1) What documents do I need when traveling?

- **SEVIS I-20 or DS-2019**: Check the travel signature on your I-20 or DS-2019. Each signature is valid for one calendar year (except those on Optional Practical Training who need a signature every six months). You must have your I-20 or DS-2019 with you for travel within the USA. Make sure to carry all I-20s or DS-2019s with you. Never throw any—these documents show the “history” of your time in the USA and are required for changing status or applying for work permits. Allow two to three weeks to renew signature from the OIE.
- **PASSPORT**: Your passport must be valid at all times you are in the USA. When reentering the USA from abroad, it must be valid for six months in the future. Passports can be renewed within the USA at the closest embassy or consulate of your country.
- **USA VISA**: To reenter the USA after travel abroad, you **must** have a valid visa that is marked for multiple entries and in the current status you hold. If you change your status while inside the USA (example: F-2 to F-1), you must obtain a new F-1 visa outside of the USA and enter on a new F-1 visa. The exception is travel to Canada or Mexico or adjacent islands of North America—see #2. Those on an F-1 or J-1 visa, who do not leave the USA, can remain in the USA on an expired visa as long as the DS-2019 or I-20 is valid.
- **I-94 Arrival/Departure Card**: You will surrender your white I-94 card when leaving the USA. Make sure to obtain a new card upon reentry to the USA. State this to your passporter.
- **Verification Letter from the Office of International Education**: This is not required, but is recommended for reentry. Please apply for a letter at the front desk of the OIE. Allow two to three business days before picking up your letter.
- **Transcript or Classes Enrolled In for Current Term**: Print from Ursa showing that you have been enrolled and that you have a schedule for next semester. This is suggested especially for a visa interview.

2) How can I travel to Canada, Mexico or another country? Each country varies in entry requirements. Check this website for the country's entry requirements and a list of consulates in the USA: http://www.state.gov/c/pcr/rls/dpl/32122.htm. Most students going to Canada can request a visitor’s visa through the mail or stop at the Canadian consulate in Buffalo, NY, on their way to Canada for a visitor’s visa. Apart from making sure entry requirements for travel are met, you will also have to make sure you have proper documents for reentering the USA. For students continuing their studies, make sure your DS-2019/I-20 is signed within the past year, and make sure your passport is valid. If your visa is expired, you can travel to Canada and Mexico and reenter the USA if the stay is 30 days or less. If you are continuing their studies, make sure your DS 2019 – 2 to F 1, you must obtain a new F 1 visa outside of the USA and enter on a new F 1 visa. The exception is travel to Canada or Mexico or adjacent islands of North America—see #2. Those on an F 1 or J 1 visa, who do not leave the USA, can remain in the USA on an expired visa as long as the DS 2019 or I 20 is valid.

3) I want to stay in the USA to travel after my program ends. Is there a travel grace period for J-1/F-1 Visas? Yes, there is a grace period for students on both J-1 and F-1 visas. J-1 students have thirty (30) days after the end date on your DS-2019 before you must leave the USA. F-1 students have sixty (60) days after completion date/graduation before you must leave the USA. During this time you may travel throughout the USA as much as you would like for the grace period. However, during the grace period you may not leave and reenter the USA. Be sure to have your documents with you while you travel.

4) Can I work this summer? All students who are continuing studies or staying at IUP and changing academic levels (undergraduate to graduate) can work on-campus this summer. If you have graduated or completed your program, you cannot work on-campus after finals are completed. To find jobs on-campus, see the Student Employment Center website. Some students are eligible for internship and work permission off-campus. To find jobs off-campus for internships or Curricular Practical Training, please talk to your academic departments and visit the Career Development Center for resources: www.iup.edu/career. All students completing their program in May can see if they are eligible for off campus work permission such as F-1 Optional Practical Training (OPT) or J-1 Academic Training. Email your international advisor or attend a workshop for more information. See a calendar on page 4.

5) Can I get summer Partial Tuition Waiver? PTW money is available for summer courses; however, students must apply for summer PTW at the OIE by May 1. Only students who are currently receiving a partial tuition waiver and are in good academic standing are eligible for summer PTW. Students are eligible for $100 per credit taken during all summer sessions up to a maximum of twelve (12) credits. Students taking online courses or who have an assistantship are not eligible. More information and application forms are available online at http://www.iup.edu/page.aspx?id=25997.

6) How do I file my taxes? All students who received income during 2008 calendar year, must file taxes with the USA Internal Revenue Service. Our office is hosting four workshops to explain how to file taxes. Workshops will be held in the OIE conference room on February 18, 2009 at 10:00 a.m. to 11:00 a.m. or 4:00 p.m. to 5:00 p.m. and March 11, 2009 at 10:00 a.m. to 11:00 a.m. or 5:00 p.m. to 6:00 p.m. Those unable to attend, please email jessica@iup.edu for a PDF tax packet to be emailed to you after March 1.

Volunteer Opportunities

Any international student who needs to earn their service hours this semester, this ad is for you! This semester there are plenty of opportunities to earn your hours through CultureLinks/OIE and the Office of Service Learning located in Pratt Hall.

In February, the CultureLinks students volunteered to make Valentine’s Day cards for St. Andrew’s Village, a retirement home for the elderly. They also volunteered for a cultural activity with the local Girl Scouts at the Indiana High School. Here is a list of a few other activities offered for the remainder of the semester:

**March 28:**
International Unity Day Entertainment, make food, staff your table, set-up/cleanup activities.

**April 18:**
Into the Streets—integrating volunteers with the community through community service.

Contact CultureLinks, culture-links@iup.edu or The Office of Service Learning in Pratt Hall to learn about opportunities for international students to earn PTW hours.

Call for International Themed Photos for the Fall 2009 Exhibit in The Commonplace Coffeehouse

During the week of October 5, 2009, the IUP Office of International Education will host a small photo exhibit with an international theme. IUP students, faculty, staff, and Indiana County community members are invited to participate. Photos must have been taken abroad within the past five years. Participants can submit up to three 5” by 7” photos or an 8” by 10”, matted and framed. Please attach a label on the back of each picture including the participants name, title of picture, location photo was taken, if for sale, how much, email, and phone number. All interested participants can begin submitting photos August 1 through September 15, 2009 to the IUP Office of International Education, B25 Delaney Hall, Indiana, PA 15705, along with a $5.00 cash entry fee. Judges will choose the best 16 photos for an exhibit featured in The Commonsplace Coffeehouse during Fall 2009. Photos will be hung for an Opening Reception on October 5, 2009 from 4 p.m. to 7 p.m. at The Commonsplace Coffeehouse and remain on display through the end of December. Please contact Jessica Straw Dories (jessica@iup.edu) with any questions.
MOUNT TAI DWARFS THE WORLD

By Aming Qiu

The world is dwarfed when seen from Tai’an, Confucius’ childhood home, with excitement when he climbed to the top of Mount Tai. During his lifetime, he ascended Mount Tai several times and worshiped with great piety in the belief that Mount Tai would purify his soul, expand his mind, and make his wishes come true.

Located in eastern China’s Shandong province, Mount Tai tops the Five Sacred Mountains of China and has been regarded as one of the cradles of Chinese civilization. There are 18 steps altogether from the base to the top, and it takes about five hours on foot to climb up the mountain. The famous sightseeing from Mount Tai includes Dai Temple, Jade Emperor Peak, Hall of Celestial Gift, South Heaven Gate, Heaven Street, Altar of Heaven and Earth, Heavenly Queen Pool, Eighteen Springs, Red Gate Palace, and the list goes on.

Among them, the Eighteen Spirals is the ascending path between Middle Heaven Gate to South Heaven Gate and it is famous for its steepness with many abrupt turns and twists. Visitors usually enjoy genuine pleasure once they conquer the challenge of the Eighteen Spirals and conquered “supreme summit” on it, Jade Emperor Peak (1,545 meters) is the highest peak of Mount Tai. It is also an ideal place for watching the spectacular sunrise of the majestic mountain. As you climb up the mountain summit, you can see the clouds rolling and floating above the skyline. At dawn, a bit of sun gradually emerges from the brink of the horizon on the east. The sun changes from dark gray to pale, from pale to beige, from beige to light orange, and then from orange to red.

Finally, the round fire ball of morning sun jumps out of the east sea, long off millions of light rays reflected against the splendid morning glow. At this special moment, people sing songs and dance to celebrate the glorious sun.

The worship of Mount Tai has a tradition of 3000 years and about 72 Chinese Emperors of various dynasties worshiped Mount Tai at different historical periods. The first emperor in China’s history, Qin Shi Huang, who united China held his ceremony on the summit of Mount Tai and proclaimed the unity of his empire there. In history, countless poets and scholars visited Mount Tai which sparked their inspiration, imagination, and creativity. Among them, Li Bai, the poet saint in classical China, once they conquer the challenge, Li Bai, the poet saint in classical China, stated: “Mount Tai is Scaling the mountain, the summit of Mount Tai makes one feel superior to the whole world.”

Carrying extremely rich cultural heritage on its shoulders, Mount Tai has long been considered to be the symbol of China’s cultural heritage. The summit of Mount Tai, where you will see the world in miniature.

100TH DAY CELEBRATION

By Seung Ku Park

Last summer I had a baby. Her name is Mirae, which means future. When I began thinking of my baby’s future, I thought about the Korean traditions for babies and how they differ from western traditions.

Planting a tree is one of the well-known western customs for newborn babies. The tree becomes a life-long friend of the baby, for it grows and ages with the baby through life. When a baby is born, western cultures express the celebration of the baby’s life, yet Asian cultures celebrate the actual event even more.

In Korea, there are three traditional days of celebration during the newborn’s first year: Sahmchil-il, Baek-il, and Dol.

In the past when there were no advanced and affordable medical treatments, it was not unusual to see newborns die young (sometimes before the first birthday). Until the 20th day, a newborn baby and his/her mother are not supposed to go outside for hygienic reasons and also to protect from evil spirits. The baby cannot see people in public, and there is a party to celebrate the baby’s 100th day. This is a very special day. On the 100th day, the baby’s family has a small party inviting close relatives, neighbors, and friends. The foods on the 100th day are Baek-il and Dol-meok-tol (white rice cake) and Sooospot-tok (millet and red-bean cake). Baek-il is a very important day, and it is celebrated before the baby is 100 in Korea (9, 13) and it means white or purity. This has implications and hopes of no diseases. Soo in Sooospot-tok has the same sound as life in Korean (bee, 21). This is to wish the baby a long life. The baby’s family serves these rice cakes on a dish to neighbors, and the neighbors return the dish with a piece of thread (wishing a long life), a small gift, or some money.

The biggest traditional celebration of the baby’s first year is his/her birthday, which is called Dol. The first birthday party is bigger than the 100th day party, and on this day people celebrate the baby’s survival and bless his/her future. One of the Korean traditions on the first birthday party is called Dol-jeol-il (grabbing on the first birthday). Traditional things the baby is expected to use in the future are placed before the baby on a table until they grab one of them – money, a bow, a pen, and thread, respectively meaning happiness, success as an officer, success as a scholar, and a long life.

As we have advanced, and affordable medical services are now available, the traditions have changed a little, and not all Korean families celebrate a baby’s 100th day, but the first birthday is still the biggest day for a baby. Last Thanksgiving was my baby’s 100th day and we had a small party. Would you please join me in celebrating my baby’s survival and bless his/her future?

Now that I look back, time flies by so quickly. It all started in August 2006. I have vivid memories of my first steps in this foreign land. My heart was filled with anxiety, excitement, fear, and many other indescribable feelings. I thought it was truly an adventure... I travelled this far before and it took the plane almost a day to reach the other side of the globe. To make matters worse, the flight from Hong Kong to Chicago was delayed for a day, and my pick-up transportation had to be rearranged. Despite the bad start, the situation turned out to be a good surprise. For a while, I got lost. And the airline compensated the flight delay with a night stay at a 4-star hotel and a complimentary breakfast buffet in Hong Kong. I thought it was too good to be true. Perhaps it was a simple way of hinting to me that my life would begin to be full of unexpected surprises. Also, after more than 2 years, I can compare what I think now and back then.

My first year as a transfer student at IUP was not great. It was full of anxiety, uncertainty, insecurity, and feeling out-of-place. Everyday was like my first day. I thought I would never feel much more confident, alive, and excited.

Currently, I am taking more classes than I took before work less than I used to with weekly community service learning, for I am preparing for graduation in May. So many things happened for me these past years that I cannot believe how the time has flown under the sun. Now, I feel that my whole life is a precious gift, and not because I cannot feel homesick anymore.

The many hairstyles of Mirae.
HINTS FOR STUDYING MORE EFFECTIVELY

By Bronwyn Murray
Doctorate/Clinical Psychology

1. Set aside study time. To avoid distractions and interruptions, leave your phone and internet connection behind. It’s also best to choose the time of day when you are most alert. For example, if you are naturally a night owl, it makes sense to study in the evenings.

2. Study for short periods of time. It is always better to study for one hour per day over four days than in a single four-hour block. Why? Psychologists have shown that we remember much more information when we space our study sessions out than if we attempt one long marathon. Also, when preparing for a test, a good way to begin a study session is to test yourself on what you studied the day before. Finally, a one-hour session is less intimidating than a four-hour session, so it is easier to get motivated.

3. Set specific goals. Your study will be more productive and rewarding if you set specific goals for each session. A specific goal such as “memorize the six major divisions of the nervous system” is better than “study the nervous system.” Be clear about what you need to achieve, so that you will know when you are meeting your goal and when you are falling short.

4. Add variety to your study techniques. Experiment with ways to making studying more fun and mentally engaging. Try using drawings and diagrams rather than writing all your notes in words. Develop your own color code to connect related concepts. However, just highlighting or copying out sections of your textbook is not helpful to most people, because it doesn’t require any mental effort.

Most importantly, if your usual ways of studying are not working, it’s time to try something new. Contact the Counseling Center at (724) 357-2621 for other ideas, or talk to individual professors about how to best study for their class.

HOW TO QUIT SMOKING AND TOBACCO

By Krunal Bhatt
Indiana/MA Sports Science

The Pennsylvania Clean Indoor Air Act prohibits smoking in any of the state’s indoor public facilities, workplaces, restaurants, and some bars (with a few exceptions). In addition, the Pennsylvania State System of Higher Education has banned smoking on university property, even outdoors.

SOME FACTS ABOUT SMOKING AND TOBACCO

• Makes your teeth yellow and gives you bad breath.
• Cigarette smoke has more than 4,000 chemicals and causes serious diseases.
• Causes people to get wrinkles and gray hair at a younger age.
• Keeps oxygen from getting to muscles, making you feel weak.
• Researchers estimate smokers lose about 15 years of their life on average.
• Studies show that smokers lose 7 minutes of their life for every cigarette.
• A pack a day habit costs a smoker $2000 a year on cigarettes.

BENEFITS OF QUITTING

• After 24 hours - Blood pressure rate returns to normal. Less level of tiredness after exercise and quick recovery.
• After 48 Hours - A totally new experience as nicotine is removed from body, which earlier resulted in side effects such as stomachache and vomiting.
• After 72 hours - Bronchial tubes begin to relax; energy levels increase.
• After 1 year - Risk of heart attack is reduced by half.
• After 10 years - Danger of lung cancer is reduced by half.
• After 15 years - People who once were chain smokers now lead a healthy life as a normal person who has never smoked.

PA-SWAT (Pennsylvania Students Working Against Tobacco) is a grant-funded organization that strives to educate students about issues surrounding tobacco use, promote a tobacco-free lifestyle, and provide students with access to cessation services. Cessation services are provided free to IUP students and include nicotine replacement therapy, counseling, nicotine patch, and assistance in building a quit plan. If you think you’re ready to kick the habit, contact us for an appointment today!

You can contact us at (724) 357-1265, email us at paswat@iup.edu, or stop by our new facilities located at the Center for Health and Well-Being, G-59 Suites on Maple-East.

FAREWELL ADDRESS

By Joe Citese
GAMPA Public Affairs

On Sunday, January 25 I attended the Chinese New Year Celebration in the HUB: Allegheny Room hosted by the Taiwanese, Malaysian, and Chinese Student Associations. It was my second time in attendance, and my first time was a year ago when I met up with our photographer, Alex Nocella, for the first time to cover the event for the One World. We sat and enjoyed the narration of the origin of the Chinese New Year, the traditional Dragon Dance, and watched the Lion Dance performed by professional acrobats on YouTube, all while dining on our favorite Chinese cuisine.

This year’s celebration was similar, yet there were many more entertainment acts added to the list. One thing I have noticed about Asian students thrust upon the stage with a microphone in their hand is that they have an uncanny knack for performing. Stage fright is not a word in their vocabulary no matter if they are incredible or terrible, but nonetheless these students are never shook in front of a crowd. The most glaring difference of all between this year and last was the massive audience. People were packed into the Allegheny Room like they were packed onto the Washington Mall for President Obama’s inauguration—maybe not quite to the same scale—but they were backed up all the way out into the HUB Atrium. Extra food was being scurried in by hasty Asian hosts and hostesses in order to feed all of the extra, unexpected mouths. To make a long story short the celebration was a hit.

Being there again reminded me of my short two year span as a Graduate Assistant and editor of the One World. It reminded me of the first story I did on a Korean student who rode his bike to New Orleans in order to help Katrina relief victims. Before working for the OIE I maybe knew a handful of international students, but now I know, and have befriended, tens upon twenties of new international students through OIE activities such as International Coffee Hour, airport pickups, soliciting articles for the One World, Internationa Unity Day, and so many other events. It was an incredible experience for me; however, what I will miss the most will be my co-workers (whether they miss me or not is a different story...ha-ha). When I first came I was quiet and shy as I am to most new environments, but that didn’t last long, for now people are probably begging for me to shut up; although I’d like to think it is in a good way. Regardless, my time here has been great and I am going to miss all my friends and co-workers when I walk out the door for the last time.

CHINESE NEW YEAR CELEBRATION PICTURES

Photos taken by Alex Nocella

11 year old child prodigy, Tyler Wang, playing the violin.

Student facing the camera sang in different styles. Women in back line provided back-up vocals and dance moves.
MARCH


Sunday, March 8: Daylight Saving’s Time. Turn clocks forward one hour.

Wednesday, March 11: Tax Workshop for International Students. OIE staff members explain U.S.A. taxes and how to file. OIE Conference Room, 10:00 a.m. or 5:00 p.m.

Wednesday, March 11: Resume, Cover Letters, and Interviews for International Students, Organized by the Career Development Center. OIE Conference Room, 4:00 p.m.

Thursday, March 12: Urdu and Hindi Film Festival—Baghban. OIE Conference Room, 6:00 p.m.

Wednesday, March 18: F-1 Work Permission Workshop. OIE Conference Room, 10:00 a.m. or 4:00 p.m.

Thursday, March 19: Urdu and Hindi Film Festival—Ramchand Pakistani. OIE Conference Room, 6:00 p.m.

Wednesday, March 25: Individual Course Withdrawal Deadline.

Wednesday, March 25: J-1 Work Permission Workshop. OIE Conference Room, 4:00 p.m.

Thursday, March 26: Urdu and Hindi Film Festival—Paheli. OIE Conference Room, 6:00 p.m.

Friday, March 27: Total Semester Withdrawal Deadline.

Saturday, March 28: International Unity Day. HUB Upper Level, 12:00 p.m. to 4:00 p.m.

APRIL

Wednesday, April 1: International Coffee Hour, Folger Hall: Crimson Event Center, 12:00 p.m. to 1:15 p.m.

Sunday, April 12: Easter.

Tuesday, April 14: International Graduates Farewell Party. Folger Hall: Crimson Event Center, 4:30 p.m. to 6:30 p.m.

Wednesday, April 15: Taxes Due.

Monday, April 27: Last Day of Classes.

Tuesday, April 28: Final Exams Start.

MAY

Friday, May 1: Final Exams End.

Sunday, May 3: Spring Commencement.

Monday, May 4: Summer Classes Begin.

Monday, May 25: Memorial Day—IUP Closed.

TAX FILING WORKSHOP

Tax packets will be available March 1, 2009 in the Office of International Education or email Jessica@iup.edu to have one emailed to you. An information session will be held March 11, 2009 from 10:00 a.m. to 11:00 a.m. or from 5:00 p.m. to 6:00 p.m. in the OIE Conference Room.

Celebrate IUP Diversity with

International Unity Day
Saturday, March 28, 2009
12:00 p.m. - 4:00 p.m.
HUB
*Please arrive early if you would like to try the food It goes very quickly!*

Enjoy a Unique Cultural Experience!

- Over 25 Country Booths hosted by IUP International Students
- Delicious Ethnic Food
- Cultural Entertainment
- Children's Activities at Booths

FREE ADMISSION

Sponsored by the Office of International Education and Student Activity Fund

SPRING 2009 CALENDAR OF EVENTS