INTERNATIONAL STUDENT AND SCHOLAR HANDBOOK

NORTHWESTERN UNIVERSITY
We are happy to have you on board at Northwestern University! On behalf of all the members of the International Office and the Office of the Provost, I would like to welcome all the international students, scholars and their families to our community. We are eager to help you make the most of this new experience, providing you with the support you need to accomplish your academic goals.

Please do not hesitate to contact our office if you have questions or concerns. Again, welcome to the U.S., to Evanston, Chicago, and to Northwestern University!

Enjoy your time!

Sincerely,
Ravi Shankar, Director
The International Office
THE INTERNATIONAL OFFICE

The mission of the International Office (IO) is to enrich the academic and cultural experience of Northwestern’s international students, visitors, employees and their families. The IO advises and supports the university’s international community; educates and collaborates with campus partners; and liaises with relevant government agencies. We advocate on behalf of our populations to promote global educational exchange in support of the university’s strategic plan.

Want to speak with an IO Advisor? Here is how...

Walk-In Advising Hours:

Evanston (630 Dartmouth Place):
Monday-Thursday, 10:00am-1:00pm; 2:00pm-4:00pm

Chicago (Abbott Hall- 710 N. Lake Shore Drive, suite 305):
Tuesday, 9:00am-1:00pm, 2:00pm-4:00pm (scholars only)
Wednesday: 9:00am-1:00pm, 2:00pm-4:00pm (students only)

You can walk in anytime during Walk-in Hours and see an advisor without an appointment.
Click on the icons or scan the bar code below to connect with us!

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TO DO LIST
For the first three days upon arrival

✓ Get to know the International Office (IO) and find out who your international advisor is.

✓ Get a Wildcard (your Northwestern University ID)
  • check out the advantages you get with the WildCard (i.e., Access to campus gyms, discounts in Evanston and Chicago)

✓ Set up your email account after receiving your NetID (get started HERE)

✓ Open a bank account and get a phone number from a phone provider

✓ Visit important offices on campus and submit the necessary paper work (Only for both students and scholars who will receive payments from Northwestern): Human Resources/Payroll/Employee benefits
  • All new employees have to complete their I-9 forms within the first 3 business days. (Section 1 of the I-9 must be completed online by the first date of employment at the Payroll.
  • For F1 and J1 visa holders: Keep your SEVIS records updated including new/different mailing address, different financial information, and dependents. Provide this information to your International Scholar Advisor to update your SEVIS records

✓ Apply for a Social Security Number/Card (SSN) (REQUIRED for both students and scholars who will receive payments from Northwestern)
  • The SSN verifies your identity. All information (bank, health insurance, salary etc.) is connected to your SSN. NEVER EVER send it out by email or give it to random people.
  • The nearest social security office:
    o Evanston: 2116 Green Bay Rd, Evanston, IL 60201
    o Chicago: 77 West Jackson Blvd, Suite 300, Chicago, IL 60604
  • It usually takes 1-2 weeks to process the SSN application.
  Remember to ask the official for a receipt!!! It will prove that you already applied just in case something goes wrong.
On-Campus

Undergraduate Residence Halls:
Undergraduate Residential Colleges (popular among undergrads), 1835 Hinman, 1838 Chicago, 1856 Orrington, 720 Emerson (SAI), Bobb, Foster-Walker (PLEX), Goodrich, Kemper, Lindgren, McCulloch, Rogers House, Sargent, Shepard Hall, 620 Lincoln, South Mid-Quads, North Mid-Quads.

Graduate Housing:
Engelhart Hall (top choice for many graduate students), Garrett Place Apartments, Garrett Evangelical Seminary Housing (graduate students/scholars only), and McManus Center (Kellogg Only)

CCIS Homestay Program: Through this program you are housed by a local individual or family for 2-3 days before your permanent housing is available.

Off-Campus

Northwestern’s Off-Campus Life Office (for students) and Human Resources (for scholars) can assist you with finding off-campus housing and your rights and responsibilities as a member of the Evanston and Chicago communities.

Selected resources:
• Northwestern Faculty/Staff Housing Forum
• Places4Students (search at Northwestern University)
• Evanston YMCA Men’s Residence
• Northwestern Housing Facebook Group
• Domu/Zillow/Zumper/Trulia/Hotpads/ApartmentFinder/ApartmentPeople/The Chicago Tribune/Craigslist

Tip: Find real estate leasing agents/friends/family members/relatives who are familiar with the area you wish to live in, provide property choices and they will show you housing options.
CHECK OUT WHERE NU GRADUATE STUDENTS LIVE

Where Our Students Live

Percentage of Graduate School students living in each Chicagoland area:

- Northwest Suburbs: 47%
- Northwest Chicago: 10%
- Logan Square: 12%
- Loop: 11%
- Downtown Chicago: 8%
- Evanston: 3%
- South Chicago: 9%

Properties most likely to be chosen by NU students

**Evanston**
- BJB Evanston
- North Shore Apartments & Condos.
- Wesley Realty Group
- E2
- 1717 Luxury Apartments
- Evanston Place
- The Park Evanston
- The Reserve Evanston

**Downtown Chicago**
- McClurg Court
- AXIS
- Lake Shore Plaza
- Seneca
- 860 N Dewitt Pl
- 222 E Pearson St
- Worcester House of Medical School

Scholars: If you are interested in a particular neighborhood, send an email to NUPF@gmail.com and we will get you in touch with a postdoc who is familiar with that neighborhood.
THINGS TO CONSIDER WHEN MOVING OFF-CAMPUS:

- If subletting: will rent be paid monthly and to whom? Are roommates involved?
- Is there a security deposit/move-in fee? Are any utilities (gas, water, electricity, internet, heat, etc.) included? How do you set these up? If not included, how much more can you expect to pay monthly?
- How long is the lease period/length of sublet?
- If renting a room from someone, what parts of the house/apartment can you use?
- If you have roommates or you are leasing or subletting from a person/company, discuss your living arrangements: how to split costs and chores, who is responsible for paying for which utilities, whether and when it’s fine to have guests, whether smoking is permitted, and whether pets are allowed on the property
- Proximity to campus and grocery/convenience stores (is it close enough to walk? How long is the commute time?)
- How close is public transportation? Consider its proximity to NU Shuttle stops, CTA bus stops and CTA Purple line or Red Line.
- Are furnishings provided?
- How safe is the neighborhood?
- If you have children, how far is school or childcare providers?
# FURNITURE/HOUSE ESSENTIALS/UTILITIES

Once you’ve found a place to live you’ll probably need a few things to fill your space: a bed, chair, couch, desk, dining table, pots, pans, etc. Below are some stores where you can find everything you’ll need! All suggestions are reasonably affordable.

<table>
<thead>
<tr>
<th>Evanston</th>
<th>Chicago</th>
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<tbody>
<tr>
<td><strong>Target</strong>&lt;br&gt;1616 Sherman Ave or 2209 Howard St.&lt;br&gt;Avoid buying large items if you’re on the train or shuttle. Useful to shop online and have it delivered to your address as well.</td>
<td><strong>Target</strong>&lt;br&gt;4466 N. Broadway or 1154 S. Clark&lt;br&gt;All locations offer almost the same variety that makes moving a lot easier since you can find everything at one place. The stores closest to the Chicago campus are near the Wilson CTA station to the north, and near the Roosevelt stop to the south.</td>
</tr>
<tr>
<td><strong>Best Buy / Office Depot</strong>&lt;br&gt;2301 and 2255 Howard St.&lt;br&gt;For office supplies or electronics, you can find them at these stores.</td>
<td><strong>Bed, Bath and Beyond</strong>&lt;br&gt;530 N. State St.&lt;br&gt;While they don’t have groceries or clothing available and may not always be quite as inexpensive, this store is also a great option for collecting those household odds and ends you’ll need and is conveniently located near the Grand CTA station, walking distance from the Chicago campus.</td>
</tr>
<tr>
<td><strong>Affordable Portables</strong>&lt;br&gt;924 Davis St.&lt;br&gt;Affordable furniture for dorm rooms and homes.</td>
<td><strong>Village Discount Outlet / Brown Elephant</strong></td>
</tr>
<tr>
<td><strong>Walmart Super Center</strong>&lt;br&gt;8500 W. Golf Rd, Niles&lt;br&gt;The world's largest retail chain.</td>
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### Other options to consider:

- **Ikea** *(1800 E. McConnor Pkwy, Schaumburg, IL)* - You will definitely need a car to get to this enormous furniture store, but for larger items, you can shop online and have them delivered.
- **Craigslist** - Individuals sell items online with this popular website. You may find a great deal, but make sure to find out whether it’s reasonable for you to pick up what you buy, since most sellers won’t deliver.
- **Freecycle** - You can either give or donate stuff for free in your own towns or neighborhoods

### Below are companies that are used for common utility needs:

- **Cable Internet/TV/Phone:** [RCN](https://www.rcn.com) / [Comcast](https://www.comcast.net)
- **Electricity:** [ComEd](https://www.comed.com)
- **Gas/Heat:** [Peoples Gas](https://www.peoplesgas.com) / [Nicor](https://www.nicor.com)
TRANSPORTATION

NORTHEASTERN SHUTTLES

Download the app “Northwestern” (Android/iPhone) or the app “Doublemap” (Android/iPhone) and track the following shuttle options:

• **Intercampus Shuttle**
  The Intercampus shuttle provides service between Evanston and Chicago campuses. Runs from 6:35 AM to 10:35 PM

• **Campus Loop**
  The Campus Loop shuttle connects the north and south ends of campus to downtown Evanston. Service is limited during Thanksgiving Vacation and Spring Break. Check operating schedules [here](#).

• **Chicago Transit Authority (CTA) #201**
  Ride the CTA's #201 bus for free during the academic year, September 1 through June 30. If you have a U-PASS, use it to access the #201; if you do not have a U-PASS, present your Wildcard to the bus driver.

Check out [this video](#) to learn more about Northwestern Shuttle Routes

More information regarding time and stops can be found at [Campus Shuttle Routes](#)
**SAFE RIDE**

Don't worry if you study late in the library and are afraid of walking alone back home. Northwestern's [Safety Ride](https://www.northwestern.edu/services/campus-security-and-safety/safe-ride/) provides all members of the Northwestern community a safe and free alternative to walking alone after dark. Safe Ride operates from 7:00 PM to 3:00 AM seven days a week during the academic year when classes are in session, excluding summer session. Safe Ride drivers provide rides from campus to destinations off campus within Evanston boundaries as well back to campus from within the boundaries.


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**ZIPCAR**

This is a car-sharing service that, for a reasonable membership fee, allows you to “borrow” one of their cars from various reserved parking spots throughout the city. You must be at least 21 years old, with a valid Driver’s License, driving experience, and a clean driving record to join. Check more information and join Zipcar at [https://www.zipcar.com/](https://www.zipcar.com/).

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**UBER/LYFT**

Download the respective app and you’re good to go!

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**TAXI:**

If you are on the Chicago campus, you should be able to hail a cab off the street from wherever you are. In Evanston, you might have to call. All companies have comparable rates, but Northshore offers a flat rate from Evanston to O’Hare: 1-800-244-9200.
PUBLIC TRANSPORTATION

- Chicago Transit Authority (CTA)
  Purple line passes by Evanston. Plan your trip and find more information on the CTA website and the CTA system map.
- Metra
  UP-N passes by Evanston
- PACE
  #250 Connects Evanston to O’Hare International Airport

**Download a Ventra app on your mobile phone, and you can purchase and download tickets for CTA, Metra, and Pace**

DRIVE IN ILLINOIS

Check out how to get a Illinois Driver’s license and a State ID [HERE](#).

NOTE: some countries have driving reciprocity with Illinois, so always remember to bring your international license and passport to the DMV.

**Park Evanston**: pay for parking using this mobile app when parking in Evanston. You can also check when your parking session is about to expire and extend your session right from your phone.

**ParkWhiz**: Find and reserve a parking spot before you drive to the city of Chicago. No cancelation fee!

CAR RENTALS AROUND EVANSTON

- Budget, 801 Chicago Ave
- Enterprise, 1810 Maple Ave
  **Scholars (and their spouses and children) can take advantage of Northwestern’s discounted rates and insurance benefits for business and personal use. Students are only eligible to use these rates for business use. Visit the Car Rentals page for more eligibility requirements to use Northwestern discounts.**
- Hertz, 1901 Green Bay Rd
ON-CAMPUS DINING

Evanston

- Norris University Center, 1999 Campus Drive. The Norris center has multiple dining options, including: Frontera Fresco, Subway, Starbucks, Willie's Food Court, Dunkin' Donuts, The Kiln, Paws 'n' Go C-Store.
- Sargent Dining Hall, 2245 Sheridan Rd. The menu at Sargent features freshly baked pizzas, a salad bar with a wide selection of toppings and dressings, deli and grilled sandwiches, rotisserie chicken, international recipes, comfort foods, and a house baked display of pastries and desserts to finish each meal.
- Foster-Walker Complex, 1927 Orrington Ave. Similar with the Sargent Dining Hall.
- Tech Express, 2145 Sheridan Rd. Tech Express offers Smart Market wraps, salads and sandwiches, hot panini sandwiches, sushi, Campbell's soup, desserts, and other pre-prepared take-out items.
- Cohen Commons, 2145 Sheridan Rd. The Cohen Commons Dining Room is open to all Northwestern faculty, staff, and engineering graduate students for lunchtime dining. No children.
- Kellogg Global Hub Dining, 2211 Campus Dr. Enjoy a wide variety of delicious and healthy food offerings from the Fresh Market, World Fair and Fresh Made Pizzas.
- TGS Commons, 2122 Sheridan Rd. The Graduate School (TGS) Commons is a space for graduate students and postdocs to study, host small group gatherings, and reserve for formal academic presentations, etc. Coffee, tea, and cocoa are available for purchase.

Chicago

- Harry's Cafe, 357 E. Chicago Ave. Harry's Cafe offers a sophisticated menu, including salads, wraps, sandwiches, paninis, convenient grab and go offerings, and serve Metropolis Coffee barista style.
- Coffee Cure, 303 E. Chicago Ave. Similar with the Harry’s Cafe
- Kafe Kellogg Chicago, 340 E. Superior St.

OFF-CAMPUS DINING

Check Yelp, OpenTable, Google Maps, and The Daily Northwestern’s annual article “Best of Evanston”.

GROCERY SHOPPING

Evanston

- **Target (1616 Sherman Ave)** – Branch of the Target retail chain. Sells nearly everything, but a well priced source of groceries and all market/pantry needs.

- **Whole Foods (1640 Chicago Ave)** - For anyone living on campus, this is undoubtedly the closest option to campus for all grocery shopping needs, and is open until 10pm on all days. Whole Foods is a chain known for all-natural, healthy, and organic products, so it’s a great option for good products. It is, however, fairly expensive, so is a great choice for last-minute grocery shopping, a few items, or healthy products, but may not be the best choice for long lists of groceries when it is possible to plan more in advance.

- **D&D Finer Foods, known as D&D’s (825 Noyes St)** - This is the go-to option for those who live further north campus and may not want to walk to Whole Foods. It’s more of a large convenience store, and while you’ll be able to buy anything you want here, it’s more of a place to pick up a few items than to do large-scale grocery shopping. D&D’s is great for a few beverages or snacks.

- **CVS(1711 Sherman Ave)** - This can be your go-to stop for necessities. Most things are fairly cheaper compared to Whole Foods. CVS also sells supplies for home and personal care, medicine, etc., in addition to food and snacks. You can also have photos printed, buy stamps, and get quarters for laundry. Join their ExtraCare program online for discounts and deals!

- **Jewel-Osco(1128 Chicago Ave)** - This is likely the best choice for typical grocery shopping, although it is a little bit of a walk down south from campus. Plan ahead and consider SafeRiding back if it is late. You can get every grocery imaginable and all kinds of other supplies as well here.
GROCERY SHOPPING

Evanston

• **Trader Joe’s (1211 Chicago Ave)** - Trader Joe’s is a chain that sells organic food at better prices than Whole Foods, and stocks ready-to-cook foods and unique offerings. It is right opposite Jewel-Osco, so consider planning a trip to both at the same time.

• **On-campus Convenience Stores (C-Stores) (Norris, Plex, Hinman, Lisa’s...)** - Although they close fairly early on some days and are closed on others, you can always get the essentials in the way of snacks and supplies at the C-Stores. You can use your meal plan points at the C-Stores in addition to paying for your purchases.

Chicago

• **Treasure Island Foods (680 North Lake Shore Drive, Chicago)** - 10% off with your student ID. (This is close to Chicago campus and its above average price comes with a 10% discount for students. You can also buy prepared lunch here.)

• **Whole Foods (255 E Grand Ave, Chicago)** - This has more choices than Treasure Island but more expensive.

• **Trader Joe’s (44 E Ontario St, Chicago)** - This is supposed to be cheaper than both Treasure Island and Whole Foods, good choices available too.

INTERNATIONAL FOOD STORES

• **World Market**: 1725 Maple Avenue, Evanston
• **Valli Produce**: 1910 Dempster Street, Evanston (International)
• **Richwell Market**: 6120 Dempster Street, Morton Grove (Chinese)
• **Market Place on Oakton**: 4817 W Oakton Street, Skokie (European & more)
• **HMart**: 801 Civic Center Drive, Niles (Korean)
• **Mitsuwa**: 100 E Algonquin Road, Arlington Heights (Japanese)
CLOTHING AND ACCESSORIES

Evanston

- Crossroads (1730 Sherman Ave) - Budget, consignment store
- Gap (1706 Sherman Ave)
- Old Orchard - multi-brands (F21, Zara...), large outdoor mall in Skokie, accessible via the 201 bus that is free with a Wildcard and runs the same route and stops as campus shuttles
- Urban Outfitters (921 Church St)
- Uncle Dan’s (901 Church St)
- Goodwill (1916B Dempster St) - accessible via 93 bus from Emerson/Maple stop (thrift store)
- Salvation Army Family Store (4335 Oakton St, Skokie)
- For winter gear - You could get most stuff online/in-store during Black Friday week for crazy deals! Make sure to bring a few items to survive the chill till then.

Chicago

- Michigan Avenue -The Magnificent Mile and State Street starting at Water Tower Place at Pearson Ave and extending south to Millennium Park, you will find more than 460 stores and boutiques including department stores where you’ll find everything you need!
- Macy’s on Michigan Avenue
- UNIQLO (830 Michigan Ave) - Highly recommend for winter gear! Check out their heattech products.

OUTLET MALLS

- Chicago Premium Outlets (Aurora Mall) - 1650 Premium Outlet Blvd, Aurora, IL 60502
- Gurnee Mills Outlet - 6170 W Grand Ave., Gurnee, IL 60031
- Pleasant Prairie Premium Outlets - 11211 120th Ave, Pleasant Prairie, WI 53158
- Fashion Outlets of Chicago - 5220 Fashion Outlets Way, Rosemont, IL 60018
HEALTH

NORTHWESTERN HEALTH SERVICES

- Student Health Services: If you get sick, you can visit a doctor at this clinic for free with Northwestern Student Insurance! You can also access the Health Promotion and Wellness (HPaW) here.
  - **Evanston Campus**
    633 Emerson Street, 847-491-8100
  - **Chicago Campus**
    675 N. St. Clair Galter Pavilion Suite 18-200, 312-695-8134
- **Counseling & Psychological Services (CAPS)**: CAPS offers workshops, classes, biofeedback, individual counseling sessions and more.
- **Morneau Shepell (MSI)**: MSI offers FREE and fully confidential mental health and acculturation support to scholars, their spouses/partners, and dependents 24/7/365

CLINIC

- CVS Pharmacy’s **Minute Clinic**:
  3333 Central Street, Evanston
  101 Asbury Street, Evanston
  2209 Howard ST, Evanston
- **Erie Evanston/Skokie Health Center**:
  1285 Hartrey Ave, Evanston

GYM/FITNESS CENTER

- **Northwestern Recreation Center**
- **McGaw YMCA**, 1000 Grove St, Evanston
- **LA Fitness**, 1618 Sherman Ave, Evanston
Having a local bank account is important because many places do not accept foreign credit cards. For deposits and withdrawals, it would be best to open a checking account, which usually comes with a debit card. It might also be helpful to open a linked savings account with the same bank, since these generally provide a higher interest rate than a checking account. Choosing your bank is up to you, but some offer more locations and convenience than others. You should discuss your options with a banker if you have any questions. Be sure to ask about ATM locations, since withdrawing money from an ATM that is not your bank’s may result in fees. Most Evanston and Chicago banks will allow international visitors to open checking and savings accounts without a Social Security Number.

**Common Banks Near Northwestern Campuses:**

- **US Bank**: 1999 Campus Dr. (ground floor of Norris University Center, on the Evanston campus), 360 N. Michigan Ave. (Chicago) - You can link your Wildcard to your bank account and use it like a debit card. US Bank is probably the best choice for an initial credit card to start building your credit history.
- **Bank of America**: 1705 Sherman Ave. (Evanston) 500 N. Michigan Ave. (Chicago)
- **Chase**: 1603 Orrington Ave (Evanston) 875 N. Michigan Ave. (Chicago)
- **Citibank**: 817 Church St. (Evanston) 539 N. Michigan Ave. (Chicago)
- **PNC Bank**: 1633 Chicago Ave (Evanston), 16 W. Grand Ave. (Chicago)

**Frequently Asked Questions (FAQs):**

**Q:** Do I need a Social Security Number (SSN) to open a bank account?

**A:** No, passport is enough but you want and have to provide it as soon as you receive it. Your credit history is attached to your SSN.

**Q:** What are the options available for Money transfer from US to your country?

**A:** Wire transfer: Fee depends on your bank. Some banks may have partner institutions in your home country and the fee might be cheaper. Ask your bank.
Mobile Phone Providers and stores near the Evanston and Chicago campuses:

<table>
<thead>
<tr>
<th>Providers</th>
<th>Evanston</th>
<th>Chicago</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT&amp;T</td>
<td>1620 Chicago Ave, (847) 424-9232</td>
<td>600 N Michigan Ave, (312) 280-4696</td>
</tr>
<tr>
<td>T-Mobile</td>
<td>1732 Sherman Ave, (847) 425-1936</td>
<td>700 N Michigan Ave, (312) 219-8802</td>
</tr>
<tr>
<td>Sprint</td>
<td>1701 Sherman Ave, (847) 859-8870</td>
<td>24 E Randolph St B, (312) 448-7593</td>
</tr>
<tr>
<td>Verizon</td>
<td>630 Davis Street, (224) 307-2139</td>
<td>840 N Michigan Ave, (312) 464-1390</td>
</tr>
<tr>
<td>Best Buy*</td>
<td>301 Howard St, (847) 570-0450</td>
<td>875 N Michigan Ave, Hancock Tower</td>
</tr>
<tr>
<td>Mint</td>
<td>No office, but Northwestern will send a SIM card to you over the summer</td>
<td></td>
</tr>
</tbody>
</table>

* Best Buy offers phones from multiple companies, so you can compare plans and prices

Each company offers various incentives with a variety in phone, text, and data plans. These are continuously changing. Please contact or visit these companies for the most updated information!
These apps can be downloaded from the Google Play store for Android phones and the App Store on Apple devices, and are available on most other mobile platforms as well.

- **Northwestern app** – Check news and events
- **NU Help app** - Access to university resources and services
- **Doublemap** – Track real-time shuttle routes and schedules
- **SafeRide** - Book free car rides to and from off and on-campus buildings. Available from 7 PM to 3 AM during the academic year.
- **GroupMe** - A mobile group messaging app that is very commonly used at Northwestern by groups
- **Evernote** – Help you organize your work and declutter your life
- **Examtime** - Mind maps for studying
- **Google Translate** - Translations
- **Google Drive** – A secure cloud storage that allows you to file backup for your photos, videos, files, and more
- **Citymapper**
- **Uber/Lyft** – Get a ride in minutes
- **Ventra** – Manage your CTA, Metra, and Pace passes for public transportation. You can also check transit schedules on Ventra.
- **Moovit** - Public transit
- **Voucher cloud** – Get the best offers, discounts, and deals
- **Trulia** – Real estate listings and rental properties
- **All Recipes** – Discover recipes, cooks, and videos, get cooking inspiration
- **My Fitness Pal** – Track diet and exercise to determine optimal caloric intake
- **Venmo** - Allows users to quickly transfer money to one another using a mobile phone app or web interface, once linked to a bank account
- **Banking Apps**
- **Find My Phone**
IN CLASS

Academic life in the US may be very different than that in your home country! Here is some advice for success in an American classroom:

- Class participation is very important, and is generally part of your grade. This means you can and should speak in class and engage in discussion with your professors and classmates.
- Study groups help you learn, make friends and practice your English.
- Make sure you read the syllabus for each class carefully and submit your homework on time.
- Plagiarism is not tolerated. This means you cannot copy work from another students, article, website or other source without a proper citation.
- Professors and teaching assistants are here to help you. Most will have “office hours,” where you can go to ask questions or get extra help. Visit your professor or TA’s office hours!
- Northwestern operates on a quarter-system which has 10 weeks per quarter.
- Not sure how to address your professor? Use "Professor" or ask!
- Don’t worry about your English: the only way to improve your English is to practice. If you make mistakes, just keep trying and smile!
- Take advantage of Interlibrary loan to acquire books not available at Northwestern. Ask a librarian for more information about borrowing books and library use.

CAMPUS RESOURCES

- The Writing Place: A place where writing tutors can help you at any stage of the writing process, from talking about ideas to developing a plan to revising and editing a draft. Consultations are free and available to anyone in the Northwestern community.
- Undergraduate Academic Resource Portal: Find opportunities for tutoring, study groups and other academic opportunities.
- Office of Fellowships: Consider applying for external funds to support your education and research. A number of fellowships is tailored specifically to international students. You can find them here.
- Individual Schools and Colleges: Academic support is available for each individual school at Northwestern.
EXTRACURRICULAR

CAMPUS RESOURCES

- Northwestern Career Advancement: Career services office for all NU students.
- Engineering Career Development: Career services office for McCormick students.
- Student Health Insurance Office: Contact this office if you have insurance questions.
- Student Financial Services: Contact this office if you have tuition payment questions.
- Norris University Center: The campus student center in Evanston. Visit Norris to study with friends, have coffee (at Starbucks or Dunkin Donuts), eat lunch, or visit the campus bookstore.
- Student Organizations: A very important part of the American university experience is participating in extracurricular activities and student organizations. It's a great way to make new friends! NU has 500+ student organizations!
- Northwestern Wildcats sports: Cheer on the Wildcats in dozens of sports, including (American) football, basketball, soccer, lacrosse and more.
- Campus events: Visit Planit Purple to find events happening on campus every day!
- Legal Services: Legal consultation is available free-of-charge to full-time graduate and Kellogg MBA students.
- Handshake: Find internship and job opportunities as well as events, workshops and info sessions at Handshake.
- LGBT Resource Center: Serves the LGBTQ+ community through workshops, events, outreach and advocacy.
- Multicultural Student Affairs (MSA): enriches the cultural experience of Northwestern through leadership and education programming; providing opportunities for community engagement and identity expression; and assisting students in navigating the University.
- Office of Religious Life: Find your spiritual home at Northwestern through a variety of faiths, groups and religious leaders.
- AccessibleNU: A resource for students with disabilities.
- Fitness and Recreation at NU.
- Safe Ride: An alternative to walking alone after dark.
- Student Resources: A general list of available resources on student living, policies, health and wellness, student affairs staff and NU community, career & employment, diversity and culture, safety & sustainability, and important departments.
The City of Evanston’s Parks & Recreation Divisions provide a wide range of services that improve the quality of life of those who live, work or play in Evanston.

- **Chandler Newberger Community Center**  
  1028 Central St., Evanston
- **Robert Crown Community Center**  
  1701 Main St., Evanston
- **Fleetwood-Jourdain Community Center**  
  1655 Foster St., Evanston
- **Ecology Center**  
  2024 N Mc Cormick Blvd., Evanston
- **Noyes Cultural Art Center**  
  927 Noyes St., Evanston
- **Evanston Public Library**  
  1703 Orrington Ave., Evanston

**DAYCARE/PUBLIC SCHOOL**

- **Northwestern Work/Life & Family Resources**: This office can help you find the programs, services, and consultation you need to balance the many aspects of your life
- **Pre-Kindergarten (daycare center/pre-school)**
  - **McGaw YMCS Children’s Center**: 1420 Maple Avenue, Evanston
  - **Bright Horizen**: 1629 Orrington Avenue, Evanston
- **Public Schools (Kindergarten to Grade 8)**
  - **Evanston/Skokie School District 65**: 1500 McDaniel Avenue, Evanston

**ENGLISH LANGUAGE PROGRAM**

- **Mango Languages** at Evanston Public Library
- **ESL Classes** at Oakton Community College
- **ESL Classes** at City College of Chicago
- **LEAF Program** at Asian Human Services
Looking for a way to unwind? Searching for ways to enjoy the outdoors? Always wanted to take a photography, pottery, or web design class? Want to learn another language? Now’s the time! Northwestern, Evanston, and Chicago offer opportunities to get out and explore your interests. Here are a few places you can check out add your various talents, and indulge your interests.

- **Norris Mini Courses**: The Mini Course program gives members of the Northwestern and Evanston community a chance to learn all sorts of new things. Take a pottery class, learn Italian, make truffles and more! New classes are available every quarter.
- **ARTica Studios**: Paint, make pottery, draw, sew, make buttons and more at this art studio inside the Norris University Center. Great for children and adults!
- **Fitness and Recreation at NU**: Group exercise classes are FREE for NU students!
- **Chicago Park District**: With tons of trails, bike paths, parks, swimming facilities, events and programs, you will undoubtedly find no shortage of ways to enjoy the outdoors in Chicago.
- **Old Town School of Folk Music**: With classes for kids and adults, and concerts you can attend, if you are interested in dance or music, you’ll find The Old Town School of Folk Music is the perfect fit!
- **Harrington College of Design**: If you’re looking for a way to express yourself through art, photography, or design, you can find a number of recreational classes available to you.
- **The City Colleges of Chicago**: With seven campuses located throughout the city, The City Colleges of Chicago offer a variety of educational opportunities. While you may not be able, or interested in pursuing a formal academic program, there are a number of options for recreational courses at a campus near you.
- **The Community Council for International Students (CCIS) program** is an all-volunteer group dedicated to making Northwestern University international students feel welcome in this country and at the University.
CHECK OUT THESE GREAT PLACES

EVANSTON

The Bahá’í House of Worship
One of ten dedicated temples of the Bahá’í Faith, the oldest surviving Bahá’í House of Worship in the world.
Location: 100 Linden Ave., Wilmette, IL 60091
Hours: 6am-10pm, with prayer services at 12:30pm

Ryan Field and Welsh-Ryan Arena
Location: 1501 Central Street, Evanston, IL 60201
Events: Northwestern Football (Ryan Field), Basketball, Volleyball and Wrestling (Welsh-Ryan) – also various speakers, concerts and other events may be hosted here.

CHICAGO

Museum of Contemporary Art of Chicago
One of the world's largest contemporary art venues. Free admission for all students and scholars with wildcards.
Location: 220 E Chicago Ave, Chicago, IL 60611
Fun Facts: Home to the Art Institute Museum and school. Featured in the film “Ferris Bueller’s Day Off.”
Chicago Architecture Cruises and Tours
Location: Varies based on tour company
Fun Facts: The Chicago Architecture Foundation offers a variety of trips. Many others depart from McClurg Court and from Navy Pier and highlight Chicago’s rich and diverse architectural history from the Chicago River.

Navy Pier
Location: 600 E. Grand Ave., Chicago, IL 60611
Fun Facts: Originally envisioned as a freight and passenger dock when it opened in 1909, Navy Pier has become an entertainment venue visited by over 8 million visitors annually, making it the most visited tourist venue in the Midwest.

Lincoln Park Zoo
Location: 2200 N. Cannon Dr., Chicago, IL 60614
Fun Facts: Home to some of the world’s rarest creatures like black rhinos, wild dogs, pygmy hippos and dwarf crocodiles (and one polar bear who really likes to pose for pictures)

John Hancock Observatory
Location: 875 Michigan Ave., 94th Floor, Chicago, IL 60611
Fun Facts: The John Hancock Observatory has the fastest elevator in America. From the observation deck you can see parts of Michigan, Wisconsin, and Illinois 80 miles away.
Explore These Neighborhoods

- **Lakeview/Lincoln Park**
  **Location**: Irving Park to Sedgwick on the northeast side
  **Places to Check Out**: One of the most popular neighborhoods in Chicago, Lakeview and Lincoln Park contain Wrigleyville, the area surrounding Wrigley Field, beaches, harbors, and tons of restaurants, entertainment and night life.

- **Rogers Park**
  **Location**: From Howard Street south to the Loyola area.
  **Fun Facts**: Rogers Park, just south of Evanston, is a neighborhood known for its diversity. Be sure to check out the numerous Mexican and Salvadoran restaurants and grocery stores on Clark Street.

- **Devon Avenue**
  **Location**: Just south of Loyola University
  **Places to Check Out**: Devon Avenue is famous in Chicago for its rich history and thriving immigrant communities. When exploring Devon, you will encounter Orthodox Jewish, Russian, Indian, Pakistani, and Bangladeshi neighborhoods.

- **Edgewater/Andersonville**
  **Location**: Between Granville and Argyle on Chicago’s north side
  **Places to Check Out**: Known for the Swedish influences of the early settlers of this neighborhood, Edgewater and Andersonville have grown in size and diversity in recent years.

- **Argyle**
  **Location**: Argyle Street, mostly near Broadway
  **Places to Check Out**: While technically a neighborhood within a neighborhood at the edge of another neighborhood, we thought this location deserved some attention of its own. Also known as “New Chinatown”, “Little Saigon” or “Little Vietnam”, the Argyle area is full of great Vietnamese, Chinese, Thai and Cambodian owned markets and restaurants.
Uptown

Location: Foster to Irving Park on Chicago’s north side

Places to Check Out: A cultural and entertainment center on the north side, Uptown is definitely not to be missed. Home to the famous Aragon Ballroom, & The Green Mill Jazz Club.

Koreatown

Location: Albany Park, a northwest side neighborhood

Places to Check Out: Home to a large population of Korean Americans, this neighborhood is home to the annual Korean Festival, Korean television station (ch. 41), Korean radio station (1330 AM) and two Korean language newspapers.

Polish Village

Location: Milwaukee Avenue, just south of Belmont

Places to Check Out: Pasieka Bakery (Milwaukee and Lawndale) is famous for its Polish pastries, cakes and breads, especially the makowiec (poppy seed cake) and Polish rye bread – don’t be afraid to ask about the various treats.

Wicker Park/Bucktown

Location: Along and around North Avenue, near Damen and Milwaukee Avenues

Places to Check Out: Known as a “hipster” neighborhood, Wicker Park is a popular destination among young people in Chicago. There are plenty of places to eat, like, Piece, a pizzeria specializing in “New Haven” style thin crust pizza with specialty toppings including mashed potatoes, meatballs and clams.

Little Italy

Location: Harrison to Roosevelt, between Morgan and Ashland

Places to Check Out: No trip to Little Italy can be complete without food, and Taylor Street has many options, including Francesca’s and Pompeii. With a rich history, including Jane Addams Hull House, Little Italy is not to be missed.

Pilsen

Location: Centered along 18th Street from Halsted to Western

Places to Check Out: Pilsen, located in the “Heart of Chicago” neighborhood on the near west side, is the “heart” of the Mexican community in Chicago. Renowned for its extensive murals, depicting cultural scenes inspired by the Mexican heritage of the community, Pilsen is a neighborhood with rich in art and history.
GRATUITY/TIPPING PRACTICES IN THE U.S.

As you get out and explore Evanston and Chicago, it is important to keep in mind that gratuity, or tipping practices with regard to people you will encounter in the service/hospitality industry, vary widely from country to country. To avoid potentially negative interactions that can result from tipping too low or not tipping at all, we thought this advice might help:

• In the U.S., it is common practice to tip the following amounts/percentages to those who serve you.
• Waiters/Servers: Since most waiters in the U.S. are paid very little as an hourly wage, they rely (and their employers expect them to receive) tips from patrons to make up the disparity. Standard practice calls for tipping 15-20% of the amount of your bill.
• Bartenders: When ordering food, tip as you would a waiter or server. When ordering only beverages, it is standard to tip $1 per drink if under 5, and 15-20% of the bill if more.
• Taxi Drivers: Taxi drivers, like waiters, often rely on tips for the majority of their income. Since your fare will be higher based on how far you are going, it is fair to tip 10-20% of the amount of your fare.
• Luggage Carriers: Sometimes when you stay at nicer hotels, they offer bell hop service where employees help you carry your luggage to your room. Protocol here would have you tip $1 per bag they assist you with.
• Learn more about tipping in the U.S.
MORE TIPS

- Understand symptoms and recognize signs of “culture shock”
- Realize that some degree of discomfort and stress is a normal cross-cultural experience
- Familiarize yourself and understand cultural differences. Look below the surface and try to see things from a different cultural perspective
- Take it easy on yourself when things are not going perfectly
- Don’t be afraid to talk to people, ask for help
- Be open and make new friends
- Join student organizations, clubs and activities
- It can be tricky to find a job on-campus if you’re not a “work-study” student (only domestic students are eligible for this), and most departments do not hire international students. IT departments on campus, Phonathon, and research/tutoring jobs on campus are great options for international students seeking jobs.
- Attend IO events—these can help you learn new things, have fun and make new friends
- Relax your grip on your home culture and try to cheerfully adapt to new rules and roles
- Stay positive—Do not give in to the temptation to criticize what you do not like or understand
- Identify a support network among host nationals, teachers, fellow students, etc.
- Seek out new things to do and see. Take tours, visit museums, art galleries, clubs, and sporting events. These can help you break the routine and cope with whatever difficulties you are having
- Try new foods and explore the local art and music scenes
- Keep trying to use the language even if it is difficult
- Be open to failure. Without failure, nothing risked is nothing gained, especially while abroad
- Keep a journal to record your experiences and examine your ups and downs as they occur. This kind of record might reveal important issues that are causing you stress and make you more conscious of how to approach those obstacles
- Have fun and Laugh! Cultivate your sense of humor as you will need to try to be non-judgmental and open to new ideas and experiences
- Be flexible without abandoning your core values or compromising your sense of self
- If you find yourself still struggling and depressed, contact Counseling and Psychological Services (CAPS). They can help you work through emotional difficulties, adjustments, crises, stress management and other challenges. They can also help refer you to external services that may suit you better and will work with your insurance.
- Don’t be afraid to visit the Health Promotion and Wellness (HPaW) and talk about your relationship with or questions about alcohol and healthy relationships, especially if you’ve never had formal education on either of them.
- Go to sports events both on campus and off-campus! It’s one of the best ways to embrace our purple spirit!!
- If you are in a professional school, attend networking events with alumni and employers; If you are in graduate school, attend academic talks and conferences; If you are in college, do whatever works for you
- Go to the club/ organization fairs! Try new things! (sign up as many as possible as there might be opportunities through clubs you wouldn’t imagine!)
- Have someone show you how to travel around via the Loop and different available shuttles
- Always remember that the IO cares for all our international students, scholars and their families. So come during Walk-in hours and let's try to answer your questions!
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