J-1 Intern Resource Guide
Welcome!

The International Center hopes you enjoy your educational and cultural experience at UT Dallas. This J-1 Intern Resource Guide contains useful information about UTD departments and ways to get involved on campus.

The Comet Experience
As a J-1 student intern you are expected to attend a certain number of cross-cultural activities during your time at UT Dallas. The Comet Experience is designed so you can learn about Texas and the U.S., get involved, share your culture with others, and explore Dallas. The Comet Experience is explained more in detail on a separate handout in your green folder. The J-1 Intern Resource Guide can assist you in finding ways to include the Comet Experience throughout your stay at UTD. Look for the UTD mascot “TEMOC” located on the upper right-hand corner of the pages in the guide.

U.S. Phone Number
As a requirement by the US Department of State, you are required to have a US telephone number. There are two main types of cell phone services in the U.S. Due to the large number of providers and plans, it is recommended that you research several options before making a final decision. In most cases, both options below do not require a Social Security number (SSN).

1. Pay-As-You-Go or prepaid plans. These plans are usually easier for new international students to obtain. They usually have higher rates but these plans include no long-term contracts, security deposits, or penalties for cancellation.

2. Monthly plans with a contract. These plans usually have lower rates but require a security deposit. Terminating a contract early could also result in a financial payment penalty.

* The Walmart that is accessible from UT Dallas using the 883 Campus Shuttle has many telephone options for you.

You will need to notify ISSO when you have your US telephone number and you can also note your number below for your reference:

( __  __  __ ) __ __ __ - __ __ __ __

(Area Code) 7 digit telephone number
Get Involved and Have FUN at UTD!

1) Check out the UTD Comet Calendar for upcoming events: www.utdallas.edu/calendar

2) Attend English Conversation Hour (ECH) which includes conversation, games, and written activities that will improve your English skills and knowledge of American culture. Classes scheduled from May 24 to July 14 on Tuesday and Thursday from 4:00pm – 5:00pm (SSB 3.107)

3) The Office of Student Volunteerism (OSV) and the Career Center offer a variety of summer programs to enjoy.

4) Summer Trip 2016 – Join the International Center for an off-campus adventure in June. You will receive an email invitation to join us.

5) Stars & Stripes 2016 - Celebrate with us and learn about 4th of July in the USA (America’s Independence Day) on Friday July 1st. More details to come and you will receive an email invitation.

6) Play pool, table tennis, or reserve board games in the Student Union.
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Have FUN and Explore Dallas!

1) Use the Dallas Area Rapid Transit (DART) to explore the city. Ride DART to special events! A one-day pass is $5.00. [www.dart.org/rideguides/rideguides.asp](http://www.dart.org/rideguides/rideguides.asp) [www.dart.org/travelagent/darttravelagent.asp](http://www.dart.org/travelagent/darttravelagent.asp) [www.dart.org/about/riderinsider/specialevents.asp](http://www.dart.org/about/riderinsider/specialevents.asp)

2) The UTD Comet Center (Student Union, 2nd floor) has discounted tickets for purchase to area attractions such as the Arboretum, Zoo (Dallas & Fort Worth), Dallas World Aquarium, Six Flags, State Fair, Scarborough Festival, movies etc.

3) What to do in Dallas this weekend? Get critics’ picks from the Dallas News GuideLive ([www.guidelive.com](http://www.guidelive.com)) for the great things to do, the best restaurants, concerts and more.
Making American Friends

• Get to know people. People in Texas are friendly. Start a conversation with someone you don’t know. Just smile and say, “Hi, how are you?”. Try making conversation with people on the bus, in line at the grocery store, or across campus.

• Don’t be afraid to ask questions. Most Americans are happy to assist you whether it is in your research lab, library, retail store, etc. Asking questions is the best way to get to know someone and learn about American culture!

• Try new things. Go to new restaurants, explore Dallas via DART, or join a group of students playing sports on campus. Challenge yourself to accept invitations to events you would not normally attend. Get out of your comfort zone!

• Take interest in American culture. Topics include sports (American football (NFL), Basketball (NBA), Baseball (MLS)), current events in the news, American TV shows, movies, music and upcoming area events.

• Do not be afraid to use English. Speaking in a second language can be difficult. But the only way you get better is with practice. Do not be afraid to ask others to slow down or repeat information when you are talking to them.

• Get Facebook! Many Americans have and use Facebook to communicate and keep in touch with each other. Also try using other common social media sites, such as Instagram or Snapchat.
Temoc is the official mascot of UT Dallas! Temoc is Comet spelled backwards.

Left hand in a fist, and place it over your mouth. Right hand in the air. Lean left. Say WHOOSHH!
McDermott Library

Web address: www.utdallas.edu/library

Library Summer Hours:
Monday-Thursday: Open 24 Hours
Friday: Open 24 Hours – Close at Midnight
Saturday: 8:00am – Midnight
Sunday: 8:00am – Remain Open
*Changes to Library Hours will be posted at www.utdallas.edu/library/about/hours.html

Library Services:
• Tours & Workshops
• Book rentals
• Laptop and camera rentals at Multimedia Services
• Reference Librarians for each major
• RefWorks citation manager
Activity Center

Web address: www.utdallas.edu/recsports/

Activity Center Summer Hours:
- Monday-Thursday: 7:00am – Midnight
- Friday: 7:00am – 10:00pm
- Saturday: 8:00am – 10:00pm
- Sunday: 12:00pm (noon) – Midnight

*Pool closes 2 hours prior to the building.

Rec. Center West Summer Hours:
- Monday-Saturday: 10:00am – 8:00pm
- Sunday: 12:00pm (noon) – 8:00pm

You MUST present your Comet Card in order to use both the Activity Center and Rec. Center West.
The Office of Student Volunteerism (OSV) provides UT Dallas students a variety of service opportunities that fit many interests, passions, skills and schedules. J-1 Interns cannot pre-register to attend an event. However, OSV will accept walk-ins for their on-campus events.

How to Participate in an OSV event:

1) Go to www.utdallas.edu/volunteer/events/ to see what events may interest you! *Please note that J-1 Interns can only participate in OSV events that are held on the UT Dallas campus.

2) Once you find an OSV event to attend, it is recommended to arrive about 10 minutes early before the event begins and let the OSV staff know that you are a “J-1 Student Intern walk-in.”

3) Have FUN and enjoy your volunteer experience!
The Career Center provides UT Dallas students with a variety of services such as resume and cover letter assistance, career counseling and seminars, mock interview training, career expos, and more. J-1 Interns cannot pre-register to attend an event. However, the Career Center will accept walk-ins for their workshops.

How to Participate in Career Center workshops:
1) Go to [http://www.utdallas.edu/career/](http://www.utdallas.edu/career/) to see what workshops may interest you!
2) Once you find a Career Center workshop to attend, it is recommended to arrive about 10 minutes early before the workshop begins and let the Career Center staff know that you are a “J-1 Student Intern walk-in.”
Police Department

Web address: www.utdallas.edu/police

The UT Dallas Police are committed to keeping you safe when you are on campus. They are available at all hours every day of the year.

Call the emergency number (911) when you are in need of police assistance, the fire department, or medical help. Call the non-emergency number when you want to report a crime which happened on-campus, or if you want to inquire about any of the UTD Police services.

UTD Police Services Available:
• Crime prevention workshops and training
• Student patrol
• Self-defense training
• Safe walk campus escorts

Emergency phone number: 911

Non-Emergency phone number: 972-883-2222
Follow these actions when an emergency occurs. Ex. **Evacuate** the building if there is a fire or **Seek Shelter** if there is a tornado outside. For more information visit [www.utdallas.edu/ehs/emergency](http://www.utdallas.edu/ehs/emergency)
Copies and Mail

Copy Center
Locations:
• McDermott Library
• Visitor Center
Services:
• Copying, printing, and faxing for a fee.
• Scanning is a free service.
• Domestic and international shipping (Visitor Center location only).

Postal Mail
Personal mail can be dropped off at the USPS mailbox located in Lot A.

Stamps are sold at the Comet Center (Student Union second floor) and University Book Store.
Where to Seek Treatment

**Minor Illness or Injury**
- Colds, cough, sore throat or flu
- Fever
- Minor cuts
- Sprain
- Skin rashes

**Major Illness or Injury**
- Major injury (a head injury)
- Severe shortness of breath
- Loss of consciousness
- Bleeding that doesn’t stop after 10 min of direct pressure.

**Life Threatening**
- Severe shortness of breath
- Loss of consciousness
- Bleeding that doesn’t stop after 10 min of direct pressure.

J-1 Student Interns can use the Student Health Center by paying the non-enrollment fee of $34.30

Appointments are necessary.

Location: Student Services Building (4th Floor)
Hours of Operation:
Monday-Thursday 8:00am – 6:00pm
Friday 8:00am – 5:00pm
*Center closed on weekends & University holidays.
Phone: 972-883-2747
Fax: 972-883-2069
Email: healthcen@utdallas.edu
Web address: www.utdallas.edu/healthcenter

Student Health Center Provides:
* Tuberculosis (TB) Screening. More information
  www.utdallas.edu/healthcenter/immunizations/
* Student Health Insurance (UT SHIP – Blue Cross & Blue Shield)

Services Available:
* Diagnosis & treatment of minor illnesses and injuries
* Immunizations
* Lab testing & referrals
* Radiology Services
Medical Facilities Close to Campus

Urgent Care Clinics

Richardson PrimaCare Medical Center
1810 N. Plano Road
at Campbell Road
469-619-8643

Plano PrimaCare Medical Center
3304 Alma Drive
at Parker Road
972-535-8434

Plano West PrimaCare Medical Center
5076 W. Plano Parkway
at Preston Road
469-619-8651

Hospitals

Medical Center of Plano
3901 West 15th Street (15th and Coit)
Plano, TX 75075
972-596-6800

Methodist Richardson Medical Center
Bush/Renner
2831 E. President George Bush Highway
-at Renner Road
Richardson, TX 75082
469-726-6700

Other Emergency Care

FastERcare Emergency Center
Hours: Open daily 10:00am-8:00pm
4011 East Renner Road, Suite #110
Richardson, TX 75082

First Choice Emergency Room
Open 24 hours a day, 7 days a week
(972)-301-4300
1291 W. Campbell Road
Richardson, TX 75080

Only go to a hospital or emergency room if you have a major illness or injury or are in a life threatening situation. Hospitals in the U.S. are VERY expensive, and one visit could result in thousands of dollars in health care costs.
883 Campus Shuttle
West Route (Coit and Campbell)
The 883 Campus Shuttle East Route will take you to the DART George Bush Turnpike Station.