

RU survive 101



Welcome to Rutgers!

Pexels.com/Andrea Piacquadio



Rutgers IFAR (International Friends At Rutgers)

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IFAR (International Friends At Rutgers)

Our mission is to provide the love and hospitality of an authentic Christ community to international students and to prepare them for a life of servant leadership. Our ministry is applying Christ-centered approach to serve international students' needs and treating each of them with dignity, compassion and sensitivity.

We, IFAR, are delighted to welcome our international students for this Fall semester! During this tough pandemic time, we are strived to hold tighter onto God knowing He is our refuge and strength. God calls us to assist the well-being of our international students who he has placed in our care. Hence, we would like to extend our hands for international students by continually offering assistance following COVID-19 safety guidelines.

- (i) *Rides for shopping trips/delivery*
- (ii) *Virtual English Conversation Program*
- (iii) *Virtual workshops with real life topics*
- (iv) *Virtual Discovery Bible Study group*
- (v) *Weekly virtual game night*
- (vi) *Movie night with enlightened discussions*
- (vii) *Virtual Compassion Chat in 1-to-1 or small group mode*

All the programs listed above are tailored to help international students acclimating to American culture and society while Rutgers provides the best study abroad experience. Our IFAR volunteers are looking forward to be a part of your academic life as well as your light searching journey. Please call or email us if you are interested in the above programs or if you have other pressing needs.

David Mannon

Director of IFAR



Director of IFAR

David Mannon

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IFAR volunteers

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COVID-19 TRACKERS



50 U.S. States Reopening Status

<https://www.nytimes.com/interactive/2020/us/states-reopen-map-coronavirus.html>



World COVID-19 Cases Update

<https://coronavirus.1point3acres.com/en>



CDC COVID-19 Data Tracker

<https://www.cdc.gov/covid-data-tracker/#cases>

Precautionary measures:



Maintain social distancing



Wear mask



Wash hands often



Rutgers official mobile app

WELCOME TO RUTGERS



Rutgers official website

Rutgers Global office - International Student & Scholar Services

Location: 180 College Ave (Opposite to Alexander library)

- Visa and immigration processing
- Advising on academic and college life
- Advising on maintaining F1 student legal status
- Employment workshops (on-campus job/CPT/OPT)



*Scan/click the QR code for more info or forms submission via RGLOBAL Portal.

Your “masterkey” to RU services – RUconnection ID card

- **Activate** your NetID first!
- All new students must be registered for classes to be eligible for a student RU ID card, and submit a photo online for approval using **the photo submission process**.
- **Bring valid government-issued ID** and get the card **in person**.
Scan/click the QR code for RU ID card offices.
- RU ID card access to:
 - ⇒ Rutgers University libraries
 - ⇒ Computer labs
 - ⇒ Recreation centers
 - ⇒ Campus meal plans
 - ⇒ On-campus housing
 - ⇒ Sporting events
 - ⇒ Student discounts
 - ⇒ RU-Express card account.



NetID activation



Photo Submission



RU ID offices location

Rutgers dining hall

Campus	Dining Hall	Location
College Ave	Brower Commons	Opposite to CAC Student Center
Busch	Busch Dining	Next to the Busch Student Center
Livingston	Livingston Dining Commons	Behind the Livingston Student Center
Cook/Douglass	Neilson Dining	Next to Nicholas Residence Hall

*Due to the pandemic, only **Busch Dining Hall & Kilmer's Market** are available for online order & pick up in **Fall 2020**.

*Scan/click the QR codes for online ordering, service hours and updates.

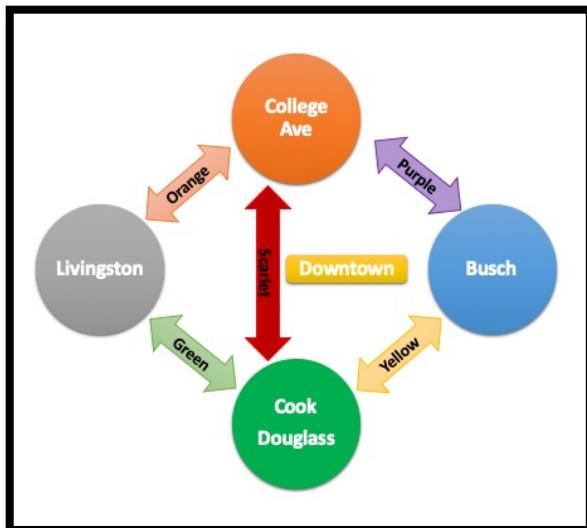


Takeout:

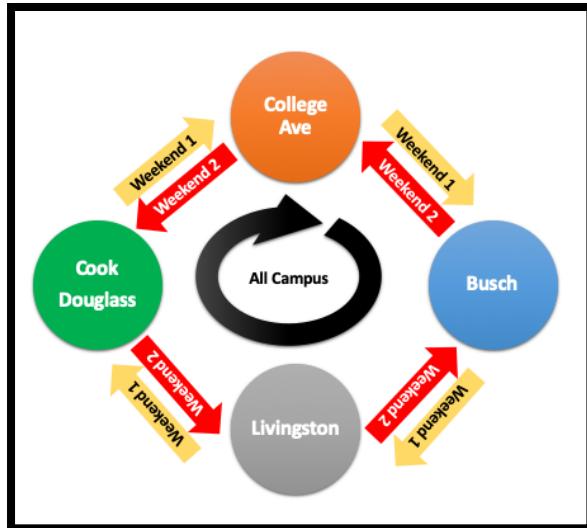
Weekdays 9am-6pm

Weekends 10am-6pm

Rutgers Bus



Mon-Fri route



Weekend or Holiday route

After normal bus service hours, REQUEST FREE Knight Mover shuttle:

Phone: 732-932-RIDE (7433)

*Bus online real-time tracking available within Rutgers University & Transloc App

*Bus service hours are subject to change. Scan/click the QR code for updated bus schedule or other info.



Rutgers Student Health

Student Health Center	Location	Operating hours
College Ave (Hurtado)	Opposite to the Rutgers Academic Building	Mon-Thur: 9am-8pm Fri: 10am-5pm
Busch/Livingston (only Fall & Spring)	Next to the Rutgers Athletic Center	Mon-Fri: 9am-3pm ONLY for COVID testing
Cook/Douglass (only Fall & Spring)	At the 2 nd Floor of IFNH building	CLOSED for Fall 2020
Counseling Center CAPS	Location	Operating hours
College Ave (Main office)	Next to the College Ave Gym	Mon/Tues/Thur/Fri: 8.30am-4.30pm Wed: 10am-4.30pm
Cook/Douglass (only Fall & Spring)	Opposite to the Red Oak Lane bus stop	CLOSED for Fall 2020

*Scan/click the QR code or access health.rutgers.edu for medical appointment or more info.



**Health and Counseling Center service hours are subject to change.
Scan/click the QR code for updated schedule.*

If you are experiencing a medical emergency: Dial 911 or call RUPD at 848-932-7211

Rutgers Public Safety

Scan/click the QR code or access ipo.rutgers.edu for:

- Emergency management & services
- Protection of minors
- Rutgers police department
- Crime statistics
- Identity and access management
- Reporting suspicious activity on campus



REMEMBER: IF YOU SEE SOMETHING, SAY SOMETHING!

RUPD phone numbers: New Brunswick 732-932-7111, Newark 973-353-5111 or 973-972-4491, Camden 856-225-6111

For emergency (Police, Fire, Medical), dial 911

Rutgers Student Accounting

Scan/click the QR code or access studentabc.rutgers.edu for:

- *Term bill payment or refund*
- *Viewing current tuition and fee rates*
- *Financial aid or Rutgers tuition payment plans*



Rutgers partnered with Flywire for online international payments or pay in person by visiting Records Hall.

Rutgers Recreation Center

Recreation Center	Rutgers Bus stop	Services
College Ave	College Ave	
Busch (Werblin)	Werblin Recreation Center	
Cook/Douglass	Biel Road	
Livingston	Quads	<ul style="list-style-type: none">• Fitness classes• Personal or small group training• Workshops & certifications• Massage therapy & threading

Download RuRec2Go App for quick access to:

- *Facility hours*
- *Important notifications*
- *Register for classes, trips & workshops*
- *Browse Fitness & Wellness classes schedule*



Scan/click QR code or access recreation.rutgers.edu for more detailed info.

RuRec2Go App

Recreation website

Rutgers Student Legal Services

Free legal services offered to undergraduate & graduate student:

- *Legal Consultation [rental lease, arrests, traffic violations, domestic violence, immigration, business/intellectual property, etc.]*
- *Notary services*
- *Attorney referral*
- *Community outreach & education*
- *Pre-law advising*



Scan/click QR code or access rusls.rutgers.edu for requesting appointment, seminars & workshops or more resources.

Rutgers Career Services

Career services offered to undergraduate & graduate student:

- On-campus and off-campus employments via handshake account
- Rutgers internship & Co-op program
- Career advising, resume reviews and mock interview
- Connect with employers, peer instructors & alumni mentors
- Career-building programs & workshops



Scan/click QR code or access careers.rutgers.edu for requesting appointment, seminars & workshops or more resources.

Important notes for international students:

- i. Social security number (SSN) is required for employments.
- ii. Restriction of 20 hours/week for on-campus employments.
- iii. CPT or OPT authorization is needed for off-campus employments related to student major field of study—paid or unpaid for a total of 12 months. OPT extension is available for STEM major students.
- iv. **BEWARE OF EMPLOYMENT SCAM! NEVER give out your confidential info or make payment to get the job.**

Rutgers Academic, Class Registration & Student Involvement

Rutgers University [New Brunswick, Camden, Newark & Biomedical and Health Sciences] has 29 schools and colleges for undergraduate, graduate, postdoctoral education & professional studies.



- Scan/click QR code or access www.rutgers.edu/academics/schools-and-colleges for more info regarding each school or academic advising.
- Scan/click QR code or access sims.rutgers.edu/webreg/ to register classes.



Rutgers student involvement serves 500 student organizations and clubs. These groups fall into the categories of academics, cultural, community service, faith based, special interest and etc.



- Scan/click QR code or access involvement.rutgers.edu to setup your personal profile at **getINVOLVED** platform to:
 - (i) discover organizations that match your interests
 - (ii) search events
 - (iii) keep track of your involvement
 - (iv) get FREE FOOD & GOODIES! [check out [Rutgers Food Pantry](#) for food assistance!]

getINVOLVED



Grocery Stores

Categories	Stores [Nearest location]
Accessible by Rutgers Bus [Scarlet route/walking distance from CAC]	<ul style="list-style-type: none"> Bravo Supermarkets [opposite to SoCam 290 apartment] CocoMango Farmers Market [George st.] 7-eleven [New Brunswick-downtown] Rite-aid [New Brunswick-downtown]
Asian Grocery Stores	<ul style="list-style-type: none"> 99 Ranch Market [US-1 north, Edison] Asian Food Market [Centennial Ave, Piscataway] Kam Man Food [US-1 north, Edison] H-mart [NJ-27, Edison] Lotte Plaza Market [Amboy Ave, Edison]
Wholesale Stores [Require Membership]	<ul style="list-style-type: none"> Costco [Edison & North Brunswick] Sam's Club [Edison] BJ's Wholesale Club [Edison & North Brunswick]
American Grocery Stores	<ul style="list-style-type: none"> ShopRite [East Brunswick & Edison] Aldi [New Brunswick & Edison] Walmart [East Brunswick, North Brunswick, Edison] Whole Food Market [Metuchen & Marlboro] Trader's Joe [US-1 South, North Brunswick] Target [North Brunswick & Edison] Wegmans [Woodbridge & Englishtown] ACME Markets [Ryder lane, East Brunswick] Stop & Shop [NJ-27, Highland Park] Lidl [Milltown Rd, North Brunswick]
Online Grocery Shopping	<ul style="list-style-type: none"> Peapod [powered by Stop & Shop] Fresh Direct AmazonFresh Shipt Boxed Instacart Yamibuy

Retail Stores/Pharmacies

Pharmacies	
Retail Pharmacies Stores	<ul style="list-style-type: none"> • Rite-aid [New Brunswick-downtown] • Walgreens [at Robert Wood Johnson] • CVS Health • Walmart • Costco • ShopRite
Independent Pharmacies Store	<ul style="list-style-type: none"> • Zajac's Pharmacy [George st.] • Ultra Care Pharmacy [George st.] • Faith Pharmacy [US-1 North, Edison] • Bell Pharmacy [NJ-27, Edison]
Retail Stores	
Sports apparel & equipment	<ul style="list-style-type: none"> • DICK'S Sporting Goods • Champs Sports • Bob's Store • Modell's Sporting Goods
Computers, Electronics, Appliances	<ul style="list-style-type: none"> • Best Buy • P.C. Richard & Son • RadioShack
Home improvement/Gardening	<ul style="list-style-type: none"> • Lowe's • Home Depot • Homegoods
Office Supplies/Stationary	<ul style="list-style-type: none"> • Office Depot • Staples
Apparels/accessories/cosmetics	<ul style="list-style-type: none"> • Macy's • Kohl's • Nordstrom • T.J. maxx • Marshall
Furnitures	<ul style="list-style-type: none"> • IKEA
Books	<ul style="list-style-type: none"> • Barnes & Noble
Mobile Carrier	<ul style="list-style-type: none"> • AT&T/Cricket • Verizon • T-mobile • Sprint
Second-hand items	<ul style="list-style-type: none"> • Craigslist • eBay • Goodwill • Tower Thrift Shop

Bank/Credit Union

<p>Bank/Credit union at New Brunswick downtown [accessible by Scarlet bus route]</p>	<ul style="list-style-type: none"> • Bank of America • Wells Fargo • Chase • PNC [on-campus ATM available] • Rutgers Federal Credit Union [ATM available at CAC & Busch campus]
<p>Documents required for opening a checking/savings account</p>	<ul style="list-style-type: none"> • Passport • Proof of U.S. mailing address • Student ID [for student account]
<p>Credit cards for newbie</p> <p>**Credit history is very important for students who will stay for long term. Credit is used to assessed your ability to manage financial responsibilities which may affect employment, loan approval, car rental, etc.</p>	<p>Build credit history by applying:</p> <ul style="list-style-type: none"> • Secured credit cards • Student credit cards (<i>recommend: Discover it Student credit cards</i>) <p>Perks of using credit cards:</p> <ul style="list-style-type: none"> • Cash back • Reward points (cash/gift card/travel) • Mileage points (airfare redemption) <p>Managing your credit usage, it's not 'FREE \$\$':</p> <ul style="list-style-type: none"> • Live within your means • Track your spending • Make on-time payments

Public Transport & Ridesharing

Public Transportation	
<p>New Jersey Transit Bus & Train [Travel between NB & nearby towns]</p>  <p>NJ Transit</p>  <p>25% off Monthly Pass</p>	<p>Common bus routes:</p> <ul style="list-style-type: none"> • 810: to Menlo Park Mall & Woodbridge Center Mall • 814: to North Brunswick • 815/818: to East Brunswick <p>Common train destinations from NB:</p> <ul style="list-style-type: none"> • Newark airport • New York City [New York Penn Station] <p><i>Scan/click QR code to check bus schedule or bus fares & purchase ticket. RU Students are eligible for <u>25% off</u> NJ Transit monthly pass.</i></p>

<p>Coach USA Bus [Travel between NB & NYC; Connecting bus from NYC to other states]</p> 	<ul style="list-style-type: none"> RU student can buy discounted NB-NYC round trip ticket at student activity center. Pick Up / Drop Off: Albany St., across from New Brunswick railroad station Pick Up / Drop Off: New York's Port Authority, 42nd St (GATE 417/419)
<p>Mega Bus [Nearest pick up point at NYC; Low cost bus tickets from \$1, must be purchased ONLINE]</p> 	<p>Common destinations:</p> <ul style="list-style-type: none"> Philadelphia, PA Boston, MA Albany, NY Baltimore, MD Washington, DC
<p>Greyhound [Nearest pick up point at Newark Bus Station; on-the-spot ticket, more choices on destinations]</p> 	<p>Common destinations:</p> <ul style="list-style-type: none"> Atlantic City, NJ Philadelphia, PA Boston, MA Buffalo, NY <p>* Students can get 10% off Greyhound travel and 15% off shipping with the Student Advantage Discount Card.</p>
<p>Ridesharing via mobile app</p>	
 <p>UBER RIDER</p>	 <p>LYFT RIDER</p>  <p>GETT RIDER</p>

Off-campus housing/rental



Craigslist



Place4Students



Roomies.com



Trulia.com

Restaurants/Diners

Price range: \$\$ (\$11-30)

Diners usually feature classic American cuisines!

Closest to New Brunswick:

- *Colonial Diner (East Brunswick)*
- *Edison Diner (US-1, Edison)*
- *Skylark Diner (US-1, Edison)*
- *Somerset Diner (Easton Ave) – 10% off for Rutgers student*

New Jersey is considered the “Diner Capital of the Country” with an estimated 525 diners.

Restaurants	Location/Area	Cuisine Style	Price Range (\$=<10; \$\$=11-30)
Noodle Gourmet	Easton Ave	Cantonese	\$
Efes Mediterranean Grill	Easton Ave	Mediterranean	\$\$
KBG Korean BBQ & Grill	Easton Ave	Korean	\$
Stuff Yer Face	Easton Ave	American	\$
The Halal Guys	Easton Ave	Halal	\$
Indochine	NB Downtown	Vietnamese	\$
Harvest Moon	NB Downtown	American	\$\$
Blackthorn	NB Downtown	Irish	\$\$
Old Man Rafferty's	NB Downtown	American	\$\$
Chipotle Mexican Grill	NB Downtown	Mexican	\$
Ramen Nagomi	NB Downtown	Japanese	\$\$
Dashen Ethiopian Cuisine	NB Downtown	Ethiopian	\$\$
Pad Thai	Highland Park	Thai	\$\$
Penang	Edison	Malaysian	\$\$
Red onion	Edison	Taiwanese	\$
Little Lamb Mongolian	Edison	Hot Pot	\$\$
Bollywood Tadka	East Brunswick	Indian	\$\$
Wonder Seafood	Edison	Dim Sum	\$\$
Pho Anh Dao	Edison	Vietnamese	\$\$
Olive Garden	Piscataway	Italian	\$\$
Applebee's	Edison	American	\$\$
Ruby Tuesday	Somerset	American	\$\$
Sichuan Spring	Highland Park	Chinese	\$\$
Shanghai Dumpling House	Highland Park	Chinese	\$
Sakura	North Brunswick	Buffet	\$\$
Pithari Taverna	Highland Park	Greek	\$\$

Fast Food Restaurants	Location/Area
Burger King	NB Downtown
Popeye	NB Downtown
Starbucks	NB Downtown
Dunkin Donut	NB Downtown
Gong Cha	NB Downtown
McDonalds	Edison

Contact us if you need
a ride to restaurant or
grocery stores!

Culture shock

Living in the States can be very challenging for international students who are coming from different cultural backgrounds. By learning to understand and navigate the American culture, international students can gain a better experience on learning new skills and be more open-minded. Below are some common cultural conflicts faced by international students:

- Tipping Culture**
 - Standard tipping rates range from 15-20% for most services (restaurants, taxi, hair salon, etc.).
- Small Talk**
 - Americans talk a lot, especially on insignificant topics in a casual way.
- No Bargain at market**
 - Bargaining isn't really an American thing. Once the price is set, the shoppers either accept it or move on.
- Cold beverage all year**
 - Americans drink iced cold beverages all the time even in winter season.
- Informality**
 - Americans dress very casually, call superiors by their first names, and eat just about anywhere.
- Public Manner**
 - Hold the door open for people walking behind you; Treat servers equally; wait in line patiently
- Personal Space**
 - Americans have a strong sense of privacy and will feel uneasy to be asked their age, salary, personal family matters, etc.

Dealing with culture shock is stressful and mental fatigue. Some of the best ways to cope with the culture adjustment, are to make friends and seek assistance when needed.

Therefore, We, IFAR volunteers, got your back and would love to know more about YOU!