



2024-2025

NAVAL POSTGRADUATE SCHOOL

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# INTERNATIONAL STUDENTS HANDBOOK





## FORWARD

Congratulations on your admission to the Naval Postgraduate School!

The President of Naval Postgraduate School, the Director of the International Graduate Programs Office and all members of the staff and faculty extend to you a warm welcome. We are sure that you will find your graduate program to be vigorous, challenging, fulfilling, and most of all, rewarding. All of us stand ready to assist you in any way we can and are dedicated to making sure you have a most enjoyable tour at NPS.

This handbook has been prepared for use by all international officers scheduled to attend graduate programs at the Naval Postgraduate School. Its purpose is to provide most of the answers to specific questions you will have upon arrival in Monterey. We hope you will find it useful.

*Dino Pick*

Danial (Dino) Pick  
COL, USA (Ret)  
DIRECTOR,  
INTERNATIONAL GRADUATE PROGRAMS OFFICE

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# INTERNATIONAL STUDENT HANDBOOK

After having lived in the United States for some time, six Naval Postgraduate School international students assisted in compiling the following handbook in the hopes that the newcomers may find the United States and the Naval Postgraduate School a little easier to understand. It is often very difficult to move from one culture to another, and then to accept and adjust to a new lifestyle.

Culture shock hits when the first euphoria of arrival departs and before a basic understanding and acceptance of your new country develops. Be prepared for a time of frustration, when the “honeymoon period” is over and it is time to settle into a routine which may not be familiar or even perhaps, appear sensible. Eventually, you will be able to come to terms with your new life and begin to appreciate your time in Monterey.

In the following pages we will try to present some insight into what your new life will be like. So, in the classical U.S. Navy way we say, “Welcome Aboard” !

## **NUMBERS YOU NEED TO KNOW:**

**INTERNATIONAL GRADUATE PROGRAMS OFFICE** (831) 656-2186

**QUARTERDECK (DUTY OFFICER)** (831) 656-2441



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## INTERNATIONAL GRADUATE PROGRAMS OFFICE (IGPO)

The International Graduate Programs Office (IGPO) is responsible for the social, cultural, and academic integration of all international students and their families. The staff of the IGPO assists in all administrative matters, arranges orientation programs, advises international students in any way necessary, and coordinates the sponsor program. They also serve as advisors to the International Executive Committee and are always available to help no matter what the situation.

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### International Executive Committee

The International Executive Committee was established in 1963 by the Officers Students Spouse Club as a spouse-to-spouse organization. This Committee is now advised by the IGPO and is available to assist all international students. The Committee has both American and international members. Its overall function is to help promote sincere friendships and goodwill between internationals and Americans. This function is achieved by:

- (1) planning and hosting various social activities
- (2) coordinating International Day
- (3) maintaining a loan closet for furniture and other household goods the newcomer may require

### Some activities sponsored or co-sponsored by the International Executive Committee are:

**Annual Picnic** The International picnic is held for all international students, sponsors, and their families every August. Typical American food is served and organized games and activities are available for adults and children.

**International Day** Usually held in the spring. Festivities include displays of food and artifacts from the countries represented at the school. Performances are in the form of dances, songs, skits or fashions representative of each country.

**International Executive Committee Furniture Locker** Some used furniture items are available on a first come, first serve basis at the International Furniture Locker. The locker is located in La Mesa on Leahy Road. The following are some items on hand: beds, tables, chairs, sofas, and chests of drawers.

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### Sponsors

The International Graduate Programs Office's sponsor program aims to connect each international student with an American sponsor who will provide support, guidance, and friendship throughout the international student's time in the United States.

#### *Sponsor Program Objectives:*

1. Facilitate an easier transition to life in the USA for international students and their families by providing American sponsors for assistance and support.
2. Encourage international students' independence and expand their social networks.
3. Foster mutual cultural understanding between American sponsors and international students.

American sponsors and their families are volunteers who want to assist, but not interfere with your settling into a new environment. Your American sponsor might meet you at the airport upon your arrival and offer to assist you with the many tasks required to get permanently settled, such as finding a place to live, buying a car, and showing you around the area. Sponsors consider themselves to be U.S. ambassadors of friendship and hope to help you through the first difficult adjustment periods of setting up a home and becoming established at the school and in the community. Your own countrymen will undoubtedly help you out during this period as well.

When it comes to building a relationship with your American sponsor, it's crucial to recognize that the effort should be a mutual endeavor. While the frequency of contact and the activities you engage in will depend on both you and your sponsor's preferences, it's essential that you take an active role. Don't wait for your sponsor to do all the work. Initiate conversations, express your interests and hobbies, and actively seek opportunities to spend time together. Show genuine curiosity about their lives and experiences. By taking the initiative, you can create a foundation for a deeper and more fulfilling friendship.

As you navigate this process, keep in mind that cultural differences may influence communication styles and expectations. Don't be discouraged if their approach to friendship differs from what you're accustomed to. Embrace the opportunity to learn from one another and adapt your communication style accordingly. You may not see too much of your sponsor once the academic quarter starts, as many NPS students spend much of their time studying, but do not be discouraged. It is not that he/she is disinterested; he/she is probably just very busy. If you should have any problems with your sponsor, do not hesitate to call the International Graduate Programs Office. Remember, the sooner you bring a problem to the attention of the International Graduate Programs Office, the sooner it will be resolved.

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### Naval Postgraduate School

**Check-in Procedures** The International Graduate Programs Office is located in Herrmann Hall, Bldg 220, Room B0047. A full orientation and check in schedule will be sent to you via e-mail prior to your report date. After you've arrived safely in Monterey, please update the IGPO by calling (831) 656-2186 (during office hours) or sending an email to [intldept@nps.edu](mailto:intldept@nps.edu). Expect to be very busy during your first two weeks here with mandatory orientation sessions, ID card appointments, Social Security Administration appointments, departmental and educational technician meetings, ITO processing, and local area field trip. Do not schedule any personal appointments during normal working hours or plan any personal travel. Remember to notify the International Graduate Programs Office if your address or phone number changes. Keep this information updated in your Python profile as well (you will learn about Python during orientation).



**Identification Cards (ID Cards)** The first thing you (and your spouse) will need is an ID card. It is your official identification while at the school and other military facilities in the area and it is just as important as a passport. You will be given your ID card application and appointment by the International Graduate Programs Office. You will need to go to the ID section at your appointed time to receive your ID cards. Once you have received your ID cards you will need to return to the International Graduate Programs Office with your new ID cards so they can be verified for accuracy. Once your ID card has been verified always carry it with you wherever you go (Children over 10 years of age need an ID card too). ID pictures of the cardholders will be taken at the time the ID card is issued. Spouses and authorized dependents of civilian students, along with 21 years old children (regardless of parent's service) are not eligible for an ID card.

**Internal Communication** Email and program office bulletin boards are our main source of communicating with everyone in the International Organization. Please check your email account at least twice daily and once before 1100.

**Weather and Clothing** "Sunny California" is not a true description of this part of the state. Throughout the year, daytime temperatures vary. Summers are generally damp and foggy in the morning and sunny in the afternoon. But even at night, winter temperatures rarely reach freezing. With very few exceptions the days are never hot (over 65°–70° F). Nighttime temperatures range from about 30°–60° F.

**Uniforms:** Uniforms are worn once a week on Uniform Day (Tuesday), or whenever a student guest lecture (SGL) is scheduled, and for graduation. It is recommended that you have at least one winter and one summer uniform. The normal uniform of the day for class is business casual dress.

**Adults:** Slacks (not jeans or shorts) pantsuits, collared shirts, sweaters are acceptable as casual dress. It is recommended that you bring a suit for formal events. When not wearing your uniform, the dress code to addend classes is business casual. Of course, bring clothing that is considered appropriate for an occasional dance or evening of entertainment. A lightweight coat with a removable lining is very good for warmth throughout the year for both men and women.

**Children:** Shirts, undershirts and slacks (for boys); dresses, blouses, and slacks (for girls); and socks, sweaters, a coat with removable lining and a raincoat for both boys and girls.

All the clothes you may need can be purchased locally.

Native Costumes, if you have them, can be worn for International Day and other special occasions.

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## Hotel Del Monte (HDM)\*

Rooms may be available for up to 30 days upon arrival. FY2023 rates are \$142/\$139 a night for rooms with/without a kitchenette. The maximum number of people allowed per room is three (3). The HDM rate for suites is \$152 a night with a maximum occupancy of 4. Only authorized immediate family members may stay in the HDM. Extension of your reservation after 30 days is not guaranteed and is up to HDM availability. **You are responsible and highly encouraged to find a house/apartment within those first 30 days of your arrival in Monterey.**

Please note, students receiving an IMET / FMS living allowance from the US Government will pay the hotel for the cost of the room, then be reimbursed. If staying in the HDM longer than 14 nights, a payment is required every 2 weeks. Per Diem, currently \$80/day, will be paid in advance.

\*Formerly known as the BOQ or Navy Gateway Inns & Suites (NGIS).

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## Housing

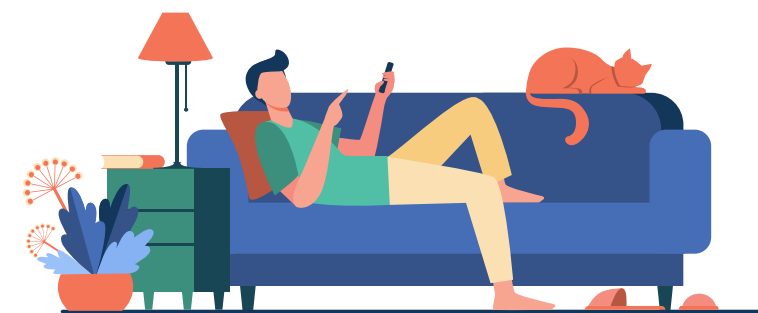
**Privatized Housing** Effective 1 Oct 2003, **Government Housing** now known as **The Parks at Monterey Bay** (La Mesa AND Fort Ord Military Communities) became privatized. For more information, go to [www.parksatmonterey.com](http://www.parksatmonterey.com). The following guidelines apply:

1. The rent for IMS' receiving IMET LIVING ALLOWANCE will be calculated at the basic allowance for housing (BAH) rate. The BAH rate is based on the students rank and whether or not they are accompanied.
2. FMS and IMET student officers not receiving an IMET LIVING ALLOWANCE will pay rent at the current FY2023 FMS rate of \$2795.00 per month for privatized government housing.
3. Changes in eligibility: Geographical bachelors and single officers are also eligible to live in privatized government housing on space available basis. Rate scale for the single officer housing varies by house size and location. Two-three single officers/geographical bachelors may share a house if they choose.
4. Wait List: It is anticipated that there will be at least a 4 week wait time for any given house.
5. Utilities: electricity, gas, water, sewage and garbage collection are included in the rent. IMS will pay for internet, TV and telephone services.
6. Houses will be unfurnished. Rental Furniture packages are available through outside vendors.

**Civilian Housing Leases** Before signing a lease, have either your sponsor, or someone from the International Graduate Programs Office read it over to be sure there are no hidden / unacceptable clauses. Before signing a lease, ask yourself do you really like this place enough to stay in it for the duration of your tour. If you should find something bigger, better, or cheaper, are you willing to pay for two places until the lease is broken? Ask for a military clause to be included in your lease.

**Rental Furniture** May be leased through outside vendors, such as CORT Furniture. Packages for two, three, and four bedroom homes have been designed specifically for our students, and include a clothes washer and dryer. Delivery/Pickup is arranged directly by the student. Refer to your welcome packet for pricing and package descriptions. IMET/CTFP students will be reimbursed for rental, with paid receipt. These packages do not include furnishings, such as televisions, linens, pots & pans, etc. which are your responsibility to provide without reimbursement.

**Used Furniture** may be leased at low cost from the FURNITURE LOCKER sponsored by the International Executive Committee and located at La Mesa Village (Leahy Road). Call the International Graduate Programs Office (831-656-2186) to obtain the IEC Furniture Locker Chair-person's contact information. Other sources for used furniture and household items include: NPS Bulletin Boards, Newspaper classified ads, Craig's List, Facebook Market Place, or neighborhood yard sales; and area thrift and resale shops such as: Goodwill Indus-tries, St Vincent De Paul Society, Habitat for Humanity ReStore, and Branches Resale Shoppe.



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## Utilities

**Civilian Utilities** When applying for utility / telephone service, list your occupation as Military Officer — not student. A student is considered to be financially unstable and will therefore be charged large security deposits for installation / security.

When living on the **economy**, utilities, such as telephone, internet, cable TV and electric are usually the responsibility of the tenant (renter). In some cases utilities and/or cable will be included in the monthly rent. Other utilities you may be responsible for include water and garbage. Be sure to read your lease carefully to be sure what utilities you are responsible for.

Some utility companies will charge you a deposit at the time you initiate service with them. If you have had similar services elsewhere in the U.S. and provide dates and locations, the deposit may be waived.

## TELEPHONE

AT&T is the local telephone company in the area. Landline telephone services and costs vary. Simple plans can be as low as \$30/mo. Please visit: [www.att.com/home-phone/landline.html](http://www.att.com/home-phone/landline.html) or call 1 (800) 310-2355 for more information. Be sure to review the long distance and international calling information. You will need to provide your own telephone.

Residences will come with at least one telephone connection site, or jack. If you need additional jacks installed in your house/apartment, or need additional wiring, you must obtain written permission from your landlord. The cost will be your responsibility.

In recent years, many IMS have opted to forgo landline phone in favor of cell phone and voice over internet phone service. Some of the larger cell phone companies are listed below.

**AT&T**  
**LYCAMOBILE**  
**VERIZON**  
**SPRINT**  
**T-MOBILE**



Cell phone plans usually run for one to three years. If you do not intend to keep your cell phone plan when you return home you may have to pay a cancellation penalty. The International Graduate Program Office (IGPO) can provide you with a letter that explains that you will graduate from NPS and return to your county. This might allow you to break your contract without a penalty. Make sure you read and understand the contract.

IMS are required to have a U.S. telephone number, whether it be cell phone or landline, and to provide that phone number to the IGPO.

## GAS AND ELECTRIC

Pacific Gas and Electric (PG&E) provides gas and electrical service to this area. Service may be obtained over the telephone, 1 (800) 743-5000, or by going to the company's website [www.pge.com](http://www.pge.com). If a deposit is required, it is usually twice the amount of the average bill for that apartment/house for the prior tenant (i.e., if the average monthly bill for the tenant prior to you was \$50, your deposit will be \$100). Again, if the initial hookup is a large amount, the company is usually willing to let you pay the deposit over a 2-3 month period.

Bills may be paid online, by mail or in person at local area payment center locations. Locations may be found by going to the PG&E website [www.pge.com](http://www.pge.com), Click on the tab labeled "your account", and select "Ways to Pay".

Remember, when you are apartment/house hunting, gas is much cheaper than electric, so if you are down to the wire on deciding and there are no overwhelming factors causing you to lean either way, take into consideration whether the majority of utilities are gas or electric.

## GARBAGE

**Monterey Regional Waste Management District**  
14201 Del Monte Ave., Marina Phone: 384-5313  
[www.mrwm.org](http://www.mrwm.org)  
Hours: Monday –Friday (0700- 1600)  
Saturday (0800-1600)



Services at this location include:  
Landfill, recycling, composting and household hazardous waste disposal

## Waste Management

11240 Commercial Parkway, Castroville  
Waste Management handles all garbage pick-ups in Monterey County EXCEPT FOR MONTEREY AND SALINAS.

## Monterey Disposal Service

P.O. Box 2780 Monterey, CA 93940 Phone: 372-7977  
[www.montereydisposal.com](http://www.montereydisposal.com)

## WATER

### California American Water Co

511 Forest Lodge Rd, Suite 100 Pacific Grove, CA 93950  
Phone: (831)-646-3287 or  
1-888-237-1333  
[www.calamwater.com](http://www.calamwater.com)  
Hours: Monday-Friday (0800-1630)

Water service may be started over the telephone; no deposit required.

## CABLE (TELEVISION)

### Comcast Xfinity Cable

2440 Fremont Street, Suite 207  
Monterey, CA  
Phone: 1 (800) 945-2288 or 1 (800) 266-2278  
Hours: Monday-Saturday (1000-2000) Sunday Closed  
[www.xfinity.com](http://www.xfinity.com)

### AT&T Uverse

494 Del Monte Center, BLDG 4, #42B  
Monterey, CA



Phone: 1 (800) 331 -0500 or (831) 642-0100  
Hours: Monday -Saturday (1000-2000); Sunday (1000-1800)  
[www.att.com](http://www.att.com)

TV viewing packages and prices vary. Cable services can often be bundled together with cell phone internet, cell phone and streaming services. When all services are provided by the same company, the cost is typically less than purchasing these services individually from several different companies

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## Social Security Number (SSN)

Social Security Administration 928 E Blanco Rd, Suite 155  
Salinas, CA. 93901  
Phone: 1(877)600-2857

Social Security Numbers (SSN) are a requirement for many services. The International Graduate Programs Office schedules a meeting with the Social Security Representative to process the new students once a quarter. Students will complete the application and present it to the representative along with their passport, I-94 immigration paperwork, and Invitational Travel Orders. The information is then input into the Social Security Database where it is compared against the Homeland Security database. If the student has cleared the Homeland Security database, a social security number will be issued. Your Social Security Number will be mailed to the International Graduate Programs Office about 2-4 weeks (sometimes 1 or 2 months) after your appointment. When issued your SSN, it should state “non-working” on it.

Spouses and children are not authorized social security numbers. The exception to this is for babies born in the US; each will be issued a social security number once their birth certificates have been processed by the county. Spouses meeting the requirements to work in the US may apply for a social security number once they have received their green card from the US State Department.

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## Employment

In accordance with Joint Security Cooperation Education and Training (JSCET) regulations, international students and their family members may NOT work while in the U.S. unless there is a reciprocal agreement in place. Please contact your embassy for more information.

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## Cars

It is probably a good idea to ask your sponsor to go with you when you buy a car. Your sponsor can advise you on which car dealers have the best reputations and what might or might not be a good buy.

When buying a second-hand car, it is prudent and wise to take it to an independent mechanic for an engine diagnostic evaluation. The \$50-\$75 cost is well worth not having to replace the engine (\$900-\$3000) six months down the road. If repairs are needed, have the mechanic provide an estimated cost. You may be able to use this to negotiate a lower purchase price. Some used car dealers will offer a limited warranty. Get a copy of the warranty (in writing). When purchasing cars from a private owner, they are often sold “as is”, with no warranty.

Smog certificate, required for all vehicles in California, is the responsibility of the seller at time of sale — must be done within 60 days prior to registration.

Car repairs: Ask your sponsor or a trusted friend for mechanic recommendations. Get an estimate before any work is done.

## TRAFFIC VIOLATIONS / ACCIDENTS

If you get a citation for an accident, speeding, etc, AND, if you are given the option of attending Traffic School, you are required to pay the fine that comes with the offense as well as the fee for Traffic School (average \$30 for school). You are usually given the option of Traffic School only once. If you choose to attend the School, the offense you were charged with will not appear on your traffic record; therefore your insurance will not be increased. However, after the first offense, the citations will appear on your traffic record and your insurance payments will INCREASE.



## SEATBELTS & CARSEATS

The use of seatbelts is the law in California; everyone in your vehicle must be wearing their seatbelt when the vehicle is moving.

Federally approved CAR SEATS or BOOSTER SEATS are required for all children under the age of 8 or less than 57 inches (145 cm) tall in all moving personally owned vehicles (this does not include buses). Children under the age of 8 must ride in the backseat. **NOTE: while common in many countries, it is NOT legal to leave a child 6 years of age or younger unattended in a vehicle at any time.**

## DRIVING UNDER THE INFLUENCE (DUI)

Legal limit for blood alcohol content in California is 0.08 % (equivalent of 2-3 beers within 1 hour time period). If you are cited for a DUI, you run the risk of having your driver's license suspended, increased insurance rates and you may be given jail time as well. Note that Driving Under the Influence also includes the use of over the counter or prescription medications that are known to cause drowsiness and/ or dizziness; and, all illegal drugs.

## DEPARTMENT OF MOTOR VEHICLES (DMV)

1180 Canyon Del Rey Blvd., Seaside Phone: 1 (800) 777-0133  
[www.dmv.ca.gov](http://www.dmv.ca.gov)  
Hours: Mon/Tue/Thurs/Fri 0800-1700  
Wed 0900 - 1700  
Sat/Sun - Closed



## CALIFORNIA DRIVERS' LICENSE

If you do not have a valid driver's license, you will need to take a two part driving test. The written part of the test deals with California driving laws and common sense driving rules. We advise you to read the California Driver's Handbook very carefully before you go for your test. You can obtain a copy online at [www.dmv.ca.gov](http://www.dmv.ca.gov), at the NPS Security Office, or at the DMV. After you have studied the rules, you can take the written test at the DMV. **YOU NEED TO MAKE AN APPOINTMENT TO TAKE THE TEST.** The written portion of the test will take approximately 15 minutes. The second part of the test deals with your actual driving skills and takes place in your own car in the presence of a DMV inspector. Be sure to have a properly licensed person take you to the test.

Cost of a CA Driver's License is \$38. Your CA Driver's License will serve as a major source of identification when cashing checks, using credit cards, etc. If you and/or your wife do not need a CA Driver's License, you may apply for a **CA Identification Card**. These are also issued at DMV and will cost you \$33. \*\*\*You must provide proof of insurance when applying for driver's license. It is possible to renew your temporary driver's license before it expires without paying the renewing fee.

*The procedure for spouses requesting a CA driver's license is:*

If your spouse needs a driver's license she/he needs to go to DMV. They will need to present their passport and I-94 print-out at the time they apply. The clerk will input their information into the database, which will be compared against the Homeland Security database. If they have cleared the Homeland Security database, they may proceed with their application for a California Driver's License. They will take the written exam, driving exam (if required), and vision exam. Once they pass all requirements, they will be issued a temporary driver's license number, which they will take to the Social Security Office in Salinas for further processing. Once cleared, their license will be mailed to them.

## AUTOMOBILE INSURANCE

California State Law requires insurance for anyone driving a vehicle to carry a minimum of \$15,000 per person / 30,000 per accident liability and \$5,000 property damage insurance. If caught driving without insurance, you run the risk of a heavy fine, loss of driving privileges, and possibility time in jail if it's happened more than once. Additionally, the cost of your insurance will go up once you have such a citation on your driving record.

Before driving any vehicle, your friend's or one on the lot for quick test drive — GET VEHICLE INSURANCE. If you have had insurance in the U.S. before, or have proof of insurance in your country, bring a copy of your policy along with your driver's license. It may get you a better rate.

Shop around when purchasing vehicle insurance. It will most likely cost more at first, especially if you have no prior record of insurance in the U.S. After you have been here for six months, shop around again and get price comparisons, you may find a better deal once you've been in the U.S. a while.

United Services Automobile Association (USAA) [www.usaa.com](http://www.usaa.com) (or 1-800-531-8982) offers military members of all ranks coverage. When calling them, explain you are an international officer stationed at the Naval Postgraduate School. They will give you an ID number and a phone number of a USAA subsidiary company to call. Call them and give them your ID number and they will process your vehicle insurance.

*A partial list of Insurance Agencies that provide Vehicle Insurance is listed below:*

### AAA Monterey

53 Soledad Drive, Monterey  
645-1900

[www.calstate.aaa.com](http://www.calstate.aaa.com)

Farmers Insurance / Anthony Parker 1193 10th St, Monterey

Phone: 648-7090

[www.farmers.com](http://www.farmers.com)

Allstate Insurance / Christopher Thom 2440 N. Fremont St, Suite 208, Monterey Phone: 373-2791

[www.allstate.com](http://www.allstate.com)

### GEICO

[www.geico.com](http://www.geico.com)

Maturity, good driving records, and type of vehicle will have some bearing on cost of your vehicle insurance. Some companies may offer discounted rates for:

- Insuring your car and home/personal property with the same company.
- Insuring more than one vehicle w/same company
- Anti-theft devices in the car
- Safety features (air bags, anti-lock brakes, daytime running lights, electronic stability control)

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## Personal Safety

It is strongly advised that you check with the International Graduate Programs Office on any matter dealing with personal security. Possession or use of privately owned firearms and/or ammunition is grounds for dismissal from NPS.

### EMERGENCY, dial 911

Dial 911 from any telephone to reach Emergency Services (Police, Fire, Rescue).

An **EMERGENCY IS DEFINED AS A SITUATION THAT THREATENS HUMAN LIFE OR PROPERTY AND DEMANDS IMMEDIATE ATTENTION.** i.e., broken limbs, heart/chest pains, automobile accident with injuries, a break-in (in progress). The dispatcher will notify the appropriate department(s) to respond to your call. You may be asked to stay on the line while services are en route to provide additional information that will help them upon their arrival.

DO NOT call 911 for non-emergencies as this can cause delays in their response in the handling of a real emergency. Non-emergency phone numbers for police and fire will vary based on where you live. Your landlord should provide these numbers. Program them into your cell phone and keep them near your landline phone for quick reference.

### POISON CONTROL HOTLINE (for California) — (800) 876-4766 (1-800-8-POISON)

If you would like to obtain stickers with the Poison Control Hotline phone number or pamphlets and health education materials, you may call (800) 582-3387. This number should not be used for emergency calls.

## EARTHQUAKES

We live in Earthquake Country! Some basic tips to get you started are listed below. For more information, please see the California Earthquake Preparedness articles in your Welcome Packet entitled: "Beat the Quake! You can also contact the Office of Emergency Services at PO Box 1883, Salinas, CA 93902 (831) 755-5010 or the Red Cross at 240 Church St. Room 8N, Salinas, CA 93902 for more information, brochures, etc.

**BEFORE AN EARTHQUAKE** — Always have an emergency kit prepared that includes food, water, flash-light, batteries, portable radio, medicine, money and clothing. Keep this near a doorway or an accessible location in your home/garage.

**DURING AN EARTHQUAKE** — If you are indoors, stay there; get under a desk or table or stand in a corner. If you are outdoors, get into an open area, away from trees, buildings, walls, power lines. If driving, pull over to the side of the road and stop.

**AFTER AN EARTHQUAKE** — DO NOT use the telephone unless there is an immediate, life-threatening emergency. Check for gas and water leaks, etc. Turn on your portable radio for instructions and news reports. Be prepared for aftershocks (smaller earthquakes that often follow larger ones).

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## Good To Know

### BETTER BUSINESS BUREAU

2100 Forest Ave, San Jose Phone: (408) 278-7400

The Better Business Bureau is a great way to check on the legitimacy of a specific agency/business you are considering doing business with. If you have problems with an agency, you may also report that to the BBB and they will make a note of it. If a number of complaints come in on the same business, they will check into the validity of the complaints - and if so deemed, revoke their business license.

### U.S. CITIZENSHIP AND IMMIGRATION SERVICES (USCIS)

Phone (800) 375-5283

1450 Coleman Ave  
Santa Clara, CA

444 Washington Street  
San Francisco, CA

If you need assistance/information renewing/extending your visa, I-94, passport, etc., please contact the International Graduate Programs Office. They will assist you with the necessary forms or, if necessary, point you in the right direction for further assistance.



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## Facilities

### FLEET and FAMILY SUPPORT CENTER

1280 Leahy in La Mesa Village Phone: 656-3060  
Hours: Mon-Fri, 0800-1630

The Fleet & Family Support Center provides a wealth of information on areas to include housing/apartment rentals (on the economy), education, financial/personal counseling, etc. You will be surprised at how much information they can provide.

## BANKS

**Navy Federal Credit Union.** NFCU located next to the Navy Exchange 1(866) 454-3140 hours of operation 0900-1700 M-F. Services include checking/ savings accounts. Credit Cards and loans

**The Monterey Federal Credit Union.** Main Office is located at 501 E Franklin Street in Monterey. Operating hours are 0930-1730, Monday through Friday and 1000-1300 on Saturday. Services include auto, boat, aircraft, furniture, and signature loans at reasonable rates, saving accounts, free life insurance on all accounts, and free depositor's insurance to \$20,000. All military, faculty, and civil service personnel attached to the NPS, Fleet Numerical Weather Center, and Naval facility, are eligible for these services. The phone number is 647-1000.



## THE CLUB DEL MONTE

Watch for announcements of special events in the Peacock Press, a quarterly publication from Morale, Welfare and Recreation (MWR).

## NAVY EXCHANGE (MILITARY GENERAL RETAIL STORE)

Most services are centrally located in one complex adjacent to the Del Monte Gate on the NPS Campus; these include the Retail Store, Barber Shop, Laundry, Dry Cleaning, Liquor Store, Tailor, and a Check cashing facility. The Service Station is located just beyond the Exchange, and offers complete auto servicing. The hours of operation for these facilities vary.

## COMMISSARY

This facility is located in the Ord Military Community and is used by all the military in the area. It is an excellent grocery store and should carry everything you may need. In case it doesn't, there are many shops in the area, which should. The commissary is open Tuesday - Sunday; closed Monday & holidays. Hours: Tue-Sat 0900-1900S & Sun 1000-1800.

La Mesa Village also has a small convenience store located at the corner of Leahy Road and Sylvan Road.

There are several stores located in and around the peninsula that specialize in ethnic foods. Monterey, Pacific Grove, Carmel, and Marina each host farmer's markets weekly with fresh produce, food booths from local chefs and handmade gift/crafts. Visit: [www.seemonterey.com/food-wine/farmers-markets/](http://www.seemonterey.com/food-wine/farmers-markets/) for the latest schedule.

## MONTEREY BAY SPOUSES' CLUB (MBSC)

An International spouse is automatically extended an honorary membership of the Monterey Bay Spouses' Club and is encouraged to take advantage of their many programs. She/he may apply in person at the "Welcome Aboard" Coffees, which are held at the beginning of each academic quarter in Herrmann Hall, contact an MBSC member for more information, or visit: [www.MBOSC.net](http://www.MBOSC.net).

As an MBSC member, she/he is entitled to join any of the many "hobby" classes offered. These are reasonably priced and lots of fun. They feature everything from sewing to agriculture!

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## Religious Services

Religious services for nearly every faith can be attended in the Monterey area. The United States population is made up mostly of people of the Christian and Jewish faiths, and these faiths are represented by ministers, priests, and rabbis in churches at NPS and POM Annex.

**Catholic** and **Protestant** Services are held at the NSA Monterey Chapel.

### Monterey Peninsula Buddhist Temple

1155 Noche Buena St, Seaside  
394-0119

### Greek Orthodox Church of Monterey County

326 Park St, Salinas  
424-4434



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## Schools

**If you have a child entering school in grades K-12, contact the School Liaison Officer (SLO) at (831) 656-1008 for guidance and assistance for your children's transition into school.**

School assignments are normally made based on where in the city you reside. In order to register your children for school, you will need to provide your social security number (if applicable) and proof of residence (utility bill, printed rent or lease receipt, telephone bill [not cell phone]) as well as your children's birth certificates, passport, immunization records, proof of physical exam for children entering first grade, latest academic record (if already in school). All of these items need to be in English. The SLO will tell you which school district to contact to enroll your child(ren), The school will then tell you when classes start and the proper check-in procedures.

### PRE-SCHOOLS

There are many pre-schools (nursery schools) available in this area, but you will probably find the La Mesa Child Development Center the most convenient. Part day preschool classes normally run two-three days a week and are available for children 3 to 5 years of age. Full Day pre-school runs from 0700-1800. Hourly day care is available by appointment only and is for ages 1-5 years of age. For more details call 656-2734.

*Additional Preschools located near NPS are:*

|                                 |                                |                 |
|---------------------------------|--------------------------------|-----------------|
| Teddy Bear Preschool            | 1291 4th Street, Monterey      | (831)- 643-2273 |
| Serendipity Preschool           | 1231 7th Street, Monterey      | (831)- 375-9743 |
| Mother's Morning Out            | 501 El Dorado Street, Monterey | (831)- 373-1067 |
| St. Angela's Preschool          | 136 8th Street, Pacific Grove  | (831)- 372-3555 |
| Ryan Ranch Children's Center    | 2 Justin Court, Monterey       | (831)- 347-9556 |
| Great Beginnings Early Learning | 52 Soledad Drive, Monterey     | (831)- 647-0551 |

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## Child Care and Babysitting

It is California law that all children (usually under the age of 11) be cared for by a responsible person whenever the parents are away, even for a few minutes. Good judgment must be utilized here. If you must be away from your children for several hours, it is probably best to get a babysitter.

Often Americans hire babysitters to come to their home. Usually these sitters are teenagers 13-19 years old, but many older persons are hired to baby-sit. The parents are usually responsible for picking the sitters up and returning them to their homes. Fees for this service vary by the number and ages of children you have and can run anywhere from \$10.00 to \$20.00 per hour. Be sure to ask about rates before hiring someone. Your sponsor will be happy to help find a babysitter.



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## Language Lessons

The Monterey Peninsula Unified School District (MPUSD), Adult Education Division, and the Monterey Peninsula College both offer adult education classes in English and other subjects of interest. Information concerning these courses may be obtained by calling the college (646-4000) or MPUSD (384-6688).

There is a standard tuition fee for classes at Monterey Peninsula College. Minimal charge for textbooks is the only fee involved for English classes taken through MPUSD. Family members will be charged out of state tuition, until they meet the one-year residency requirement.

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## Medical

### General Information

Medical Facilities in Monterey are extremely limited and all students coming to NPS should be aware of what is and what is not available, particularly when considering medical options for family members.

There is **no full-service military hospital** on the Monterey Peninsula. The nearest full service military treatment facility (MTF) is located at Travis AFB (outside Sacramento, approximately 3 ½ hours driving time). This is especially critical when dealing with pregnancy related treatment (particularly baby delivery). NOTE: Foreign military or their dependents are not allowed to seek care for pregnancy or routine visits at the Travis AFB unless referred by the Presidio of Monterey Army Health Clinic (POMAHC).

The only available military facility in Monterey is the Presidio of Monterey Army Health Clinic (POMAHC) with emphasis on the word - clinic! All active duty military are required to seek assistance at the clinic before going to a civilian doctor unless it is an immediate or life-threatening emergency. The clinic will provide a referral to a civilian facility if treatment is beyond the capabilities of the clinic. The Presidio of Monterey Army Clinic hours are 0700- 1600 M-F. Call the appointment desk at 866-957-2256.

The POMAHC does not provide care for family members. This means that international officers with fami-

lies will be required to use civilian facilities for routine care and emergency treatment. This also includes students from countries who have reciprocal medical agreements with the U.S.

The Health Benefit Advisor can assist you in coordinating medical care, processing referrals to local area doctors, and understanding/filing medical billing. Their office is located on the 4th floor of Herrmann Hall, in the Dental Clinic area. You can find their contact information in your Welcome folder during orientation.

### Medical Care for Civilian Students

The Presidio of Monterey Army Health Clinic at DLI is no longer seeing civilian students. Civilian students will need to seek medical treatment with a civilian physician. It is recommended that unless it is an emergency involving broken limbs, irregular heartbeat or breathing, etc. that civilian students first seek treatment from Doctor's on Duty or another Urgent Care Facility. For emergencies as noted above, or for treatment after hours, the student would go to the nearest Emergency Room [Community Hospital of Monterey Peninsula (CHOMP)]. The student's ITO should have the mailing address for billing. The treating physician/facility may or may not bill the responsible agency directly. If after receiving treatment, you receive the medical bills, please bring them to the Health Benefits Advisor, so they can forward them for payment. If you pay for any treatment and/ or prescriptions yourself, you will need to bring your receipts to the Health Benefits Advisor's office to fill out a claim for reimbursement which he will submit so you can be reimbursed.

### International Military Student Medical Care

International Military Students are eligible and required to use the POMAHC for their health needs and must schedule appointments for all routine and urgent health care needs unless referred to a civilian facility by a military doctor at the POMAHC. All nonemergency after hour care must be coordinated with the Nurse Advice Line by dialing (800) 874-2273 Option 1. For emergency care (threat to life, limb, eyesight), members should go to the closest available Emergency Room, which for the Monterey Peninsula is the Community Hospital of the Monterey Peninsula (CHOMP) or dial 911. Please note that health coverage for international students is based upon agreements between the United States Government and their home country. Billing procedures may vary from country to country, particularly for referrals to civilian doctors. For more information, please contact the Health Benefits Advisor. In addition, please contact the Health Benefits Advisor as soon as possible after your ER or urgent care visit.



### International Military Family Member Medical Care

International Student Family Members have limited military options and should plan on obtaining most of their medical services through civilian providers for which they are financially responsible and must have all medical costs covered by the FMS Case, Foreign Government or individual medical insurance policies.

### MEDICAL INSURANCE FOR DEPENDENTS (AND IMS) NOT COVERED BY THE FMS CASE OR THE FOREIGN GOVERNMENT

In accordance with DSCA Policy Memorandum 11-32, International Military Students, Civilians, and Authorized Dependents Healthcare Coverage, dated 15 Aug 2011, international students whose dependent medical costs are not covered by their government or the FMS Case, need to provide proof of dependent medical insurance to the Security Cooperation Office at the US Embassy in their country before their dependents can be authorized on their ITO. Upon arrival at NPS, the student will be required to provide a copy of their insurance policy. **The policy needs to be in effect for the duration of their stay at NPS and must meet the requirements as listed in paragraphs 1, 2, and 3 which follow.**

#### 1. Minimum requirements for medical insurance

- a. Medical benefits of at least \$400,000 per year, per person. Duration of policy must be for minimum of one year or remainder of time left at NPS, whichever is less.
- b. Annual deductible not to exceed \$1000 per family.
- c. Students with accompanying spouses (or female students) must also have pregnancy insurance (in addition to basic medical insurance policy) if planning to get pregnant while in Monterey (see paragraph (3)).
- d. Repatriation of remains in the amount of \$50,000 per person, should a death occur in the US. Note: this would provide for the preparation and transportation of remains to home country.
- e. Medical evacuation in the amount of \$250,000 per person in the event insured must be returned to his/her home country due to a serious medical condition.
- f. Policies must be payable in us dollars at amounts specified in current DSCA policy and not foreign currency that, due to exchange rates, could be in lesser amounts when converted into dollars.
- g. Insurance must pay benefits to a department of defense medical facility if appropriate.
- h. Health insurance policy must be in English and be recognized as an international company and have a POC in the United States.

#### 2. Pregnancy

- a. Because of the new higher cost medical policies now in effect, NPS requested and received a waiver for the requirement for dependent pregnancy coverage (Dec 2010). This means that you do not have to have pregnancy insurance for your wife, while you are attending NPS if you are not planning to have a baby.

However, the waiver comes with the stipulation that if your wife becomes pregnant and does not have coverage as required by the US Dept. of Defense Regulations, she will be directed to return home immediately. Failure to notify the IGPO of impending pregnancy as soon as you become aware will result in disenrollment.

If you are planning to have a baby, and all costs associated with pregnancy are not covered by your government (as indicated on your ITO) you need to secure pregnancy insurance prior to your wife getting pregnant. Foreign military/foreign civilians and their family members are qualified for pregnancy insurance coverage within 60 days of arrival to the United States or during the open enrollment period usually November 15-February 15.

*Pregnancy insurance requirements are as follows:*

Pregnancy insurance must include coverage of pre and post-natal care, as well as delivery, of at least \$250,000 (this is in addition to the \$400,000 minimum coverage for basic medical insurance). If medical costs are paid by your country, country will be notified of impending pregnancy through official channels.

- b. If a spouse becomes pregnant while at NPS, the student will notify the international programs office immediately. If medical costs are paid by the country, the country will be notified of the pregnancy.
- c. Unless the ITO specifically states foreign government or FMS case will pay all costs related to that pregnancy and delivery, spouses who are pregnant prior to departure for Monterey must present proof of complete pregnancy coverage prior to being authorized as an accompanying dependent on the ITO.

3. International students and their dependents while attending NPS are not authorized to participate in US federal or state medical/dental programs (this includes, but is not limited to: AIM, Medicaid, MediCal and other Federal/State programs).

## EMERGENCIES

Procedures for Emergency and after hours care at NPS involve more than just going to the POMAHC. Please pay particular attention to the following information and keep it readily available by your phone.

**WHAT IS AN EMERGENCY?** Emergency care is defined as medical treatment of a severe life threatening or potentially disabling condition which can result from accident or illness of sudden onset, and necessitates immediate intervention to prevent undue pain, suffering or loss of life, limb or eyesight. Examples include head injuries, severe bleeding, eye injuries, heart attack, spinal injuries, seizures, unconsciousness, burns, broken bones, drowning and poisoning.

## EMERGENCY CARE FOR DEPENDENTS

Contact **Primary Care Manager** (this is your doctor), if time allows, go to closest civilian facility, or call 911.

**Local hospitals / facilities within the local area with EMERGENCY/ACUTE CARE INCLUDE:**

### Doctors on Duty

|                                    |                                        |
|------------------------------------|----------------------------------------|
| M-F 0800-1800, Sat & Sun 0800-1600 | 501 Lighthouse Ave, Monterey, 649-0770 |
| M-F 0800-1700, Sat & Sun Closed    | 1513 Fremont St, Seaside, 899-1910     |
| M-F 0800-1800, Sat & Sun Closed    | 3130 Del Monte Ave, Marina, 883-3330   |

[Community Hospital of the Monterey Peninsula](#) (CHOMP) (24 hrs) – 625-4900

[Natividad Medical Center](#) (24 hrs) – 755-4111

[Salinas Valley Memorial Hospital](#) (24 hrs) – 755-0766

## MEDICAL INSURANCE PROVIDERS

The following insurance companies have been used by previous international students, and at the time, had the required coverage.

## MEDICAL INSURANCE POLICIES

### ATLAS AMERICA PLAN:

[www.worldtrips.com/quotes/atlas](http://www.worldtrips.com/quotes/atlas)

317-945-3242 or at [insurance@jbneal.com](mailto:insurance@jbneal.com)

### PROTECTOR or PROTECTOR PLUS:

<http://sunriseworldwide.com/content/medicalinsurance>

Click on the Protector or Protector Plus to go to the quoting links where the benefit summaries can also be found.

### GLOBAL SECURITY POLICY

[www.myglobalinsurance.com](http://www.myglobalinsurance.com)

Has same parent company as Protector (Seven Corners); see attachments for more details

## DENTAL

Generally, routine dental care is not provided for international students or their dependents in the United States. If dental care is needed, a number of civilian dentists are available. The cost for that care will be the responsibility of the student.

Routine dental care is available to officers of NATO/P.F.P. countries on the same basis that it is available to U.S. offices. An appointment is required unless a dental emergency exists. The Dental Office is located on the 4th floor of Herrmann Hall.

There is an exception to this dental policy for dental emergencies. A dental emergency is any care, which is necessary to alleviate acute pain. International students are eligible for emergency dental care at no cost at a naval dental clinic. This care may include tooth extraction and temporary restorative procedures, such as fillings and crowns. A dental emergency is considered over when the patient is no longer in acute pain. Dental emergencies sometimes necessitate follow-up routine dental care to fully restore the tooth. This would be the responsibility of the student.



## SMOKING

The Secretary of the Navy has promulgated a revised smoking policy, which places increased constraints regarding areas where smoking can be permitted. Effective 1 January 1994, smoking is not permitted within any Department of the Navy work building nor outdoor common use areas such as building entryways and egresses. Accordingly, smoking is not permitted within any NPS spaces. Smoking is only permitted in designated outside areas.

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## Aids in Communicating in School and Social Activities

Because it is often difficult to “get started” in classes and in other social settings, we have some suggestions, which might help you. Sometimes it may seem that your American classmates are cold or difficult to approach. Actually, they may be as shy as you are! Address your classmate by his/her first name (Americans are very informal) and introduce yourself. You might say, for example, “Hello, I’m\_\_\_\_, from \_\_\_\_ . Is this your first quarter, too? How do you like this class?” If you are confused by what is going on in class be sure to ask your classmates. Perhaps you can get together and share notes. Also, try participating in class discussions. This is difficult at first, but is good practice for you in learning to express yourself clearly in English, and also helps others to know you better.

Often the section members become very close. Frequently, the wives have special luncheons and coffees as well as evening gatherings of some kind for students and their spouses. This is an excellent way to meet and become better acquainted with your peers.

Remember, Americans are shy too, and do not want to appear rude. Thus, if you are unsure of something, ask if you are doing the right thing. You will find the people around you are willing and eager to help. This generally holds true not only in the classrooms but in other situations as well. At the Commissary, for example, if you are looking for a particular item, ask one of the other shoppers. Don’t be shy.

It can sometimes be difficult to meet people outside of NPS. You can often start a neighborly conversation about the weather or about children.

Another way to meet local people might be to join a local religious group if you are so interested, or perhaps, if you enjoy athletics, a sports group.

## PARTICIPATION IN FIELD STUDIES PROGRAM (FSP) ACTIVITIES

The International Graduate Programs Office offers international military students many opportunities to participate in trips or activities through the Field Studies Program (FSP). The objective of the Field Studies Program (FSP) is to give international military students (IMS) the opportunity to obtain a balanced understanding of U.S. society, institutions, and ideals. The Field Studies Program seeks to provide an understanding of the following eleven facets of American life: Human Rights, Diversity & American Life, US Government Institutions, Political Processes, the Judicial System, the Free Market System, Education, Health and Human Services, Media, International Peace & Security, and Law of War.

The FSP funds some overnight trips and many single-day trips or activities. Through the FSP students may sign up to participate in tours of Washington, D.C.; Sacramento, CA; Yosemite National Park; and many other local sites. The cost of transportation, lodging, entrance fees, etc., will be covered by the FSP for the international military student. Participation in FSP activities is voluntary but encouraged. For some FSP activities, spouses or family members are allowed to accompany the IMS, but only if space is available and if the international military student covers the cost of their dependents' participation.

Sponsors are invited to participate in some FSP activities as well. For more information, see the FSP Activity Guidelines included in your welcome package.

## SOCIAL ACTIVITIES AT NPS AND IN THE AREA

There is more than enough to keep you busy here, both on and off campus.

There are many campus activities sponsored by the International Executive Committee, the Morale, Welfare and Recreation Department and other organizations. The Morale, Welfare and Recreation Department is located on the 1st Floor of Herrmann Hall across from the Quarterdeck. It maintains a listing of activities and places to visit around the area. It also has discount tickets for social functions and places of interest. The local newspapers, The Monterey Herald, and the Monterey County Weekly, are good sources for finding out what's happening in the area.

There are many clubs and organizations such as the PTA (Parent Teachers Association), Chess Clubs, Bridge Clubs, the Sierra Club (hiking), Sailing Clubs, etc, available to anyone interested. Undoubtedly your sponsor will also keep you up to date on activities he or she thinks you might enjoy. If not, ask him/her for suggestions.

## SIGHTSEEING AND EXCURSIONS

In addition to offering many clubs and organizations, the state of California is rich in "vacation spots" like Disneyland, Santa Cruz Beach and Boardwalk, Yosemite National Park, etc. Take advantage of your time here, especially during the breaks between quarters, to visit them.

You can obtain folders, maps, information regarding motels, as well as discount tickets from the NPS Information Tours and Travel (ITT) Office located on the first floor of Herrmann Hall. You may also contact the Chamber of Commerce of Monterey Peninsula (648-5350), and the Visitors Center, for additional information about the area.



## Holidays

### INTERNATIONAL HOLIDAYS

Two national and religious holidays of the IMSs country, not to exceed one (1) academic day for each holiday, are authorized. Each country provides a list of these holidays annually. If requesting leave to miss class for your country's approved holiday, academic progress will be the deciding factor in each case.



### IMPORTANT HOLIDAYS IN THE UNITED STATES

There are many holidays celebrated here. Our origins have led us to incorporate traditions from many countries. Some holidays are legal holidays. For these, schools, banks, and post offices are closed. NPS also observes legal holidays. They are:

#### NEW YEARS DAY

#### MARTIN LUTHER KING DAY

#### PRESIDENTS' DAY (honoring Presidents Washington & Lincoln)

#### MEMORIAL DAY

#### JUNETEENTH

#### INDEPENDENCE DAY LABOR DAY

#### COLUMBUS DAY

#### VETERANS DAY THANKSGIVING DAY CHRISTMAS DAY

**January 1 is New Year's Day** This is a day that is celebrated by most of the world. We celebrate with parades and festivals. Two popular highlights are the Mummers parade in Philadelphia, Pennsylvania, and the Tournament of Roses parade in Pasadena, California. Football games are also likely to dominate the day's activities.

**Martin Luther King Day** The Third Monday of January is a national holiday that commemorates the life of the most prominent member of the Civil Rights Movement. Famous for his "I have a dream" speech, received the Nobel Prize for peace in 1964. Martin Luther King was assassinated by James Earl Ray in 1968.

**February 14, St. Valentine's Day** This day is set aside to tell friends and loved ones how much they are appreciated. It is commonly celebrated by giving flowers, candy or cards to those whom you love or admire. Children exchange cards in school. Historically, it is a day to honor Saint Valentine, a third century martyr.

**Presidents' Day** The third Monday of February is set aside to celebrate George Washington's birthday. This day honors our first president. We also celebrate the birthday of our sixteenth president and one of the first champions of civil rights, Abraham Lincoln, on the same day. The week before is often devoted to the study of Lincoln's life and character. The Sunday before is usually set aside as Race Relations Sunday in which the unity of man is emphasized.

**March 17, Saint Patrick's Day** This is a day that commemorating Saint Patrick, patron saint of Ireland. People wear the color green, Ireland's national color, to indicate that they are honoring Ireland.

**Easter** season is a period of time, beginning with Lent and continuing to Easter Sunday, which is devoted to preparation and celebration of Jesus Christ's resurrection. This is a season celebrated by all Christian people

in our country. Lent begins with Ash Wednesday, which occurs forty days before Easter (not counting intervening Sundays).

**Palm Sunday** marks the beginning of Holy Week. The days of significance in this week include Maundy Thursday which commemorates the initiation of Holy Communion; Good Friday, representing the day of Christ's suffering and crucifixion, and finally, Easter Sunday which is the Christian festival celebrating Christ's resurrection. This day is considered by most people to be the greatest religious observance in the world. Sunrise religious services are held in most communities.

Eggs have become associated with Easter and are considered a symbol of the Easter holiday season. Thus it has evolved in our country and others that the Easter rabbit brings eggs and sometimes gifts as a surprise. Eggs are colored with dye and hidden in the grass to be hunted by children and adults alike.

**Mother's Day** is the second Sunday in May. This day is a time devoted to honoring all mothers. It is the time when Mother is "Queen" for a day. Special kindnesses are shown and cards and gifts are most frequently given to the mother.

**Memorial Day** is the last Monday in May. This day is a legal holiday giving tribute to our deceased war heroes.

**Father's Day** is the third Sunday in June. It is a time when father is "King" for a day. Special kindnesses are shown and cards and gifts are most frequently given to the father.

**Juneteenth** is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day. The name "Juneteenth" references the date of the holiday, combining the words "June" and "nineteenth."

**Fourth of July** is a celebration of U.S. independence. July 4th is the United States of America's Independence Day. On July 4th, 1776, the Continental Congress adopted the Declaration of Independence from England. Thus, this day represents the birth of our nation. One of the most popular ways of celebrating is by having a big picnic outdoors. The picnic consists of a variety of favorite foods. Some of these may be fried chicken, hot dogs, and / or hamburgers and lots of soft drinks. Parades are held throughout the country and flags decorate homes and buildings.

**Labor Day** is the first Monday in September. This is a time when all workers in the nation are honored.

**Rosh Hashanah** is the Jewish New Year's Day and its date varies from September 6 to October 5. This day marks the beginning of an observance over ten days, which is climaxed by Yom Kipper, the solemn Day of Atonement. This day is considered the most holy and solemn day of the Jewish year.

**Columbus Day** is celebrated on the second Monday in October. This day honors the landing of Christopher Columbus in the new world. This "discovery of America" happened on October 12, 1492. Schools are in session as usual. In recent years, California, along with many other states have begun celebrating Indigenous Peoples Day on this date instead of Columbus Day.

**Halloween, October 31**, is the day before All Saints Day. This day evolved from a combination of mystic practices and other religious beliefs. On this day Jack-o-lanterns carved from pumpkins are placed in the windows of many homes. In addition, children dressed in ghosts, witches or devil costumes are allowed to go "trick or treat"; that is to go from door to door on the evening of Halloween seeking candies or surprises. Usually, candies are given to them at each door. Costumes are often worn to school in the lower primary grades to celebrate this day.

**Veteran's Day** is celebrated on November 11. President Eisenhower asked all citizens to observe this day by remembering "the sacrifices of all those who fought so gallantly". It is a day of recognition and honor for all American men and women who have served their country in time of war.

**Thanksgiving** is the fourth Thursday in November. On this day we celebrate a legacy from the Pilgrims who first settled here, remembering a time of celebration and giving thanks for the harvest and blessing of the year. Children have both Thursday (Thanksgiving Day) and Friday off from school, while most others must return to work on Friday. Traditionally, turkey, cranberry sauce, and pumpkin pie are served at the feast of celebration. This is a time when family and friends gather together and enjoy this traditional dinner.

**Hanukkah** is the Jewish Festival of Lights. This is an eight-day festival celebrated by Jews during the month of December. It is one of the happiest and most popular of the Hebrew celebrations.

**Christmas Day, December 25**, is a Christian holiday that climaxes the Christmas season. This day celebrates the birth of Jesus Christ, and is often spent with families. Our many backgrounds have yielded an abundance of traditions for this season. Christmas trees, probably originating in Germany, are decorated with lights and ornaments in many homes. Manger scenes are displayed to illustrate the story of the birth of Christ. Santa Claus has evolved from many traditions all over the world. Here, he is depicted as a fat, jolly old white bearded man who brings gifts to everyone on Christmas Eve. He has a sleigh and reindeer that can magically sail through the sky. He never comes when children are awake and brings presents only when they are good. (Of course all children are considered good when Christmas comes)

For more information, refer to ALL ABOUT AMERICAN HOLIDAYS, by Maymie R. Krythe, found at the Monterey Public Library.

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## Customs Common in the United States

It cannot be said that all American customs are practiced among all of her people. However, these are some common customs that are also universally accepted.

Men usually shake hands when meeting, not only the first time but afterwards also. A woman may also shake hands. But it will not be considered improper if she does not.

First names are used by friend and acquaintances, and both first and last names are used in introductions.

Normally, invitations are extended for dinner or any form of entertainment by the use of a hand-written or a printed note. A phone call is considered acceptable for some occasions. Invitations will often have R.S.V.P. written on them. This means you should tell the hostess if you intend to come. Occasionally the words "regrets only" will appear, this means you should call only if you CANNOT attend. The host will assume you are coming if you do not call. The term "no host cocktails" means you must pay for your own drinks.

Children are not expected to attend cocktail parties or certain other functions. It is always best to ask if you do not know if you should bring your children. We use babysitters frequently because so few of us have relatives living with us who can care for our children.

It is customary to arrive at the time stated on the invitation. The host prepares dinner to be ready according to the time on the invitation. A late arrival may result in a ruined dinner. It would be better to phone if you are going to arrive late.

It is difficult to suggest the length of time you should stay when you are visiting friends. Probably a very general rule would be to leave around midnight when the evening has begun around eight or near that time. But if you are in doubt simply say you feel it is time for you to leave and probably your host will say "no" if it is too early.

"Casual" dress is usually a sport shirt with a casual pair of slacks, and no necktie for men, and slacks and top or a pantsuit for women.

## INFORMATION FOR INTERNATIONAL STUDENTS WITH SCHOOL AGE CHILDREN

### Enrollment Documents Required in English:

- Immunization Record (see following section)
- Transcript for middle school and high school
- Current courses and grades if moving mid-year.

If the above documents are in a foreign language, **they must be translated into English.** High school courses must be evaluated by a NACES member. E-mail: [naces@ierf.org](mailto:naces@ierf.org) Web site: [www.naces.org](http://www.naces.org)

Reminder: To enter Kindergarten in a California public school your child must be 5 years old on or before September 1st of the current school year. Your high school senior must be 18 years old or younger and must have continuously attended school.

## STATE OF CALIFORNIA IMMUNIZATION REQUIREMENTS FOR SCHOOL AND CHILD CARE

According to The California Code of Regulations, children must have a minimum number of immunizations (shots) before they can attend school or child care. The child's immunization record may contain more immunizations than are shown below. This chart shows the vaccines required to enter/attend school or child care. Please consult with your medical provider for more information on shots a child may need to stay healthy.

| Child's age       | List of shots required to attend school or child care                                                                                                                                             |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2-3 months        | 1 Polio, 1 DTaP, 1 Hib, 1 Hep B                                                                                                                                                                   |
| 4-5 months        | 2 Polio, 2 DTaP, 2 Hib, 2 Hep B                                                                                                                                                                   |
| 6-14 months       | 2 Polio<br>3DTaP<br>2 Hib, 2 Hep B<br>1 Hib must be given on or after the first birthday*<br>1 MMR must be given on or after the first birthday*                                                  |
| 15-17 months      | 3 Polio, 3 DTaP<br>2 Hep B                                                                                                                                                                        |
| 18 months-5 years | 3 Polio 4DTaP<br>3HepB<br>1 Varicella <sup>1</sup>                                                                                                                                                |
| Kindergarten      | 4 Polio <sup>2</sup><br>5 DTaP <sup>3</sup><br>2 MMR <sup>4</sup> both must be given on or after the first birthday*<br>3 Hep B<br>1 Varicella <sup>1</sup>                                       |
| 7th Grade         | 4 Polio <sup>5</sup><br>4 DTaP, DTP, Td, or Dr<br>2 MMR <sup>4</sup> both must be given on or after the first birthday*<br>3 Hep B <sup>6</sup><br>1 Varicella**1<br>[1 Td booster <sup>7</sup> ] |



*Antle 17, Dtvlslon 1, Chapter 4, Subchapter 8, Article 5, Section 6065*

\* Receipt of the dose up to (and including) four days before the first birthday will satisfy the school and child care entry immunization requirement, this is known as “the four day grace period.”

\*\* Required for children not enrolled in California schools before July 1, 2001 — applies to all kindergarten entrants plus out-of-state entrants into grades 1-12. One dose of varicella (chickenpox) vaccine required if immunized before age 13; two doses needed if vaccine received after the 13th birthday.

- 1 Physician-documented varicella (chickenpox) disease history on immunization record also meets the varicella requirement
- 2 Three doses meets the requirement for ages 4-6 years if at least one was given on or after the fourth\* birthday.
- 3 Four doses meet the requirement for ages 4-6 years if at least one was given on or after the fourth\* birthday.
- 4 Two doses of measles-containing vaccine required. One dose of mumps and rubella-containing vaccine required; mumps vaccine is not required for children seven years of age and older.
- 5 Three doses meet the requirement for ages 7-17 years if at least one was given on or after the second\* birthday.
- 6 Two doses of adult (Recombivax) formulation hepatitis B vaccine along with provider documentation that the adult formulation hepatitis B vaccine was used for BOTH doses (and both doses were received at ages 11-15 years) will also fulfill the 7th grade requirement.
- 7 One Td booster is recommended but not required.

**California Immunization Law allows for exemptions from these requirements for personal beliefs or medical reasons. Ask the school or your child care provider for details.**

For more information: [www.immunization-sd.org](http://www.immunization-sd.org)



**In conclusion, we wish you a very happy tour here. Please feel free to contact your International Graduate Programs Office (IGPO) for further assistance and answers to any questions you may have. There is much to learn, do and see, and it is all worth your efforts. Have fun, good luck, and enjoy yourself!**





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