The Office of International Affairs (OIA) welcomes you to Oregon Health & Science University (OHSU). This book has been compiled to provide you with helpful information during your stay in the United States.

If you have any questions regarding information contained in this handbook, please contact the OIA at oia@ohsu.edu

Revised April 2017

Please Note: This handbook is provided as an information source only and is not an endorsement by OHSU or any company listed. The information contained in this handbook should not be construed as legal advice.
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TRAVEL

U.S. Embassies and Consulates

For a listing of U.S. embassies and consulates around the world, please visit the following website: http://www.usembassy.gov/.

Travel to Canada & Mexico

You may re-enter the United States without a valid visa after a trip of less than 30 days to Canada or Mexico. In order to take advantage of this provision, you must maintain valid immigration status, have a valid passport (unless exempt from passport requirements), have a current DS-2019 or I-20 endorsed for travel by OIA or a valid H-1B approval notice, and have a valid I-94.

Please be aware that if you travel to Canada or Mexico to apply for a new visa you will not be able to reenter the U.S. under the revalidation provisions stated above if your visa application is denied for any reason or if you are from Iran, Syria, Sudan, or Cuba.

Trips to Canada by visa-exempt foreign nationals – Visa-exempt foreign nationals need an Electronic Travel Authorization (eTA) to fly to or transit through Canada. Exceptions include U.S. citizens and travelers with a valid Canadian visa.

Be prepared – Apply for an eTA at http://www.cic.gc.ca/english/visit/eta.asp before you book your flight to Canada. Most applicants get approved within minutes. However, some applications can take several days to process so do not wait until the last minute.

Airport Transit Visa Requirements for Countries in the European Union

France, Austria, Belgium, Denmark, Finland, France, Germany, Greece, Iceland, Italy, Luxembourg, Netherlands, Norway, Portugal, Spain, and Sweden are now requiring that nationals from several countries including India obtain "airport transit visas" for connecting flights. If you are from one of the designated countries, you are required to obtain the "airport transit visa" even if you will not be leaving the airport. There are exceptions for nationals from these countries who are U.S. Permanent Residents. You can obtain more information about the airport transit visa requirements on the French embassy’s website at http://www.consulfrance-washington.org/spip.php?article383

Please check with the embassies of the countries you will be landing in before you leave the U.S. to determine whether or not you will need an airport transit visa. The following website has a list of website links for embassies around the world http://www.embassy-worldwide.com/.
**I-94 Records**

Please check to make sure the information in your I-94 record is entered correctly by the U.S. Immigration Officer when you enter the U.S. You can locate your I-94 record at [https://i94.cbp.dhs.gov/I94/#/home](https://i94.cbp.dhs.gov/I94/#/home). Please make sure it has your correct status and expiration date, for instance:

- J-1s should have an I-94 record marked J-1, D/S.
- F-1s should have an I-94 record marked F-1, D/S.
- H-1s should have an I-94 record marked H-1B with an expiration date matching the expiration date of the H-1B approval notice. Note: Sometimes the immigration officer will mark the I-94 with an expiration date that is 10 days after the expiration date of the H-1B approval notice. This is okay since the immigration regulations allow the immigration officer at his/her discretion to give you an additional 10 days to leave the U.S. after your employment ends. However, you are not allowed to work after the expiration of your H-1B approval notice. The 10-day period is for you to prepare for your departure from the U.S.

If you notice that your I-94 is incorrect, please ask the immigration officer at the port of entry to correct it. If you notice the mistake after you have gone through immigration, please contact OIA so we can help you get it corrected. Please bring a copy of your I-94 to OIA after you return to the U.S.

**Travel and Change of Status Applications**

Do **not** travel outside of the United States if you have a change of status application pending or you will abandon your change of status application and it will **not** be approved.

**3 Year and 10 Year Bars**

If you remain in the U.S. beyond your lawful period of stay, you may subject yourself to the 3 year and 10 year bar. If you are in the U.S. unlawfully for more than 180 days, but less than a year, you will be barred from reentering the U.S. for three years. If you are in the U.S. unlawfully for a year or more, you will be barred from re-entering the U.S. for 10 years. In addition, in both instances, your visa will be cancelled and you will have to apply for all future visas in your country of nationality.

**Entry to the U.S.**

Upon your arrival in the U.S. your biometrics (fingerprints and photographs) will be taken to verify your identity and eligibility to enter the U.S. For more information on how the U.S. Department of Homeland Security uses biometrics please visit the following website: [https://www.dhs.gov/obim](https://www.dhs.gov/obim).
U.S. Customs and Border Protection also made a short video describing what happens during the screening process upon your arrival in the U.S. You can access this video on their website at https://www.cbp.gov/newsroom/video-gallery/2015/01/youve-arrived.
SOCIAL SECURITY NUMBERS

Eligibility Criteria for a Social Security Number

- You have a non-immigrant status, which allows you to work in the United States (i.e. H-1B1, TN, J-1, J-2, F-1, etc.).
- F-1s and J-1s must have checked in with OIA and have had their SEVIS records validated 48 hours prior to going to the Social Security Administration (SSA) to apply for a Social Security Number (SSN).
- Applicants should be in the U.S. for more than 10 days before going to the SSA to apply. This allows arrival data from the port-of-entry to be entered in the primary system SSA uses for authorization validation.
- If you need a number for tax purposes, but do not meet Social Security’s requirements to be assigned a number, you can apply for an Individual Taxpayer Identification Number (TIN) from the Internal Revenue Service (IRS). You can call the IRS toll-free at 1-800-829-3676 and request form W-7 (Application for an Individual Taxpayer Identification Number) or you can visit the IRS web-site at https://www.irs.gov/uac/About-Form-W7 to download and print a form.

Documents Needed to Apply for a Social Security Number

- Social Security Card application form (available on the SSA’s web-site at https://www.ssa.gov/ssnumber/)
- Passport
- I-20 (F-1 Students) or DS-2019 (J-1 Exchange Visitors)
- I-94 Record
- F-1 students must have proof of Employment Authorization. Proof of Employment Authorization can be documented by the following:
  - **On-Campus Employment** – A letter from OIA and documentation that you are engaged in or have secured employment (for example, a pay stub from the on-campus employer, etc.). If you do not have a pay slip or pay stub then you must provide a letter from the on-campus employer on the on-campus employer’s letterhead that provides employment verification and includes the following: identity of student employee, nature of the job student is or will be engaged in, anticipated or actual start date of employment, number of hours the student is expected to work, employer identification number (EIN), employer contact information, including the telephone number and the name of the student’s immediate supervisor, original signature and signatory’s title and date. You can obtain an example of the letter required from the on-campus employer from OIA.
  - **Optional Practical Training** – Employment Authorization Card
  - **Curricular Practical Training** – I-20 endorsed for Curricular Practical Training by OIA
Location of the nearest social security office

- Marquam Hill Campus - The Social Security Office located at 1538 SW Yamhill Street, Portland, OR 97205
- West Campus - The Social Security Office located at 11975 SW 2nd ST, Beaverton, OR 97005

You need to be careful with your SSN to protect yourself from identity theft. For more information on how to protect your SSN and what to do if your card is lost or stolen please read the Social Security Administration’s publication “Identity Theft and Your Social Security Number”. This publication is available on the Social Security Administration’s website at www.ssa.gov/pubs/10064.html.
TAXES

State & Federal Income Taxes

The U.S. negotiates individual tax treaties with foreign countries. Tax treaty benefits are dependent on the foreign country of residence, prior visa history, and Federal and State regulations. Each case is determined by the employee’s own unique circumstances and immigration history. Because of this, two employees from the same country can have different tax treaty benefits. The State of Oregon follows Federal guidelines in regards to tax treaty benefits. If you have questions regarding taxes, please contact the OHSU payroll department or visit the following websites: Federal Internal Revenue Service at http://www.irs.gov/ and the Oregon Department of Revenue at http://www.oregon.gov/DOR/.

FICA Taxes

FICA taxes are Medicare and Social Security. These taxes are not covered in tax treaties with individual countries. The Substantial Presence Test decides whether a person is a Resident or Nonresident for tax purposes (this is not the same as your immigration status). Residents are subject to FICA taxes and Nonresidents are not. If an employee becomes subject to FICA taxes any part of the calendar year, he or she is subject for the entire year. If you have questions as to whether you are required to pay FICA taxes, please contact the OHSU payroll department.

For additional resources, please visit the Learning and Resources page on our website: https://o2.ohsu.edu/international-affairs/resources/index.cfm
MEDICAL INSURANCE

Definitions

Claim – A written request by you for payment by the insurance company of medical expenses that are covered under the insurance policy.

Co-payment – Usually refers to the amount you pay each time you receive a particular service, usually doctor visits.

Deductible – The amount you must pay towards your healthcare before insurance will begin paying medical benefits.

Emergency Care – Emergency care is for life-threatening conditions and is available at all hospitals. If you go to an emergency room for non-emergency care, you are likely to experience a very long wait, impersonal care, and receive a large bill.

Exclusion – Any condition or expense for which no coverage is provided and no payment will be made.

Patient Responsibility – Healthcare costs paid by you.

Pre-Existing Condition – Any medical condition that has been diagnosed or treated before insurance coverage begins.

Premium – The cost to purchase an insurance policy.

Referral – The formal written authorization given by your primary care physician to the insurance company allowing you to receive healthcare from someone other than your primary care physician.

Urgent Care – Urgent care is for medical conditions that need immediate attention, but are not life-threatening.

Why You Need Medical Insurance

- Medical care in the United States is more expensive than in any other country in the world.
- The U.S. government does not pay any part of the medical expenses for international students/employees studying or working here.
- It is generally not possible to purchase insurance after you get sick because an illness or injury that you already have, called “pre-existing,” is usually not covered by insurance.
• U.S. immigration regulations require many nonimmigrants to carry medical insurance, either as a condition of maintaining status or as a part of their financial certification.

**Types of Medical Insurance**

In the U.S., generally individuals can choose from one of the following types of medical insurance:

*Indemnity Plan*

Under this type of plan, you pay an insurance premium and then you can choose your physician and other healthcare providers, refer yourself to specialists, and otherwise make independent decisions about what type of care to seek. The insurance pays a fixed percentage of covered expenses and usually requires deductibles and co-payments. This type of plan is usually the most expensive type of medical insurance.

*Preferred Provider Organization (PPO)*

A PPO operates much like an indemnity plan, except the plan provides incentives for insured individuals to seek care from practitioners who are on a list provided by the insurance company. Under a PPO plan, the insurance company will generally cover a higher percentage of the cost, and sometimes require you to pay a lower deductible, if you choose to use one of their preferred providers.

*Health Maintenance Organization (HMO)*

**HMO Open Access**

An HMO with open access provides coverage for many services but requires that you seek care first from one selected physician (primary care provider) before you go to any other physicians or health facilities. The HMO will provide you with a list of physicians from which you select your primary care provider. Your insurance will provide coverage for visits to your primary care provider and for most services that he or she recommends. Services that you seek independently (without consulting your primary care provider) are generally not covered.

**HMO Closed Panel**

An HMO with a closed panel is one in which the physicians and other practitioners work directly for the HMO. All services must be provided directly by the HMO and its staff. Services that you seek outside the HMO are generally not covered.
**General Information**

- After you enroll in an insurance plan, your insurance company will send you an insurance identification card. The card remains valid only as long as you continue to pay your insurance premiums. Some insurance companies specify a waiting period before coverage begins, so it is important to purchase insurance immediately upon arrival to the U.S.
- Keep your insurance card with you at all times, and show it to the doctor or hospital when you seek medical treatment.
- Some doctors work directly with the insurance company for payment, and others require you to pay and seek reimbursement yourself by filing a claim. Ask about payment arrangements before you receive medical treatment so you know what to expect.
- Complete claim forms accurately and completely, and respond promptly to any requests for information from your insurance company. Failure to do so could delay the insurance company’s payment to you or to the doctor.
- In order to be prepared for an emergency, you should locate the nearest hospital to your residence/work.

**For Additional Information**

For additional information regarding health insurance, please visit our website at: https://o2.ohsu.edu/international-affairs/resources/healthcare-in-the-us.cfm
OHSU is a commuter campus with no on-campus housing. Please visit our website to learn more about housing options at: https://o2.ohsu.edu/international-affairs/resources/settlement-guide.cfm. Once you have arrived in Oregon and obtained your O2 and email login credentials, you can access to Chuckslist, which is a resource for OHSU members to find housing.

**Definitions**

**Apartments** – A studio is an apartment where the living, cooking, and sleeping space are combined, generally in one large room. One and two-bedroom apartments generally have separate areas for the living room, kitchen, bathroom, and bedroom(s). Apartments are found in complexes, which vary in size. They range from a few apartments to 75-plus apartments in multiple buildings.

**Condo/Townhouse/Row houses** – These are usually similar to plex-style housing (see plex below), but can also be found in apartment complex buildings. Their layout often includes an upstairs and downstairs in one apartment.

**Deposit** – A sum of money, given to the landlord to be held until the end of the lease. It is necessary to ask if the deposit is refundable before signing the lease. If it is, at the end of the lease, the money is returned provided the tenant has not damaged the apartment. The landlord has the right to keep all or part of the deposit if the apartment is not in the same condition as when it was rented. Be sure to walk through the apartment with the landlord and take notes on the condition of the apartment before signing the lease.

**Landlord** – A person or company who owns and rents buildings or multiple-dwelling units.

**Lease** – A contract granting occupancy in a property during a specified period in exchange for a specified amount of rent. Leases can vary in length from month-to-month or longer. Be sure to read your lease carefully before you sign it.

**Mother-in-Law Apartment** – Refers to an apartment inside a private home, which usually has a separate entrance.

**Plexes** – These are buildings containing two to four apartments: a duplex contains two apartments, a triplex contains three, and a fourplex contains four.

**Realtor** – An individual or agency that will assist you in purchasing a house. Their fee is added on to the cost of the house, so there is no upfront fee for the service.
Rooms for Rent – Generally, this category refers to individuals who rent a room in their home.

Tenant – A person who pays rent to reside in a property owned by someone else.

**Abbreviations**

Some common abbreviations you will find in classified ads:

<table>
<thead>
<tr>
<th>ABBREVIATION</th>
<th>MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/2 or 2/1 (example)</td>
<td>number of bedrooms/number of bathrooms</td>
</tr>
<tr>
<td>a/c</td>
<td>air conditioning</td>
</tr>
<tr>
<td>avl</td>
<td>available</td>
</tr>
<tr>
<td>ba, bth, or bthrm</td>
<td>bathroom</td>
</tr>
<tr>
<td>balc</td>
<td>balcony</td>
</tr>
<tr>
<td>bd or bdrm</td>
<td>bedroom</td>
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<tr>
<td>bldg</td>
<td>building</td>
</tr>
<tr>
<td>bsmt</td>
<td>basement</td>
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<tr>
<td>cbl</td>
<td>cable</td>
</tr>
<tr>
<td>cpt</td>
<td>carpet</td>
</tr>
<tr>
<td>d/d</td>
<td>dishwasher/disposal</td>
</tr>
<tr>
<td>d/w or dw</td>
<td>dishwasher</td>
</tr>
<tr>
<td>elev</td>
<td>elevator</td>
</tr>
<tr>
<td>fpl or frpl</td>
<td>fireplace</td>
</tr>
<tr>
<td>furn</td>
<td>furnished</td>
</tr>
<tr>
<td>ga or gar</td>
<td>garage</td>
</tr>
<tr>
<td>h/w or hdwd fl</td>
<td>hardwood floors</td>
</tr>
<tr>
<td>incl</td>
<td>included</td>
</tr>
<tr>
<td>kit</td>
<td>kitchen</td>
</tr>
<tr>
<td>Indy</td>
<td>laundry</td>
</tr>
<tr>
<td>lr or lvrm</td>
<td>living room</td>
</tr>
<tr>
<td>lrg or lg</td>
<td>large</td>
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<tr>
<td>mo</td>
<td>month</td>
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<tr>
<td>negot</td>
<td>negotiable</td>
</tr>
<tr>
<td>ns</td>
<td>non-smoking</td>
</tr>
<tr>
<td>osp</td>
<td>off street parking</td>
</tr>
<tr>
<td>pl</td>
<td>swimming pool</td>
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<tr>
<td>pkg</td>
<td>parking</td>
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<tr>
<td>pvt</td>
<td>private</td>
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<td>rm</td>
<td>room</td>
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<td>sec</td>
<td>security</td>
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<tr>
<td>sec dpt</td>
<td>security deposit</td>
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<tr>
<td>sep ent</td>
<td>separate entrance</td>
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<tr>
<td>sm</td>
<td>small</td>
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</tbody>
</table>
Please note: You may see some of the above abbreviations in combination, for example: spac 2/1 means spacious two-bedroom, 1 bathroom.

**Neighborhoods**

The greater Portland area is divided into four main quadrants, divided east and west by the Willamette River and north and south by Burnside Street. Each quadrant is unique and has its own personality.

**The Marquam Hill Campus** is located in southwest Portland, overlooking downtown and the Willamette River. Nearby neighborhoods include Homestead, Hillsdale, Burlingame and downtown Portland. The portion of the Homestead neighborhood located within walking distance of the campus is generally referred to as “on the hill.” If you want to live “off hill” and commute to campus, the neighborhood possibilities are endless.

Whether commuting by car or bus (either directly to the campus or to a Tri-Met park-and-ride), getting up the hill can take some time. If you want to live within walking distance of the Marquam Hill Campus, keep in mind that some apartments may charge extra for parking or garage space, and on-street parking in most areas requires a city parking permit with a fee.

**The West Campus** is located in the middle of a very large residential area. There are numerous apartment complexes, bus lines and shopping centers. Many of the higher-end apartments are located within walking or biking distance to the campus. The West Campus is in the northwest part of the metro area bordering the cities of Hillsboro and Beaverton.

**The Northwest Neighborhood** is described as feeling European, and you may pay a bit extra for the distinction. The Pearl District in northwest boasts many lofts, warehouses and galleries, and has an industrial feel to it. Old Town, Hillside and Forest Park are all close by and very accessible to downtown.
The Southwest Neighborhood

**Close-in:** Southwest, downtown, Portland State University and the Goose Hollow neighborhood are near the Marquam Hill Campus and have an uptown feel. OHSU has a shuttle bus that runs downtown through the PSU campus to Crown Plaza and back up to Marquam Hill. The southwest quadrant also has many neighborhoods near the Marquam Hill Campus. Some of these neighborhoods have a distinctly suburban feel, more so than the urban southeast, northeast and northwest. Neighborhoods in this area include Hillsdale, Burlingame, Garden Home, Multnomah Village and Raleigh Hills/West Slope. These neighborhoods are on the border of Multnomah and Washington counties.

**Suburbs:** East Washington County includes the cities of Beaverton, Tigard, Tualatin, Lake Oswego, West Linn and Sherwood. West Washington County includes the cities of Aloha, Cornelius, Hillsboro and Forest Grove.

The Southeast Neighborhood

**Close-in:** On the southeast side of town, the Hawthorne/Sunnyside and Mt. Tabor neighborhoods provide easy access to downtown via bike or bus, and offer a diverse, funky atmosphere. Some other close-in neighborhoods are Buckman, Brooklyn, Hosford-Abernethy and Sellwood. All of these neighborhoods offer easy access to downtown via one of the main bridges linking the east side of the Willamette River with the west side.
Suburbs: Clackamas County, in the southern part of southeast, includes the cities of Clackamas, Milwaukie, Oregon City, Gladstone, Estacada, and Sandy. Commuting from these areas is best done by car.

The Northeast Neighborhood

Close-in: In northeast, the Lloyd District and Laurelhurst neighborhoods offer an urban environment that is family-oriented. The Hollywood neighborhood has a Marquam Hill express bus that travels weekdays between the MAX line at the Hollywood Transit Center and the Marquam Hill Campus.

Suburbs: Located in the eastern part of Multnomah County are the cities of Gresham and Troutdale. The light rail, MAX, runs east to west from Gresham through downtown and west to Hillsboro, as well as to the Portland airport. WES, a commuter rail line, connects Wilsonville, Tualatin, Tigard and Beaverton.

Free mini library in NE Portland neighborhood.
Utilities

Electricity

Two electric companies provide service to the Portland Metropolitan area. If you are uncertain about how to establish service, please contact their websites as listed below:

Portland General Electric (PGE)  http://www.portlandgeneral.com
Pacific Power & Light (PP&L)  http://www.pacificpower.net

The standard for electrical power in the U.S. is 110 volts and 60 cycles (or Hertz). This differs from most other countries. To make your non-U.S. appliance usable, you can purchase an adaptor at most electronics stores.

Natural Gas

Some furnaces (heaters), stoves and water heaters use natural gas instead of electricity. The only gas company in the Portland area is Northwest Natural Gas. To set up service you can reach them at http://www.nwnatural.com.

Telephone

Local telephone service is provided by one of several telephone companies, depending on your area of residence. You can contact your landlord for a listing of companies that serve your area.

Water and Sewer

Portland is divided into a number of water districts. If you are uncertain as to where to establish your water and sewer services account, contact your landlord. Your water utility company can tell you what additives are in the water supply (for example, fluoride).

Garbage and Recycling

Garbage and recycling is collected once a week on the same day and lawn and garden debris is collected once or twice a month. Most apartment complexes will have garbage bins for their tenants' use. If you do need to set up service, you can contact your landlord or city hall to find out which company services your area.
Television

You can find a listing of cable and satellite television companies in the local phone directory. Your landlord should also be able to tell you what cable companies serve your area.
FINANCIAL MATTERS

Banking Services

Both banks and credit unions offer a wide variety of financial services such as savings accounts, checking accounts, loans, mortgages, lines of credit, currency conversion, travelers checks, and investment checks.

How to Open an Account

To open an account, you must complete an application and show two pieces of identification. One form must have a photo, such as a passport or drivers license. The second form can be a major credit card, alien resident card, or a piece of mail with your address on it, such as a utility bill. You will also need to deposit some amount of money into your account.

Types of Accounts

Checking: With this type of account, you make deposits and are then able to write checks to pay bills and make purchases in place of cash, provided you have enough money in your account. There are various types of checking accounts with different types of privileges and restrictions, so you need to make sure you understand what the clerk at the bank is telling you. It is important that you keep track of deposits and expenditures in your account so that you do not overdraw and suffer penalties.

Savings: You can deposit any amount of money into a savings account, but the purpose is to keep it there to let it grow. You can make withdrawals by visiting your bank or ATM. Some banks may require you to keep a minimum amount of money in these accounts to avoid a service charge, but they all pay interest.

General Banking Information

Debit Cards

You may arrange to get a debit card when you open your bank account, at which time you will receive a four digit personal identification number (PIN). Most businesses accept debit cards to pay for your purchases. The amount of your purchase is automatically deducted from your checking account. The card can also be used as a credit card if it is marked with a Visa or MasterCard symbol. The important difference between a debit card and credit card is that when a debit card is used, the money is taken out of your checking account immediately. If debit cards are lost or stolen, you should report it immediately to your bank, or you may be held responsible for all charges made to your account.
Automated Teller Machines (ATM)

ATMs allow you to do a variety of transactions, including withdrawing cash, making deposits, transferring funds between accounts, and inquiring on account balances. You access the ATM with your debit card. Your bank is one of one or more banking systems which allow you to access your account information through an ATM. To know if a particular ATM is part of a system that your bank uses, you can compare the bank system symbols displayed on or around the ATM machine with those symbols appearing on your debit card. ATMs are located in a variety of locations, including banks, grocery stores, shopping malls, etc. In addition to the proper ATM card, you will need to know your four digit PIN code to use the ATM. There may be additional fees for using certain ATMs.

Credit Cards

Purchasing can be done at many stores, restaurants, hotels, and gas stations on credit. Some credit cards are good for only specific stores or companies. General credit cards can be used at many establishments; Visa, MasterCard and American Express are commonly used general credit cards. While credit cards are very convenient, keep in mind that interest is charged each month (often between 15-20%) if the entire balance is not paid off within a specific time period. The credit system in the U.S. is set up to encourage cardholders to spend a lot of money and you may find it difficult to make monthly payments. If credit cards are lost or stolen, you should report it immediately to the appropriate credit card companies, or you may be held responsible for all charges made to your account.
TRANSPORTATION

Public Transit

Tri-Met is the Portland transit system and the least expensive way to travel around the city. The C-Tran is available for service to Vancouver, Washington. You can find trip planning and route finding information on the Tri-Met website at www.tri-met.org. OHSU has entered into a partnership with Tri-Met to provide annual transit passes, known as PASSport stickers, at a significantly reduced cost for all students and employees. The PASSport is a small sticker which is affixed to your OHSU identification card. Just show your pass to the Tri-Met or C-Tran driver as you board the bus or carry it with you when you ride MAX. Disabled riders also may use the pass for door-to-door lift services.

As another incentive to encourage you to leave your car at home, Tri-Met sponsors an emergency ride home program at OHSU. If an unexpected medical or family emergency requires your presence on a day that you have gotten to OHSU any way other than driving, Tri-Met will pay for cab service or a rental car to get you home. For this service, you can contact the Parking Office at 503-494-5295 on the Marquam Hill Campus.

Portland Aerial Tram (free with badge)

The tram travels from the lower terminal at South Waterfront (SW Moody Ave & Gibbs St) to Marquam Hill (OHSU Kohler Pavilion) in five minutes. The tram operates on a load-n-go schedule. For more information, please visit www.gobytram.com.

Portland Streetcar (free with badge)

OHSU pays for your ride along the whole streetcar system. The NS Line connects NW
Portland, downtown, and the South Waterfront. You can also connect to Marquam Hill via the tram. For more information, please visit www.portlandstreetcar.org.

**OHSU Shuttle (free with badge)**

Marquam Hill Shuttle travels downtown every 30 minutes, 7am-5pm. South Waterfront Shuttle runs every 10 minutes between OHSU facilities, 5:30am-9:30pm. The streetcar also follows the Waterfront shuttle route. For more information, please visit www.ohsu.edu/shuttle.

**Car Ownership**

If you own a car in the State of Oregon, you must register it with DMV. You must also pass a Department of Environmental Quality Emissions Test every two years if your car is more than three years old.

**Oregon Drivers License**

You must have a current drivers license to legally drive in the U.S. To obtain an Oregon Drivers License, you must pass written and behind-the-wheel driving tests given by the Department of Motor Vehicles (DMV). For more information on driving a vehicle in Oregon, please visit the DMV website at http://www.oregon.gov/ODOT/DMV/.
Car Insurance

Car insurance is required in Oregon. There are many insurance companies from which you can purchase insurance. They can be found in the yellow pages of the phone directory under insurance or ask other students or staff for recommendations.

Zipcar

Zipcar is a membership organization of individuals who have access to cars, vans and trucks on a shared basis without the expense and problems of car ownership. For more information contact Zipcar at 1-866-494-7227 or at http://www.zipcar.com/.

Car2Go

Car2Go vehicles are two-seat cars that can fit up to two people and small cargo – some even have bike racks. Car2Gos charge by the minute. Gas and parking at regular city meters within the home area are included. A Car2Go rental can be ended at any city parking space within the Car2Go's home area that meets Car2Go's guidelines of an acceptable end-of-rental space.

Car2Go and OHSU: Marquam Hill and all OHSU parking facilities are not considered part of Car2Go's home area – meaning Car2Go will charge you for the entire time the car is on campus. Best used for short visits, drop offs, or off-campus. For more information, please visit www.car2go.com.

Tilikum Crossing Bridge

Tilikum Crossing Bridge
SAFETY

**Personal Safety**

- Always be aware of your surroundings and walk confidently.
- When walking at night always try to walk with a friend or a group in a lighted area. You should also consider carrying a flashlight for increased visibility. If you need an escort to your car while on campus, contact the public safety office at 503-494-7744.
- Carry a cell phone for emergencies and program emergency numbers into speed dial if possible.
- Have your car and house keys out and ready.
- When walking around cars, wear light colored or reflective clothing to help motorists see you better.
- Never get into a car with someone you do not know.
- Always lock your vehicle.
- Do not wear headphones that keep you from hearing what is going on around you.
- Avoid walking near large bushes that you cannot see around.
- Avoid parking on dark streets. The best place to park is under a street light or in a staffed parking structure.
- Always walk facing traffic.
- Never hitchhike or pick up hitchhikers.
- In emergency situations, contact the public safety emergency number at 503-494-4444 or the local police/fire department at 911. **Please only use these numbers in an emergency situation.** For non-emergency public safety issues, call 503-494-7744.

**Safety of Personal Possessions**

- Always keep your apartment or house doors and windows locked.
- Never open the door to someone you do not know.
- If you keep valuables, such as jewelry or cash in your home, make sure they are well hidden. Never carry or display large amounts of cash.
- If you own or use a car, never leave anything valuable in it. If you must, put valuables in the trunk, under a seat or cover them before you leave your car.
BASIC U.S. INFORMATION

Currency

In the U.S., the dollar is the only accepted currency. In paper notes, there are $1, $5, $10, $20, $50 and $100. These are known as dollar bills. Coins (valued in cents) include the:

<table>
<thead>
<tr>
<th>Currency</th>
<th>Value</th>
<th>Obverse</th>
<th>Reverse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penny</td>
<td>1¢ or $.01</td>
<td><img src="image1.png" alt="Penny" /></td>
<td><img src="image2.png" alt="Penny" /></td>
</tr>
<tr>
<td>Nickel</td>
<td>5¢ or $.05</td>
<td><img src="image3.png" alt="Nickel" /></td>
<td><img src="image4.png" alt="Nickel" /></td>
</tr>
<tr>
<td>(Obverse varies)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dime</td>
<td>10¢ or $.10</td>
<td><img src="image5.png" alt="Dime" /></td>
<td><img src="image6.png" alt="Dime" /></td>
</tr>
<tr>
<td>Quarter</td>
<td>25¢ or $.25</td>
<td><img src="image7.png" alt="Quarter" /></td>
<td><img src="image8.png" alt="Quarter" /></td>
</tr>
<tr>
<td>(Obverse varies)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Half Dollar</td>
<td>50¢ or $.50</td>
<td><img src="image9.png" alt="Half Dollar" /></td>
<td><img src="image10.png" alt="Half Dollar" /></td>
</tr>
<tr>
<td>Dollar</td>
<td>$1 (pictured)</td>
<td><img src="image11.png" alt="Dollar" /></td>
<td><img src="image12.png" alt="Dollar" /></td>
</tr>
</tbody>
</table>

Date

When a date is written in the U.S., it is in a format of month/day/year.

Measurements

The U.S. does not use the metric system.

Weight is measured using pounds and ounces. These are as follows:
Pound   lb   =      .45 kilograms
Ounce   oz   =      28.00 grams

Liquids are measured in cups, pints, quarts and gallons. These are as follows:

   Teaspoon  tsp   =      5.00 milliliters
   Tablespoon Tb    =      15.00 milliliters
   Cup       C      =      .24 liters
   Pint      pt     =      .47 liters
   Quart     qt     =      .95 liters
   Gallon    gal    =      3.80 liters

There are two pints in a quart and 4 quarts in a gallon.

Speeds are given in miles per hour (mph).

Length is measured in inches, feet, yards and miles. These are:

   Inch   in or "   =      2.54 cm
   Foot   ft or ’    =     30.00 cm
   Yard   yd         =      .90 meters
   Mile   m          =      1.60 km

Temperature is given in degrees Fahrenheit (written as ºF).

   98.6ºF   =      37ºC   normal body temperature
   32.0ºF   =      0ºC   freezing point for water
   212.0ºF  =     100ºC  boiling point for water

When you know Fahrenheit, subtract 32, multiply by 5 and then divide by 9 to get Celsius.

**Time Changes and Time Zones**

There are two different time changes in the U.S. Daylight savings time occurs between March and November and standard time is used the rest of the year.

In March we set the clocks ahead one hour, and in November we set the clocks back one hour.

There are four distinct time zones in the U.S.:

   Pacific     Portland     9:00 a.m.
   Mountain    Denver       10:00 a.m.
   Central     Chicago      11:00 a.m.
   Eastern     New York     12:00 noon
BASIC OREGON AND PORTLAND FACTS

**Oregon**

Oregon is known as the Beaver State.

Oregon’s state bird is the Western Meadowlark.

The capital of Oregon is Salem.

Oregon joined the U.S. in 1859.

Oregon has 240 incorporated cities and 36 counties.

The highest point in Oregon is Mount Hood at 11,239 feet.

The lowest point in Oregon is the Pacific Ocean at sea level.

The deepest lake in Oregon and in the USA is Crater Lake at 1,958 feet.

Oregon’s state motto is “She flies with her own wings.”

**Portland**

Portland is known as the Rose City.

Portland’s city bird is the Blue Heron.

Average temperature in Portland is 33.5º in January and 79.5º in July.

Portland is 78 miles to the Pacific Ocean and 65 miles to Mt. Hood.

Portland is a city that is shaped by two rivers. To the north the Columbia River is the border between the State of Oregon and the State of Washington. The Willamette River flows through the center of downtown Portland. Portland was built at the junction of the Columbia and Willamette Rivers.

Portland is the largest city in Oregon.
Portland’s Average Weather and Rainfall

Travel Portland’s Weather Glossary

- **Mist** – very fine rain, usually occurring overnight and in early morning
  “It’s just a little mist; I didn’t even need to put up the hood on my jacket.”

- **Drizzle** – misty rain, usually occurring intermittently throughout the day
  “Is it raining out?”
  “No, just drizzling off and on.”

- **Shower** – medium-intensity storm lasting anywhere from 20 minutes to a couple of hours
  “This rain shower gives me the perfect excuse to order another pint.”

- **Rain** – persistent precipitation that lasts a period of hours
  “It looks like rain.”
  “Good. I’ve been wanting to check out that great exhibit at the art museum.”
ENGLISH LANGUAGE RESOURCES

OHSU/AFSCME Career & Workplace Enhancement Center offers a variety of open enrollment, instructor-led classes including English Language Learner classes at Marquam Hill, Center for Health and Healing (CHH) and West Campus. Classes typically run three hours and are available at no charge to OHSU employees. You can find a course schedule and register for courses on their website at:
http://www.ohsu.edu/xd/about/services/human-resources/career-and-workplace-enhancement-center/

Additional Resources

Portland State University
https://www.pdx.edu/esl/

Portland Community College
http://www.pcc.edu/prepare/esol/

Mt. Hood Community College
http://www.mhcc.edu/AboutESL/

Clackamas Community College
http://www.clackamas.edu/ESL/

Portland ESL Network
http://portlandesl.pbworks.com/w/page/17833046/FrontPage
HELPFUL RESOURCES

_Immigration Related Resources_

**EducationUSA** – A global network of more than 450 advising & information centers in 170 countries supported by the Bureau of Education & Cultural Affairs at the U.S. State Department
[https://educationusa.state.gov/](https://educationusa.state.gov/)

**Foreign Embassies** – Directory and search engine of the world's embassies and consulates

**Study in the States** – A Department of Homeland Security website providing information for international students interested in studying in the U.S. and currently studying in the U.S.

**U.S. Citizenship and Immigration Services** – Forms, regulations, filing procedures, office addresses, etc.
[http://www.uscis.gov/portal/site/uscis](http://www.uscis.gov/portal/site/uscis)

**U.S. Customs and Border Protection** – Customs regulations for nonresidents, information on importing your car, household items, personal effects, etc.

**U.S. Department of Homeland Security** – USVISIT, etc.

**U.S. Department of State** – Visa information, diversity lottery, J-1 waiver information, travel advisories and warnings, etc.
[http://www.state.gov](http://www.state.gov)

**U.S. Embassies** – Links to websites of U.S. embassies around the world
[http://usembassy.state.gov](http://usembassy.state.gov)

**U.S. Immigration and Customs Enforcement** – SEVIS, etc.
Other Helpful Resources

Career and Workplace Enhancement Center – Find resources to further your professional development (many resources are accessible **only after** you obtain your O2 login credentials)
https://o2.ohsu.edu/career-and-workplace-enhancement-center/index.cfm

Currency Converter – Information on exchange rates
http://money.cnn.com/markets/currencies

Emergency – Call 911 for local police department, fire department, ambulance, etc. **Please only use this number in an emergency situation.**

Office of International Affairs – https://o2.ohsu.edu/international-affairs/

Oregon Department of Motor Vehicles – Information on applying for a driver's license, identification card, vehicle registration, etc.
http://www.oregon.gov/ODOT/DMV/

Oregon Driver Education Center, Inc. – Provides driving lessons, etc. for a fee
http://www.drivereducationcenter.com/

Oregon Road Conditions – Current road conditions in the state of Oregon.
www.tripcheck.com

Oregon Tourism Commission – Information on places to see in Oregon, travel guides, hotel information, etc.
http://industry.traveloregon.com/

Portland International Airport – Travel information, ground transportation from and to the airport, arrival and departure information, terminal maps, travel tips, etc.
www.flypdx.com

Portland Oregon Visitors Association – Information on local events, dining guide, local attractions, city maps, festivals, etc.
https://www.travelportland.com/

Social Security Administration – social security card applications, directions on how to apply for a social security card, etc.
http://www.ssa.gov/

Tri-Met – information on public transportation including light rail and buses, trip planner, etc.
http://www.trimet.org/