



International Student Handbook

Welcome to Austin Peay State University!

The information provided in this handbook is designed to assist all prospective and current international students and sponsors or family members of international students.

We encourage you to become familiar with the contents of this handbook. It will be a valuable source of information for many of the questions you may have. Numerous references to our website and links to other useful sources of information about our program, APSU and the Clarksville area are included. In addition, you may contact our office at any time and we will do our best to assist you.

Austin Peay State University
Office of International Education
Harned Hall, Room 127
Box 4485
Clarksville, TN 37044
(931) 221-6851
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Application Process

We have provided the following information about the APSU admission process for your convenience.

F-1 or J-1 students applying for admission must submit the following documents:

1. Application for Admission (online process)
2. Official high school and college transcripts
3. Official TOEFL exam scores sent from ETS
4. Financial Support Documentation Form

A student admitted for studies as an F-1 or J-1 student will need to complete the following steps:

1. Pay the I-901 fee to apply for the student visa.
2. Apply for the F-1 or J-1 student visa.
3. Apply for housing at APSU or inquire about other housing options available.

The following items are **required at registration before class begins**. However, we **strongly** encourage students to submit these items with their initial applications whenever possible:

1. Certificate from a licensed physician or other qualified medical authority certifying that the student is free from tuberculosis based on a chest X-ray or skin test (this is in addition to the BCG vaccine).
2. Proof of two measles, mumps and rubella (MMR) immunizations.
3. Immunization for chicken pox.

The I-20 document will be sent via first-class mail unless otherwise requested.

Transferring F-1 Students

Transferring F-1 students must provide **all** of the same application documents and application fee as noted above for all F-1 international students. In addition, they must submit photocopies of the Form I-20/IAP-66 or DS-2019, Form I-94, U.S. visa page and passport information pages to the Office of Admissions.

Before You Leave for the United States

- Renew your passport for an expiration date no earlier than your program end date at APSU. This will ensure that you are able to enter and depart the country during your program of study.
- After receiving your DS-2019 form (for the J-1 student) or I-20 (for the F-1 student), schedule an appointment with the American Embassy to complete your visa interview. Be sure to bring the appropriate documentation with you including your visa application, I-20 or DS-2019 form, your letter of acceptance at APSU, financial statements and any other requirements.

- Before scheduling your flight to the U.S., contact the Housing Office to verify your room assignment and earliest possible check-in date at APSU. As an F-1 or J-1 student, you must plan to arrive no earlier than 30 days prior to your program start date. Do not book your airline ticket before confirming that your room will be available for check in on the date that you plan to arrive at APSU. The Housing Office requires students to check-in to their rooms on certain dates and during certain time periods. Ensure that you will arrive to check-in to your room on these dates and within these hours. If your flight is delayed and you are unable to arrive within these hours, please have a back-up plan including a local hotel option. You may also contact the Office of Public Safety at (931) 221-7786 to request special assistance from the Coordinator of International Education in the event that you arrive at a late hour.
- Make copies of your immigration documents including your DS-2019 form (for J-1 students) or I-20 (for F-1 students), student visa, passport, financial statement, and acceptance letter to APSU. Leave one copy of the documents in a safe place with a family member. Bring the original copies with you at all times when traveling.
- Update your immunization records. An international student is required to submit proof of two immunizations against measles, mumps, and rubella during his/her lifetime and an immunization for chickenpox. Also required is proof of a negative tuberculosis test dated within the last year or a letter from a physician confirming that the student is TB free. A student who has not submitted this proof of immunizations and a TB-free statement will not be able to register for classes.
- Notify your banking institution in your home country that you will be studying in the U.S.A. and for what time period you will be abroad. Discuss using a debit/credit card while in the U.S. and whether it will function. Do not rely solely on your debit /credit card from your home country bank as sometimes these cards do not function in the U.S. Plan to also bring a small amount of U.S. dollars that will provide enough funds to sustain you until you are able to meet with a U.S. banking official to open up an account in the U.S.
- Make travel arrangements from the BNA-Nashville International airport to Clarksville, Tenn. The average travel time from BNA is 45 minutes to one hour. Options include the following:

24-Hour Airport Shuttle

Cost: \$75 (U.S. dollars) Price subject to change. Please verify current pricing.

(931) 552-9928

www.myshuttlelimo.com

APSU volunteer pick-up

APSU community members often volunteer to pick-up international students at the airport. Please book your arrival time between the hours of 8 a.m. to 8 p.m. and request

this option at least three weeks in advance of your arrival date. You may request volunteer pick up by completing the online Airport Pick-Up form on the Office of International Education website www.apsu.edu/international .

- Send your travel itinerary to the Office of International Education with your arrival date. If you experience a delay at Customs and Immigration, this information will allow us to support you through the entry process. Also, you should schedule an appointment to confirm your arrival for visa purposes with the Office of Admissions by email to wadiak@apsu.edu .
- Double-check the packing list enclosed in this handbook to ensure you have included all necessary items in your luggage and carry-on bag before you depart.

Travel

Be sure you know your flight itinerary – you will most likely be flying into the Nashville International Airport (BNA) - and verify that you have transportation arranged from the airport. We cannot arrange pick-ups from any airport other than BNA Nashville airport. If you need assistance with transportation from Nashville to Clarksville, contact our office for information on shuttles.

Hand carry all of your important documents, including your passport, I-20 or DS-2019 form, visa and financial documents. These must be readily available for immigration officials at your port of entry.

There are further recommendations at the U.S. Immigration and Customs Enforcement Web site <http://www.ice.gov/sevis/index.htm> , including a fact sheet, titled “Arriving at a U.S. Port of Entry.”

Contact Information

You should also carry with you all contact information for your U.S. sponsor or guardian as well as Office of International Education at APSU.

When You Arrive in Clarksville

New and transferring F-1 and J-1 students should plan to arrive in Clarksville before orientation and classes are scheduled to start. Please call the Office of International Education (931-221-6851) when you arrive in Clarksville – we want to know you have arrived safely.

All international students must make appointments to meet with Kay Wadia of the Office of Admissions (wadiak@apsu.edu). Bring *all* of the following items to the Office of Admissions appointment: your passport, visa and stamped I-20 or DS-2019 form. Please be on time and expect this process to take 30 to 45 minutes. If you arrive at Admissions without an appointment, the staff may be busy with other students and unable to help you until later.

Following that appointment you will need to see Leslie (nelsonl@apsu.edu) or Donna at Health Services (no appointment necessary). New and transferring F-1 students must bring *all* of the following items to the Health Services appointment: proof of adequate health insurance, proof of two MMR (measles, mumps, rubella) immunizations, chicken pox immunization (if not already submitted), and proof of a negative tuberculosis test (if not already submitted) or a letter from your doctor stating that you are TB free.)

Campus Policies

F-1 and J-1 international students will be expected to follow regular APSU policies. A complete policy list is found at <http://www.apsu.edu/sites/apsu.edu/files/student-affairs/disciplinaryoffenses.pdf>

Disability Policy

Any student who has a disability that affects his or her academic performance is encouraged to make an appointment with the Office of Disability Services, (931) 221-6278.

Academic/Classroom Misconduct

Students are expected to conduct themselves appropriately at all times. Academic and classroom misconduct will not be tolerated. Students should read the APSU Code of Conduct for an understanding of what will be expected of them within the academic setting.

<http://www.apsu.edu/sites/apsu.edu/files/student-affairs/acadandclassmisconduct.pdf>

Plagiarism/Cheating Policy

Plagiarism and cheating are serious offenses and can result in a failing grade for the assignment/course. Plagiarism is taking another person's idea or written work and using it as (or part of) your own work without appropriate credit. At no time is it acceptable to hand in class work which has been taken from someone else's work – this includes the internet.

Grievances Policy

If a student has any complaints or troubles in regard to a certain class or teacher, the student should first talk with the teacher and work together to address the situation and come to a mutual agreement. If the student is not satisfied with the outcome, the student should then make an appointment with the department chair, who will try to work with both the student and the teacher to reach a satisfactory resolution.

Academic Probation

Full-time F-1 and J-1 students must show progress in classes to maintain student status. If a student does not participate in class or habitually does not turn in assignments or homework or has excessive absences, the student's visa status will be in jeopardy.

Immigration and F-1 Visa Compliance

All F-1 and J-1 academic students are responsible for maintaining their visa status in good standing. We strive to keep students within the requirements of the law and compliance with immigration regulations is an important part of that goal.

Notice Concerning the Role and Responsibility of the International Student at Austin Peay State University to Comply with U.S. Immigration Laws and Regulations

It is critical that international students in F-1 and J-1 visa classification maintain their legal status in the United States. Students must be aware of their roles and responsibilities and comply fully with the following:

1. Report to APSU.

F-1 and J-1 Students must report to campus within 30 days of the I-20 or DS-2019 start date and within 30 days of the current session start date.

2. Always enroll full time.

F-1 and J-1 students must maintain full-time student status every semester, this is defined as 12 credit-hours for undergraduate students and 9 credit-hours for graduate students. F-1 and J-1 students may only count 3 credit-hours of online courses toward full-time enrollment requirements.

3. Update your local address.

Federal immigration regulations require you to update your local residential address, including changes from one residence hall to another, within 10 days of any address change within the U.S. You do this by sending an e-mail to the Coordinator of International Education InternationalEd@apsu.edu. Note: Post Office Box Numbers (Mail Box) cannot be substituted. If you live on campus, your address for this purpose includes the name of your residence hall and your room number.

4. Maintain the validity of your immigration documents.

- Do not let your passport expire. You are required to keep your passport valid for at least six months in to the future while you are studying in the U.S. Consult your country's consulate or embassy in the U.S. to renew your passport. You can find the contact information for your consulate at: <http://travel.state.gov>.
- Keep your visa valid if traveling outside the U.S. If your visa expires while you are in the U.S. contact International Education prior to departure from the U.S. because you will need to apply for another student visa before you can return.

5. Report a change of program dates.

- If your program end date changes, complete the Update Program Information form on the International Education website and submit it to International Education at least two weeks prior to the change.
- If you finish your studies before the program end date on the I-20 or DS-2019 form, complete the Update Program Information form and submit it to International Education. A SEVIS Designated School Official (DSO) must request to shorten your program end date in the SEVIS system or your SEVIS record will auto-terminate.
- If you will finish your studies after the program end date on the I-20 or the DS-2019 form, complete the Update Program Information form and submit it to International Education. A SEVIS DSO must request an extension of program dates or your SEVIS record will auto-complete.
- If you do not request in writing utilizing the Update Program Information form to update the program end date, your SEVIS record will terminate and you will be out-of-status.

6. Notify the coordinator of International Education when you leave the U.S. or change your visa status.

When you finish your program and leave the U.S. permanently or you change to another visa status (for instance if an employer plans to do an H1B visa application for you after you graduate or you finish your OPT), let the coordinator of International Education know in person or by e-mail.

7. Report a change of degree program or level. Contact International Education prior to changing your educational program or level.

- For example, if your I-20 states that you are studying chemistry and you want to change your program of study to marketing, you must complete the Update Program Information form and submit it to the Office of International Education.
- All program changes must be updated in the SEVIS system. If you have graduated from an undergraduate program and will be beginning graduate studies, you must complete the Update Program Information form to notify the Office of International Education and request a change of degree level.

8. Discuss transfer plans with a designated school official (DSO).

If you plan to transfer to another school or to go on to attend graduate school after you graduate from Austin Peay State University, complete the transfer request form on the International Education website.

9. Keep copies of immigration documents. Keep copies of all immigration documents including:

- the passport photo page.
- the visa page of your passport.
- both sides of your I-94 Form (even if the back side has no writing).
- I-20 (for F-1 visa students); DS-2019 (J-1 visa students). Keep all copies of any DS-2019 or I-20 issued to you during your time as an international student.

Remember to keep all immigration documents in a safe place. During an emergency, carry your immigration documents on your body if possible.

10. F-1 and J-1 students are not permitted to work off-campus (outside of the university) without prior authorization.

Off-campus employment is any type of work or services performed in exchange for money, tuition, fees, books, supplies, room, food or any other benefit that does not take place on the Austin Peay State University campus.

Students with financial problems should speak with International Education, but should never work off-campus without first requesting the work through SEVIS. If you are currently authorized to work off campus due to economic hardship, your off-campus work authorization terminates when you transfer. You must re-apply for off-campus work authorization at your new school.

11. On-campus employment: F-1 students are permitted to work on campus for 20 hours per week during the academic year and 40 hours per week during summer and winter breaks.

Making Plans for International Travel

1. You must have the third page of your I-20 or DS-2019 form signed by a university DSO before traveling. The signature date on your I-20 is valid for only one year of travel; check to make sure the signature is and will be valid upon return.
2. Before leaving you must check to make sure that your student visa will still be valid upon re-entry into the U.S. If not, you will need to apply for a new visa prior to your return to the U.S.
3. You must make sure that your passport is valid up to six months after your re-entry date.
4. Carry your I-20 (F-1) or DS-2019 (J-1) , passport, visa, financial support documentation and other proof of student identification including transcripts, student I.D., and emergency contact information for the APSU SEVIS PDSO on your person when leaving and re-entering the U.S.

Health and Health Insurance

The state of Tennessee requires students to provide proof of immunizations and health insurance. These requirements may not be common in your home country, but they are necessary in the United States and we must comply with all requirements. As stated in the *Notice Concerning the Role and Responsibility of the International Student at Austin Peay State University to Comply with U.S. Immigration Laws and Regulations*, failure to submit these shall result in denial of admission or termination of student status.

Please be sure you understand these **important requirements** and contact the Office of International Education if you have any questions. Some documents may be submitted with the initial application; everything must be presented prior to registration.

Immunization Requirements

- International students **must submit a certificate**, in English, from a licensed physician within 30 days of the beginning of classes certifying they are free from tuberculosis.
- The state of Tennessee requires all first time and readmission students to provide **proof of two immunizations** with the Measles, Mumps and Rubella (MMR) vaccines and one immunization against the chicken pox. You will not be allowed to register for classes until this requirement is met.
- The state of Tennessee mandates that all students entering the institution for the **first time** and those students who will be living in on-campus housing for the **first time** must also be informed about the risk of hepatitis B and meningococcal meningitis infections. **Tennessee law requires that such students complete and sign a waiver form provided by the institution.**

Insurance Requirement

- In the United States, health care costs are extremely expensive. International students are often surprised by how very high a doctor's bill is for what seems to be a very simple treatment. You might also come from a country where healthcare costs are paid by the government, or where there are special rates for students. This is **not** the case in the U.S. – here, F-1 and J-1 visa students must pay for their own health care costs.
- To assist with **part** of those costs, F-1 visa students and J-1 visa students attending Tennessee Board of Regents (TBR) schools are **required** to have "adequate" medical and hospitalization insurance on themselves (and any dependents who are also here in the United States) as a condition of admission before each semester of registration. This insurance must be maintained throughout enrollment.
- Insurance may be purchased through the university; you may also purchase it separately but it should provide the same coverage, including "medical evacuation and repatriation" coverage should you need to return to your country. The insurance is in place to provide partial coverage for most injuries or illnesses suffered while students are enrolled. It is not meant to be a full-coverage health care plan; it is not a complete system of care. However, it is very useful for reducing the cost of most treatments that the average student may incur during his or her time in school.
- F-1 and J-1 international students may utilize the campus Health Services facilities.

- At your scheduled Health Services appointment you will be asked to present a copy of your health insurance policy including term of enrollment, in English, and verification of payment for the semester(s) that you will be attending. ***If you do not have coverage at registration you will be enrolled in the TBR plan at that time and the cost will be added to your fees.***

Austin Peay State University

Austin Peay State University is located in Clarksville, Tennessee, the state's fifth largest and youngest (in age of the population) city. The school is named after former Tennessee Governor Austin Peay, a Clarksville native. Austin Peay is a four-year public, master's level university offering more than 57 majors and 91 different concentrations. A great deal of information about APSU is found at www.apsu.edu. The following few items have been selected that international ESL students might find useful.

Student I.D. Card

All APSU students receive an Austin Peay State University student I.D. card. These cards are used to gain access to various campus facilities and services based on the specific fees paid by each student.

Parking

Every Austin Peay State University student, faculty and staff member who chooses to park a vehicle on campus at any time must obtain and display a current, valid parking decal and park in the designated areas (color coded). The fee for the parking decal is included in the Program Services Fee.

Felix G. Woodward Library

To set up your library account, go to the circulation desk which is on the left when you enter the library. They will need your APSU I.D. (for full-time students), home address and phone number. Go to <http://library.apsu.edu/> for further information hours of operation.

University Recreation

Full-time students who have paid the Program Services Fee will have access to the Foy Fitness and Recreation Center. Other full-time and part-time students (who have not paid the Program Services Fee) may enroll by paying \$93 per semester and filling out an application. Go to <http://www.apsu.edu/Recreation/> for hours and event schedules.

Campus Dining

Students living in campus residential housing, except Two Rivers and Emerald Hill Apartments, are required to purchase a meal plan. Commuting students living off campus have the option of purchasing a meal plan. Click here for the campus dining link

<http://www.dineoncampus.com/apsu/>

- All first-year students living on campus must select from among the 19-, 14-, and 10-meal plan options.

- All second-, third-, and fourth-year students have the option of the 19-, 14-, 10- or 90-block or Plus Dollars plan (depending on your residence hall).
- Students may switch meal plans within the first two weeks of each semester. After the two-week deadline, students may not change meal plan options until the start of the next semester when they choose a new meal plan.
- Students living off campus are not required to purchase a meal plan. However, we've created several commuter-friendly meal plan options to provide meals for those students on the run or on campus for long periods of time. Our commuter students like the idea of eating lunch on campus without losing their parking spots.
- Plus Dollars roll over from fall to spring but not from spring to fall.
- Students lose all unused Plus Dollars at the end of the Spring semester.
- A meal plan is good for only one semester and a meal plan must be purchased for each semester.
- Resident students must select a meal plan for each semester. Summer semester does not have a meal plan requirement.

Public and Campus Safety

Overall, the United States is a safe place. Rarely do students have any trouble, but be sure to follow these "common sense" rules of safety. Always make sure you lock all doors and windows of your home and/or car while you are away. Avoid carrying large sums of cash or valuables with you. Avoid visiting public places such as parks alone after dark, and avoid using Automatic Teller Machines (ATM) alone after dark. Do not carry weapons. It is a good idea to ask friends or colleagues what areas of Clarksville are less safe than others. If something should happen, do not try to resist a robber or mugger, and contact the police as soon as possible.

Clarksville Police Department

Serious (life threatening) Emergency:
pick up any phone (including cell phones) and dial **911**.

On-Campus Emergency: 911

APSU Campus Police: (931) 221-7786

International Student Organization (ISO)

The International Student Organization (ISO) is made up of both international students and students with international interests. The ISO's purpose is to broaden the intercultural vision of the university community and to promote international student participation and inclusion in university organizations and activities. The ISO holds many opportunities throughout the year where international students can get involved in campus activities and events with other university students. <http://www.apsu.edu/iso/>

APSU Policies

Students enrolled in the ESL Institute are considered APSU students and therefore should also follow APSU student policies. http://www.apsu.edu/student_affairs/judicial1.htm

- **Smoking** - All smoking is prohibited on the APSU campus, except in designated campus parking lots. Regardless of whether classes are in session, this policy prohibits smoking in all buildings, grounds and state-owned vehicles 24 hours a day, year round.
- **Drinking and Drugs** - Austin Peay State University strictly prohibits the use, possession or distribution of alcohol and other illicit drugs on the APSU campus, on property owned or controlled by APSU, or as part of any activity of APSU.

Campus Phone Numbers and Internet Links

Office of International Education, (931) 221-6851, www.apsu.edu/internationalead
 University Police, (931) 221-7786, www.apsu.edu/police/
 Emergency (campus police), (931) 221-4848
 Housing, (931) 221-7444, www.apsu.edu/housing/
 Health Services, (931) 221-7107, www.apsu.edu/healthservices/
 Student Affairs, (931) 221-7341, www.apsu.edu/student_affairs/
 International Student Organization, www.apsu.edu/iso/
 Admissions (931) 221-7661, www.apsu.edu/admissions/
 Office of the Registrar (931) 221-7121, www.apsu.edu/records/index.htm

Employment

International students are permitted to work up to twenty hours per week on campus only. **Off-campus employment by international students is a violation of student visa regulations and will result in the student becoming out of status.** There are limited employment opportunities on campus and most jobs require a proficiency in English. To check availability and requirements of any job, go to <http://www.apsu.edu/hrhomepage>.

Culture and Customs in the United States

Moving to the United States and attending a new school is a big adjustment in many ways. We cannot include information on everything, but we offer the following points to assist in your transition.

Adjusting to Life in the United States

It is normal and expected for a person who has just entered a new culture or community to feel overwhelmed, excited, nervous, sad, frustrated or happy – sometimes all at once. Moving away from friends, family and the familiar surroundings of home is challenging in both positive and negative ways. Do not be alarmed or surprised if you find yourself feeling confused or frustrated as you make the big move and adjust to life in the U.S. Remember that you are not alone! There are several places on campus where you can seek help and support if you are feeling overwhelmed. You are encouraged to contact the Office of International Education or Student Counseling Services with any questions or concerns. We are here to help students with this transition.

International Education, (931) 221-6851, <http://www.apsu.edu/internationalead>
 Student Counseling Services, (931) 221-6162, <http://www.apsu.edu/counseling/>

Cultural Adjustment Stages

Adapting to a new culture is a continual process that lasts throughout your stay. It is important to hold on to one's basic values, while assimilating new cultural values as well. Understanding the adjustment process helps both international students and U.S. citizens accept cultural differences and the occasional feelings of alienation and frustration associated with the change.

- **Honeymoon:** Exhilaration and anticipation characterize the "honeymoon stage" when individuals are generally fascinated with all that is new and are open to meeting new people. However, with enthusiasm to please they may nod or smile to indicate understanding when, in fact, they do not truly understand what is being said or done. When misunderstandings build, the individual is likely to experience the second stage of cultural adjustment.
- **Hostility:** Frustration, anger, anxiety and sometimes depression take over during the "hostility stage." The initial excitement is replaced by impatience with bureaucracy and the weariness of speaking and listening in English. At this point, people may display hostility toward people of the new culture and minor frustrations may grow into fear, mistrust and lack of interest in the new culture.
- **Humor:** The "humor stage" follows when the individual begins to relax in the new culture and starts to laugh at minor mistakes and misunderstandings that previously caused headaches. This often occurs after the individual has gained friends and is better able to manage his or her new environment.
- **Home:** The "home stage" occurs when the individual "feels at home" in the new culture yet retains allegiance to his/her home culture – gaining the ability to live successfully in both.

Greeting People

"Informal" often describes social and even professional life in the United States. First names are often used. However with initial introductions, formal or business situations it is better to address someone as Dr., Mr., Mrs., or Ms., than by first name. Students in the U.S. generally use first names with peers and last (or family) names with professors. "Hello" and "How are you?" are common greetings. "How are you?" is more of a social convention than a genuine desire to hear about another person's well-being. In addition to a verbal "hello" or "nice to meet you," a handshake is a standard form of greeting for both men and women.

Personal Space and Etiquette

In the U.S. people give considerable space between themselves and others. If a person backs away during a close conversation, that person is likely trying to reestablish a comfortable personal distance.

People in the U.S. are concerned with personal cleanliness, bathing frequently and using a lot of soap and deodorant, but rarely cologne. Although this might seem exaggerated by other cultural viewpoints, attention to personal hygiene is important for business and social success in the U.S.

Time Orientation

Despite an emphasis on informality, **punctuality is valued**. Meetings, social functions, classes and other organized activities start within minutes of the established time. This applies to professional appointments as well as dinner with friends. If you are unable to meet someone at a pre-established time it is expected that you will contact them and let them know you will be late or unable to meet them.

Social Interaction and Visits

Casual acquaintances are easily made and easily lost. Closer *friendships* result from repeated interaction between people and the sharing of mutual interests and activities. The key is to participate in informal conversations without letting insecurities of language ability prevent an attempt at friendship.

Informal social invitations can be easily misunderstood. People will occasionally say “stop by sometime” or “let’s get together” as a polite way of saying “goodbye”. This is more a form of speech than a literal invitation. However, either individual may initiate a closer friendship by calling to arrange a get-together. Host gifts, such as flowers or a memento from one’s home country are appreciated but not necessary. Your host should be informed in advance of any dietary restrictions. It is acceptable to ask if anything contains ingredients that one cannot eat.

Holidays and Celebrations

Americans celebrate a variety of holidays throughout the year which mark secular, religious, international or uniquely American events. Both public (government offices, schools) and private facilities (banks, shops) close on some or all of these dates. For a list and brief description of major holidays in the U.S. go to <http://www.usa.gov/citizens/holidays.shtml> . In addition, various ethnic and religious groups celebrate special days although they are not U.S. national holidays. These include Rosh Hashanah, Ramadan, Kwanza, St. Patrick’s Day and Mardi Gras. Much of the varied culture of the U.S. is celebrated throughout the year on these special days.

Taking Care of Business in Clarksville

There are several practical items that most international students take care of soon after arrival in the U.S. You will most likely need a local bank account, a cellular phone and perhaps a driver license.

Banking

A bank checking account is required to conduct most business transactions in the U.S., including bill payment, rent, deposits, etc. We suggest that international students work with a main office location of their selected bank; branch offices may not have personnel who are familiar with the requirements for international students. Banks will initially request a social security number (SSN) to open an account because it is the most widely used form of identification; however, international students are **not** required to have an SSN.

The following list shows main office locations for some Clarksville area banks. Most are in or near downtown Clarksville, which is not far from the APSU campus.

Bank of America, 215 Legion St., 931-553-2230
F&M Bank, 50 Franklin St., 931-245-4274
First Federal Savings Bank, 1430 Madison St., 931-552-6176
Green Bank, 1805 Madison St., 931-920-7040
Heritage Bank, 130 Hillcrest Drive, 931-552-4325
Legends Bank, 310 N First St., 931-503-1234
Planters Bank, 325 Commerce St., 931-552-0654
Regions Bank, 2155 Lowe's Dr., 931-648-2202
US Bank, 1 Public Square, 931-221-4320

Getting a Cell Phone

Most cell phone companies require a contract for at least one year (some require a two-year contract) that is divided into monthly fees. There are many different plans with different costs depending on the amount of included minutes and other features. Read the descriptions carefully. Not all cell phones use SIM cards so check with the carrier before purchase if you plan on using a SIM card phone.

Primary area companies offering cell phone service are:

AT&T, <http://www.wireless.att.com>
Verizon Wireless, <http://www.verizonwireless.com>
T-Mobile, <http://www.t-mobile.com>

If you are going to be in the United States for less than the length of a contract, it may be best to purchase a "Go Phone" or a prepaid phone. These types of phones can be found at merchandise stores such as Wal-Mart or Target.

Clarksville

Clarksville, Tennessee, has a population of more than 120,000. Although smaller than many large international population centers, it still offers a wide variety of services and activities within easy travel distance. Located just 45 minutes northwest of the state capitol of Nashville, Clarksville is in the central part of the state (from east to west), a region commonly referred to as "Middle Tennessee."

Clarksville is also home to the U.S. Army's 101st Airborne Division (Air Assault), based at nearby Fort Campbell, Kentucky, and both communities work, play and go to school together. Some primary points of interest are mentioned here. To learn more about Clarksville try these links:

<http://www.clarksville.tn.us/>
<http://www.clarksvilleonline.com/>
<http://www.theleafchronicle.com/>
<http://www.montgomerycountyttn.org/county/mayor/visiting.aspx>

Health Care and Hospitals

For students who do not use APSU's health service facilities, there are a number of options for health care. Gateway Medical Center is the primary hospital and medical facility serving the City of Clarksville and surrounding communities. It is located near Interstate 24 in the northeast part of the city. <http://www.todaysgateway.com/Pages/home.aspx>

Many other clinics, physicians' offices and dental clinics are available throughout the city. A few which may be convenient to students include:

Eight Street Clinic	Doctor's Care	Doctor's Care
215 Eight Street	2320 Wilma Rudolph Blvd.	2302 Madison Street
(931) 503-0182	(931-645-1564	(931)-245-2400

In addition, Blanchfield Army Community Hospital located at nearby Fort Campbell, Kentucky serves members of the military, their families and local retirees.

Transportation

Public transportation is limited in Clarksville, particularly when compared with many large metropolitan areas around the world. Significant public transportation systems are only found in the largest metropolitan areas in the U.S. and residents of most other cities and urban centers rely primarily on their own vehicles for traveling and commuting. Clarksville does however offer bus service and some taxi services.

Clarksville Transit System (buses): Go to <http://www.cityofclarksville.com/transit/index.asp> for details on fares on routes around Clarksville. APSU recently partnered with CTS and now provides **free transportation around campus** to *full-time* students, faculty and staff via The Peay Pickup and free transportation around town on the CTS buses. More details are available at <http://www.apsu.edu/SGA/peaypickup.htm>.

Taxis: If you need a taxi in Clarksville, you must call for one. Driving after drinking alcohol (DUI or Driving Under the Influence) is a serious offense and strictly prohibited in the United States! Call for a taxi if you need one, designate a sober driver or arrange alternate transportation.

Things to Do in Clarksville

Theatre	Roxy Regional Theatre	www.roxyregionaltheatre.org
	Cinema Carmike Governor's Square 10	www.carmike.com/showtime.aspx
	Great Escape 16	www.greatescapetheaters.com/faqs.asp
Library	Clarksville Montgomery County Public Library	www.clarksville.org
Museums	Clarksville Montgomery County Museum	www.customhousemuseum.org
	Don F. Pratt Museum	www.fortcampbell.com/pratt.php
Newspapers	<i>The All State</i> (APSU's campus newspaper)	www.theallstate.com
	<i>The Leaf Chronicle</i> (Clarksville's primary newspaper)	www.theleafchronicle.com
	<i>The Tennessean</i> (Nashville's major newspaper)	www.tennessean.com
Events	Riverfest (A music and fine arts celebration held in September each year)	www.clarksvilleriverfest.com
	Rivers and Spires (A community festival held in downtown Clarksville in April each year)	www.riversandspires.com
	Jazz on the Lawn (Free outdoor jazz concerts from early summer through fall)	www.beachavenwinery.com
Destinations	Dunbar Cave State Park	www.tennessee.gov/environment/parks/DunbarCave/
	Historic Collinsville	www.historiccollinsville.com
	Land Between The Lakes - A designated national recreation area (camping, hiking)	www.lbl.org
	Fort Donelson (A U.S. National Park Service museum and national cemetery)	www.nps.gov/fodo/

Regional Professional Sports Teams

Football	Tennessee Titans	http://www.titansonline.com/
	Atlanta Falcons	http://www.atlantafalcons.com/
	St. Louis Rams	http://www.stlouisrams.com/
Baseball	Nashville Sounds	http://www.nashvillesounds.com/
	Atlanta Braves	http://atlanta.braves.mlb.com/
	St. Louis Cardinals	http://stlouis.cardinals.mlb.com/
Basketball	Memphis Grizzlies	http://www.nba.com/grizzlies/
	Atlanta Hawks	http://www.nba.com/hawks/
Ice Hockey	Nashville Predators	http://predators.nhl.com/
	Atlanta Thrashers	http://thrashers.nhl.com/
	St. Louis Blues	http://blues.nhl.com/

Middle Tennessee and Other Regional Destinations

Clarksville is centrally located and within easy traveling distance of a number of shopping, entertainment, outdoor activity and historic venues, all providing a different taste of life and culture in the United States.

Nashville, the state capitol	Tennessee Performing Arts Center (TPAC)	www.tpac.org
	Tennessee State Museum	www.tnmuseum.org
	Frist Center for the Visual Arts	www.fristcenter.org
	Country Music Hall of Fame	www.countrymusichalloffame.com
	Adventure Science Center	www.adventuresci.com
	Grand Ole Opry	www.opry.com
	The Hermitage	www.thehermitage.com
	Other tourist attractions	http://www.visitmusiccity.com/
East Tennessee	The Great Smoky Mountains	http://www.nps.gov/grsm/
Kentucky	Mammoth Cave National Park	http://www.nps.gov/maca/

Packing Checklist for International Students

The following items should be placed in your CARRY-ON luggage:

- Passport, visa, DS-2019 form (J-1), I-20 (F-1), financial statement, and copy of APSU acceptance letter.
- Travel itinerary to include the following:
 - All flight numbers and ticket confirmation numbers
 - Times of flight departures
 - Contact number for shuttle service pick-up at BNA or contact number for the volunteer scheduled for pick-up
 - Contact number for the APSU Office of Housing (931) 221-7444
 - Office of International Education (931) 221-6851
 - Office of Public Safety (APSU 24-hour emergency contact number) (931) 221-7786
- Airline Ticket
- U.S. currency, include money for food, transportation, and other necessities during your initial days in the U.S.; do not travel with large sums of currency as these can be easily lost or stolen.
- Credit and debit cards
- International driving license
- Prescription medication in original container, back-up supply, and letter from doctor (in English)
- Instructions for treating any allergies or unique medical conditions (in English)
- Extra change of clothing (in case your luggage is lost)
- Reading materials, ear plugs, MP3 players, or other travel comforts.
- Camera
- Sweater/light jacket

The following items should be placed in your CHECKED luggage:

- Copies** of all immigration documents including your passport, I-20 or DS-2019 form, visa, letter of acceptance, etc.
- Twin-size sheet, light blanket, towel, washcloth (possibly more than one) for students living in housing on campus
- Seasonally and culturally appropriate clothing, undergarments, shoes and accessories (Tennessee's climate is classified as humid subtropical with the highest temperatures in the late summer reaching 100- plus degrees Fahrenheit and winter temperature reaching lows of 20-30 degrees Fahrenheit. Average temperatures fall between 50 degrees Fahrenheit and 80 degrees Fahrenheit during fall, spring and early summer.
- Toiletries (toothbrush, toothpaste, shampoo, conditioner, soap, etc.)
- First-aid kit
- Eyeglasses and/or extra supplies of contacts
- Over-the-counter pain reliever
- Electrical outlet adapters for electronics

Check the Transportation Security Agency website for more information about packing and restricted items: www.tsa.gov/travelers/

Programs, Events and Activities

The Bridge program is a monthly program designed to help international students explore culture and history in the United States. International students are grouped with APSU First Friends and take part in discussions, educational activities, and excursions.

The International Welcome Picnic brings together students, faculty, and staff to welcome incoming international students to Austin Peay State University!

The International Student Orientation is offered every semester and provides international students with valuable information about maintaining their visa status, navigating the APSU campus, and adjusting to American life.

Each fall, events are sponsored during International Education Week such as International Night that feature food and music from world cultures representing APSU's international student population, study-abroad programs and exchange programs. This event is one of the largest events held at APSU with an average of 700 guests and participants.

International Education ends the academic year with the Global Gobs Recognition Banquet which honors international students and study-abroad and exchange program participants. Honored students are given a friendship pin or graduation stole.

Look for us on FACEBOOK! www.facebook.com/internationaled