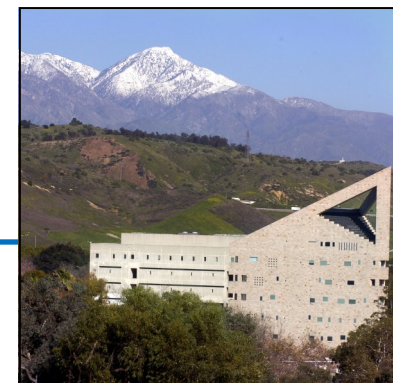




International Student

Handbook

2020



CPP



www.csupomona.edu/~international



WELCOME

Greetings to all international students and their families! The entire staff at the International Center joins me in welcoming you to Cal Poly Pomona, the state of California, and the United States. We look forward with great pleasure to working together to achieve your goals.

The exchange of knowledge and the development of mutual understanding among cultures have always been features of great civilizations and human progress, but perhaps never before has the need to engage in this exchange been more critical than it is in our current geopolitical situation. The participation of international students in bridging the gaps between cultures is a valuable contribution to the world's resources in facing the global challenges in our times.

As the focal point for international education at Cal Poly Pomona, the International Center provides advice and assistance to students from different cultures and educational systems. This support is an important resource for international students that help them assume their responsibilities and understand their privileges as they gain insights into U.S. culture and society and enrich the local community with theirs.

Your diverse backgrounds, experiences, and perspectives offer much to Cal Poly Pomona. We invite you to participate in our many programs which aim to facilitate interaction, mutual learning, and cultural understanding among you, as members of the international community, and in the university.

Please feel welcome to visit the International Center (Bldg. 1, Room 104). Our hours are 8 a.m. to 5 p.m., Monday through Friday. Come and meet the staff who will become important resource people and friends for you.

Warmest Regards,

Cal Poly Pomona International Center Staff

EMERGENCY PROCEDURES/ EARTHQUAKES

Emergency Summery Plan

<https://www.cpp.edu/~em/>

[EMERGENCY-PLAN-SUMMARY-
AND-SELF-HELP-GUIDE.pdf](#)

Before an Emergency Occurs...

1. Know the building marshals and floor captains for your building location.
2. Know the safe evacuation area for the building where your class is located and the best route to use to get there.
3. Always carry a flashlight and a class roster.

When an Emergency Occurs...

1. Keep calm. Don't run or panic. Evacuation is not always the safest course of action. Please keep your students in the classroom until directed to evacuate by emergency personnel unless the situation occurring is such that remaining in the building jeopardizes you and your students.
2. If you are advised to exit the building, advise your students of the need to evacuate and direct them to take their belongings with them, use the nearest exit and move to your designated safe evacuation area to reconvene so you can take roll. Account for your students before and after you evacuate. Provide roll information to emergency personnel at the evacuation site.

- NEVER use elevators for evacuation.
3. If any of your students are injured, take them with you in an evacuation only if moving them will not cause further injury. If you must leave an injured student behind, try to protect the student from anything that might injure them such as items falling or glass breaking, etc. Post a large visible sign on the outside of the door indicating that the student is there. Once you have reached the safe evacuation area and have accounted for your students, provide emergency personnel (building marshal) with information about the injured student (location, type of injury, name of student, etc.) so that a search and rescue operation can be conducted to recover the student. Minor injuries can be treated by emergency personnel at the safe evacuation site.
 4. Do not re-enter buildings until informed it is safe to do so by a Building Marshal or other emergency personnel.
 5. If you are directed to evacuate the campus, please follow the evacuation route provided to you by emergency personnel and advise students to the same. Evacuation routes may be adjusted depending on the emergency situation.

EMERGENCY CALLS

DIAL 9-1-1

**Always dial 9-1-1 direct from any
campus phone**

- ❑ **Banking** – You may open an account at the Cal Poly Credit Union located on campus or through any other banks.
- ❑ **Check Out the International Center Web Page at www.cpp.edu/international**. The International Center web page is an excellent resource that you will use during your time at Cal Poly Pomona.
- ❑ **Register Classes for Next Semester-** Please check your BroncoDirect for the appointment date. There will be a date and time for you to register for your classes via BroncoDirect for the next semester.
- ❑ **Village Apartment Check-out** – Please consult with the village housing office regarding your move out date and extension if you plan to stay longer at the end of the quarter; you must give at least a 30 day notice prior to moving out. You must go to the community center office to complete a check out form at least 30 days prior to your planned check out date.
- ❑ **Transcripts for J-1 Exchange Students** Exchange students’ transcripts are requested by the International Center

after completion of your exchange program. Transcripts are mailed to your home institution International office. If you would like to have your transcript mailed to a different location, please inform your exchange coordinator prior to the end of your program.

- ❑ **Remember International Student Advisors are here to help you.** Make an appointment at the Front Desk or by calling 909-869-3267 if you have any questions or concerns.
- ❑ **Change of Address** - When you change your address, you must notify both the Registrar’s Office and the International Center within 10 days of your move. Change your address on BroncoDirect as well.



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INTRODUCTION

We know that you have gone through an arduous process to secure your participation in this program. We congratulate you for all you have accomplished to this point, and for your dedication to the betterment of your community and your own person. We are looking forward to working with you.

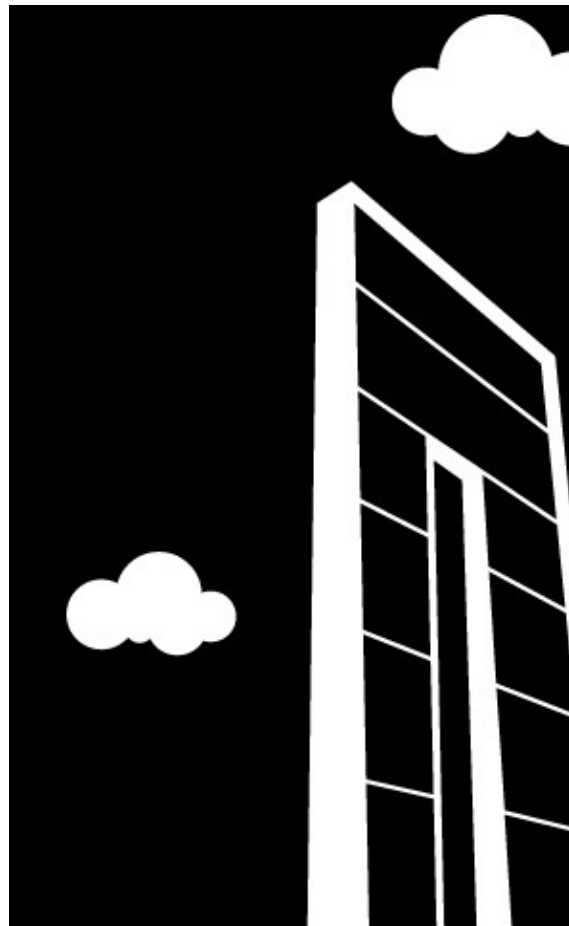
This document will provide some general information pertinent to your participation in the program.

CAL POLY POMONA BACKGROUND

California State Polytechnic University, Pomona (Cal Poly Pomona or CPP) is one of 23 campuses of the California State University system. CSU is the largest and most diverse university system in the United States, with more than 439,000 students. Located on a scenic 1,400-acre campus 32 miles east of downtown Los Angeles, Cal Poly Pomona enrolls 21,085 full- and part-time students in its eight Colleges (Agriculture; Business; Engineering; Environmental Design; Letters, Arts and Social Sciences; Education; Science; and Collins College of Hospitality Management). The University is accredited by the Western Association of Schools and Colleges; individual Colleges and Schools are accredited by the governing bodies for their subject areas.

Cal Poly Pomona is a Minority-Serving University with Asian-Americans (25.8%), Hispanics (30.9%), African-Americans (3.5%), and Native Americans (0.3%) constituting the majority of the current student enrollment.

As a polytechnic University, Cal Poly Pomona has a heritage of applied knowledge and a philosophy of education that emphasizes “learn by doing.” This practical/applied approach to education permeates all aspects of academic life at Cal Poly Pomona, including its international linkage and exchange programs.



TIPS FOR NEW INTERNATIONAL STUDENTS

The following is a guide to help you as you begin your first quarter at Cal Poly Pomona. In addition to following this list, it is important for you to carefully read the Cal Poly Pomona Class Schedule and Catalog for important information, deadlines and answers to many of your questions.

- ❑ **Maintain Visa Status** - In order to maintain visa status you are required to bring your passport, I-94 (small white card), I-20 or DS2019, proof of health insurance to the International Center for copying and processing within two weeks after your arrival in the United States.
- ❑ **Enroll Full-Time** - (12 units for undergraduates, 8 units for graduate). Failure to maintain full-time enrollment causes you to lose your F-1 or J-1 visa status.
- ❑ **Check Last Day to Add/Drop Classes** - Please check the Academic Calendar for the last day to add/drop classes for the quarter. You will do this by BroncoDirect.
- ❑ **Check Last Day to Pay Tuition Fees** - Please check Student Accounting & Cashiering Services information: <http://www.cpp.edu/student-accounting>
- ❑ **Bronco Cards** - Get your Photo Bronco I.D. Student card .
- ❑ **Parking Decals** - Available for purchase at the University Cashiers Office. The cost per quarter is \$90.00 for four-wheel vehicles and \$23.00 for motorcycles.
- ❑ **E-Mail** - Get your Cal Poly Pomona e-mail address set-up or log into your account.
- ❑ **Do not work off-campus without USCIS authorization.**
- ❑ **Purchase Health Insurance** .
- ❑ **Kinesiology Courses** - Students that enroll in tennis, weight training, swim classes etc must pay for a locker, some of the classes automatically have a \$5.00 locker charge, please make sure that your locker fee is paid by the end of the quarter. A hold will be placed on your academic record if the fee is not paid.

International Center to schedule an appointment for the following weekday or later. The reason for this is that it allows us to have your file information updated and be better prepared to assist you. Appointments are scheduled in half hour increments from 8:30 a.m. to 11:30 a.m. and from 1:30 p.m. to 4:00 p.m. If you have an urgent problem, please call or come in immediately.

Online Services

Students may request certain documents online by using our “Online Services” on our website. Request forms are also available on our site. Please allow several working days for the completion of your request.

Student Activities and Events

We have holiday events throughout the year. Please check our International Center’s calendar for events date and time.

International Center Mailing Address and Contact Information:

International Center
Building 1 Room 104
California State Polytechnic University, Pomona
3801 West Temple Avenue
Pomona, CA 91768

Phone: 909-869-3267
Fax: 909-869-3282
E-mail: international@cpp.edu
www.cpp.edu/international

PHONE NUMBERS/CELL PHONES SERVICES

U.S. Telephone Numbers

Telephone numbers in the United States have seven digits plus a three digit area code. You do not need to dial the area code before dialing a number located in your same area code. If you are dialing a number located outside the area code you are calling from, you must dial one (1) before the different area code. For example, if you are dialing a number in the (818) area code, you should dial: 1-818-123-4567.

Pomona Area Code

Pomona is in the (909) area code. However, some nearby cities have other area codes.

‘On-Campus’ calling

Most Cal Poly Pomona telephone numbers begin with “869.” If you are using a campus telephone to call a number on campus, you need only dial the last four digits (the extension) of the telephone number.

Cell Phone Services

The main cell phone companies are Verizon, Sprint, AT&T, and T-Mobile.

GENERAL VISA/ IMMIGRATION INFORMATION

Common U.S. Non-Immigrant Classifications

- F-1: Student
- F-2: Dependent (spouse or child) of F-1
- J-1: Exchange Visitor (student, research scholar, professor, trainee)
- J-2: Dependent (spouse or child) of J-1
- B-1: Visitor for Business
- B-2: Visitor for Pleasure
- H-1: Temporary Worker of Distinguished Merit and Ability
- H-4: Dependent (spouse or child) of Temporary Worker

NOTE: If your visa classification changes while at Cal Poly Pomona, please inform the International Center promptly so we can update your file and properly advise you.

Passport Renewal

Students and members of their families must always keep their passports valid. It is your responsibility to check the expiration date of your passport and submit a request for extension at least six months before it expires. Certain countries have treaties with the U.S. that grant an extra six months of passport validity to their citizens.



Visa Stamps

Visas are a form of entry permit issued by one country to the citizens of another. Your visa stamp can expire while you are in the U.S. This is very common and there is nothing wrong when this happens. There is no procedure to renew visa stamps in the U.S. because of the fact that a visa stamp does not have to remain valid while you are in the U.S. You are not required to travel outside the U.S. just for the purpose of renewing your visa stamp. However, if your visa stamp is expired and you travel outside the U.S., you are required to get a new visa at a U.S. Consulate or Embassy in order to reenter the U.S.

Travel Signature

A travel signature is required by the USCIS on your I-20 or DS2019 Form anytime that you leave the U.S. (even if you are just crossing the border to go to Mexico or Canada). The USCIS prefers a new travel signature if the current

signature is older than six months. A travel signature can only be given by a Designated School Official (DSO). There are DSOs at the International Center who are authorized by the USCIS to sign documents. Bring your I-20 or DS2019 Form to the International Center at least one week before traveling outside the U.S. to request a travel signature. If you have applied for Permanent Residency in the U.S., it may not be advisable for you to travel because you may not be allowed to reenter the U.S. Meet with an International Student Advisor to discuss your immigration status before you travel abroad out of the United States.

Automatic Revalidation of F and J Visas

If you travel to an adjacent country (Canada, Mexico or the Caribbean Islands other than Cuba) to visit there for 30 days or less, your visa stamp is considered automatically revalidated when you reenter the U.S. When you travel to these countries you do not surrender your I-94 Card because you will need to show it along with your valid passport and I-20 or DS2019 Form with a current travel signature to reenter the U.S. If you have changed your visa status while in the U.S. (FOR EXAMPLE: From B-2 to F-1), you can still use this procedure to reenter in F status.

NOTE: Automatic revalidation may not work when returning from Mexico if your

current SEVIS I-20 or DS-2019 does not have an immigration entry stamp from an airport on it.

I-94 Card

The I-94 Card (small white card usually stapled in your passport) is known as an Arrival/Departure Record. All students and their dependents, in all visa classifications, are issued this card upon entry to the U.S. This card is used to record the period of authorized stay in the U.S. You will give the I-94 Card to the airline staff when you depart the U.S. (except when you travel to Canada or Mexico for 30 days or less). You will get a new I-94 Card when you reenter but the preprinted number will be crossed out and the number from your original I-94 Card will be written in the space below it.

Duration of Status

F-1 and J-1 students are admitted to the U.S. for "Duration of Status," noted as "D/S" on the I-94 Card and I-20 or DS2019 Form. This means that you are permitted to remain in the U.S. as a full-time student for the period of time during which you are pursuing an educational degree (Bachelor's or Master's) or educational objective (non-degree exchange students) plus any extension of stay, plus 60 days (for F-1) or 30 days (for J-1) to depart the U.S. If you discover that you will need longer to complete your program objective than the expiration date on your I-20 or

BRONCODIRECT/ EMAIL ACCOUNT

BroncoDirect

<https://broncodirect.cms.csupomona.edu>

BroncoDirect is Cal Poly Pomona's web-based application that provides students the ability to view admission status, update personal information, register for classes, view and accept financial aid, view and pay fees, view grades and much more. Students are assigned a Bronco Number when they apply to Cal Poly Pomona, and use their Bronco Number and Password to access BroncoDirect.

Cal Poly Pomona E-mail

Read your Cal Poly Pomona E-mail anywhere with a browser at:

<http://exchange.csupomona.edu>

Important information for International Students is frequently sent to these accounts. It is beneficial to use your Cal Poly Pomona E-mail account as the International Center uses it to communicate through quarterly newsletters, information on campus-wide activities, programs, and other international student services. For further webmail assistance, contact the Computer Help Hotline at (909) 869-6776.

INTERNATIONAL CENTER

In addition to International Students and Scholar Services (ISSS), the International Center includes Study Abroad. Students are encouraged to visit the International Center. We have a study area where international newspapers and magazines are available and a student lounge, "The Corner Lounge," for students to use.

www.cpp.edu/international

International Center Student Lounge

Come and relax at the "Corner Lounge", which is conveniently located in the International Center. Here you can find a peaceful place to call your own. It is equipped with cable television and two computers. This is the place where you can just sit back, have some stimulating conversation with fellow students or with our staff. We look forward to seeing you at the Corner Lounge.

Location and Hours

The International Center is located in Building 1, Room 104. It is open from 8:00 a.m. to 5:00 p.m. Monday through Friday year round. The advisors have a lunch break from 11:30am - 1:30 p.m. but the office remains open.

Appointments

To meet with an advisor, students should call (909) 869-3267 or come into the

IDENTIFICATION CARDS

Bronco Access Card (Cal Poly Pomona)

You should try to get your Bronco Access Card sometime during the first two weeks of school. This student I.D. Card serves as a piece of identification. To get an I.D. Card, please visit: www.cpp.edu/admissions/bronco-id

Student ID Benefits

The student I.D. card is a necessary part of campus life. You are required to show your I.D. when using the Library, Health Center, Fitness Center, or when purchasing discount tickets at the Games Room. This card may also be used to obtain a student discount when purchasing a bus pass, movie tickets, or other items from participating retailers.

California Identification Card

Steps to obtain a California Identification or Driver's License:

1. Complete an application and pay a fee at one of the Department of Motor Vehicle offices (DMV).
2. Show proof of age and status (passport, I-20). If you are applying for a California Identification Card only, you will be photographed, your signature and fingerprints will be taken, and you will receive a temporary identification card while your permanent identification card is being processed.

California Drivers License

If you are applying for a Driver's License, you must take the Vehicle Code Examination and the road test. The DMV publishes a booklet which contains rules and laws you need to know in order to pass the written test. These books are available at the DMV.

To apply for a driver's license, you must bring the original copies of the following documents:

- Valid passport
- I-20
- I-94 card (White card in your passport)
- A valid driver's license is issued after you have passed both tests.

Department of Motor Vehicles (DMV)
<http://dmv.ca.gov>

International Driver's License

An International Driver's License is valid in California when accompanied by a driver's license from your home country. The law requires a license for every driver within the state. The driver's license is also commonly used as a means of identification. There is a time limit on the validity of the International Driver's License (check with the DMV).

DS2019 Form, please request an extension of stay at least 30 days before the expiration date on your I-20 or DS2019 Form.

Immigration Workshops

The International Center offers Immigration Workshops for international students during the academic year. An immigration attorney is invited as a guest speaker and topics include optional practical training, H-1 visas and related immigration issues. Please check our website at www.csupomona.edu/~international or call the International Center Front Desk at (909) 869-3267 for more information.

SEVIS (Student and Exchange Visitor Information System)

The SEVIS (Student and Exchange Visitor Information System) is a mechanism to electronically transmit the required

information to the U. S. Citizenship & Immigration Services (USCIS) throughout a student's stay in the United States. Schools are required to regularly provide updates to the Department of Homeland Security through SEVIS regarding quarterly enrollment, change of address, change of major or degree objective, school transfers, etc. Under the F-1 visa regulations, maintaining full-time enrollment is critical. Regaining F-1 status is reviewed by mailed applications and determined on a case by case basis. An International Student Advisor is available at the International Center to help you understand your immigration responsibilities and apply for F-1 or J-1 visa benefits. You are encouraged to meet with an International Student Advisor in order to make informed decisions before you take any action that could result in the loss of your visa status.



F-1 RESPONSIBILITIES AND BENEFITS

Your visa status in the U.S. is ultimately a matter between yourself and the U.S. Department of Homeland Security. You are expected to learn and understand the requirements and benefits of your F-1 visa status, to meet those requirements and maintain status at all times while in the U.S. You also have the responsibility to inform the International Center at Cal Poly Pomona of any changes that might affect your relationship as a student here and your ability or interest to maintain F-1 visa status.

Responsibilities

- Only attend the school listed on your currently valid I-20.
- Enroll and complete full-time coursework (12 units for undergraduate or 8 units for graduate students) during fall, winter and spring quarters. Summer is optional.
- Notify the International Center immediately if you change your major, degree objective or want to transfer to a different educational institution.
- Report any legal changes to your name, or any change of address to the International Center within **10 days** of the change so SEVIS can be kept current. Update your address in BroncoDirect.
- Make satisfactory progress toward completion of your degree.
- Complete your degree by the date listed

- on your I-20, or apply for an extension at the International Center **before** it expires.
- Do not work off-campus without authorization from the USCIS and the International Center and limit on-campus employment to a total of 20 hours or less while school is in session.
 - Request a travel signature on your I-20 at least **one week** before leaving the U.S. in order to return and continue your degree program.
 - Obey all federal and state laws.
 - Respond completely and truthfully if the Department of Homeland Security requests any information from you.
 - Keep your passport valid at all times (if expired, renew at your country’s Consulate or Embassy in the U.S.).
 - You can only take one (1) online course per quarter.

Benefits

- Enrolled students are eligible for immediate part-time on-campus employment, 20 hours or less per week while school is in session and full-time (more than 20 hours per week) during vacation periods.
- After **one academic year** in F-1 status students can apply to the USCIS for off-campus work authorization if needed because of Severe Economic Hardship.
- After **one academic year** in F-1 status students can request authorization from the International Center to do an internship (Curricular Practical Training—CPT).
- May participate in Study Abroad

DRIVING DISTANCE

	Cal Poly Pomona
Disneyland - Anaheim	20 miles
Downtown Los Angeles	26 miles
Farmers Market	39 miles
Getty Museum	45 miles
Griffith Park	34 miles
Hollywood	33 miles
Knotts Berry Farm - Buena Park	24 miles
Magic Mountain - Valencia	61 miles
Malibu Pier	55 miles
Marina del Rey Fishermans Village	47 miles
Old Town Pasadena	26 miles
Ports O'Call San Pedro	48 miles
Queen Mary/Long Beach	41 miles
Rodeo Drive	41 miles
Santa Monica Pier	44 miles
Universal Studios	35 miles
Venice Beach	48 miles
Bob Hope Airport	40 miles
John Wayne Airport	30 miles
Los Angeles Int'l Airport	43 miles
Ontario Int'l Airport	15 miles

Automobiles

Cars are expensive to operate and maintain. In addition to the purchase price, the owner-operator is responsible for operating expenses (gas, oil, and repairs), annual registration, and automobile insurance. If you buy a car, it must be insured before it is driven. Adequate insurance is expensive and is required by law! Look online at www.yellowpages.com for car insurance companies. For information on purchasing a specific car, see www.carsdirect.com or www.autotrader.com. For information on how to get your driver's license, see www.dmv.ca.gov.

Out-of-Town Buses

Gray Line Bus Tours and Greyhound Bus Lines offer trips outside Los Angeles. Go online for information to travel throughout the United States by bus. www.grayline.com
www.greyhound.com

Taxi Services

Taxi Service is generally far more expensive here than it is in many other countries. Taxicabs have meters which register the fare a passenger must pay. It is customary to pay an additional 15 percent of the fare as a "tip." Most cabs accept all major credit cards. When making arrangements, ask which credit cards are accepted.

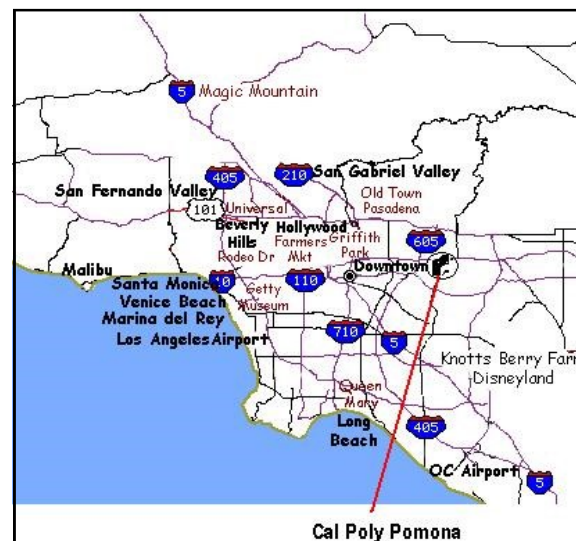
Air Travel

The two international airports nearest to Cal Poly Pomona are:

- Ontario International Airport (ONT) - about 20 minutes away by automobile
- Los Angeles International Airport (LAX) - between 50 minutes and 2 hours away, depending on traffic

Almost all international airlines and all U.S. airlines stop at these two airports. Other airports in the surrounding Southern California are:

- Burbank Airport
- John Wayne Airport
- Long Beach Airport
- Palmdale Regional Airport
- Palm Springs International Airport



programs and receive academic credit towards Cal Poly Pomona degree.

- Can stay in the US with an expired visa stamp as long as student status is maintained.
- There is no restriction on travel anywhere within the U.S.
- Can travel to Canada or Mexico for 30 days or less and re-enter the U.S. with an expired visa stamp as long as you have a valid passport, I-94 card and I-20 with a travel signature from an International Student Advisor dated within the last six months.
- Eligible to transfer to other educational institutions within the U.S. without having to leave the U.S. by following USCIS transfer procedures. You must provide a written request to release your SEVIS record to another institution.
- Summer Quarter is considered vacation and F-1 regulations do not require any enrollment.
- Full-time enrollment is not required during the quarter you apply to graduate (your last quarter of enrollment at Cal Poly Pomona). **Notify the International Center if you are under-enrolled your final quarter.**
- Students have **60 days** to depart the U.S. after completion of a degree or Optional Practical Training (OPT). Students can remain longer if waiting for OPT employment authorization to begin or for a new degree program at the next available term.
- 12 months of practical training is available for each higher educational level (A.A., B.A., M.A. and PhD).

Employment for F-1 Students

Under U.S. Federal regulations F-1 students are permitted to accept on-campus employment only on the campus at which they are enrolled. Employment must be restricted to 20 hours per week when classes are in session and up to 40 hours per week when classes are not in session.

Note: Under no circumstances are you permitted to accept off-campus employment without the authorization of the International Center and/or the U.S. Citizenship & Immigration Services (USCIS). To do so is to violate USCIS law and would result in the loss of your F-1 visa status.

Practical Training

"Practical Training" is paid or unpaid employment in the academic major field of study listed on your I-20 form. This is the major you are taking classes in while studying in the U.S. at Cal Poly Pomona and not the major from your home university. Curricular Practical Training is for students who wish to do an internship while completing their academic program. Optional Practical Training is one-year of employment authorization approved by USCIS. Students apply for OPT in their final quarter of study.

For more information on employment, please visit the International Center's website: <http://www.csupomona.edu/~international/students/employment.shtml>

J-1 RESPONSIBILITIES AND BENEFITS

Maintaining your visa status in the U. S. is an important responsibility. You are expected to learn and understand the requirements and benefits of J-1 visa status, to meet those requirements and maintain status at all times while in the U. S. You are also required to inform the International Center at Cal Poly Pomona of any changes that might affect your relationship as a student here and your ability or interest to maintain J-1 visa status.

Responsibilities

- Mandatory health insurance. Exchange Visitors are required as a condition of their J-1 status in the U.S. to carry health insurance for themselves and their accompanying family members.
- Enroll and complete full-time coursework (12 units for undergraduate and 9 units for graduate students) during fall, and spring semesters.
- Do not work off-campus.
- Notify an International Student Advisor/Responsible Officer at the International Center before you begin any on-campus employment.
- Limit all on-campus employment to a total of 20 hours or less while school is in session.

- Keep your passport valid at all times (if expired, renew at your country's Consulate or Embassy in the U.S.)
- Request a travel signature on your DS2019 at least one week before leaving the U.S. in order to return and continue your exchange program.
- Obey all state and federal laws.
- It is mandatory that you report any change of address to the International Center, and the Records Office at Cal Poly Pomona within 10 days of the change.

Benefits

- Enrolled students are eligible to apply for part-time on-campus employment, 20 hours or less per week while school is in session and full-time during vacation periods. Full-time employment is any amount of time more than 20 hours per week. On-campus employment must be authorized in writing by an International Student Advisor/Responsible Officer before the start date of the employment.
- Can remain in the U.S. with an expired visa stamp as long as student status is maintained.
- There is no restriction on travel within the U.S.
- Can travel to Canada or Mexico for 30 days or less and re-enter the U.S. with an expired visa stamp as long as you have a valid passport, I-94 card and DS2019 with a travel signature from

OPENING A BANK ACCOUNT

Banks of Choice

Many students choose to open a bank account once they arrive. The Cal Poly Pomona Federal Credit Union is located in the Bronco Student Center on campus, and there are several other banks and credit unions located in Pomona. Some of these main institutions include:

Bank of America

www.bankofamerica.com

Chase

www.chase.com

California Bank & Trust

www.calbanktrust.com

Wells Fargo Bank

www.wellsfargo.com

Documentation

Make sure to bring your passport, I-20, and I-94 card with you when you open a bank account. You may be asked for your social security number, but as an F-1 student, you are not required to have a U.S. social security number in order to open a U.S. bank account or for most other financial transactions. Simply explain to the account representative that you are an F-1 international student and ask to complete the IRS form W-8 "Certificate of Foreign Status."

TRANSPORTATION

Buses

There are two bus companies that serves Los Angeles area:

Metropolitan Transportation Authority (MTA)

www.mta.net

Foothill Transit

www.foothilltransit.org

Schedules and Transfers

Sometimes you will need to use two different buses to make one trip because the first bus you board may not go all the way to your destination. Always ask the first bus driver to give you a "transfer." A transfer is a small slip of paper which you will then give to the second bus driver as you transfer. The transfer may cost a small fee.

Trains

These buses also link to the Metrolink, a commuter rail system which runs daily, mornings and evenings on weekdays, and into and from downtown Los Angeles. There is limited service on Metrolink after 6 p.m. and on weekends, so please check the schedule before boarding. Metrolink schedules can be found at: www.metrolinktrains.com.

Museums/Zoos

- Autry National Center
- Griffith Park Observatory
- J. Paul Getty
- Long Beach Aquarium
- Los Angeles Zoo
- Museum of Contemporary Art
- Los Angeles County Museum of Art
- Natural History Museum
- Norton Simon Museum
- Museum of Television and Radio

Beaches

- Huntington
- Laguna
- Malibu
- Newport
- Santa Monica
- Venice

Shopping Malls

- The Block (City of Orange)
- Brea Mall
- The Grove (Los Angeles)
- Melrose (Hollywood)
- Montclair Plaza
- Ontario Mills
- Puente Hills Mall
- Rodeo Drive (Beverly Hills)
- Westfield Shopping Center (West Covina)
- Victoria Gardens (Rancho Cucamonga)

Grocery Stores/Shopping Centers

- 99 Ranch Market
- Albertson
- Costco
- Ikea
- Ralphs
- Stater Bros Markets
- Target
- Trader Joes
- Vons
- Walmart
- Winco



Mail Delivery

Mail (letters, bills, magazines, packages, etc.) is delivered to your address by the U.S. Postal Service, Monday through Saturday. Be sure to include your Zip Code number when you give family and friends your address.

United States Postal Services

www.usps.com

the International Center.

- Eligible to apply for Academic Training work experience with your home university's approval and recommendation by your Cal Poly Pomona Academic Advisor.
- Have 30 days to depart the U.S. after the expiration date on your DS2019 form.

Employment for J-1 Students

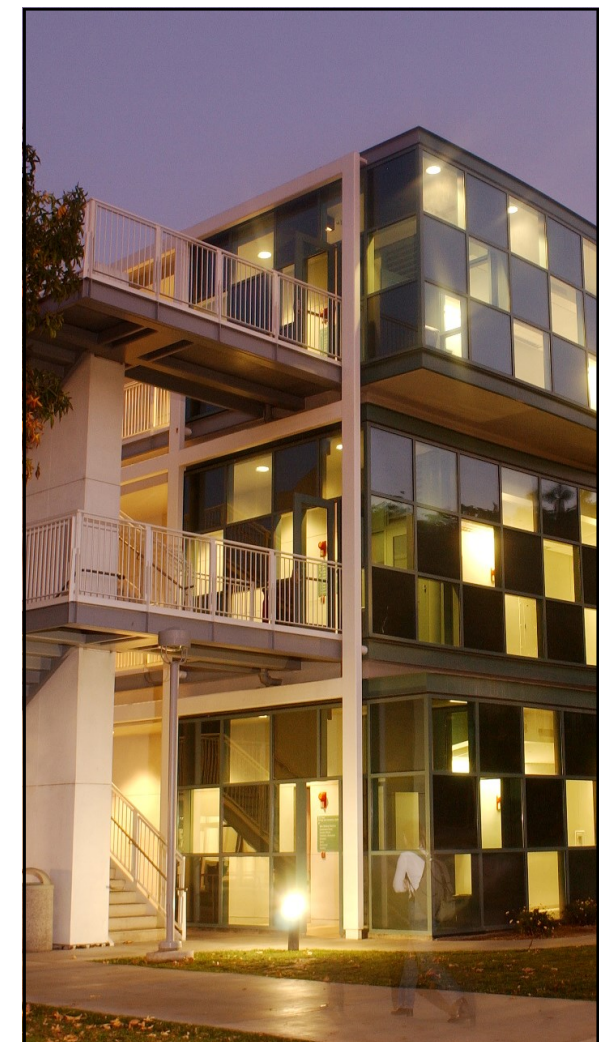
Under U.S. Federal regulations J-1 students are permitted to accept on-campus employment only on the campus at which they are enrolled. Employment must be restricted to 20 hours per week when classes are in session and up to 40 hours per week when classes are not in session. Under no circumstances are you permitted to accept off-campus employment without the authorization of the International Center and/or the U.S. Citizenship & Immigration Services (USCIS). To do so is to violate USCIS law and would result in the loss of your J-1 visa status.

Academic Training

“Academic Training” is paid or unpaid employment in the academic major field of study listed on your DS2019 form. This is the major you are taking classes in while studying in the U.S. at Cal Poly Pomona and not the major from your home university. The amount of academic training eligibility is limited to the amount

of months you have been enrolled as a student at Cal Poly Pomona (CPP) with an over-all limit of 18 months. In counting months of eligibility, part-time academic training counts the same as full-time. When academic training is approved a new DS2019 is issued along with a letter of work authorization.

For more information on employment, please visit the International Center's website: <https://www.cpp.edu/international/international-students/index.shtml>



CULTURE SHOCK

All new student' first days are ones of adjustment. However, for international students this is even truer. You will be experiencing many different changes when entering college. There are usually four phases that you may experience.

- 1. **Honeymoon:** Everything is great, nothing is wrong; you're having a wonderful time.
- 2. **Shock:** There are so many differences in this country that you don't know how to deal with them. You didn't think things would be like this.
- 3. **Negotiation:** You learn to deal with the problems set before you and try to integrate them with your own beliefs.
- 4. **Acceptance:** You are able to live well in the environment with the differences you are experiencing.

Some cultural differences you may experience due to change in customs are:

- **Friendship:** Most people you will come in contact with will be friendly. They will talk about current events, politics, hobbies, and sports. However, personal matters are often not spoken about such as financial or family problems.
- **Dress:** The attire worn is usually informal, unless otherwise told to wear formal clothing. It is not necessary to wear Western-style clothing. Clothing you have brought from home is acceptable.
- **Greetings:** When Americans greet each other, whether male or female, a handshake is generally the custom. Spatial distance is very important aspect of nonverbal communication. Most Americans stand 3 feet apart when talking.

- **Schedules:** Americans place a high priority on being punctual. The phrase "time is money" is very common. You will be expected to be on time to events that have specific starting times, such as class, dinner arrangements, appointments, etc.
- **Professors:** The relationship between student and professor is usually open and informal. Most professors want their students to talk directly to them about any questions they have, in order to resolve them quickly.

Symptoms of Culture Shock

- Feeling very angry over minor inconveniences
- Irritability
- Withdrawal from people who are different from you
- Extreme homesickness
- Sudden intense feeling of loyalty to own culture
- Overeating or loss of appetite
- Boredom
- A need for excessive sleep
- Headaches
- Upset Stomach
- Small pains really hurt
- Depression
- Loss of ability to work or study effectively
- Unexplainable crying
- Marital or relationship stress
- Exaggerated cleanliness
- Feeling sick much of the time

In order to have culture shock, you need not have every symptom on the list. It is possible that only a few may apply to you. These symptoms may also appear at any given time. However, those such as headache and upset stomach should be checked by a physician before you decide it's only culture shock.

- Domino's Pizza - Pizza
- El Pollo Loco - Grilled Chicken
- Golden Spoon – Frozen yogurt
- In 'n Out – Fresh Burgers
- Jack in the Box - Burgers
- KFC – Fried chicken
- L n' L - Hawaiian BBQ
- McDonalds - Burgers
- Panda Express – Chinese
- Pizza Hut– Pizza
- Quizno's - Toasted Sandwiches
- Rubio's - Mexican
- Subway - Fresh Sandwiches
- Taco Bell - Mexican
- Ten Ren – Boba Drinks
- Wendy's - Burgers

Theme/Amusement Parks

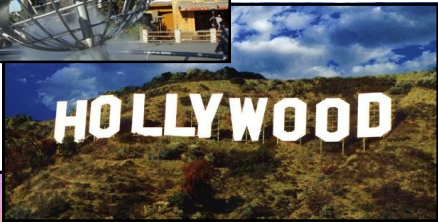
- Disneyland (Anaheim)
- Knott's Berry Farm (Buena Park)
- Raging Waters (San Dimas)
- Six Flags Magic Mountain (Valencia)
- Speed Zone (Industry)
- Sea World (San Diego)
- Universal Studios (Universal City)

Ethnic/Cultural Areas

- Chinatown
- Historic Filipinotown
- Koreatown
- Little Armenia
- Little Ethiopia
- Little Saigon
- Little Tokyo

Local Areas

- Olvera Street (Downtown L.A.)
- Catalina Island
- Fashion District (Downtown L.A.)
- Hollywood
- Jewelry District (Downtown L.A.)
- Santa Monica Pier
- Toy District (Downtown L.A.)



Intramurals and Outdoor Recreation

<https://asi.cpp.edu/campusrec/about-us>

Do you enjoy playing volleyball, soccer, hockey, softball or basketball, but are not certain if you will be able to participate regularly? They are open to faculty, staff, students and alumni and will allow you to participate as frequently as you would like. You can also choose between competitive and non-competitive, organized and informal sport activities.

Bronco Recreation Intermural Center (BRIC)

The BRIC is an ultra modern sports complex that contains a gym, sports courts, indoor running track, climbing wall and outdoor pool.



LIFE OFF CAMPUS

Discounted Tickets

Discounted tickets for Cal Poly Pomona Students can be purchased in the Games Room at the Bronco Student Center. Prices are subject to change.
www.asi.cpp.edu/games-room

Restaurants

- Applebee's – Variety
- Black Angus – Steak, ribs
- BJ's – Pizzeria and Brewery
- California Pizza Kitchen – Pizza
- Chili's— Grill and bar
- Elephant Bar – World cuisine
- Island's – Burgers
- Macaroni Grill - Italian
- Millie's – Variety
- Olive Garden - Italian
- Rainforest Café – World Cuisine
- Red Lobster - Seafood
- Souplantation – Soup, salad, & pasta buffet
- TGI Fridays – Ribs, steak and more
- Tony Roma's – Ribs, steak

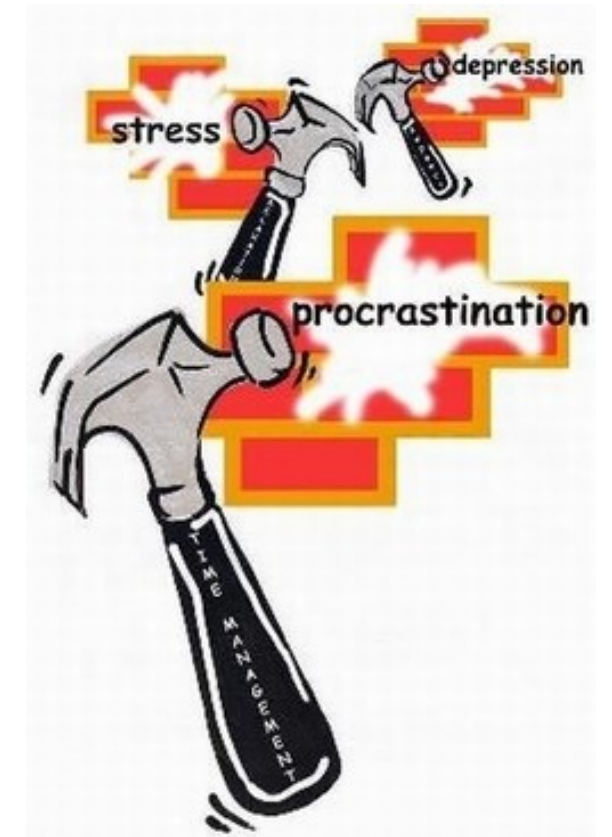
Fast Food

- \$1 Drinks – Boba Drinks
- Burger King—Fast Food
- Carl's Jr -Fast Food
- Chipotle – Americanized Mexican
- Coldstone - Ice cream
- Del Taco - Mexican

Solutions for Culture Shock

Even though some people may not be able to eliminate culture shock, there are ways to ease the stress. Some of these activities are listed below:

- **Keep Active.** By getting out of your room or outside of your apartment, you are able to experience first-hand what Americans are doing. If you visit public places, such as a shopping mall or sporting events, you will be able to watch and learn how American customs are practiced.
- **Make American Friends.** By having friends you can talk to, you are able to ask them questions about what you do not understand.
- **Read.** Accessing the Internet for websites that describe or represent the US culture can be helpful in understanding the culture better. For example, reading the opinion pages of major US newspapers can give you a glimpse into current cultural issues. All students have free access to the Internet on campus.
- **Exercise.** By finding an activity that you can enjoy, you will be able to reduce stress and depression. Americans like to run and walk on paths. They also like organized games. By contacting the Wellness Center at 909.869.2753, you will be able to find out what programs available.
- **Community Activities.** Talk with your host family, Resident Assistant, or other Americans about community activities, religious services, or volunteer opportunities to help you become a member of the community while you are here.
- **Work on Your English.** This is an extremely important concept. It is much easier to understand to a culture when you can understand the language being used. Ask about any slang terms



- that you do not understand.
- **Introduce Yourself to Other International Students.** Other international students may be experiencing the same problems that you are. By talking to them, you may be able to find out ways they are coping with problems.
 - **Be PATIENT.** Many international students experience culture shock in some way while they are here. Just recognize the problem and give yourself time to get over it. If you need to, keep reminding yourself that this is not permanent.

(CAPS) Counseling and Psychological Services

<https://www.cpp.edu/caps>

GENERAL INFORMATION ON U.S. LAWS/RULES

Foreign students still enjoy certain "constitutional rights" in the United States. This is because the rights listed in the Constitution are for “people” in the United States, not just for U.S. citizens. The rights include:

- Freedom of expression (in speech and writing)
- Freedom of assembly (that is, to meet with other people without restrictions except those related to safety)
- Freedom of religion
- Freedom from unreasonable searches of themselves or their property

Foreign citizens in the United States can own houses. Foreign students and some other categories of foreign citizens in the United States cannot legally own guns.

- Legal drinking age is 21
- Legal gambling age is 21 or 18 in some areas
- Legal smoking age is 18
- You cannot drink and drive
- You cannot drink in public
- You cannot urinate in public
- Most stores are closed at 10pm



HEALTH INSURANCE & USE OF HEALTH CENTER

Health Insurance

State law requires that all international students have a health insurance policy. They can be purchased through www.jcbins.com. If possible, students should visit the Cal Poly Pomona Health Services Center first for treatment of any injury or sickness.

Student Health Center/Wellness Center

www.cpp.edu/health

The mission of the Cal Poly Pomona Student Health Center “is to provide Prevention, Education and Healing services to enhance student learning.” It is located in building 46 — a short walk up University Drive from the center of campus, across from ENV-Bldg. 7, and next to parking lot J. The Wellness Center is located at the West Entrance of building 46, next to the patient parking lot.

Student Health Services:

Appointments & Info.:	909.869.4000
General Fax:	909.869.4561
Urgent Care:	909.869.2740
Pharmacy:	909.869.2744

The Wellness Center:

Info:	909.869.5272
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Medical Emergency

If you are experiencing a medical emergency, you should call 911 or visit the following hospitals near campus:

Pomona Valley Hospital Medical Center (4.9 miles)
1798 N. Garey Ave., Pomona
Main (909) 865-9500
Emergency (909) 865-9600

San Dimas Community Hospital (6.5 miles)
1350 W. Covina Blvd., San Dimas
Main (909) 599-6811
Emergency (909) 394-2740

Citrus Valley Medical Center - Inter-Community Campus (7.4 miles)
210 W. San Bernardino Rd., Covina
Main (626) 331-7331
Emergency (626) 915-6243

Citrus Valley Medical Center - Queen of the Valley Campus (9.9 miles)
1115 S. Sunset Ave., West Covina
Main (626) 962-4011

Kaiser Permanente- Baldwin Park Medical Center (11.7 miles)
1011 Baldwin Park, Baldwin Park
Emergency (626) 851-1011
(Kaiser plan members only)

University Police Department (CPP)
Bldg. 109
(909) 869-3070

LIFE ON CAMPUS

On our beautiful campus in sunny Southern California, Cal Poly Pomona welcomes nearly 1,000 international students to learn, explore, and grow everyday. College life is more than just taking classes. There are so many places to eat, learn, relax, work, shop, exercise, contemplate or simply hangout with new friends.

Be sure to check out Associated Students, Inc. (ASI), Office of Student Life (OSL), Clubs and Organizations, Bronco Student Center, Athletics, and other student services on campus under student life.

Campus News:

<http://polycentric.cpp.edu>

Event Calendars:

www.cpp.edu/events

Student Life/Student Services:

www.cpp.edu/campus-life

