls, and there is no additional charge.

KUMC is located in Kansas in Wyandotte County. Approximately a mile south of the KUMC campus the county changes to Johnson County. Just east of the campus the state changes from Kansas to Jackson County, Missouri. The majority of the metropolitan area lies in these three counties

(Wyandotte, Johnson, and Jackson). However, you may also hear of other counties in Missouri including Platte, Clay and Cass, which also make up part of the Metropolitan area.

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## HOW TO FIND AN ADDRESS

Most streets in Kansas City are laid-out in a grid pattern. There are exceptions, and it can be difficult to find streets that are named instead of numbered.

You can find the location of an address and directions for getting there by using maps and searches offered through sites like Google Maps and Map Quest.

You enter the address you are looking for, and the site will produce a map of the address. You can also request directions from the site where you are. These searches are not infallible, and they may not always show you the shortest route to a location. They serve as a convenient guide.

Review the map to familiarize yourself with the State Line as well as the counties and cities and their locations within metropolitan Kansas City.

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## HOUSING RESOURCES

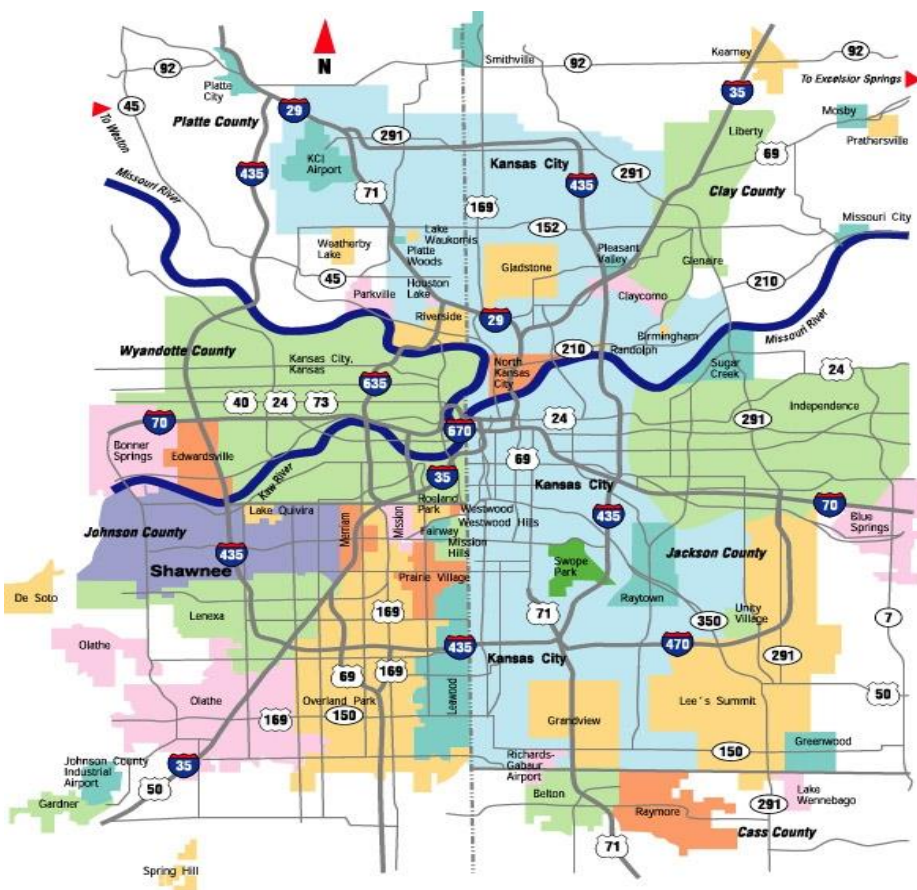
KUMC Student Counseling provides website space to post [housing ads](#) for properties that are available and typically close to campus. There is a list of complexes in the area in the Additional Resources link below.

Housing ads can also be found in newspapers such as [The Pitch](#) or [The Kansas City Star](#).

There are published “Apartment Guides” which can usually be found in neighborhood grocery stores. Others have had success finding housing by checking with apartment complexes in the neighborhood and following “For Rent” signs.

**Resource:** Information about the Kansas City area (including information on housing, cost of living comparison, etc.): <https://thinkkc.com/with/kansashealthsystem>

**Additional Resources:** Apartment List - <https://www.kumc.edu/academic-and-student-affairs/departments/office-of-international-programs/inbound-programs/information-for-students/f-1-j-1-international-students.html>



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## UTILITIES

The utilities that you have to pay will vary depending on the apartment. In some locations, all utilities are included in the rent. In others, you may be responsible for lights (electric service), heat (gas or electric service), water and possibly trash service. Consider these additional expenses when budgeting for your housing.

## UTILITY COMPANIES AND SERVICES

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The utilities for which you have to pay will vary depending on the apartment or house that you rent. In some locations all utilities are included in the rent. In others you may be responsible for lights (electric service), heat (gas or electric service), water and possibly trash service. Consider these additional expenses when budgeting for your housing. Check with your landlord to determine which utilities you will pay for and also which company provides the service for the area you live in.

Services	Company	Location	Phone	Website
Cable TV/Internet	Google Fiber	Kansas	1-866-777-7550	<a href="https://fiber.google.com/cities/kansascity">https://fiber.google.com/cities/kansascity</a>
Cable TV/Internet	Spectrum	Kansas/Missouri	1-855-234-8892	<a href="http://www.spectrum.com">http://www.spectrum.com</a>
Cable TV/Internet	AT&T	Kansas/Missouri	1-800-288-2020	<a href="http://www.att.com/">http://www.att.com/</a>
Electricity	Evergy	Kansas/Missouri	1-888-471-5275	<a href="http://www.evergy.com">http://www.evergy.com</a>
Electricity	Board of Public Utilities	Kansas	913-573-9000	<a href="http://www.bpu.com">http://www.bpu.com</a>
Gas	Spire	Missouri	1-800-582-1234	<a href="https://www.spireenergy.com">https://www.spireenergy.com</a>
Gas	Kansas Gas Service	Kansas	1-800-794-4780	<a href="https://www.kansasgasservice.com/">https://www.kansasgasservice.com/</a>
Telephone (landline)	Spectrum	Kansas/Missouri	1-855-234-8892	<a href="http://www.spectrum.com">http://www.spectrum.com</a>
Telephone (landline)	AT&T	Kansas/Missouri	1-800-288-2020	<a href="http://www.att.com/">http://www.att.com/</a>
Mobile Phone Services	T-Mobile	Kansas/Missouri	1-800-937-8997	<a href="http://www.t-mobile.com/">http://www.t-mobile.com/</a>
Mobile Phone Services	AT&T	Kansas/Missouri	1-800-288-2020	<a href="http://www.att.com/">http://www.att.com/</a>
Mobile Phone Services	Verizon	Kansas/Missouri	1-800-256-4646	<a href="http://www.verizonwireless.com/">http://www.verizonwireless.com/</a>
Water	KCMO	Kansas City Area	816-513-1313	<a href="https://www.kcwaterservices.org/">https://www.kcwaterservices.org/</a>
Water	Water One	Johnson County	913-895-1800	<a href="http://www.waterone.org/">http://www.waterone.org/</a>
Water	Board of Public Utilities	Kansas	913-573-9000	<a href="http://www.bpu.com">http://www.bpu.com</a>

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## THE RENTAL LEASE

A written lease contains obligations for both the landlord and the tenant. Unless the lease says differently, the landlord cannot raise the rent during its term. Unlike most oral leases, written leases usually commit a tenant to rent payments for a fixed amount of time, whether or not he/she lives in the apartment.

The main advantages of a written lease are that the rent usually stays the same during the tenancy and the tenant is sure to have a place to stay for the life of the lease. A written lease also minimizes disputes by recording both parties' responsibilities in writing. The landlord should specify all rules and fees which she/he plans to impose.



## BEFORE YOU SIGN

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- Be sure that you understand everything in it. If you want something changed, you can do so directly on the lease by crossing the part out, writing in the changes, and having both parties initial the new wording. Do this on both your copy of the lease and on your landlord's (i.e. "both parties agree that the pet fee is refundable"). If you and your landlord agree on a particular meaning for an ambiguous term, you can write it in and initial the agreed upon meaning. Be sure to get a copy of the lease for yourself before you pay the deposit.
- Make sure that all blanks on the lease are either filled in or crossed out. Never let your landlord fill in details later.
- Every roommate should sign the lease. This will ensure that one tenant does not move out and leave the others owing her/his rent. If the lease is in your name only, the landlord can hold you liable for the entire rent. So, if you are the leaseholder, and the lease allows subleasing, you may want to have the other tenants sign subleases from you.
- Keep a copy of everything you signed. Lack of knowledge regarding leases or other rental agreements can cause a variety of problems. By keeping records of rental repair requests, security deposit disputes, and other important issues related to rental agreements, you can alleviate many of these types of problems. The most frustrating problems occur when the tenant cannot document her/his grievances. To prevent this, start a rental file as soon as you sign the lease, and add to it throughout your lease term. A rental file is easy to keep, considering the money you may recover through rental modification or qualifying for full return on your security deposit. If a rental problem arises, it is easier to negotiate a solution with the landlord when you have written records that show the extent of the problem, what you asked the landlord to do about it and how the landlord responded.

## ORAL LEASES

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An oral agreement means that you do not write anything down. Be careful. It might be hard to hold your landlord to any promises which you do not write down.

## TERMINATING RENTAL AGREEMENTS

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Depending on the terms of the agreement, one- or two-months advance notice must be given to the landlord or real estate agent when you plan to move. If you leave without notice or only short notice you may be held responsible for payment for any months remaining on the lease.

## THE SECURITY DEPOSIT

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The security deposit consists of any money which the landlord holds on behalf of the tenant to protect herself/himself from unpaid rent or damage to the apartment. The tenant may not use the deposit as the last month's rent.

Your landlord must inform you in advance about the conditions under which he/she will refund your deposit. The landlord cannot automatically take the deposit because you break the lease. He/she can only take compensation for damages.

Always get a receipt for the deposit or you can simply write this into the lease.

## RETURN OF THE SECURITY DEPOSIT

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Ask to accompany your landlord when he/she inspects your apartment's condition when you move in and when you move out.

When you move out, clean the whole apartment thoroughly, including the bathroom and kitchen walls, appliances (including the range, oven, and refrigerator), floors, furniture and mini blinds.

The most common problem in recovering a security deposit is proving the condition upon moving out in comparison with moving in. Therefore, take photos and have witnesses who are not tenants to examine the apartment and sign statements about its condition.

## CAUTIONS OF RENTING

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**CAUTION: Finding and renting a place can be complicated.**

**Research all properties.** Be sure to visit the property and ensure that the building/apartment/room and premises are clean and well-taken care of. How the premises look will tell you a lot about the owner/management of the property.

**Ask a lot of questions.** Speak to the management and ask questions.

- Ask about the cost of the bills,
- Ask about the upkeep of the place – who repairs pipe or drain issues? What if something doesn't work? Who mows, removes snow and ice and how often?

**Ask your friends and classmates.** Once you have identified a room in a private person's home or an apartment or house to rent, **but before you sign a lease or a contract**, ask about other people's experience with the property.

- Look online for reviews.
- If it is a room in a person's private home, check with classmates or OIP to see if other students have rented from the person before.
  - Keep in mind that renting a room from an individual may seem like a better option because it may seem cheaper or more friendly, but you will be sharing a home with another person. Sharing space with someone who owns the home comes with positives and negatives so weigh those pros and cons before agreeing to move in.
  - If you are sharing someone's home, you may not have the same privacy as would renting an apartment.

#### **Sign a contract or lease.**

- Be sure to read the entire contract and all the items on the lease.
- Be sure to understand the deposit requirements and any other financial commitments.
- Don't be hesitant about having to sign a contract because the legal document protects you.
- Even if you are renting a room from a private person, the owner cannot and should not threaten to kick you out or lock you out. There are laws that protect you.

**Confer with OIP.** If you need support with either a letter for your credit check or other support, please contact OIP. Nonetheless, please remember that we are not lawyers and do not practice landlord tenant law so there is a limit to our ability to help you with an unpleasant situation. Importantly, we hope to help you avoid a negative experience.

**Know your rights.** For more information about your rights as a renter, please refer to these websites.

- KANSAS <https://www.kansaslegalservices.org/node/1934/tenant-issues-and-rights-kansas-renters>
- MISSOURI <https://ago.mo.gov/get-help/programs-services-from-a-z/landlord-tenant-law/>

**Call the KUMC Police.** If you feel unsafe at any time, you should notify the KUMC police and ask for assistance: 913-588-5030

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## **BANKING SERVICES**

### **BANKING**

Americans usually do not carry much cash. They prefer to pay debit or credit cards. To function efficiently in the U.S. economy, you will need to open a checking account at a local bank.

When selecting a bank, compare the services offered by each and which has locations that are convenient. Most banks will ask for two pieces of identification such as your passport and another form of ID. They may also ask for a social security number or a tax identification number. (For more information on when you can apply for a social security number and/or how to obtain a tax identification number, please go to [Social Security number](#) application site.)

If you deposit a check from an overseas bank into your U.S. checking account, it may take several weeks before that money is credited to your bank account and is available to you (after the U.S. bank has collected the money from the overseas bank). You may want to consider having money wired to your account. This takes less time and is very safe. Talk with the bank about how to do this.

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### **CHECKING ACCOUNTS**

Banks offer different types of checking accounts designed to fit individual needs. The cost of having a checking account varies from bank to bank. Some banks charge per transaction, some have a basic monthly fee, and others offer free services if you maintain a certain minimum balance in your account at all times. Under some circumstances a bank will offer interest on a checking account. A list of all the account activity of the preceding month will be sent to you in a monthly statement or it will become available online through your online banking account.

"Bouncing" a check (writing a check for more money than you actually have in the account) can cause a major expense and a great deal of trouble. Through some banks you can apply for a line of credit attached to your checking account that provides overdraft protection.

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### **SAVINGS ACCOUNTS**

A savings account enables you to save money and accumulate interest on your savings. Interest is paid either monthly or quarterly. Although you can withdraw money from your savings account, this service is limited. Ask your bank for the number of monthly withdrawals permitted without penalty. The difference between a savings and a checking account is that you receive higher interest in a savings account, and you are allowed fewer transactions because the purpose is to "save your money."

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### **BANK CARDS**

#### **ATM**

Many banks issue cards that make deposit and withdrawal services available 24 hours a day by use of an automated teller machine (ATM). These machines, which are frequently located outside the bank, are very convenient. You can avoid waiting in line at the bank and have access to cash

after the bank closes or in an emergency. Banks that are members of a national ATM network allow you to access your funds with your bank card at selected ATMs throughout the country. However, there is often a service charge when you do not use your bank's machine.

A note of caution: When withdrawing cash from an ATM after dark be aware of your surroundings. Protect your bank card and your secret access code as you do your cash and credit cards. Also, the machines do not always work. Do not panic! Call your bank if you have a problem with an ATM.

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## CREDIT CARD

Credit cards are convenient, especially if you unexpectedly have major expenses. You can also pay medical fees, airplane tickets and car repairs with any major credit card. You must remember that credit cards are seductive. Before you know it you may be in debt. Most banks charge an annual fee of \$20 to \$40 per credit card. If you are unable to pay your full balance, you will be charged high interest rates (usually 18%) on the remaining balance and any additional charges you make. Make sure you stay within your budget when making credit card purchases.

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## DEBIT CARD

Debit cards can be used to make purchases at most places that accept credit cards. The difference is that instead of going to the credit card company and showing up on your credit card bill, the charge goes to the bank, and the money is taken directly out of your checking account (like a check). When using a debit card to pay at some retailers you can also elect to receive some cash. Both the amount of your purchase and the amount of the cash are taken directly out of your checking account.

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## ESTABLISHING AND USING CREDIT

Credit cards were first introduced to the public in 1959. With the introduction of credit cards, consumers were given new choices in how to pay for costly purchases for which they previously had to save and pay cash. Using credit cards allowed people to purchase goods without having sufficient funds immediately on hand and without having to negotiate new terms every time they wanted to purchase on credit.

Credit cards did not create credit; they just simplified the process of receiving credit and made credit available to many more individuals.

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## TERMS TO RECEIVING CREDIT

When paid off monthly, credit cards become simply a means of consolidating purchases into a single location and paying for them in a single payment to the credit card company. Although an annual fee may be required, such arrangements avoid any interest charges or card usage fees.

When credit cards are not paid off monthly, it becomes similar to loans from the bank in that they carry interest charges, minimum monthly payments, and a term for paying off the balance completely. Many credit cards charge high interest rates for outstanding balances.

Though the rates are higher than most loans offered by a bank, a credit card offers a great deal of flexibility that other credit vehicles do not. A credit card, for example, may have a maximum limit of credit extended to you, but until you reach that limit you may purchase virtually anything you would like using your credit card, as long as your minimum monthly payment is made on time.

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## COSTS TO CONSIDER

In selecting, or keeping, a credit card, make sure you know and understand all the costs, rates and fees attached to the card.

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## ANNUAL FEES

Many credit cards charge an annual, fixed fee just for the privilege of having credit extended to you from the company sponsoring the card. Annual fees can often be avoided entirely by shopping for a credit card that guarantees no annual fee.

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## FINANCE CHARGES

Finance charges vary widely. If you plan on maintaining an outstanding balance on your credit card, you will want to make sure you find the best interest rate on a card that meets your needs.

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## INCOME TAX TREATMENT OF INTEREST PAID

The interest paid on credit cards is not income tax deductible.

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## COMPARE CARDS

Credit cards come in many "shapes and sizes." Some credit cards are targeted at groups with specific spending habits, payment habits, and credit histories. With so many credit card plans available, you must review the terms of your credit card options carefully. Many credit cards offer you a low "teaser rate" for the first six months to a year, and then increase the rate you pay on outstanding balances dramatically. Some base your minimum monthly payment on a loan term that if the minimum payment is made consistently could keep you in debt for 40 years or more.

Fortunately, there is a great deal of regulation of credit cards requiring full disclosure of all relevant credit terms being extended by the card issuer. Be sure to review all credit documentation thoroughly before selecting a credit card for regular use.

## DEBIT CARDS

One alternative to credit cards is what is known as “debit cards.” A debit card is not a credit card at all. Rather than offering you credit (a loan based on predetermined terms), a debit card simply gives you card-based access to your bank account or other account where you have an existing balance. A debit card gives you the convenience of not needing to carry cash, or even checks. You must remember that when you use a debit card your purchases are being deducted directly from your existing account – once the account is empty, the card has no purchasing power until you make another deposit!

## LEGAL RESOURCES

The Student Governing Council sponsors an attorney to meet confidentially with students in thirty-minute increments to answer general legal questions. The attorney only answers questions. If a student needs legal representation, they have to hire an attorney.

The service is free to KUMC students and available by appointment. The attorney visits campus approximately every two weeks. Attorney availability is announced in the myKUMC portal under Student Organization Announcements and also on the Student Organizations Campus Calendar. To schedule an appointment with the attorney, contact Student Services at (913) 588-0146.

For **immigration or visa** related questions, please contact the following:

- [Office of International Programs](#)
  - Our office provides advisement on F, J, B and H-1B visas.
- [Bordeau & Noulles LLC, Immigration and Nationality Law](#)
  - Bordeau & Noulles LLC Immigration and Nationality Law Office offers consultations on immigration questions such as permanent residency.
  - Contact information:
    - [mail@kcvisa.com](mailto:mail@kcvisa.com)
    - 913-432-9994
    - 6701 W. 64<sup>th</sup> St – Suite 320
    - Overland Park, KS 66202



## LOCAL RESOURCES

### POSTAL AND COURIER SERVICES

UNITED STATES POSTAL SERVICE

<https://www.usps.com/>

FEDERAL EXPRESS

<https://www.fedex.com/en-us/home.html>

UNITED PARCEL SERVICE (UPS)

## LIBRARIES

Public libraries are free. You do need a library card to check out materials. If you return items late, there is a charge for the overdue materials. Typically, you can apply and receive a card on the same day. You will need proof of identification and your address to apply for a library card.

Library	Type	Address	City	State	Phone
Kansas City Art Institute Library	Art	4415 Warwick Blvd	Kansas City	MO	816-802-3390
UMKC Dental Library	Dental	650 E 25 <sup>th</sup>	Kansas City	MO	816-235-2100
Heart of America Genealogical Society and Library	Geology	311 E 12 <sup>th</sup>	Kansas City	MO	816-701-3400
Dykes Library	Health Sciences	2100 W 39 <sup>th</sup> Ave	Kansas City	KS	913-588-7166
Health Sciences Library	Health Sciences	2401 Gillham Rd	Kansas City	MO	816-234-3800
Leon E Bloch Law Library	Law	500 E 52 <sup>nd</sup> St	Kansas City	MO	816-235-1650
Kansas City Mo Library	Public	625 Minnesota	Kansas City	KS	913-551-3280
Kansas City Mo Library	Public	118 Westport Rd	Kansas City	MO	816-701-3488
Kansas City Mo Library	Public	2017 W Pennway	Kansas City	MO	816-701-4387
Midwest Research Institute	Science	425 Dr Martin King Jr Blvd	Kansas City	MO	816-753-7600
Linda Hall Library	Science	5109 Cherry	Kansas City	MO	816-363-4600
Cedar Roe Library	Public	5120 Cedar	Roeland Park	KS	913-384-8590
Johnson County Public Library	Public	9875 W 87 <sup>th</sup> Street	Overland Park	KS	913-826-2400

## BAKERIES, MARKETS & RESTAURANTS

Name	Type	Address	City, State	Phone
<b>Bakery</b>				
Jerusalem Cafe	Middle-Eastern	515 Westport Rd	Kansas City, MO	816-442-8655
Reyna's Bakery	Mexican	727 Kansas Ave	Kansas City, KS	913-281-2287
Andre's Confiserie Suisse	Swiss	5018 Main	Kansas City, MO	816-561-3440
<b>Markets</b>				
Africa International Market	African	7711 N Oak Trafficway # H	Kansas City, MO	816-405-7502
Joon-Ang Oriental Groceries	Asian	7800 Shawnee Mission Pkwy	KS	913-384-4989
Hung Vuong Market	Asian	303 Grand Blvd	Kansas City, MO	816-221-7754
Huong Que Oriental Market	Asian	424 Locust	Kansas City, MO	816-271-1774
Crossland International Market	Caribbean & African	19 E 3rd St	Kansas City, MO	816-448-3004
China Town Food Market	Chinese	202 Grand Ave	Kansas City, MO	816-472-6363
Annedore's Fine Chocolates	European	5000 State Line Rd	Mission Woods, KS	913-831-0302
Tous Les Jours Bakery	French	10348 Metcalf Ave	Overland Park, KS	903-383-2828
Werner's Fine Sausages	German	5736 Johnson Dr	Mission, KS	913-362-5955
KC India Mart	Indian	8542 W 133 <sup>rd</sup> St	Overland Park, KS	913-681-0808
Browne's Irish Market	Irish	3300 Pennsylvania	Kansas City, MO	816-561-0030
Jerusalem Cafe	Middle Eastern	515 Westport Rd	Kansas City, MO	816-442-8655
Shahrazad International Market	Middle Eastern	12607 Metcalf Ave	Overland Park, KS	903-338-2250
Better Cheddar	World	604 W 48 <sup>th</sup>	Kansas City, MO	816-561-8204
City Market	World	20 E 5 <sup>th</sup>	Kansas City, Mo	816-842-1271
World Market	World	535 Westport	Kansas City, Mo	816-931-3590

## DRIVING AND OWNING A CAR

### HOW TO APPLY FOR A DRIVER'S LICENSE IN KANSAS OR MISSOURI

#### STATE OF KANSAS

- The [Kansas Department of Revenue](#) issues driver's licenses in Kansas.
- You have to take a written exam. Study the [handbook](#) before taking the test.
- You will have to pass a driving exam.
- You will have to take a vision exam.
- You will have to present proof of your identity. This will include your passport and I-94 card as well as another document such as a driver's license from your home country or your birth certificate.
- You will have to have a letter from our office verifying your immigration status.

Kansas [proof of identity](#) requirements

#### STATE OF MISSOURI

- [The Missouri Department of Revenue](#) issues driver's licenses in Missouri.
- You have to take a written exam. Study the [handbook](#) before taking the test.
- You will have to pass a driving exam.
- You will have to take a vision exam.
- You will have to present proof of your identity. This will include your passport and I-94 card as well as another document such as a driver's license from your home country or your birth certificate.
- You will have to have a letter from our office verifying your immigration status.

Missouri driver's license [checklist](#)

#### STATE IDENTIFICATION CARDS

- Both Kansas and Missouri issue state identification cards.
- If you do not apply for a driver's license, it is helpful to have a state identification card.
- State identification cards are widely accepted, and you can use this for identification instead of or in combination with your passport.
- You can apply for the identification cards in the same offices as the driver's license. You will have to pay a fee and present your passport and other identification including a letter from our office verifying your immigration status.

#### BUYING A CAR

Buying and then maintaining a car is one of the biggest expenses we face. It is complicated with plenty of potential for problems.

Decide what you want and how much you can afford. Do not forget to include the cost of insurance, property tax, gas, maintenance and repairs. Do not rush into a decision. Shop around.

Talk with friends who have purchased cars. Look at car magazines and price guides to see what is available for the price you want to pay.

Check the internet for advice on buying either a used or new car. There are numerous sites run by government and private agencies which provide advice on buying a car.

Know how much to pay. There are free services on the web such as Kelley's Blue Book and Edmund's which will tell you how much a car is worth.

[Facts for consumers buying a used car](#)

[Edmunds pricing information guide](#)

[Kelley Blue Book pricing guide](#)

#### REGISTERING YOUR CAR

Car registration is issued by the state of residence, and regulations differ state by state. Information for both Kansas and Missouri is included in this section.

[Kansas Department of Revenue](#)

[Kansas Department of Revenue Forms and Publications](#)

- A new owner has 30 days from the date of purchase to make an application for registration.
- In order to register the car, you will need to provide: title, proof of insurance, a bill of sale or a sales tax receipt or sales invoice if purchased from a dealer, and possibly other documents.

- The charges for taxes and fees will depend on your address and the county in which you live, as well as the year, make and model of the car. The country treasurer's office can provide you with this information.
- Proof of insurance must be provided when you register the car and when you renew every year. The proof of insurance must have the name of the insurance company, the policy number, name of the insured, the effective and expiration dates of the coverage, and the year, make and VIN for the vehicle being insured.

[Missouri Department of Revenue](#)

[Missouri Motor Vehicle Titling Instructions](#)

- A new owner has 30 days from the date of purchase to make an application for registration.
- You must have your vehicle inspected by an authorized mechanic or dealership. You will need to provide proof of the vehicle inspection.
- You will need to provide a statement from the county that you either paid your property tax for the prior year or that you were exempt from paying these taxes.
- To register the car, you will need to provide: title, proof of insurance, a bill of sale or a sales tax receipt or sales invoice if purchased from a dealer, and possibly other documents.
- The charges for taxes and fees will depend on your address and the county in which you live, as well as the year, make and model of the car. The country treasurer's office can provide you with this information.
- Proof of insurance must be provided when you register the car and when you renew every year. The proof of insurance must have the name of the insurance company, the policy number, the name of the insured, the effective and expiration dates of the coverage, and the year, make and VIN for the vehicle being insured.

## AUTO INSURANCE

When registering and owning a vehicle, it's required to have auto insurance coverage. Below you will find links to some of the major auto insurance companies where you'll be able to obtain quotes on coverage plans and additional information on how to purchase these plans.

Company	Website
Allstate	<a href="http://www.allstate.com/">www.allstate.com/</a> <a href="http://www.esurance.com">www.esurance.com</a>
State Farm	<a href="http://www.statefarm.com">www.statefarm.com</a>
Progressive	<a href="http://www.progressive.com">www.progressive.com</a>
Geico	<a href="http://www.geico.com">www.geico.com</a>
Farmers	<a href="http://www.farmers.com">www.farmers.com</a>
Liberty Mutual	<a href="http://www.libertymutual.com">www.libertymutual.com</a>

## WHAT TO DO IF YOU ARE INVOLVED IN A MOTAL VEHICLE ACCIDENT

### KANSAS HIGHWAY PATROL RECOMMENDATIONS

The [Kansas Highway Patrol](#) makes the following recommendations if you are involved in any type of motor vehicle accident:

- Stay Calm. Stay at the scene unless extenuating conditions exist.
- Care for the injured.
- In as much as possible, protect yourself and others by moving off the roadway and away from traffic.
- If there is apparent property damage in excess of \$500 or personal injury, notify the police or other law enforcement authorities immediately and the appropriate emergency service agencies (fire, ambulance, etc.) if necessary.
- Identify witnesses.
- Locate your driver's license, vehicle registration card and liability insurance card or policy.
- If a person involved in the accident leaves the scene, try to obtain the following information:
  - Vehicle description (color, make, model)
  - License plate number
  - Direction of travel
  - Location of damage, if any
  - Description of driver

## CULTURAL EVENTS AND PROGRAMS

Communication goes beyond language as our behaviors and actions express our values and beliefs. To help understand some of the cultural differences you will encounter you can reference the link below to eduPASS, attend cultural and social events offered throughout the school year. These will come in emails from Alexa Smith, [asmith5@kumc.edu](mailto:asmith5@kumc.edu). [eduPASS](#)



## WHO IS INTERNATIONAL STUDENTS, INC.?

International Students, Inc. (ISI) has been assisting international students and scholars adjust to life in the US and promoting cross-cultural friendships between students, scholars and our American volunteers since 1953. ISI is a Christian community service organization that serves on over 500 college and university campuses in the US and works in several countries around the world. International students and scholars from all religious and ethnic backgrounds are welcome to participate in all ISI activities and services.

## INTERNATIONAL STUDENTS, INC. ACTIVITIES & SERVICES

International Students, Inc. (ISI) Kansas City is here to help international students make their time in the US the best it can be. We provide many services and social activities that help international students and provide American volunteers a way to serve and get to know students from all over the globe.

At first it may seem overwhelming trying to figure things out here in Kansas City, or even finding people who understand what it's like to be in a strange, new place that doesn't make sense. Your friends at ISI know what it's like and we're here to help you! We have many ways to help you connect with other like-minded people who want to help you and become your friend, too.

Please follow this [link](#) for additional information.



## INTERNATIONAL RELATIONS COUNCIL

A Kansas City nonprofit organization and a member of the World Affairs Councils of America, the IRC works in partnership with businesses, universities, community organizations, and K-12 schools to bring a global perspective to our community. We bring world leaders and dignitaries to the metro region, host forums for high-school students to interact with and learn from foreign-policy experts and create opportunities for area business leaders to strengthen relationships abroad. We invite you to join us for an upcoming event and see how you can get involved with Kansas City's global community.

Please follow this [link](#) for more information.





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## WHO IS FRIENDS OF INTERNATIONALS?

[Friends of Internationals](#) is a volunteer-based organization that seeks to encourage friendships between all people from all nations. We currently have outreaches at UMKC, Penn Valley, JCCC, and KUMC. Our mission is to see foreigners welcomed with a genuine, transforming love that will produce lifelong friendships here and wherever they go.

### Events Include

Welcome Party

Dinner At My House

Conversational English

Soccer Saturdays

Christmas Party

KC Zoo Trips



=PRESENTS=

COUNTRY CLUB PLAZA

FIRST FRIDAYS @ THE CROSSROADS

PLACES SERVING HALAL FOOD



PLACES SERVING KOSHER FOOD

NELSON-ATKINS MUSEUM OF ART

HISTORIC CITY MARKET

39<sup>th</sup> STREET

# COUNTRY CLUB PLAZA



The Plaza's popularity and reputation has been recognized around the country. The entire 15-block district, with more than 150 shops and dozens of fine restaurants, makes the Country Club Plaza Kansas City's premier retail, dining and entertainment destination.



The basic design of the Country Club Plaza reflects classic European influences, especially those of Seville, Spain, yet it curiously does not include a traditional open plaza. There are more than 30 statues, murals, and tile mosaics on display in the area, as well as major architectural reproductions, such as a half-sized Giralda Tower of Seville (the tallest building in the Plaza).



PLEASE SCAN THE QR CODE TO WATCH THE VIDEO



# NELSON-ATKINS MUSEUM OF ART



You are invited to discover some of the 35,000 pieces in the collection of The Nelson-Atkins Museum of Art. From ceramic objects found in ancient Chinese tombs to whimsical sculptures of badminton birdies, the Nelson-Atkins collection spans over 5,000 years of humanity.



The Nelson-Atkins aspires to create a glorious environment--the ongoing experience which is in itself as compelling as a single "blockbuster" event. Each visit to the Nelson-Atkins brings different connections and unique experiences. Whether you are exploring the collection for the first time or the hundredth time, there's always something new.



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# HISTORIC RIVER CITY MARKET



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Operating since 1857, the City Market is the largest farmers' market in the region with an annual attendance of nearly 600,000 per year and bursting with more than 140 farmer stalls. In addition, City Market merchants offer a wide variety of fresh produce, meats, baked goods, flowers, specialty foods and other items from both Americas, Africa, Europe, the Middle and far East.

City Market shops and restaurants are open daily. But if it's Farmers' Market what you want, then you can check it out year-round on Saturdays and Sundays 7:00 a.m. - 3:00 p.m.

# FIRST FRIDAYS AT CROSSROADS ART DISTRICT



Mark your calendar! On the First Friday of every month, thousands of residents and visitors fill the sidewalks of the Crossroads in Kansas City, enjoying what has become the city's liveliest and most popular event.



Arts organizations, galleries, studios, and a wide variety of local businesses feature regional and national artists as well as live entertainment starting at 5 p.m.



Best explored on foot, the First Friday tradition continues to grow with up to 10,000 attendees. Most make it an evening, with dinner and drinks from a colorful array of restaurants and entertainment venues.

Food trucks, street music, aerial performances, sidewalk vendors, buskers, live theater, traditional and avant-garde art exhibits, and more...

PLEASE SCAN THE QR CODE TO WATCH THE VIDEO



# WEST 39TH STREET



West 39th street, frequently referred to as Restaurant Row and one of Kansas City's most walkable dining and retail areas, is sandwiched between two residential areas with the University of Kansas Medical Center a few blocks to the west.

The street has much to offer when it comes to international cuisine, unique sports bars, and colorful graffiti art.



Each Third Friday of the month, West 39th Street hosts an art walk, where shops and restaurants are open to showcase what's new in this eclectic neighborhood.



PLEASE SCAN THE QR CODE TO WATCH THE VIDEO



# RESTAURANTS IN KANSAS CITY AREA SERVING HALAL FOOD

## **Habashi House**

Middle Eastern  
309 Main St  
Kansas City, MO 64105  
(816) 421-0414

## **Jerusalem Cafe**

Middle Eastern, Hookah Bar, Vegetarian  
515 Westport Rd.  
Kansas City, MO 64111  
(816) 442-8655

## **Chai Shai**

Pakistani, Indian  
651 E 59th St  
Kansas City, MO 64110  
(816) 260-5203

## **Aladdin Cafe**

Middle Eastern, Greek, Mediterranean  
3903 Wyoming St  
Kansas City, MO 64121  
(816) 531-5982

## **Olive Cafe**

Middle Eastern, Grocery  
9530 James A Reed Rd  
Kansas City, MO 64134  
(816) 763-0009

## **Swagat Fine Indian Cuisine**

Indian  
7407 NW 87th St  
Kansas City, MO 64153  
(816) 746-9400

## **Shahrazad Cafe & Market**

Grocery, Mediterranean, Middle Eastern  
12605 Metcalf Ave  
Overland Park, KS 66209  
(913) 338-2250

## **Holy Land Cafe**

Middle Eastern  
12275 W 87th St  
Lenexa, KS 66215  
(913) 310-9911

## **Papu's Café**

Mediterranean, Greek  
604 W 75th St  
Kansas City, MO 64114  
(816) 822-8759

## **Mediterranean Market KC**

1404 Westport Rd  
Kansas City, MO, 64111  
(816)381-6000



**KUMC Office of International Programs**  
1017, 1018, 1099 A. R. Dykes Library  
Academic Affairs  
Mail Stop 3033  
3901 Rainbow Boulevard  
Kansas City, KS, 66160



# RESTAURANTS IN KANSAS CITY AREA SERVING KOSHER FOOD

## **Cosentino's Downtown Market**

Grocery, Delis, Seafood  
Central Business District, Greater Downtown, Power & Light District  
10 E 13th St  
Kansas City, MO 64106  
(816) 595-0050

## **Roni's Pub and Kitchen**

Burgers, Pubs, Sandwiches  
7955 E Frontage Rd  
Overland Park, KS 66202  
(913) 738-9499

## **M & M Bakery and Deli**

Bakeries, Sandwiches, Delis  
1721 E 31st St  
Kansas City, MO 64109  
(816) 924-9172

## **Meshuggah Bagels**

Bagels, Coffee & Tea, Sandwiches  
1208 W 39th St  
Kansas City, MO 64111  
(816) 330-6016

## **Tavern In the Village**

American (New), Seafood, Sandwiches  
3901 Prairie Ln  
Prairie Village, KS 66208  
(913) 529-2229



**KUMC Office of International Programs**  
1017, 1018, 1099 A. R. Dykes Library  
Academic Affairs  
Mail Stop 3033  
3901 Rainbow Boulevard  
Kansas City, KS, 66160

# NOTES

My Friend's Name	E-Mail Address	Phone Number



“TO AWAKEN QUITE ALONE IN A STRANGE TOWN IS ONE OF THE MOST PLEASANT SENSATIONS IN THE WORLD. YOU ARE SURROUNDED BY ADVENTURE.” — FREYA STARK