

THE UNIVERSITY OF OKLAHOMA

J-1 EXCHANGE VISITOR GUIDE

Welcome! We are pleased that you have chosen our university to experience the rewards of participating in the educational and cultural exchanges of our J-1 Exchange Visitor program. The *International Faculty & Staff Services* is here to assist you and your sponsoring department throughout your stay in Oklahoma. Do not hesitate to ask for assistance. We urge you to become involved with your new community and campus activities. The effort will provide you with lasting personal and professional friendships. The University of Oklahoma is truly an extraordinary institution, known for its academic excellence and strong sense of community. Take advantage of it. We hope you'll take time to explore our beautiful campus and to learn more about us.

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About OU

Created by the Oklahoma Territorial Legislature in 1890, the University of Oklahoma is a doctoral degree-granting research university serving the educational, cultural, economic, and health-care needs of the state, region and nation. The Norman campus serves as home to all of the university's academic programs except health-related fields. The OU Health Sciences Center, which is located in Oklahoma City, is one of only four comprehensive academic health centers in the nation with seven professional colleges. Both the Norman and Health Sciences Center colleges offer programs at the Schusterman Center, the site of OU-Tulsa.

OU enrolls more than 30,000 students, has more than 2,700 full-time faculty members, and has 21 colleges offering 171 majors at the baccalaureate level, 152 majors at the master's level, 79 majors at the doctoral level, 27 majors at the doctoral professional level, and 35 graduate certificates. The university's annual operating budget is \$1.8 billion. The University of Oklahoma is an equal opportunity institution.



University of Oklahoma Human Resources
International Faculty & Staff Services
Phone: (405) 325-1826

NEL, Room 205, 905 Asp Ave., Norman, OK 73019

<http://hr.ou.edu/Immigration/Scholars-Visitors/J-1-Exchange-Visitor>

GENERAL INFORMATION

The Exchange Visitor Program provides an interchange between people of the U.S. and other countries to promote mutual enrichment, relationships, and opportunities through educational and cultural exchange. Participants in exchange programs are expected to return home to share their experiences with their fellow countrymen. The J-1 visa is a nonimmigrant visa and participants are granted entry into the U.S. with the understanding that they will complete the objectives of a single educational and cultural exchange program. The J-1 visa is inappropriate for foreign nationals seeking to immigrate permanently to the U.S. The J-1 visa is also inappropriate for organizations seeking to augment their personnel complement. Parties so interested must use other legitimate avenues of immigration and/or temporary employment, described in the Immigration and Nationality Act.

J-1 Exchange Visitor Program

The Exchange Visitor must be engaged primarily in conducting research, observing or consulting in connection with a research project in research institutions, post-secondary accredited educational institutions or similar types of institutions. Exchange Visitors facilitate the exchange of ideas and research in a variety of fields between people of the United States and people of other countries. The exchange visitor may also teach or lecture unless disallowed by OU.

Exchange Visitor Requirements

- Have at least a Bachelor's degree related to the program field.
- Not be a candidate for a tenure track position;
- Not have participated in and completed a professor or research scholar program within the last 24 months preceding the beginning date of their new program's commencement;
- Not have participated in a J-Visa program for all or part of the 12-month period immediately preceding the start date of a research visitor program unless they meet one of the following exceptions: The participant is currently in an exchange visitor program and is transferring to another institution in the United States to continue their current J-1 program;
- The participant's prior physical presence in the U.S. on a J-visa program was less than six months in duration; and the prior participation was as a [short-term scholar](#)

Duration of Program

The Exchange Visitor is authorized to engage in the educational and cultural exchange program for the length of time necessary for completion of the project up to an aggregate of five years. The five-year calendar period is based on a "use or lose" basis. For example, any amount of time that a participant returns home will have that time counted towards the total five year calendar period. This includes time away for vacation visits. Participants who complete a program, which is less than five years, will have the option to transfer to another institute and have the current program extended up to the maximum duration of five years.

J-2 Dependents

The Exchange Visitor Program permits the entry of the participant's dependents under the J-2 visa at the sponsor's discretion. Dependents are defined as the participant's spouse and minor unmarried children – unmarried children under the age of 21. J-2 dependents may apply for employment authorization after arrival in the U.S. Participants cannot leave J-2 dependents in the U.S. for long periods of time. Once the participant's program is completed and the participant departs the U.S., J-2 dependents are required to leave with the participant. For more information regarding J-2 dependents, visit our website <http://hr.ou.edu/Immigration/Scholars-Visitors/J-1-Exchange-Visitor>.

PROGRAM PARTICIPATION

U.S. Entry & Arrival Notification

All the J-1 visitors *must* enter the U.S. no later than the start date listed on the DS-2019 form. Please contact us if you cannot arrive on time. All the J-1 Exchange Visitors entering the U.S. must present themselves in person to an IFSS staff member at OU within **3 business days** of their U.S. entry. You are required to provide proof of valid entry including DS-2019, passport, I-94 (print the I-94 online at <https://i94.cbp.dhs.gov/i94/#/home> after you enter the US), and US visa.

Failure to notify within the allowable time period will result in the U.S. Department of State's immediate cancellation of the visitor's SEVIS record and subsequent DS- 2019 form.

Maintenance of Status

Exchange Visitors are required to have a **valid and unexpired DS-2019**. A **valid passport** is required at all times. Sponsors may terminate an exchange visitor's program for violating U.S. laws or program regulations or rules governing their particular program.

Mandatory Insurance

All J-1 participants and J-2 dependents (spouses and minor children under the age of 21) accompanying them are required to carry medical insurance at the minimum benefit levels of:

- Medical benefits of **at least \$100,000** per accident or illness;
- Repatriation of remains in the amount of \$25,000;
- Expenses associated with the medical evacuation of the exchange visitor to his or her home country in the amount of \$50,000; *and*
- A deductible not to exceed \$500 per accident or illness

Willful failure on the part of the participant and/or any J-2 dependents to maintain active insurance coverage is grounds for termination from the program. Exchange Visitors at OU must provide proof of insurance immediately after arriving on campus during the check-in process. If you are unsure if a plan meets the aforementioned requirements, you may check with the IFSS office to confirm if the policy complies with federal regulations before purchasing it. Proof of insurance will be required prior to extension of the program period. Health coverage through the University's benefit plan **does not** contain the medical evacuation or repatriation insurance requirement. A separate policy will need to be purchased for this additional coverage. For more information, please contact us or visit our website <http://hr.ou.edu/Immigration/Scholars-Visitors/J-1-Exchange-Visitor#2985431-medical-insurance>

Address Notification

If you change your U.S. residential address or telephone number, you must contact our office within 10 days.

Program Activity Changes

Exchange Visitors are required to notify the responsible program officer whenever there are changes in their research program or program dates. This includes changes in department or faculty sponsorship.

Program Transfers

Exchange Visitors are allowed to transfer from one sponsor to another providing they are released by the first sponsor as required by regulations. The transfer program must be clearly identifiable in purpose as the original program category (i.e., Research Scholar, Student, Alien Physician, etc.).

Exchange Visitors must receive authorization from the responsible program officer before transferring to another institution or facility. Please obtain the approval from the current program sponsor by completing the "Request to Transfer Out of OU form."

Early Termination Notice

J-1 Exchange Visitors withdrawing from an OU research program 30 days or more before the end of the program period listed on the DS-2019 must report to the office of *International Faculty & Staff Services* prior to their departure. Exchange visitors with early termination are no longer allowed a 30-day Grace Period for travel (see below). This may also affect the time when you can return to the U.S. with J-1 status in the future.

Extension of Stay

It is your responsibility to be aware of the expiration date of authorized legal stay in the U.S. Exchange Visitors at OU must apply for an extension of stay at least one month before their DS-2019 form expires. Please note, extending your DS-2019 extends the immigration status of the J-1 status does not mean extending the visa stamp in the passport. If your visa expires, you are responsible for applying for a new visa stamp before you re-enter the US. To request for an extension, please submit the HR2019 and proof of insurance to our office.

Travel

Prior to traveling outside the U.S., you should stop by our office and obtain the travel signature that revalidates your current DS-2019. Failure to revalidate the DS-2019 could delay or deny your re-entry into the U.S. To enter the U.S. after a temporary trip abroad, you will need your passport, valid visa, and signed DS-2019.

The Grace Period

J-1 visitors are allowed to enter the U.S. up to 30 days prior to the program start date listed on the DS-2019. Following the completion of the exchange program, the U.S. Citizenship & Immigration Services (USCIS) allows all J-1 participants a 30-day travel period. During this 30-day grace period, participants are no longer in J-visa status and are under the jurisdiction of the USCIS. The USCIS grants this period to allow participants to settle their affairs and to prepare to return to their home countries. Program participants may no longer continue and/or complete exchange activities.



U.S. ADMISSION REQUIREMENTS

All foreign nationals who seek to enter the U.S. in the J-1 exchange visitor category must first obtain a visa from an American Consulate abroad. Canadian citizens are exempt from the visa requirement but must comply with all other documentation requirements.

Applying for a J-1 Exchange Visitor Visa

Applicants should generally apply at the U.S. Embassy or Consulate with jurisdiction over their place of permanent residence. J-1 visa applicants are encouraged to apply for their visa early to provide ample time for visa processing. Applicants must pay the SEVIS fee prior to the visa interview. **J-1 visa applicants must be able to effectively communicate in English.** Language ability is tested during the visa interview process.

The Student and Exchange Visitor Information System (SEVIS)

SEVIS is a government web-based system that tracks and monitors schools and programs, students, exchange visitors and their dependents throughout the duration of approved participation in the U.S. educational system. All exchange visitor applicants must have a SEVIS generated DS-2019 issued by a designated sponsor when they apply for visa issuance.

J-1 visa applicants must pay the SEVIS fee before applying for their visas. Fee payment must be processed at least 3 business days prior to the scheduled date of the visa interview. Proof of payment must be presented during the visa application process. For information regarding the SEVIS payment and submission of the SEVIS form I-901 go to <http://www.ice.gov/sevis/index.htm>. If the visa application is denied, the SEVIS fee is valid for 12 months from the date of the initial application if the applicant wishes to apply again for the same or different program category.

J-1 visitors are allowed to enter the U.S. up to 30 days prior to the program start date listed on the DS-2019. Under no circumstances should they enter after that date without first notifying the program official.

IMPORTANT LINKS

U.S. Citizenship and Immigration Services (USCIS) <http://uscis.gov>

U.S. Department of State – Education & Cultural Affairs--<http://exchanges.state.gov>

Information included on this website will enhance your experience with the Exchange Visitor Program.

The Official State of Oklahoma Website

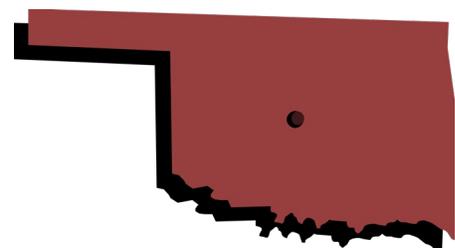
<http://www.ok.gov>

Oklahoma Travel & Tourism

<http://www.travelok.com/>

City of Norman

<http://www.ci.norman.ok.us/>



LIVING IN NORMAN

Norman is the home of the University of Oklahoma, the National Weather Center, and several area attractions. Norman is in the Cleveland County, about 17 miles south of Oklahoma City, the state capital and the largest metropolitan area in the state. With exceptional schools, affordable housing, great shopping, and family-friendly activities, you will find everything you need in Norman and the surrounding area.

Norman's Climate

America uses Fahrenheit temperature as opposed to Celsius. The average high temperature in January is 50°F, and the average high temperature in July is 95°F. The rainiest month is May. The temperature frequently drops to 20°F (-7°C) during the winter and rises to as high as 100°F (38°C) during the summer.

Weather Note: Oklahoma is situated in "Tornado Alley," the area of the United States where tornadoes are most frequent. Tornadoes happen most often in the spring and summer months (March to May). You are strongly advised to visit OU's **Emergency Preparedness** website <http://www.ou.edu/emergencypreparedness> for the local weather, emergency procedures and plans. The City of Norman tests the tornado sirens every Saturday at noon normally <https://www.youtube.com/watch?v=J6i3d9zArOE>. If the weather is bad, the siren test will be cancelled.

If you hear a tornado siren during the threat of severe weather, seek shelter immediately. The safest place to be during a tornado is underground or in a small interior room, like a bathroom or closet. Never stay in a car or try to outrun a tornado. Avoid doors and windows, and protect yourself from flying debris. Also, know the difference between a Tornado Watch and a Tornado Warning. A Tornado Watch means conditions are favorable for a possible tornado. A Tornado Warning means a tornado is on the ground and you must seek shelter immediately.

Transportation

By Air: World Rogers World Airport is located 20 miles northwest of Norman in Oklahoma City. Visit the website <http://www.flyokc.com> to find airlines providing service to Oklahoma City.

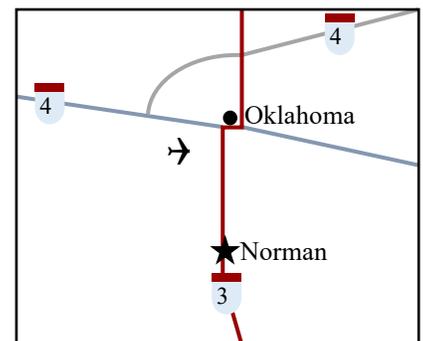
By Road: Norman is conveniently located on major interstate highway I-35 and is just 17 miles south of interstate highways I-40 and I-44. The easiest and fastest way to travel in Oklahoma is by automobile.

By Rail: Norman is a stop on the AMTRAK Heartland Flyer between Oklahoma City and Fort Worth, Texas <http://www.heartlandflyer.com>. AMTRAK also provides connecting service to Chicago and Los Angeles.

Local Bus: The Cleveland Area Rapid Transit (CART) Service (405-325-2278, <http://cart.ou.edu>) provides public transportation in and around Norman and links the service to Oklahoma City. OU students, faculty, and staff ride all Norman routes for free with an OU ID and validation sticker. Greyhound Lines, Inc. (405-579-1616) provides bus service in Norman. A map of the city of Norman is available at <https://www.visitnorman.com/>.

Driving in Oklahoma

The Oklahoma City metropolitan area is expansive, making it difficult to navigate without access to a vehicle. Several car dealerships in Norman sell new and pre-owned cars. If you choose to purchase a car, you will also be required to purchase a limited liability auto insurance policy. Exchange Visitors who will be in Oklahoma for longer than 30 days and plan to drive a car are advised to apply for an Oklahoma driver's license. You may obtain an Oklahoma driver's license at the Oklahoma Department of Public Safety (DPS). The main DPS is located at 430 N. Berry Rd., Norman, OK 73069. Please see the DPS website for more information: <https://www.ok.gov/dps/>. The Oklahoma Driver's Manual, available at https://www.ok.gov/dps/documents/driver_manual.pdf, describes how to drive legally and safely in Oklahoma. Be advised that an Oklahoma driver's license is only good as long as you have a valid visa. If you choose to extend your stay, you will need to renew your driver's license.



Local Attractions

In Norman: OU is home to one of the two largest natural history museums in the world associated with a university. The Sam Noble Oklahoma Museum of Natural History has more than 7 million artifacts and exhibits the largest *Apatosaurus* on display in the world. The Fred Jones Jr. Museum of Art contains more than 10,000 works of art. Lake Thunderbird State Park offers a variety of water activities and recreation sports such as camping, hunting, archery, horseback riding, hiking, and mountain biking. OU sporting events are extremely popular activities for people of all ages within the state of Oklahoma. For more information on local attractions, consult the Norman Community Guide.

In Oklahoma City: Oklahoma City is home to major league and minor league franchises in basketball, baseball and hockey. The popular Bricktown Entertainment District, located in the center of Oklahoma City, features many restaurants, nightclubs, sporting facilities, shops, attractions, and events. Oklahoma City also has numerous museums, including the Oklahoma City National Memorial & Museum, the National Cowboy & Western Heritage Museum, and the National Softball Hall of Fame. The Kirkpatrick Planetarium is one of the most visited science museums in the U.S. Pari-mutuel thoroughbred & quarter horse racing is available at Remington Park, one of the finest racing facilities in the country. The Oklahoma City Zoological Park and Botanical Garden is rated one of the best zoos in the U.S.

Housing

Within Norman, 53% of homes are owner occupied. Rental housing is readily available throughout the city. Both OU Traditions Square and Kraettli Apartments located on the OU campus provide a great opportunity to become involved in campus life. Visit the OU Housing and Food Services online at <http://www.ou.edu/housingandfood> for more information on campus housing.

For information about off-campus housing, view the Norman Chamber of Commerce's Community Guide at <http://www.normanchamber.com/>. More information may be found on the website at www.normantranscript.com or <http://www.apartmentfinder.com/Oklahoma/Norman-Apartments>.



Shopping Suggestions



Grocery and Department Stores: Both Walmart Supercenter and Super Target are one-stop locations for groceries, pharmacy items, household items, sports & fitness items, electronics, children's items, apparel, and much more.

- *Homeland*, 1724 West Lindsey Street, Bus # 12
- *Sprout*, 559 W Main St, Bus #10
- *Walmart Supercenter*, 333 Interstate Drive, Bus #10 or #20
- *Super Target*, 1400 24th Avenue Northwest, Bus #20

International groceries:

Super Cao Nguyen, 2668 N. Military Ave. OKC 73106

Chinatown Supermarket, 1228 NW 27th St OKC 73106

Halal Meat & Grocery, 3620 NW 39th St. OKC 73112

Makola Market, 2425 N Classen Blvd, Oklahoma City, OK 73106

Korean Oriental Market, 1224 N. Eastern Ave, Moore, OK 73160

Farm Market:

Cleveland County Fairgrounds—615 E Robinson St, Norman, OK 73071 Tue 4-7 pm, Sat 8 am-12 pm (from 1st Sat in April and ends its season the last Tue/Sat of October)

Popular Shopping Areas

Campus Corner: Located on Boyd Street across from the OU campus, this area features local restaurants, clothing stores, gift shops, beauty salons, bookstores, cafes and bars. Campus Corner is a popular meeting place for OU students and alumni on OU football game days. The area is close to all vehicular traffic on game days.

University North Park: Located between Robinson Street and Rock Creek Road along the east side of I-35, this growing area includes several popular stores such as Target, Kohl's, Academy Sports & Outdoors, T.J. Maxx, Ulta, and Office Depot. This shopping center is an ongoing development project for the City of Norman, adding more stores each day.

Sooner Fashion Mall: Anchored by Dillard's, JCPenney, Sears, and Old Navy, this local shopping mall also includes national favorites such as Gap, Abercrombie & Fitch, American Eagle, and Eddie Bauer.

Parkway Plaza Shopping Center: Located between Lindsey Street and Main Street along the west side of I-35, this area includes several restaurants and stores such as Home Depot, Barnes & Noble Booksellers, and Bed, Bath & Beyond.

Discount Shopping

Used household items, clothes, furniture and personal items can be found at local thrift stores, resale shops, and garage sales. A garage sale is a sale held in the garage or front yard of a person's home, usually on Saturdays. Items are sold by the owners, and bargaining is anticipated. Information on the time and location of garage sales can be found on the website of the *Norman Transcript*, <http://normantranscript.com>.

Electrical Devices

American standard voltage ranges between 100-115 volts. If you intend to bring an electrical device from your home country, you should purchase a travel adapter plug. A travel adapter plug may be purchased at local electronic stores such as Best Buy (located next to Walmart Supercenter) for about \$20, but you should first check to see if the adapter is compatible with your local plug configuration. You may also purchase new equipment at reasonable prices once you arrive in America.

DETAILS



OU ID Card

The OU ID card enables use of the libraries and other facilities on campus. You should apply for an OU ID card soon after arriving in Norman. You may obtain an ID card in the Student Union, Room 127.

OU Parking

If you intend to drive in Oklahoma and park on the OU campus, you should get an OU Parking Permit. Purchase a parking permit at OU Parking Services office, 1107 Elm Ave. An OU campus map is available at <https://www.ou.edu/parking>.

Internet

Internet is readily available all across campus and in University housing. For more information about internet at OU and how to connect, please visit the OU IT's website at <http://www.ou.edu/ouit>.

Campus

Campus activities are a great way to have fun while you are at OU. The Union Programming Board, among other organizations here at OU, hosts many opportunities to attend concerts, movies, comedy nights, and much more! Visit the Union Programming Board Website <http://www.ou.edu/upb> for details.

Social Security Card

If you are employed by OU, you will require a Social Security Number (SSN). Your SSN is used to report your wages to the government. You can apply for the SSN only AFTER your SEVIS record is validated by our office. The closest Social Security office is located at 200 NE 27th, Moore, OK 73160 (phone: 1-866-964-4260, website: <https://www.ssa.gov/>). You must present original documents (passport, DS-2019 and I-94) and an employment letter from your department. The Social Security Administration application process can take up to two months before a card is issued with the assigned number. In the interim, a temporary number can be assigned for payroll purposes until the Social Security Card is received. Your OU Department Payroll Coordinator should assist you in this process. CART (Social Security Route N44) offers transportation from Norman to the Social Security Administration Office in Moore every Tuesday and Friday <http://www.ou.edu/cart/schedules/socialsecurityroute>.

Money Matters

Bring enough cash with you for the first few weeks. Initial costs will be expensive to cover apartment rental (deposit and first month's rent), telephone and utility services, health insurance, groceries, and household necessities. Bring an ATM card, U.S. dollars or traveler's checks because converting foreign currency will take a few weeks. You can open a bank account at any local bank (You do not require a SSN to open an account). Pay attention to the account fees which will vary from bank to bank.



All American dollar bills are the same size and color, regardless of their face value. The most common bills are \$1, \$5, \$10, \$20, and \$50. American coins are pennies (1 cent), nickels (5 cents), dimes (10 cents), and quarters (25 cents). Four quarters equal one dollar (\$1), just as 100 pennies equal one dollar.

Here is a list of banks located around campus:

OU FEDERAL CREDIT UNION, OU Memorial Union, 900 Asp Ave Room 135

Midfirst Bank, 315 W Boyd St, Norman, OK 73069

Chase, 215 W Boyd St, Norman, OK 73069

Bank of America, 1239 W Main St, Norman, OK 73069

Bank of Oklahoma, 3550 W. Main, Norman, OK 73072

BancFirst, 1201 W Main St, Norman, OK 73069

Filing Taxes

The Internal Revenue Service (IRS) requires individuals to file income taxes each year. IRS regulations require the submission of federal income tax forms by April 15 for the previous tax year. For example, taxes on income earned in the U.S. during 2010 must be filed by April 15, 2018.

J-1 Exchange Visitors must file a federal tax return if they had U.S. earned income in the previous tax year. J-1 Exchange Visitors are only required to declare U.S. source income. It is your responsibility to complete and mail your tax return by the deadline. <https://www.irs.gov> for more information.

Time Zones

The United States is divided into four time zones: Eastern Standard Time (EST), Central Standard Time (CST), Mountain Standard Time (MST) and Pacific Standard Time (PST). Oklahoma is located in the Central Standard Time Zone. Oklahoma and most of the United States recognizes Daylight Savings Time. This means that on the first Sunday in April of each year, time advances one hour so that people can enjoy more sunlight hours during the warmer days of the year. When people adjust their clocks forward one hour, this is known as "Spring Forward" because the change occurs during the spring season. When people adjust their clocks back to standard time in October, this is known as "Fall Back" because the change occurs during the fall season.

LIFE AND CUSTOMS

Americans, like all people, have unique social customs. A few are discussed below, but it is impossible to list them all. Make friendships with Americans; they can explain what you do not understand. Listen to others and ask questions. Develop friendships with other international students; they can share their own experiences.

Introduction and Greeting

It is proper to shake hands with everyone to whom you are introduced, both men and women. If you want to introduce yourself to someone or if you are being introduced by someone, extend your hand for a handshake and say, "Hello, I am...." You may see some Americans hug each other upon meeting. This is usually reserved for people who are close acquaintances. It would be improper to hug someone you have just met.

Gifts and Thank You

Gifts are generally given to relatives and close friends. They are sometimes given to people with whom one has a casual but friendly relationship, such as a host or hostess, but it is not necessary or even common for gifts to be given to such people. Gifts are not usually given to professors or others who hold official positions. The offering of gifts in these situations is sometimes interpreted as a possibly improper effort to gain favorable treatment from that person. It is not necessary to bring a gift when you are invited to dinner. However, a small item you brought from home can be a pleasant surprise to hosts.

Scheduled Appointments

Most Americans consider it impolite to arrive unannounced. In a professional environment you are expected to make an appointment with the individual you wish to see. Arriving unannounced may interrupt another person's scheduled appointment or result in a delay in you receiving services. Being "on time" (arriving at the stated time) is both considerate and important because many Americans view time as a resource that should be utilized productively.

Popular Holidays

Americans celebrate many holidays. The following list includes some of the most widely celebrated days:

New Year's Day (January 1): Americans gather with friends and family on the night before the first day of the year to wish each other a happy and prosperous new year. New Year's Day is often spent relaxing and watching American football games.

Memorial Day (The last Monday of May). This holiday honors men and women who died while serving in the U.S. military.

Independence Day (July 4): This holiday celebrates the nation's foundation at the signing of the Declaration of Independence in 1776. Americans attend picnics and patriotic parades during the day and watch fireworks at night.

Halloween (October 31): This is not a holiday, but is celebrated by children. People dress up in costumes and go "trick or treating," knocking on doors in their neighborhood and asking for candy.

Thanksgiving Day (The fourth Thursday in November): This holiday recognizes the assistance that American Indians gave the Pilgrims who landed in Massachusetts in the early 1600s. After a rough winter, the Pilgrims hosted a celebratory feast to thank the Indians for showing them how to plant corn and other crops. Today, Americans give thanks and enjoy a bountiful Thanksgiving Dinner which often includes roast turkey, cranberry sauce, and pumpkin pie.

Christmas Day (December 25): This Christian holiday celebrates the birth of Jesus Christ. Many Americans celebrate Christmas by decorating houses with lights, decorating Christmas trees, and exchanging gifts with friends and family.

Attractions:

Sam Noble Oklahoma Museum of Natural History, 2401 Chautauqua Avenue, Norman, OK 73072

Fred Jones Jr. Museum of Art, 555 Elm Ave, Norman, OK 73019

National Cowboy & Western Heritage Museum, 1700 NE 63rd St, Oklahoma City, OK 73111

Oklahoma City Museum of Art, 415 Couch Dr, Oklahoma City, OK 73102

The Oklahoma City National Memorial & Museum 620 N Harvey Ave, Oklahoma City, OK 73102

Civic Center Music Hall 201 N Walker Ave, Oklahoma City, OK 73102

Oklahoma City Zoo and Botanical Garden, 2000 Remington Pl, Oklahoma City, OK 73111

American Indian Cultural Center and Museum – 695, American Indian Blvd, Oklahoma City, OK 73129

Chickasaw Cultural Center, 867 Charles Cooper Memorial Rd., Sulphur, OK 73086

Wichita Mountains Wildlife Refuge, 32 Refuge Headquarters Road, Indianola, OK 73552

Talimena National Scenic Byway

Sports:

OU Sooner Football

Oklahoma City Thunder (basketball)

Oklahoma City Dodgers (baseball)

Restaurants with International Cuisine

Asian

Fantasy Chinese Cuisine - 320 12th Ave SE #110, Norman, OK 73071
Tatsumaki Ramen & Lounge - 1300 12th Ave SE #230, Norman, OK 73071
Mr. Sushi - 1204 N Interstate Dr #130, Norman, OK 73072
Thai Delight - 761 Jenkins Ave, Norman, OK 73069
Pho Lien Hoa – 901 NEW 23rd Street (Vietnamese, cash only) OKC 73118
Fung's Kitchen – 3231 N. Classen Blvd. OKC 73118
Tokyo Restaurant– 7516 N. Western Ave. OKC 73116
Szechuan Bistro – 1010 W. Memorial Rd. OKC 73114
Tamashii Ramen – 321 NW 8th St. Ste B, OKC 73102
Wing It - 760 W Main St, Norman, OK 73069
Dong A Restaurant, 1262 N Eastern Ave, Moore, OK 73160
B-won – 4517 S. Sunnyslane Rd., OKC 73135
Taste of Korea - 5 S Western Ave, Oklahoma City, OK 73106
Himalayas – 709 N. Moore Ave., Moore, 73160

Mediterranean:

Café Saffron, 770 Debarr Ave, Norman 73069
Greek House, 768 Jenkins Ave, Norman, OK 73069
Sisters Mediterranean Taste 1400 12th Ave SE #312, Norman, OK 73071
Basil's Mediterranean Cafe – 211 NW 23rd St, Oklahoma City, OK 73103
Couscous Cafe – 6165 N. May Ave, OKC 73112
Zorba's – 6014 N. May Ave, OKC 73112

Latin American:

Mamaveca, 2551 Hemphill Dr, Norman, 73069
Tarahumara's Mexican Café, 702 N Porter Ave, Norman, OK 73071
Café Kacao – 3325 N. Classen Blvd, OKC 73118
Café do Brasil - 440 NW 11th St., OKC 73103
Naylamp Peruvian Restaurant, 2106 SW 44th St, OKC 73119
La Brasa, 1310 NW 25th St, OKC 73106

European:

La Baguette, 1130 Rambling Oaks Dr #100, Norman, OK 73072
Das Boot Camp, 229 E Main St, Norman, 73069
Royal Bavaria, 3401 S Sooner Rd, OKC 73165
Sergio's Italian Bistro, 104 E Gray St, Norman, 73069
Benvenuti's *Ristorante*, 105 W Main St, Norman, 73069
Gaberino's Homestyle Italian Restaurant, 283 34th Ave S W, Norman, OK 73072
Ingrid's Kitchen – 3701 N. Youngs, OKC 73112

ARRIVAL CHECKLIST

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- Check in on campus with International Faculty and Staff Services office in the NEL Room #205 within three business days of entry into the U.S.
- Provide proof of medical insurance.
- Apply for a Social Security Number (only if you are employed by OU).
- Make housing arrangements.
- Get an OU ID card.
- Open bank account.
- Get an Oklahoma Driver's License.

DEPARTURE CHECKLIST

- Make sure you have paid any outstanding debts to the university.
- Update your forwarding address with your department and the Payroll Office
- Make sure you have received reimbursement on all of your medical insurance claims.
- Request the return of your apartment deposit from your landlord.
- Close your local bank accounts if you do not intend to return to the U.S.
- **Save all immigration documents** as they may be helpful when making future travel arrangements to the U.S.
- File your tax return

