Welcome International Students
Nicole Tami,
Executive Director, Global Education Initiatives
What if I told you, you are not alone
### New Students

179 Admitted:
- 51 Grads
- 47 Undergrads
- 37 Exchange/Guest
- 44 Intensive English

**48 Majors**
**50 Countries**

### Current Students

Approximately 1350:
- 104 Countries
- Top 5 Countries Represented: China, India, Nepal, United Kingdom, Iran,
Start Your Support Network Now!
ICEBREAKER!!

Find a person you don’t know, who is not from your country:
Tell them one thing you are really looking forward to about your UNM experience!

Find another person you don’t know, who is not from your country:
Tell them one thing you really like about NM so far!
• Make new friends and start your support network now!

• Learn to be a self-advocate

• Take advantage of all of the great resources at UNM!!!
Practical Information

Slides will be at geo.unm.edu
In the “Coming to UNM” section
General Office Hours
Monday – Friday: 8:00 am – 5:00 pm

Phone Number: 277-4032
Fax Number: 277-1867
E-mail: geo@unm.edu
Web: geo.unm.edu
Emergencies: 277-4GEO
International Advisors

Phillip Gill  
Linda Melville  
Carolyn Kaltenbach

Email: iadvisor@unm.edu

Walk-in hours to talk to advisors:
Monday and Thursday, 10:00am – 12:00pm
Monday - Friday, 1:00pm – 3:00 pm
Otherwise by Appointment!
EXCHANGE ADVISORS

UNM COURSE ENROLLMENT AND HOUSING QUESTIONS,
HOME UNIVERSITY COMMUNICATION, EXTENSIONS

Nao Fukami

Email: exchange@unm.edu
Walk-in hours to talk to advisors:
Monday - Friday, 1:00pm – 3:00 pm
GEO IS HERE TO HELP YOU:

- Maintain your legal non-immigrant status
- Identify campus resources
- Adjust to life in the U.S.
Today’s Schedule
On Your Agenda!

- Immigration Rules, Other Laws and Work
- Healthcare and Health Insurance
- Academic Life

FREE LUNCH!!!

- Life in the US
- Check-In if you missed it
GEO Requirements after today

• Complete Your Check-in Info at myGEO Student portal:

**myGEO Student & Scholar Portal**
By Ellucian

Already a user? Sign in with your E-mail address

E-mail

Password

Sign In

Reset your password

All missing info (address, Health insurance, I-94, Passport, Visa, I-20/DS-2019)

**FINISH BEFORE 1/18/2019!**

Those without Health Insurance need to come on Friday from 10-4 in the SUB computer lab
Information Packets

• Calendar of fun stuff for January!
• Spring calendar of events
• E-packet: Lots of information about health insurance, work, driver’s license and more!!!
Get Involved!!!

A support network is critical to your success!

In your packet:

**Events:** Intlstud-l listserve OR “UNM GLOBAL” Facebook group

**Workshops:** academic success, work, culture, taxes and more!

**Volunteer:** Join the International Service Corps

**Trips:** Explore NM and the southwest!
Couples and Families

• The International Couples & Scholars Organization (ICASO) has a calendar of events. Send an email to be added to our list - icaso.unm@gmail.com

• Come to Couple’s Orientation on Thursday, January 17th at 12:00 at the GEO office! (spouse & kids welcome)
Calendar Highlights

SPRING Orientation Events
(locations on map and events on calendar in packet)

Friday, 1/11
- Library Tour, 10-12:00 meet at GEO
- Health Insurance Help, 10-4 (drop in) SUB Computer lab
- GEO Night Out at Kelly’s, 5-7:00 pm 3222 Central NE

Friday, 1/18
- Welcome Dinner @ Hokona Cellar 6pm (come at 5 if you have a Lobo Friend)
Calendar Highlights

All Trips: Sign up at Rec Services or online at:
http://recservices.unm.edu/recreation/getaway_adventures.html

Welcome Trip to Santa Fe
Saturday, January 26th

Ski Trip to Sipapu:
Saturday, February 23rd

Spring Break trip to Colorado
March 10th - 12th

Events advertised through the GEO listserv from geo@unm.edu and “UNM GLOBAL” Facebook

Workshops and immigration messages iadvisor@unm.edu
Still need Housing??

- Housing is still available on campus
- Off campus housing help is being provided by the ISI community group at the “BSU” at the corner of University Blvd and Martin Luther King (ask at lunch)
- GET YOUR FREE FURNITURE FROM ISI TODAY AFTER ORIENTATION OR TOMORROW!!!
Regulations and Rules you need to know to stay in legal status in the US
• Immigration
• Travel
• Other Rules and Laws
• Work
What do you already know?

What document shows your current legal status in the US?
I-94

What do you need to travel out of the US and return as a student?
I-20/DS-2019 with signature, I-94, Visa

How long are you authorized to stay in the US as a student?
Duration of status

What rules do you need to follow to be a student?
Enroll full-time and no illegal work
WARNING!!!!!!

It is YOUR responsibility to know the rules!!

- Consequences for violations include deportation and inability to return to the US!

- Don’t let your friends be your immigration advisors!!!

- RULES CHANGE, SO PAY ATTENTION IF WE SEND YOU EMAIL WITH INSTRUCTIONS!
WARNINGS!!!!!!

• GEO MUST report to Immigration: your enrollment, change of address, change of major and level, drops below full-time

• So…YOU must inform us of address or program information changes and follow messages from our office carefully

• You won’t remember all the rules but when you forget, ask!!!!

Quiz with prizes coming up, so pay attention!!! AND Read along with your handout!
U.S. Government Agencies

- **DOS** = Department of State:
  Administers consulates and issues visas

- **DHS** = Department of Homeland Security:
  Responsible for US immigration rules and benefits
Parts of DHS

**USCIS** = US Citizenship and Immigration Services: Processes applications and provides services to internationals in the US

**ICE** = Immigration and Customs Enforcement: Enforces immigration regulations (tracks students)

**CBP** = Customs and Border Patrol: Monitors ports of entry
Student Tracking Program

**SEVIS** = Student and Exchange Visitor Information System
Tracking program to monitor international students and scholars

Schools must report information in SEVIS to be able to give I-20s/DS-2019s
Document Basics

• Always save copies of all immigration documents and tax forms for as long as you plan to remain in the US!

• Keep your documents in a safe place

• Carry immigration documents with you if you travel inside as well as outside of the US (passport, I-94 and I-20/DS-2019)
Key Documents
(on handout)

• Passport
• I-20 for F-1 Students
  or DS-2019 for J-1 Students
• I-94 arrival/departure record
• US Visa in passport
Passport

• Must be valid for six months into the future upon entry to the US
• Must be valid at all times to work
• Renew with your embassy/consulate in the US or at home
• Update myGEO portal when you get a new one!
I-20 or DS-2019

- Document sent to you by the school (J1 students sometimes get this from another organization)
- Used to apply for the visa (F or J)
- Must be **valid and correct** at all times (update information if it changes)
- End date is just an estimate; permission to stay ends if you end your program earlier!
<table>
<thead>
<tr>
<th>SEVIS ID: N0012857555</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SURNAME</strong></td>
</tr>
<tr>
<td><strong>PRIMARY NAME</strong></td>
</tr>
<tr>
<td><strong>PREFERRED NAME</strong></td>
</tr>
<tr>
<td><strong>COUNTRY OF BIRTH</strong></td>
</tr>
<tr>
<td><strong>DATE OF BIRTH</strong></td>
</tr>
<tr>
<td><strong>FORM ISSUE REASON</strong></td>
</tr>
</tbody>
</table>

**Reason for this printing**

- Initial Attendance - Updated Form I-20 or Name Conversion

**School Info**

<table>
<thead>
<tr>
<th>SCHOOL NAME</th>
<th>SCHOOL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of New Mexico</td>
<td>Global Education Office, MSC06 3850, Albuquerque, NM 87131</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SCHOOL OFFICIAL TO CONTACT UPON ARRIVAL</th>
<th>SCHOOL CODE AND APPROVAL DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linda Melville</td>
<td>BLP214F00205000</td>
</tr>
<tr>
<td>Senior Operations Manager</td>
<td>22 January 2003</td>
</tr>
</tbody>
</table>

**Student Info**

<table>
<thead>
<tr>
<th>GIVEN NAME</th>
<th>PASSPORT NAME</th>
</tr>
</thead>
</table>

**CLASS**

- F-1 - ACADEMIC AND LANGUAGE

**I-20**

Department of Homeland Security
U.S. Immigration and Customs Enforcement

I-20. Certificate of Eligibility for Nonimmigrant Student Status
OMB NO. 1653-0038
<table>
<thead>
<tr>
<th>PROGRAM OF STUDY</th>
<th>MAJOR 1</th>
<th>MAJOR 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDUCATION LEVEL</td>
<td>Computer and Information Sciences, General 11.0101</td>
<td>None 00.0000</td>
</tr>
<tr>
<td>NORMAL PROGRAM LENGTH</td>
<td>36 Months</td>
<td>Required</td>
</tr>
<tr>
<td>PROGRAM START DATE</td>
<td>05 AUGUST 2015</td>
<td>Student is proficient</td>
</tr>
<tr>
<td>PROGRAM END DATE</td>
<td>12 MAY 2018</td>
<td></td>
</tr>
</tbody>
</table>

**FINDANCIALS**

<table>
<thead>
<tr>
<th>ESTIMATED AVERAGE COSTS FOR: 12 MONTHS</th>
<th>STUDENT'S FUNDING FOR: 12 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition and Fees</td>
<td>$ 16,117</td>
</tr>
<tr>
<td>Living Expenses</td>
<td>$ 14,469</td>
</tr>
<tr>
<td>Expenses of Dependents (0)</td>
<td>$</td>
</tr>
<tr>
<td>Other</td>
<td>$</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$ 30,586</strong></td>
</tr>
</tbody>
</table>

*Just an estimate. Don’t let it expire!*
I-20

REMARKS
7b. Includes mandatory student health insurance

SCHOOL ATTESTATION
I certify under penalty of perjury that all information provided above was entered before I signed this form and is true and correct. I executed this form in the United States after review and evaluation in the United States by me or other officials of the school of the student's application, transcripts, or other records of courses taken and proof of financial responsibility, which were received at the school prior to the execution of this form. The school has determined that the above named student's qualifications meet all standards for admission to the school and the student will be required to pursue a full program of study as defined by 8 CFR 214.2(f)(6). I am a designated school official of the above named school and am authorized to issue this form.

SIGNATURE OF: Linda Melville, Senior Operations Manager 23 July 2016
DATE ISSUED: 23 July 2016
PLACE ISSUED: Albuquerque, NM

STUDENT ATTESTATION
I have read and agreed to comply with the terms and conditions of my admission and those of any extension of stay. I certify that all information provided on this form refers specifically to me and is true and correct to the best of my knowledge. I certify that I seek to enter or remain in the United States temporarily, and solely for the purpose of pursuing a full program of study at the school named above. I also authorize the named school to release any information from my records needed by DHS pursuant to 8 CFR 214.3(g) to determine my nonimmigrant status. Parent or guardian, and student, must sign if student is under 18.

SIGNATURE OF: __________
DATE: __________

NAME OF PARENT OR GUARDIAN: __________
SIGNATURE: __________
ADDRESS (city/state or province/country): __________
DATE: __________
Any off campus work must be authorized here or it is not legal.
I-20 (p. 2)

<table>
<thead>
<tr>
<th>CHANGE OF STATUS/CAP-GAP EXTENSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>REQUESTED VISA TYPE</td>
</tr>
<tr>
<td>EVENT HISTORY</td>
</tr>
<tr>
<td>EVENT NAME</td>
</tr>
<tr>
<td>OTHER AUTHORIZATIONS</td>
</tr>
<tr>
<td>AUTHORIZATION</td>
</tr>
</tbody>
</table>

Other updates are listed here
Need signature less than 6 months old from GEO advisor to reenter the US. Get this at least 1 week before you travel!
<table>
<thead>
<tr>
<th>Start and End Dates</th>
<th>Program Info</th>
<th>Funding Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>From</strong>: 08-06-2014</td>
<td><strong>Student DOCTORATE</strong></td>
<td>The Exchange Visitor's Government: $178,482.00</td>
</tr>
<tr>
<td><strong>To</strong>: 05-09-2020</td>
<td><strong>Subject/Field Code</strong>: 23.1304</td>
<td>University of New Mexico- Amigo Scholarship: $115,694.00</td>
</tr>
<tr>
<td></td>
<td><strong>Student/Field Code Remarks</strong>: Student has been admitted to the PhD in Communication program</td>
<td>Personal funds: $35,766.00</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total: $333,942.00</td>
</tr>
<tr>
<td>School Official</td>
<td>Name of Official Preparing Form</td>
<td></td>
</tr>
<tr>
<td>----------------</td>
<td>---------------------------------</td>
<td></td>
</tr>
<tr>
<td>Linda Melville</td>
<td>Global Education Office, MSC06 3850 1 University of New Mexico Albuquerque, NM 87131</td>
<td></td>
</tr>
</tbody>
</table>

**Responsible Officer**

- **Title**: 505-277-4032
- **Telephone Number**: 07-21-2015
- **Date**: 07-21-2015
Home residency requirement

Signature from a GEO advisor less than 6 months old to return
I-94
(Print at cbp.gov/I94)

• Also called an arrival/departure record
• Records your entry to the US
• DOWNLOAD a new one each time you reenter (and upload to myGEO portal)
• Shows your current legal non-immigrant status (required for proof of status so carry when out of ABQ)
• Shows the end date of your status
• Students should be D/S = “Duration of Status” – means no fixed end date
I-94

Most Recent I-94

Admission (I-94) Record Number: 68625822030
Most Recent Date of Entry: 2015 July 24
Class of Admission: F1
Admit Until Date: D/S

Details provided on the I-94 Information form:

- Last/Surname:
- First (Given) Name:
- Birth Date:
- Passport Number:
- Country of Issuance: India

Get Travel History

Effective April 29, 2013, DHS began automating the admission process. An alien lawfully admitted or paroled into the U.S. is no longer required to be in possession of a preprinted Form I-94. A record of admission printed from the CBP website constitutes a lawful record of admission. See 8 CFR § 1.4(d).

If an employer, local, state or federal agency requests admission information, present your admission (I-94) number along with any additional required documents requested by that employer or agency.

Note: For security reasons, we recommend that you close your browser after you have finished retrieving your I-94 number.

For inquiries or questions regarding your I-94, please click here.

Accessibility | Privacy Policy
US Visa Stamp

- Sticker with picture issued by US consulate
- Gives permission to ENTER the US in a specific immigration status (does NOT say how long you can STAY)
- Permission to ENTER the US with that visa between the date of issue and expiration (some exceptions for travel to Canada or Mexico)
- You do NOT need to leave if your visa expires, but the next time you DO leave the US, you need to get a new to be able to RETURN!
- Update myGEO portal when you get a new one
To maintain student status, ALWAYS...

1. Attend the college/university on the I-20/DS-2019
2. Provide a correct residential address to GEO within 10 days of making a change
3. Maintain full-time enrollment
4. Have a correct & unexpired I-20 or DS-2019
5. Maintain a valid passport
6. Speak with GEO before transferring schools
7. Observe the grace period after completing your program
   - 60-day grace for F students
   - 30-day grace for J students
To maintain student status, NEVER...

8. WORK OFF CAMPUS without prior authorization on your I-20 or DS-2019

9. WORK in “ON CAMPUS EMPLOYMENT” for more than 20 hours per week while school is in session (Fall and Spring) or after you finish your program

10. Take a leave of absence, withdraw from classes, or drop below full-time until you speak with a GEO advisor (no matter what ANYONE tells you!)

Let us know if you will leave at myGEO!
Graduate Students

Full-Time Study

• Graduate students without assistantships must COMPLETE each semester with 9 credit hours
• Graduate Students with assistantships only need 6 credit hours
• There are course and grade restrictions that affect this “full-time minimum” number for immigration rules
Undergraduate Students
Full-Time Study

• Undergraduate students must complete each semester with 12 credit hours
• Those with the Amigo scholarship must complete each semester with 15 credit hours
• There are course and grade restrictions that affect this “full-time minimum” number for immigration rules
Exchange Students

Full-Time Study

• Must complete each semester with 12 credit hours
• If you think you should be considered a “graduate student” please make sure the exchange advisor knows and has authorized you for all graduate classes. Graduates must complete each semester with 9 credit hours
• There are course and grade restrictions that affect this “full-time minimum” number for immigration rules
Courses that **DO count** toward your full-time requirement for immigration purposes:

- standard grade: A, B, C, D, F
- credit/no credit: C/NC
- Incomplete: I

Courses that **DO NOT count** toward the full-time requirement:

- “Audit” grade option
- “W” grade (W=withdraw/dropped course)
On-line Course Restrictions:

- **ONLY 3 credit hours** of your minimum full-time can be in “On-Line” courses

- You can take more, but **only 3 credits can be counted toward the full-time minimum**
Full-Time Study

Summer Vacation Exception

- You **MUST** enroll full-time in fall and spring

- You **do not need to enroll in Summer** unless you begin or end studies in summer
Exceptions to Full-Time

VERY FEW EXCEPTIONS EXIST!
All must be authorized IN ADVANCE by the international advisor!!!

EXCEPTION TYPES:
1. Academic (Uncommon and Common Types)
2. Medical
Exceptions to Full-Time

Academic:

**Uncommon exceptions:**
- Initial difficulties with English language, reading requirements or American teaching methods
- Improper course level placement

**Common exceptions (still need to be authorized):**
- Undergraduates in final semester
- Graduates completing the thesis or dissertation
Exceptions to Full-Time

Medical:

• Medical excuse authorized by Medical Doctor or licensed psychologist

• Needs to recommend that you drop classes due to illness
“Grace Period”

Only for students who complete their program:
F students have 60 days/J students have 30 days to...

- Leave the U.S. or
- Get a new I-20 or DS-2019 from a new institution/new program or
- Apply for post-completion student work permission or
- Change to another immigration status

*Students who terminate their program before completing do NOT have a grace period!!!!!
Work Following Study

- Students can apply for work permission after studies

- You should apply at the beginning of the semester you will finish

- You MUST apply BEFORE you complete the last requirement for the degree to get the work permission in time!!
Work Following Study

- **F1**: No job needed.

- **J1**: Job required. MUST HAVE a job before the DS-2019 expires!

- Once you complete your academic program you are no longer eligible to work on campus unless your work authorization has begun and the job is in your field.
In a college far, far away, two international students are leaving class...
Professor’s Office
Global Education Office

Later that day
MESSAGE?

I DROPPED BELOW
FULL-TIME STATUS

DON'T EVER DO THAT!
Travel Requirements

For Travel in the US (out of ABQ)

- Passport
- I-94
- I-20/DS-2019
- In ABQ copies should be good enough; I-94 is the actual legal requirement
Travel Requirements

For travel out of the US and return:

- Passport (unexpired)
- US visa (unexpired); (Travel to Canada & Mexico - special 30-day exception for expired US visa in some cases – ask an advisor)
- GEO advisor’s signature from current semester on pg. 2 of I-20 or pg. 1 of DS-2019 form
- Financial proof
- Copy of transcript
Travel Requirements

• Get GEO signature at least one week before you travel

• If you leave the U.S. AFTER you complete your program you CANNOT re-enter on your student VISA!!!!

If you need to apply for a visa to return to the US consult a GEO Advisor before you go
Travel Requirements

ATTENTION EXCHANGE STUDENTS!

• You have 30 days to travel around the US from the end date on your DS-2019 (grace period)

• If you leave the US during this time OR you want to travel for longer, you will have to take some action! – THIS IS CRITICAL NOW BECAUSE OF NEW REGULATIONS!!!
ATTENTION EXCHANGE STUDENTS!

• If you travel out of the US after you complete the exchange and you will reenter the US before you go home, you MUST reenter as a visitor/tourist:

  ➢ If you come from a “visa waiver” country you will need to register in the ESTA system before you travel (https://esta.cbp.dhs.gov/esta/)

  ➢ If you don’t, you will have to have a tourist visa in your passport to reenter.
Travel Requirements

ATTENTION EXCHANGE STUDENTS!

• If you want to travel around the US for LONGER than 30 days, you have to do one of these things:
  ➢ Leave the country and re-enter on a tourist visa or by registering in ESTA if you don’t need a visa OR
  ➢ Apply for a change of status by paying a $390 fee and mailing an application to USCIS

DO NOT STAY AFTER 30 DAYS!!! WITHOUT TAKING SOME ACTION!!!
MESSAGE?

GOT MY I-20 SIGNED

NOW I CAN COME BACK FROM VACATION!
Tax Issues

- Tax year: January 1st to December 31st
- Taxes due April 15 for previous year
- ALL international students and their dependents must complete US tax forms for each year they are in the US even if they have NO US income! (so if you entered in 2018 you will need to complete a form in March)
Tax system is complex so you will need to devote time to reading and filling out forms

Tax information session for international students and tax advising in March

Students on Athletic Scholarship will need to apply for a tax ID number NOW!

If you want to train as a tax volunteer, see Linda
WHERE do I report my address change (Hint: it’s 2 places)???

*myGEO portal and my.unm.edu*

If I want my I-20/DS-2019 signed on the same day when do I have to bring it to GEO?

**At advisor walk-in hours – M-F 1:00 – 3:00!!!!**

How long can I stay in the US in F1 status after I graduate if I don’t apply for work authorization?

60 days
Immigration jeopardy...

• How many hours per week am I authorized to work on campus during Fall and Spring semesters?
  20 hours

• What should I download every time I return to the US?
  I-94

• If I’m a graduate student with 9 credits, what happens if my professor gives me a grade of “W”?
  You are out of status!!!!!!!
Other Rules and Laws

One simply does not break the rules.
Campus & Cultural Rules

- No alcohol on campus (except Faculty House)
- Illegal drugs are ILLEGAL!!!
- Smoking is allowed in designated areas only and almost NEVER inside
- Americans are sensitive to smell - wash your clothes and body often and wear deodorant to avoid judgement from others and embarrassing situations!
UNM Campus Police:
police.unm.edu

- Contact Info: Hokona Hall 1st floor across from Hospital; 277-2241
- Safety Escort Service: Takes you from one on-campus location to another
- Bike registry on website: May help if your bike is stolen.
Real Police force:
Can make arrests and carry weapons; officers in uniform and no uniform patrol campus and respond to emergency calls
What to do for Emergencies

• **Campus Emergencies**: Call 277-2241 this # is on your Lobo card or use blue emergency phones located throughout campus

• **Emergencies anywhere in US**: Call 911

• **If non medical or criminal emergency after hours**: Call GEO at 277-4GEO (e.g. stuck at a border, consulate, etc.)
Bicycle Safety

• ALWAYS wear a helmet
• Use lights at night!
• Be careful. Some areas are not bike friendly
• Buy U locks for your bike; bike theft is common on campus—available at UNM Bicycle Shop, East Entrance to Johnson Center
• Find bike map at www.cabq.gov
Car Regulations and Safety

NEW MEXICO DRIVER’S LICENSE:

• You need a NM driver’s license or Driver Authorization Card (DAC) if you will drive regularly and will live for more than 6 months in New Mexico.

• If you will not drive regularly, an international license should work, but insurance coverage is more expensive (you have to have it).

• Driver’s license or state ID is a good idea for everyone as a form of legal identification (info in packet).
NEW MEXICO DRIVER’S LICENSE:

• If you do NOT have a U.S. Social Security Number, you have to make an appointment online.

• You need to tell the MVD whether you will apply for a “Real ID” license or a “DAC”.

• You will need to bring all of the requested documents - 2 pieces of ID (SSN, passport, birth certificate, other license) and 2 of residency (utility bill with name and address, apartment least with name and address, etc.).
Car Regulations and Safety

• You MUST have car insurance when driving

• Pay TICKETS! (Parking, Speeding, etc.)

• Do not make any “special request” if the police officer gives you a ticket!

• **If you are stopped by the police:** Do not get out of the car. Place your hands on the wheel where the officer can see them. Get out license, registration and insurance when asked
Car Regulations And Safety

Don’t drink and drive!

* Yellow Cab Company
  (505) 247-8888

Albuquerque Rapid Transit (ART) - Coming soon!
**Consumer Related Issues**

- Internet scams: Don’t send anyone money you don’t know!
- No government office or bank will call you on the phone and ask you to provide your SSN or payment
- Buy insurance for any large money transactions (i.e. use Paypal if available)
Housing Regulations

- Information at: geo.unm.edu

- Renters Guide and General Landlord/Tenant Information: www.lawhelpnewmexico.org

- Problems? Contact - New Mexico Legal Aid free hotline: (866) 416-1922
WHEN YOU HEAR THE DRINKING AGE IS 21
WHAT? YOU MEAN...

NO DRINKING UNDER 21???
Drinking Laws

• Have to be 21 to drink in the US
• An ID is required to get into bars and at restaurants if ordering alcohol
• IT IS A FELONY (SERIOUS CRIME) TO GIVE ALCOHOL TO ANYONE UNDER 21!!!
• ABQ Police “Party Patrol” often raids parties in the area near campus; if you are hosting a party with alcohol, make sure guests are over 21!!!
Legal and Criminal Issues

- Important to know the laws that are problematic
- Avoid getting into trouble in the first place!
- Violations impact you financially and may affect your immigration status
- If you are charged with a crime or arrested, seek legal assistance and talk to a GEO advisor to understand the issues
If You are Stopped by the Police, Immigration or FBI*

• Stay calm and be polite. Don’t run or resist. Keep your hands where the police can see them.

• Right of refusal to search. You have the right to refuse unless there is a warrant.

• Ask if you are free to leave. If the officer says yes, calmly walk away. If you are under arrest, you have a right to: remain silent, have an attorney and contact your consulate

• Do not lie or give false statements and do not sign anything without talking to a lawyer.
Can I Work in the USA?
International Student Work Requirements
Work Eligibility Requirements

- Must meet eligibility criteria for specific type of work permission
- Must maintain legal full-time student status throughout your studies
  - Maintain G.P.A. of 2.5 for undergraduates and 3.0 for graduates
  - Must consult a GEO advisor well in ADVANCE for any off-campus work
Work Types for F-1 and J-1

F-1 Students
“ON CAMPUS”
(For UNM only)

OTHER
OR “OFF CAMPUS”
1. Curricular Practical Training (“CPT”)
2. Optional Practical Training (“OPT”)
3. Severe Economic Hardship

J-1 Students
“ON CAMPUS”
(For UNM only)

OTHER
OR “OFF CAMPUS”
1. Academic Training (“AT”)

On-Campus Work
How Many Hours Can I work?

• **20 hours per week:**
  During the Semester (have to be taking classes)
  (US students can work 30 hours, so don’t get confused!)

• **During semester breaks (summer/winter break)**
  IF you plan to continue your studies at UNM
  - 28 hours per week for **Student Employment**
  - 40 hours per week for **graduate students with assistantships**
Types of On-campus Work for Students

Assistantships:
Only international students in **graduate degree programs** ARE ELIGIBLE

Student Employment Jobs (SE):
All International students **ARE ELIGIBLE**

Work Study Jobs (WS): International students are **NOT ELIGIBLE**
Students with on-campus jobs need to go to the Student Employment Office to process paperwork.

**F-1 students** do not need any special permission from GEO to work on campus, but will need to show passport, I-20, I-94 for processing paperwork.

**J-1 students** will need a form from GEO BEFORE they can begin work.

Note: J-1 student must also notify GEO if there is a change of employment. Your employment information is required to be updated and documented in SEVIS.
<table>
<thead>
<tr>
<th>Job Title</th>
<th>Hiring Department</th>
<th>Date Posted</th>
<th>Applicant View Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Services Assistant</td>
<td>CULLS (107A)</td>
<td>11/14/2018</td>
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<tr>
<td>Accounting Intern</td>
<td>SFAD Administration (454B)</td>
<td>12/10/2018</td>
<td>$12.00</td>
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<tr>
<td>Admin Social Media</td>
<td>Off Campus Work Study (454F)</td>
<td>1/7/2019</td>
<td>$11.00</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>School of Law (688A)</td>
<td>1/7/2019</td>
<td>$9.00</td>
</tr>
<tr>
<td>Administrative Support</td>
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<td>12/2/2018</td>
<td>$12.12</td>
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<tr>
<td>Administrative Support</td>
<td>School of Law (688A)</td>
<td>12/5/2018</td>
<td>$12.12</td>
</tr>
<tr>
<td>Ambassador</td>
<td>RLSH Operations Assign &amp; Marketing (215D1)</td>
<td>11/15/2018</td>
<td>$9.75</td>
</tr>
<tr>
<td>Artist Model</td>
<td>Art History Gen Admin (595B)</td>
<td>12/3/2018</td>
<td>$15.00</td>
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**Student Intermediate Level**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Working Title</td>
<td>Ambassador</td>
</tr>
<tr>
<td>Pay</td>
<td>$8.75 Hourly</td>
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<tr>
<td>Campus</td>
<td>Main - Albuquerque, NM</td>
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<tr>
<td>Department</td>
<td>RLSH Operations Assign &amp; Marketing (210D1)</td>
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<tr>
<td>Employment Type</td>
<td>Student Employment</td>
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<tr>
<td>Student Type</td>
<td>Student Employment</td>
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<tr>
<td>Status</td>
<td>Non-Exempt</td>
</tr>
<tr>
<td>Background Check Required</td>
<td>Yes</td>
</tr>
<tr>
<td>For Best Consideration Date</td>
<td>1/1/2019</td>
</tr>
</tbody>
</table>

**Position Summary**

Under the direction of the Director of Residence Life & Student Housing, and the direct supervision of the Senior Marketing Representative, this position plays an integral role in promoting the on-campus housing experience to prospective residents.

UNM Residence Life & Student Housing endeavors to foster inclusive, community-based living environments consciously designed for our residents' personal growth and academic success in well-maintained facilities.

Ambassadors play a vital role in introducing the experience of living on campus to incoming students and by professionally representing the Residence Life & Student Housing Department and the University of New Mexico. Or, Ambassadors are enthusiastic and dedicated leaders committed to sharing their residence life experiences with incoming students, in order to show them everything our communities have to offer.

Residence Life Ambassadors represent the department in their interactions with current and prospective students and their families, answering questions and effectively communicating the benefits of living on campus and giving firsthand knowledge of the on-campus living experience while conducting tours of our residence halls to prospective residents and their families. Ambassadors also assist with our retention efforts with current on-campus residents.

Duties and responsibilities of this position include, but are not limited to the following:

- Conduct informational tours of residence hall facilities, provide positive, well-informed information about residence hall living to prospective residents and their families.
- Develop peer-to-peer relationships with current and prospective residents, participate in outreach efforts via in-person presentations, information tabling, and email campaigns.
- Perform oral presentations to large and small scale audiences regarding on-campus housing options, amenities and opportunities.
- Promotes community events, activities, and programs through posting to department social media platforms including Facebook, Twitter, Instagram, and Snapchat; as well as other established marketing methods which may include printed promotional materials or broadcasting of electronic promotional slides.
- Promotes official UNM on-campus living to other University students and/or constituents.
- Promotes the on-campus residence halls to current and potential on-campus residents, which may include outreach and presentations to high school students, current residents, and other UNM affiliates.
There are three types of F1 “off-campus” work:

- CURRICULAR PRACTICAL TRAINING (CPT)
- OPTIONAL PRACTICAL TRAINING (OPT)
- SEVERE ECONOMIC HARDSHIP

•ONLY eligible after one academic year of full-time enrollment

NEVER work off-campus without a GEO advisor’s written authorization! (For F-1s, this is on your I-20)
Any off campus work must be authorized here or it is **not legal**
There is one type of J1 “off-campus” work: “Academic Training.”

ONLY eligible after one academic semester of full-time enrollment.

Amount of Time Eligible to Work depends on degree or program and length of study.

Your academic advisor must first authorize the employment. Exchange students must get home institution’s authorization PRIOR to starting the job.
## J-1 Academic Training

**U.S. Department of State**

**CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR (J-1) STATUS**

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family Name:</strong></td>
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<td><strong>First Name:</strong></td>
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<tr>
<td><strong>Middle Name:</strong></td>
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<tr>
<td><strong>Gender:</strong></td>
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<td><strong>Date of Birth:</strong></td>
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<tr>
<td><strong>City of Birth:</strong></td>
<td>Suwon</td>
</tr>
<tr>
<td><strong>Country of Birth:</strong></td>
<td>South Korea</td>
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<td>KS</td>
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<tr>
<td><strong>Legal Permanent Residence Country Code:</strong></td>
<td>KS</td>
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<tr>
<td><strong>Position:</strong></td>
<td>UNIVERSITY UNDERGRADUATE STUDENTS</td>
</tr>
<tr>
<td><strong>Primary Site of Activity:</strong></td>
<td>115 Montoya SE, Albuquerque, NM 87106</td>
</tr>
<tr>
<td><strong>Program Sponsor:</strong></td>
<td>University of New Mexico</td>
</tr>
<tr>
<td><strong>Exchange Visitor Program Number:</strong></td>
<td>P-1-0183</td>
</tr>
<tr>
<td><strong>Purpose of this Form:</strong></td>
<td>Amend a previous form: Academic Training Added</td>
</tr>
<tr>
<td><strong>Form Covers Period:</strong></td>
<td>From 08-19-2009 to 08-31-2010</td>
</tr>
<tr>
<td><strong>Exchange Visitor Category:</strong></td>
<td>STUDENT NON-DEGREE</td>
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<tr>
<td><strong>Academic Training:</strong></td>
<td>[Redacted]</td>
</tr>
</tbody>
</table>

**Exchange Visitor Program Number:** P-1-0183
Social Security Number

F-1 and J-1 students who work MUST obtain a Social Security Number (SSN)

(you can’t get one if you don’t work)

- You will not be paid after two pay periods unless you get the SSN to the payroll office

- YOU HAVE TO GO TO THE SOCIAL SECURITY OFFICE, BUT…You must wait until:
  Three weeks after you complete check in
Social Security Number

The Social Security Administration is a Government Office that is located OFF campus. To apply for a Social Security Number you must take:

- Original passport
- I-20/DS-2019
- I-94
- UNM employment verification form signed by GEO
- Social Security Application

**Note:** Applications are provided at the Social Security Administration Office and at GEO
Commercial Break:

Two International students meet...
MESSAGE?

I DON'T ALWAYS WORK OFF CAMPUS...

BUT WHEN I DO, I GET WORK PERMISSION FROM GEO
Need more information?

- Ask an international advisor
  Walk-in Office Hours for Advisors:
  Monday - Friday: 1-3 pm
  Monday and Thursday: 10-12 pm (during semester only)

- Check the GEO website

- Read email messages sent from iadvisor@unm.edu regarding immigration issues!!!
International Student Contract

• Keep the contract on your agenda for your records.
• You sign that you understand these rules when you log in to the myGEO portal.

Be back in your seats in 15 minutes!
Health Care and Health Insurance

Photo by: Susann Kõomägi
SO YOU'RE TELLING ME

I HAVE TO HAVE HEALTH INSURANCE?
Your Health is Important!

• No one expects to get sick!

• If it happens, you need to understand the US system, where to go, and how to use your insurance
Overview of the US Health System and Health Insurance

http://www.internationalstudentinsurance.com/
Health Insurance at UNM

Health insurance is MANDATORY for international students at UNM!!!

- Students with Assistantships, Athletic scholarship students, and Government-sponsored students have special requirements and benefits.

- Exchange students must buy US-based insurance from ISI at:

- ALL OTHER International Students need to buy health insurance coverage for their ENTIRE STAY in the US!
Health Insurance at UNM

http://geo.unm.edu/students/health_care/health_insurance/index.html
Health Insurance at UNM

Two Types of Plans Available for degree-seeking students who have to buy:

“Emergency” or “Illness – only” Plans designed for International Students (i.e., the ISI plans linked to the GEO website – the UNM student health center does not bill these)

OR

US Marketplace Plans sold at healthcare.gov (Obamacare/ACA)
International Student Plans

International Plans DO NOT:
- Cover pre-existing conditions
- Cover preventative care
- Have unlimited benefits
- Have their claims processed directly by the UNM Student Health Center
- Cover things that are not medically necessary

International Plans DO
- Cover new illnesses and injuries
- Cover medical evacuation and repatriation of remains (required for J1 visa holders)
- Have limits on how much they will cover and what they will cover
- Require you to file claim forms if you visit the UNM student health center and want them to pay
- Charge more for those over 24
US Marketplace Plans **DO NOT:**

- Allow you to sign up at any time (You have to have a qualifying life change like moving to the US)
- Have an easy sign up process
- Have a guarantee of continuing beyond this year

US Marketplace Plans **DO**

- Allow pre-existing conditions
- Allow coverage for preventative care (medical only – no dental or vision)
- Provide subsidies to students according to income
- Cover an illness without a dollar limit
- Require you to file a tax return at which time you MAY have to pay back some of the subsidy
Health Insurance

To Decide: Read the information on our website, THEN

Think about your personal situation:
- Are you over 24?
- Do you have any current or recurring medical issues ("pre-existing conditions")?
- Do you take any regular medications?
- How much are you willing to RISK a huge financial bill?
- Are you prepared to return home for care if you need to?
- How long have you lived in the US?
- Are you willing to take the time to apply for the US Healthcare marketplace insurance?
- Are you prepared to file taxes and pay back some of the subsidies if you have to?
Health Insurance

After you buy:

1. **Upload coverage info at myGEO portal** - one easy page that has your name and the dates of coverage

2. **Print an insurance card** – Carry this in your wallet!

3. **Do not have a gap in your health insurance** (even if you will leave the US for vacation). If you have a gap your policy is considered NEW and NOT continuing which is a problem.

4. **Fill out claim forms for any charges within the time limit** (usually 2 months) – Do this even for health center charges so that you are adding up dollars toward meeting your “deductible”
Health Insurance

More information will be available tomorrow:
Friday, January 11th
Health Insurance Help
10am to 4pm
SUB Lobo Lair Computer Lab, (LLTC) Ground floor

Those who apply will follow up with their applications next week:
Wednesday, January 16th
Follow Up Help for those who came on the 11th
10am to 4pm
SUB Lobo Lair Computer Lab, (LLTC) Ground floor
SO...Where should you go when you get sick?
STUDENT HEALTH & COUNSELING

Monday - Thursday
8:00 AM – 5:30 PM

Friday
9:00 AM – 5:00 PM

(505) 277-3136
FOR ROUTINE CARE GO TO SHAC!!!

• All currently enrolled students can be seen at SHAC

• Cost is MUCH lower than elsewhere and will be billed to your student account at UNM

• Care is offered by experienced doctors, advanced practice providers, and nurses

• Same-day appointments are available
MANY SERVICES

- Medical Appointments: Advanced & Same-Day
- Counseling Services
- Women’s Health
- Men’s Health
- Pharmacy
- Laboratory & X-Ray

- Allergy & Immunization
- Travel Health Clinic
- Specialty Clinics
- Physical Therapy
- Massage
- Acupuncture
- Health Education
STUDENT HEALTH & COUNSELING (SHAC)

Best place to go when you get sick!!!
BUT NOT OPEN ON WEEKENDS!
Where to go if SHAC can’t help

• If SHAC is closed and you have an urgent need, you will need to go to an “Urgent Care” facility or the hospital Emergency Room.

• Check your packet, the Health Care section of our website and the PINK wallet card we gave you for options

• Contact your insurance provider to go somewhere “in network” for the cheapest price
When to Use the Emergency Room

Note: DO NOT USE AN EMERGENCY ROOM IF IT IS NOT AN EMERGENCY!!! – CHARGES ARE OUTRAGEOUS!!!
When to Use the Emergency Room

• Heart Attack
• Fractures/broken bones
• Seizures
• Severe pain
• Stroke
• Uncontrollable Bleeding
• Unconsciousness
• Childbirth
When to Use Urgent Care

- Allergies
- Sinus infections
- Cold
- Cough
- Flu-like symptoms
- Sore throat
- Dizziness
- Ear aches
- Fever
- Insect bites
- Minor cuts
- Back pain
- Minor Burns
- Sprains
- Strains
- Rashes
- Upset Stomach
- Vomiting
- Diarrhea
Mental Health Issues

What to remember
• Please seek help if you need it!
• There is no shame in needing someone to talk to while away from home!!!
• It’s confidential
• Most resolve their issues!!!

What to do:
• Go to Student Health and Counseling (SHAC)
• Seek an individual consultation
• Attend one of the self-help workshops
Again: What do I do if I get sick?

• Unless it is a medical emergency, you should always seek help from SHAC first

• If SHAC can’t help go to an In-Network provider for your insurance for the lowest cost

• Students are responsible for their insurance “deductible” and any “co-insurance”

• You will have to fill out a “claim form” if the provider does not take your insurance – (SHAC does not bill ANY emergency-only plans)
Again: What do I do about insurance?

Do your research on your own and come to our help sessions:

**Hands-on Sign-up Help:**
Friday, January 11th
10-4 in SUB computer lab!

**THIS IS YOUR ONLY CHANCE TO GET HELP ON CAMPUS!!!**
How to succeed in your academic life?
Tip 1: Get Involved and Get To Know People

- Make connections
- Build a campus support system
- Take advantage of unique programs
  - Get involved in clubs and organizations
  - Attend campus events
  - Present at International Festival
  - Engage in study groups
Tip 2: Go To Class and Participate

- Class attendance really does affect your grade!
- Engage in discussions during class
- Come prepared to class
Tip 3: Don’t Be Afraid to Ask For Help and Don’t Wait Until Is Too Late

- Even if you’re not having difficulties in class, go to tutoring centers. Resource centers are really helpful!
- Centers review material, workshop, and opportunities to develop your skills.
- Let professors know that you’re international and communicate with them about any issues you are having!
Tip 4: Stay on Top of your Assignments, DO NOT PROCRASTINATE!

- Read your syllabus in each and every class!
- Become familiar with “UNMLEARN”
- There are always deadlines
- Get organized, create a schedule and use a planner!!
Tip 5: Take Responsibility

- Going to class, doing your assignments, asking questions, it’s all up to you!
- Take an active role in your own education; you must do your own work. **PLAGIARISM IS NOT TOLERATED IN THE U.S.**!
- Be proactive about using the resources on campus
- Learn to be your own advocate
- Be the person who’s not afraid to speak up!
- Challenge yourself and be challenged!
Tip 6: Work Hard, Play Hard!

- But above everything else, don’t forget to:
  - Have some fun
  - Go out there and explore
  - Make friends
  - Enjoy the experience
  - Get out of your comfort zone
Graduate Students
Go to break room 1030
OUR MISSION

We foster graduate student learning and professional development through peer education and coaching.

OUR SERVICES

- Writing Support
- Statistics Support
- Dissertation Coaching
- Non-Academic Career Coaching
- Weekly Workshops
- Planning for Grad School
- Individual appointment & drop-in hours
NM Graduate Studies

- Information and guidance for degree completion
- A “roadmap” of your graduate degree journey
- An online orientation to help you get started at UNM

grad.unm.edu

AIRE Academic Integrity + Research Ethics

- Resources for integrity and ethics in research
- Responsible Conduct of Research information
- Online tutorials, including a plagiarism tutorial

aire.unm.edu

PAW Professional & Academic Workshops

- Listings of on-campus workshops and lectures
- Details about the PAW Certificate Program

paw.unm.edu
Project for New Mexico Graduates of Color

“Project for New Mexico Graduates of Color (PNMGC) is a student-led organization working to retain graduate students of color through ongoing peer mentoring that provides academic, social, cultural and emotional support.”

Application for mentor: tinyurl.com/HQ4WRYQ
Application for mentee: tinyurl.com/JK7G0TZ

(505)-277-7397
gradpeer@unm.edu
Graduate Teaching Academy

Baset Haridy, OGS/CTE (Baset@unm.edu)

Services? (class, workshops, and certification)

Who should take it?

Graduate Teaching Course (8 weeks): tuition, textbook, & Cert. (FREE*)

Benefit: recognition, graduate fellowship, certificate, & UNM TAships

Requirements: 2 classes (OILS 583 & EdPy 630) + 4 workshops + teaching experience

Registration Info:
OILS 583 - 004 / Friday 3:00-5:00 pm / EDUC-101
CRN: 38271
University Libraries

- Library website [http://library.unm.edu/](http://library.unm.edu/) - Access UNM library materials online (from off-campus with your netid/pw).

- **Ask A Librarian** - Chat/email help service

- **Subject Librarians!** Make an appointment.

Liz Cooper, Social Sciences Librarian, cooperliz@unm.edu
GPSA Office

http://gpsa.unm.edu/
(505) 277-3803
welcome to UNM from CAPS
What is CAPS?

How can CAPS help you?
we’re an award-winning certified LEARNING CENTER of EXCELLENCE
CAPS supports the courses you are taking.
Get better grades Graduate faster
1 FREE support for your classes provided by students who have succeeded in the classes you are taking.
Have your homework supported in real-time, and spend less time studying.
we’re about building CONNECTIONS
Students of UNM made time to come to CAPS.
here’s how we help YOU
we’re open
9AM - 10PM
one-on-one consultations
drop-in
workshops
online support
SI & study sessions
Questions?

THANK YOU
we’ll see you @ CAPS
REQUIREMENTS FOR EXCHANGE STUDENTS
ARRIVAL FORMS

• Many of you have forms from your universities that you need signed as proof of arrival.

• Please come see us as soon as possible to have your arrival forms signed!

• We can sign and stamp them during walk-in hours, Monday, Tuesday, Thursday, Friday, from 1pm to 3pm.
TUITION AND FEES

• If you are charged tuition, let us know. You do not need to pay tuition at UNM.

• You are responsible for paying COURSE FEES; fees are listed in Schedule of Classes in your LoboWeb.

• There are late registration fees so pay attention to deadlines!

• You are responsible for paying the immigration fee at UNM

• If you have PENDING PAYMENT at the end of the semester, you will not receive an official transcript from UNM.

• To pay your bill, visit the Bursar’s Office OR pay online using LoboWeb.
OFFICIAL TRANSCRIPTS

• We email one official transcript to the International Office at your home university. These are sent after February 1st for Fall term (if you are end in fall) and June 15th for Spring term (if you end in spring).

• Unless your school requests otherwise, an electronic transcript will be sent. Please notify your home school to look for the transcripts near the send date.

• You should order a second copy, for your own records. To do this you have to wait until all grades have been posted and then go to Lobo Web if your account is still active or if you are not here, go to registrar.unm.edu and order on-line. You can order a paper or electronic version.

• Be sure to pay any fees before you leave or you will not receive your transcript!!!
UNM HOUSING ISSUES

• If you are in the dorms for only the Fall semester, you MUST CANCEL YOUR CONTRACT by October 31st or else you will be charged for the following semester.

• If you stay for two semesters, you MUST continue to live in the dorms – you cannot cancel the contract.

• If you are unhappy with your roommate, let housing know immediately and they will help you change rooms if it cannot be resolved by mediation

• Do you still need a place to stay? Talk to us after the orientation 😊
REGISTERING FOR CLASSES

• You can add and drop courses during the first two weeks of the semester. Those changes will not show on your transcript.

• If you are unable to register for a course because it is full, get on the waitlist and then try to contact the professor via email or go to class on the first day to explain that you are an exchange student trying to add.

• If you are unable to register for a course because you do not have the prerequisites, go to the advisor for that department and explain that you are an exchange student. They can look up your transcript in “On-Base” to see if you have the equivalent prerequisites (or you can show them a paper copy). You may need a course description.
ACADEMIC ADVISORS PANEL

Anderson’s School of Management

College of Fine Arts

College of Arts and Sciences
LUNCH!!!

Important Question:
Beef, Chicken or Veggie Banh Mi (Vietnamese Sandwiches)?
Life In the U.S. Recreational Services
Facilities

Cardio & Weight Rooms

3 Pools

2 Gyms
Renovation
Fitness Classes

Lobo Cycling
Circuit Training
Yoga & Pilates
Deep Water Aerobics
PiYO
Zumba
& SO MUCH MORE
Intramural Sports

Flag Football

Tennis
Do you have what it takes to be a champion?
Getaway Adventures
Santa Fe Train Trip | Jan 26
Sipapu Ski Adventure | Feb 23
Salida, CO Spring Break Trip | Mar 10-12

GEO Only Trips
& Many More!
Outdoor and Bike Shop
Rent gear and bikes!
Tire repair
Complete overhaul
Brake services
Bike assembly
& MUCH MORE!

Snowboards
Cross Country Skis
Snowshoes
Backpacking & Camping
Climbing Gear
Sporting Equipment
& MUCH MORE!
How to Register for GEO Getaway Adventure

Go to [http://recweb.unm.edu/register/#geo-getaways](http://recweb.unm.edu/register/#geo-getaways) and select an adventure.
• Fill out the Participant Registration form. Use the code GAGEO to participate in a GEO only event.
• Acknowledge that payment must be submitted within 24 hours of registration or participant may be dropped.
Click the “Pay Now Online” button to complete online payment.
• Select quantity 1 and proceed. Then enter the full name of the participant.
Enter payment information and complete purchase. You will receive an email confirming registration and payment.
Getaway Adventures Open to All

• To register for an adventure that is not just for GEO students, follow the same steps using the link http://recweb.unm.edu/register/#getaways

• We have trips all semester long in many beautiful places around the state! We have outdoor trips, museum/art trips, and some relaxing hot spring trips so you can be sure to find one that suits you!

• Check them out online or come by the Recreational Services Front Office in Johnson Center (you can also register here and pay for trips in cash).
Follow Us!

UNM Recreational Services
@unmrecsvcs
@JohnsonCenter1
Here are the GEO Trips for Spring 2019!
GEO SOCIAL ACTIVITIES

“I get up in the morning looking for an adventure”
-George Foreman
FRIDAY JAN 11
5-7 PM
KELLY'S BREW PUB

ALL ARE WELCOME

HAPPY HOUR
GAMES
FREE APPETIZERS
SOCIALIZE + MEET NEW STUDENTS

3222 CENTRAL AVE SE, ALBUQUERQUE, NM 87106
Welcome Spring 2019

HOKONA CELLAR ROOM
01/19/18 @6PM

FOOD, MUSIC, DANCING, AND GAMES
International Valentine's Day

WHERE: CHRISTIAN STUDENT CENTER
130 GIRARD BLVD NE, ALBUQUERQUE, NM 87106
WHEN: SATURDAY, FEBRUARY 16TH e TBD
WHAT: COOKIE DECORATING, CARD MAKING, & INTERNATIONAL ILY POSTER
SPRING 2019
INTERNATIONAL & STUDY ABROAD STUDENTS

Field Day

Friday March 29th @6pm
Casas Del Rio Courts

Special Games, Volleyball/Basketball Tournaments
Ice Cream and Music
SCAVENGER HUNT!

Friday April 12th @5 pm

Pizza
Drinks
Prizes
PROM NIGHT

Farewell Prom
Friday May 3rd
Dancing, Dinner, & Drinks
The American Experience
UNM GLOBAL

“The quality of life is determined by its activities”
-Aristotle

Or sign-up for the email list serve

UNM Global Education Office
@UNMglobal
Are you interested in working with the Albuquerque Community?

Would you like to build more connections with local organizations?
presented to

In recognition and appreciation for your contributions as a volunteer of the UNM INTERNATIONAL SERVICE CORPS and active participation in the Refugee and Asylee Program with the Lutheran Family Services in Albuquerque.

CERTIFICATE OF APPRECIATION

All volunteers who fulfill the expected time commitment (10 hours/semester) will be given a certificate of appreciation.

Linda Melville, Associate Director
Lobo Friends
Mentor (Buddy) Program
All volunteers who fulfill the expected time commitment (10 hours/semester) will be given a certificate of appreciation.

https://youtu.be/JuHPKxReOIQ?t=208
Lobo Friends
Mentor (Buddy) Program

Welcome Back Event
Ice Skating
Balloon Glow
Farewell Party
Friends Friday
A Word on Cultural Adjustment

IT HAPPENS TO EVERYONE!!!
Culture-Specific Issues at UNM

• Many cultural issues arise for international students: Academics, Bureaucracy, Communication Styles, Expectations, Interpersonal relationships, etc.

• One cultural issue that overlaps with regulation is sexual misconduct

• Important to understand the rules so you don’t get into trouble

Why are we talking about this?

• Sexual Violence is not a U.S. problem, it is a worldwide problem.
  It’s estimated that 1 in 3 women will be sexually assaulted in her lifetime; this also happens to men. Those in college are at higher risk.

• You need to know what is expected in the US, and what the consequences are if you behave in a way that is NOT acceptable.
Continuum of Sexual Violence

Any type of sexual contact or behavior that occurs by force or without consent of the recipient of the unwanted sexual activity
What if it Happens?

• If it happens to me?
  – Do not blame yourself or be ashamed
  – Advocates are here to help you

• If it happens to a friend?
  – Listen
  – Believe
  – Never accuse
  – Provide them with resources, but let them make the decisions
  – Ask before hugging or making physical contact
  – Give them resources*

SEXUAL ASSAULT IS NEVER THE VICTIM’S FAULT!
Reporting and Services

• LoboRESPECT Advocacy Center*
• Women’s Resource Center*
• LGBTQ Resource Center*
• Student Health and Counseling
• Rape Crisis Center
• Albuquerque SANE Collaborative
• UNMPD/APD
• Office of Equal Opportunity

* = Confidential Reporting sites

Mandatory Reporting (TAs, GAs, PAs, Advisors, Professors)
It’s all about CONSENT!

https://www.youtube.com/watch?v=eS5wYFtfaeU
Culture Shock U curve

1. Honeymoon phase
2. Crises or culture shock phase
3. Adaptation phase
4. Adjustment phase

3-6 months
Overcoming Culture Shock

Advice from your fellow students
How to Overcome Culture Shock

• Expect ups and downs (extremes in feelings)
• Keep busy and active; take time to socialize, play sports, do hobbies
• Make American friends as well as international friends
• Learn all you can about the culture and language and think about the parts you really like
• Do the things that make you feel good at home
• Keep a sense of humor and be ready to laugh at yourself
• Realize that everyone who moves to a foreign culture experiences culture shock
Reminders!!!
(locations on map and events on calendar in red packet)

Friday, 1/11
Library Tour, 10-12:00 meet at GEO
Health Insurance Help, 10-4 (drop in) SUB Computer lab
GEO Night Out at Kelly’s, 5-7:00 pm 3222 Central NE

Friday, 1/18
Welcome Dinner @ Hokona Cellar 6pm (come at if you have a Lobo Friend)

WELCOME TO THE LOBO FAMILY!