



THE OHIO STATE UNIVERSITY

OFFICE OF INTERNATIONAL AFFAIRS

INTERNATIONAL














# SCHOLAR RESOURCE GUIDE



2020-2021

# TABLE OF CONTENTS

		
	CULTURAL ADJUSTMENT.....	6
	American Culture.....	8
	IMMIGRATION REGULATIONS.....	10
	Eight Essential Rules.....	11
	Two Related Travel Notes.....	13
	PUBLIC SAFETY.....	14
	TRANSPORTATION.....	18
	SCHOOLS AND FAMILY RECREATION.....	20
	Other Resources for Young Children.....	20
	Recreational Activities.....	22
	DAY CARE AND PRESCHOOLS.....	24
	HEALTH CARE.....	26
	Gallagher Plan Terms and Tips.....	28
	Medical Service Locations.....	29
	SHOPPING NEAR CAMPUS.....	32
	ENGLISH CONVERSATION.....	34
	Classes.....	34
	HELPFUL LINKS.....	36



# WELCOME

## OFFICE OF INTERNATIONAL AFFAIRS

***oia.osu.edu***

The **Office of International Affairs** engages Ohio State students and faculty in international educational and research experiences; facilitates the integration of international students and scholars into Ohio State's world of knowledge; fosters excellence in the study of languages, international security and the history of arts and cultures and their societies; and provides access to Ohio State's academic expertise for the benefit of communities throughout the world.

Through its International Students and Scholars unit, the Office of International Affairs provides advising and assistance with the following:

- Immigration regulations and paperwork
- Social and cultural adjustment
- Personal and financial concerns

Advising is available by appointment Monday–Thursday from 1–4 p.m. at Enarson Classroom Building, first floor. To schedule an appointment please visit [oia.osu.edu/int-scholars/schedule-an-appointment.html](http://oia.osu.edu/int-scholars/schedule-an-appointment.html).

Learn more about the immigration coordinators and the Office of International Affairs at [oia.osu.edu](http://oia.osu.edu).

**Ohio State** is one of the largest and most comprehensive universities in the United States and offers many different resources to students and their families.

Ohio State and the city of Columbus offer a variety of social, cultural, sporting, and recreational events. Please take a look at this information and enjoy the activities the university and the city of Columbus have to offer!

### OFFICE OF INTERNATIONAL AFFAIRS

Enarson Classroom Building,  
First Floor

2009 Millikin Rd. Columbus,  
OH 43210

614-292-6101  
[oia.osu.edu](http://oia.osu.edu)  
[iss@osu.edu](mailto:iss@osu.edu)

# CULTURAL ADJUSTMENT

**Living in a new country and adapting to a new culture takes some time to get used to and requires adjustments to differences in climate, food, time and social interaction. The cultural adjustment process may not be easy or comfortable, but it is extremely rewarding.**

Allow yourself plenty of time to feel comfortable in your new environment. You will almost certainly grow in self-awareness and appreciation of both this new culture and the culture of your home country. Feel free to meet with an international scholar immigration coordinator for tips on cultural adjustment or to find out more about free counseling and other resources on campus.

## CULTURAL ADJUSTMENT STAGES

Experts believe that cultural adjustment often occurs in three stages:

### Honeymoon stage:

Excitement about being in the new country.

### Uncomfortable stage:

Frustration, confusion and negative feelings about the new culture, homesickness and illness. This stage is often called culture shock.

### Adjustment stage:

Understanding many aspects of the new culture, making friends and discovering helpful people at the university; ability to keep core values of the home country but operate within the values of the new community.

Understand that it is normal for anyone in a new country to experience some challenges adjusting to the new culture.

Here are some ways to help you get adjusted:

- Learn about and experience the new culture.
- Meet people and make new friends both from your home country and across the globe. Meet American friends and learn more about American culture by talking to them on campus or the workplace.
- Expect differences and similarities, so be open-minded and flexible.

- Maintain contact with family and friends back home through a phone call, via Skype or a text. Watch a video from your home country or eat in a restaurant that serves food from your home country.
- Take care of yourself physically: get plenty of rest, exercise and eat well.
- Get involved in an activity or with a group by finding organizations in which you can become engaged or volunteer.
- Work towards feeling comfortable in the new culture by trying new things and not being afraid to ask questions.
- Work on enhancing English skills, especially your conversational skills. Participate in the English Conversation Group, visit [go.osu.edu/ConversationGroups](http://go.osu.edu/ConversationGroups) to learn more.
- Enjoy nature. Sit by Mirror Lake, walk along the river across from Lincoln Tower or go to the Whetstone Park of Roses on High Street north of campus.
- Maintain old hobbies and pleasures from home by adapting those activities to your new surroundings.
- Keep yourself busy! Make sure to take advantage of any outings, events or activities hosted by the Office of International Affairs. Visit [oia.osu.edu](http://oia.osu.edu) for a full calendar.



## AMERICAN CULTURE

This information is meant to provide some generalities about people in the United States, but it does not apply to all people from the United States.

### Social relationships

Many people in the United States have friends with whom they share something in common. An American person may consider you a friend, but he or she may invite you to do something only once or twice every few months. This is not because he or she does not like you. It simply means that life can be busy and Americans tend to have many more commitments (work and family, for instance, in addition to their studies) than students or scholars from other countries.

When you first start interacting with Americans, it may seem a little awkward in the way they joke around and socialize. Someone you meet may find an interest in you, or you may be interested in him or her. So, if you are interested, how do you make the first move? If you are not interested, how do you tell that person? If you like someone, ask him or her to have dinner or coffee with you sometime.

Do not go out alone with someone you have just met. If someone asks you on a date and you wish to accept, agree to meet in a public area with other people around. If you don't like someone, when he or she asks to see you sometime, simply say, "Thanks, but I have other plans." If you want to break things off, or if you are not interested anymore, tell him or her directly what you want. Don't be afraid to be honest. If someone behaves aggressively or threateningly, end the relationship or friendship. You do not need to be polite if someone makes you feel pressured or scared.

### Superficial?

Sometimes international scholars feel that Americans can be superficial because they act very friendly but do not wish to build a friendship. Acting friendly is a U.S. custom. It is intended to create positive feelings. Some new international scholars feel confused when someone they do not know says hello to them on the street. This casual greeting is not intended to encourage a conversation or express a romantic interest. It is just another form of American friendliness.

### "Hi! How are you?"

This is a common greeting in the United States, but very often the person who asks the question, "How are you?" does not wait for a response. Some international scholars think this is rude, but it is not intended to be. It is not customary for the person asking this question to wait for a lengthy answer. It is customary to reply, "Fine" or "OK." You may also want to ask how the other person is. She or he will most likely answer with the same brief response.

### Independence

The United States was founded by people who valued independence. An independent spirit is still evident in this culture. Many people from the United States believe that they are responsible for their own destinies. Being self-reliant is considered more important than relying on family and friends. Many people from the United States believe that individuals reach maturity at age 18 and should be ready to make their own decisions. Privacy is valued for many of the same reasons. Even among family members, issues such as money, marriage and career decisions may not be discussed out of respect for a person's privacy.

### Work ethic

People from the United States tend to value hard work. We value being busy, and we often make lists of what we hope to accomplish in a day. You may notice that people in the United States walk fast and talk quickly. We want to "get down to business" rather than make polite conversation. We don't mean to be rude; we just have a lot to do (or think we do).

### Race, ethnicity and gender

Many people in the United States think all people are equal — race, color, religion, ethnicity, class, gender and sexual orientation are unimportant to our value as human beings. Words like "tolerance" and "appreciation" are ways we may describe our relationship with people different from ourselves. For this reason, racist and sexist jokes and comments are not tolerated in many social and business settings. In fact, people who make such comments could lose their jobs.

However, despite these principles, many inequalities still exist in the United States. You may hear people make negative comments about other groups. You may even experience discrimination because you are an international scholar. If this happens to you and you wish to talk about it, go to the Office of International Affairs, or contact the police if you feel threatened. An immigration coordinator who is familiar with these issues will try to understand the situation and make some suggestions for dealing with it.

Some international scholars are surprised to hear men and women say they are gay, lesbian or bisexual. There is a growing community of Americans who identify themselves as gay, lesbian, bisexual or transgender and do not believe that it is necessary to keep this a secret. This community has become more visible and accepted, and people who are part of this population form a respected part of U.S. society. You will most likely have a professor, classmate, roommate or friend who is a member of this community. Remember to treat the people you meet with the same respect and openness that you would expect of them.

# IMMIGRATION REGULATIONS



**Following the government immigration regulations is your responsibility. It is important that you understand the rules because you can be penalized for violating them.**

You can learn the rules using this handbook and by viewing information at [oia.osu.edu](http://oia.osu.edu). Click on 'International Scholars' and then 'J-1 Visiting Scholars.' **It is impossible to cover all aspects of the immigration regulations using these resources but you can get additional help from the scholar immigration coordinators at the Office of International Affairs.** If you have any questions regarding your immigration status, contact us by:

- Sending an email to [iss@osu.edu](mailto:iss@osu.edu)
- Making an appointment online with a scholar immigration coordinator at [oia.osu.edu](http://oia.osu.edu)

*The immigration regulations are monitored by a government tracking system called the Student and Exchange Visitor Information System (SEVIS). This is the government's main tracking system for homeland security for J-1 Scholars. Therefore, many of the rules are required as part of SEVIS.*

## EIGHT ESSENTIAL RULES

### 1) Address Reporting

Your residential address must be accurate in SEVIS during your entire stay. We will report your current local address documented on your orientation forms to SEVIS.

However, if you move during your J-1 program, you will be responsible for reporting your new address within 10 days of moving in the Ohio State Employee Self Service system ([controller.osu.edu/pay/pay-selfservice.shtm](http://controller.osu.edu/pay/pay-selfservice.shtm)).

If you try to log in and find that you do not have access to Employee Self Service, send an email to [iss@osu.edu](mailto:iss@osu.edu) and put 'address change' in the subject line. In the body of the email include your name, date of birth, and new address. *Note: you cannot use a work address or a P.O Box for this requirement.*

### 2) Health Insurance

Enroll in one of the required health insurance plans if you have not done so yet. Refer to your letter of invitation to confirm which insurance plan(s) you are eligible to select. See website for details.

Failure to have the government required health insurance for yourself or any J-2 dependents may result in early termination of your J-1 program.

### 3) J-1 Program Activities

You are required to be engaged in the activities located at the address listed on your DS-2019 form. Requests to change any aspect of your J-1 program—substantial change in funding, physical change in program location, or change in department—must be approved in advance by an OIA scholar immigration coordinator.

Make an appointment with a scholar immigration coordinator before making any changes to ensure you are not violating any rules.

### 4) Employment/Activity

Your paid employment or unpaid professional activity is restricted to the activity and location listed on your DS-2019 document unless you qualify to conduct an occasional lecture or consultation outside of Ohio State. Whether paid or unpaid, if you perform professional activities outside Ohio State, you will need to get permission in advance from a scholar immigration coordinator.

The OIA website has more information about the rules and forms to be completed to request and gain permission to perform activities outside Ohio State. Visit [oia.osu.edu](http://oia.osu.edu), click on 'International Scholars,' 'J-1 Visiting Scholars,' 'Maintaining Status.'

## 5) Class Enrollment/Student

You may enroll in classes incidental to your primary program objective, but you may not hold a graduate teaching, research, or administrative associateship or assistantship. If you decide to pursue a degree program you must formally apply to the university and obtain the necessary immigration documentation to apply for a student non-immigrant status.

## 6) J-1 Program Transfer

If you request a J-1 transfer to another institution, the transfer must be coordinated between the institutions so your J-1 program is continuous and shows no gap between the start and end dates. To ensure the appropriate rules are followed and forms are completed, schedule a transfer appointment with a scholar immigration coordinator at least two weeks prior to the requested start date at the new institution. Go to the OIA website for more instructions and to download the forms.

## 7) Extensions

If you want to request an extension on your J-1 program beyond the current end date on your DS-2019, check the OIA website for eligibility or schedule an extension appointment with a scholar immigration coordinator. If eligible, you will need to contact your Human Resource Professional to complete an online Extension form and upload related materials one to three months prior to the ending of your DS-2019.

## 8) Departure

Contact your Human Resources Professional to complete an online Departure Form at least two weeks prior to the date upon which you will end your program activity at Ohio State, including if you are ending your program early. This is important for your SEVIS record. You have a 30-day grace period to depart the United States following the completion of your J-1 program. If your J-1 program ends earlier than the end date listed on Form DS-2019, then the 30-day grace period begins upon the actual completion date of your program, not the end date on Form DS-2019.

### IMPORTANT J-1 RESTRICTIONS:

In order to fulfill the J-1 visitor exchange program ideal, exchange visitors are expected to return to their home country after completion of their J-1 program. There are two important restrictions:

- Two-Year Home Country Return Requirement (212e) - You may be required to return home for two years after completing your J-1 program depending on the circumstances of your program. If you are subject to this requirement, then you are restricted from returning to the U.S. in a few specific types of non-immigrant statuses unless you return home for 2 years or apply for a waiver of this requirement.
- 24-Month Repeat Participation Bar - If you are in the Research Scholar or Professor category on your DS-2019, then you are restricted from returning to the U.S. in either of these categories for 24 months once you have completed your J-1 program.

## KEY REQUIREMENTS

### 1) Safekeeping Documents

Keep all DS-2019 forms even after receiving an updated form or after completing your J-1 program. OIA does not maintain copies of your documents and you may

need to show these forms again for future trips to the United States or for other related reasons.

### 2) Passport Maintenance

Maintain a passport that is valid for at least six months into the future at all times. Contact your country's consulate or embassy in the United States for information on extending your passport while in the United States.

### 3) U.S. Government Public Assistance

Do not accept any type of public assistance from the U.S. government (low-income/subsidized housing, food-stamps, Medicare/Medicaid, subsidized utilities, etc.) If you do, you may jeopardize your J-1 non-immigrant status and you may be denied renewal of your non-immigrant visa.

### 4) J-2 Dependent

Your spouse and unmarried minor children under the age of 21 are eligible for J-2 dependent status if you have the funding to support them and you maintain the required health insurance for them during their stay. OIA can also help your J-2 dependents apply for a work permit if desired during their stay in J-2 status. Please schedule an appointment.

### 5) Travel Signature for U.S. Reentry

If you travel outside the United States during your J-1 program and are returning to resume your J-1 program activities, you are required to get a travel signature on your DS-2019 for reentry. The same is true for J-2 dependents. Schedule a 'Travel Appointment' with an OIA scholar immigration coordinator two to three weeks in advance of departure to get the travel signature. During the appointment the coordinator will also review what additional items you need upon reentry into the United States, which are:

- Valid passport good for up to six months into the future
- Valid DS-2019 Form with a valid travel signature (If you are requesting to be away for more than one month, complete the form found on the OIA website for this purpose before requesting the travel signature.)
- Valid J-1 visa stamp (unless you are a Canadian citizen)
- Proof of funding
- Letter from your department indicating you are engaged in J-1 program activity, are traveling and date of expected return

## TRAVEL NOTES

### Note 1

If you arrive by air or sea to the U.S., your arrival information is recorded in an electronic format called I-94 Automation and a paper version of Form I-94 can be printed at [www.cpb.gov/I94](http://www.cpb.gov/I94). Individuals who enter the United States by land receive a paper I-94 card at the port of entry.

### Note 2

Reentry on an expired U.S. visa stamp is allowed under Automatic Revalidation only for trips to Canada, Mexico, or certain Caribbean Islands lasting 30 days or less. This is allowable as long as you and your J-2 dependents have the notation for multiple entries and possess a U.S. visa that is expired but has not been canceled by immigration (or is marked CWOP – canceled without prejudice).

Also, if you received a paper I-94 card then you must keep your paper I-94 card upon reentry to be eligible for automatic revalidation. Automatic revalidation of the visa does not apply to citizens or nationals of Iran, Syria, Sudan or Cuba. Please make an appointment to see an OIA immigration coordinator for more information.

# PUBLIC SAFETY



In many cases, the only tools you need to prevent crime are common sense and awareness. Please read this list and follow these suggestions to protect yourself and your possessions.

## SAFETY EMERGENCIES

*Call 911 for emergencies: police, fire, medical (on and off campus).*

### Blue Light Emergency Phones

These phones are located all across campus. Activate the phone by pressing the red button and speak into the intercom to request police, fire and medical help or to report suspicious activity.

### Non-Emergency Campus Police Number

614-292-2121

## SAFETY EMERGENCIES

### Columbus Police

614-645-4545

### Department of Safety

Please refer to the Ohio State Department of Public Safety website for helpful safety tips, [dps.osu.edu](http://dps.osu.edu).

*Services offered by Department of Public Safety include:*

### Buckeye Alert System

*Notification system for which you can register. Alerts are issued when the campus community needs to take immediate action to remain safe.*  
[buckeyealert.osu.edu](http://buckeyealert.osu.edu)

### Lyft Ride Smart

Download Lyft via Ohio State App  
[ttm.osu.edu/ride-smart](http://ttm.osu.edu/ride-smart)

### Bicycle Safety and Registration

[dps.osu.edu/bug-your-bike](http://dps.osu.edu/bug-your-bike)

## ADDITIONAL SAFETY TIPS

### Safety at home

- Do not admit strangers into your apartment.
- Lock doors and windows. Block sliding doors with a pole placed in the bottom track.
- Close your curtains or blinds at night.
- When out of town, use timers on your lights and have a neighbor collect your mail and newspapers so it appears that someone is home.
- List only your first initial and last name in telephone directories, on doors and mailboxes and in other locations where your name might be posted.

### Safety on the phone

- Do not give out personal information (like your social security number).
- Keep emergency telephone numbers near the telephone.
- You may get phone calls asking you to make purchases or donations. It is not safe to give your credit card number over the phone. Say "No," clearly and firmly.



**Safety when walking**

- Walk confidently. Keep your head up and look directly ahead, not at the ground. Pay attention and be aware of your surroundings. Avoid walking alone, especially at night. Call the Ohio State Safe Ride Escort Service at 614-292-3322 to be accompanied home.
- Avoid dark streets. If you think you are being followed, walk into a crowded, well lit area. Maintain a secure grip on your valuables or purse, preferably under your arm.
- Be cautious when entering public places like elevators, stairwells, laundry facilities or computer labs alone. If you think someone or something looks suspicious, leave.
- Never get into a stranger's car. If someone in a car asks for directions, stand away from the car when talking to him or her.

**Safety in your car**

- Keep car windows and doors closed and locked, even when you are in the car.
- Check the back seat every time you get into your car. When parking at night, select a parking space that will be well lit upon your return. Stay in your car if a situation does not seem safe.
- If you are parked on campus and lock your keys in your car, or your car won't start, call public safety at 614-292-2121, or use a blue light emergency phone.
- Carry your keys so that you can open the door to your car or home immediately.
- If you are pulled over by a police officer, do not get out of your car unless instructed to do so.

**Safety in dating**

- Understand responsible dating in the United States. Do not physically or verbally force or coerce your date to be sexually involved with you, as you could be charged with rape or sexual assault.
- Date in groups. Do not go out alone with someone you just met. If someone asks you on a date and you wish to accept, agree to meet in a public place with other people around.
- If someone behaves aggressively or threateningly, end the relationship. You do not need to be polite if someone makes you feel pressured, scared or uncomfortable.

**Safety in drinking**

- In the United States, you must be 21 to purchase and/or drink alcohol.
- It is illegal to carry an open container of alcohol in public areas (like the street) or in your car. Do not drink alcohol and then drive. You could lose your license and go to jail.

**Protect your identity**

- Do not give anyone your social security number and/or credit card number.
- Tear up all credit card receipts.
- Keep a list of the credit cards you hold and the phone numbers of those credit card companies.
- Call the company and cancel the card if you notice one is missing.

**Protect your possessions**

- Do not leave personal belongings in public areas like classrooms or libraries.
- Do not leave possessions unattended in your car; lock them in your trunk.

**SEVERE STORM/LIGHTNING SAFETY TIPS****Severe Storm/Lightning**

- Try to remain calm.
- Seek shelter in a sturdy building away from windows, exterior doors, and all walls.
- Do not use elevators.

**Outdoors**

- Seek shelter in a campus building.
- Avoid elevated places and isolated trees.
- Keep your head and body as low to the ground as possible.
- Minimize contact with the ground.
- Find shelter as quickly as possible.

**Franklin County Tornado Warning Siren System**

A tornado warning is an indicator that tornado formation has been spotted via radar or has been detected visually. Sirens will emit an audible tone for three minutes, remain silent for seven minutes, and repeat the cycle as long as the tornado warning is in effect.

The siren network is tested every Wednesday at noon to ensure functionality. If there is a threat of severe weather, the test is canceled to avoid confusion. In addition, on the first Wednesday of every month, a test of the siren's public address system (the voice function) is performed. The public address system may be used to convey messages about emergencies other than tornadoes. More information at <http://fcmhs.com/Warning/WarningSirenSystem.aspx>.

# TRANSPORTATION

In Columbus and around the Ohio State campus there are several methods of transport that can be relatively inexpensive. Below are a few options to consider.

Please use the outmost caution while commuting aroround town.

## BIKE SHARING

### CoGo Bike Sharing Service

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

CoGo bikes are an easy and affordable option for making short trips around Columbus, especially in nice weather. To use the system, you can purchase a 24-hour pass or annual membership (with or without monthly installments) online, or a three-day pass through Transit App.

During your pass period you can make an unlimited number of up to 30 minute trips at no additional cost.

## CAR SHARING SERVICE

### Car2Go Columbus

<https://www.car2go.com/US/en/columbus>

Car2go means car sharing wherever you want, whenever you need it, without the costs or hassles of owning a car. Use the app to find, drive and park your next ride without planning in advance.

### Uber

<https://www.uber.com/cities/columbus>

A smart-phone enabled ride-hailing service as an alternative to taxis. The drivers do not have special licenses; they use their personal vehicles to offer fare rides. Requesting a ride and payment are all made through a smartphone app and is completely cashless.

### Lyft

<https://www.lyft.com/cities/columbus>

Lyft works just like Uber and is also an app to order car service.



## PUBLIC BUS

### CABS

<https://ttm.osu.edu/cabs>

CABS is a free transit service provided by Ohio State Transportation and Traffic Management. CABS is dedicated to providing clean, reliable and hassle-free transportation on and around Ohio State's Columbus campus.

### COTA

<http://www.cota.com/Riding-Cota/How-to-Ride.aspx>

Public bus system that is a reliable mode of transport around Columbus. Scholars can purchase COTA passes at several locations around town. For a full list of locations, visit [cota.com/Fares-Passes/COTA-Pass-Outlets.aspx](http://www.cota.com/Fares-Passes/COTA-Pass-Outlets.aspx). Please note that scholars cannot use their BuckID to ride COTA buses.

**Shuttle to Airport:** <http://www.cota.com/RidingCOTA/AirConnect.aspx>

Direct bus service connects downtown and John Glenn Columbus International Airport.

## TAXI SERVICE

### Yellow Cab of Columbus

<http://yellowcabofcolumbus.com> | 614-444-4444

### Orange Cab

<http://orangecabcolumbus.com> | 614-414-0000

# SCHOOLS AND FAMILY RECREATION

**By law all children five years of age and older are required to attend school until age 16.**

Register children at the school district you live in. You will need to complete an application form and provide proof of local address, medical records, immunizations and their passport or birth certificate. Some school districts are listed below. Find more information at <https://nces.ed.gov/ccd/districtsearch>.

## **Columbus Public Schools**

270 East State Street  
614-365-5000  
[columbus.k12.oh.us](http://columbus.k12.oh.us)

## **Dublin Schools**

7030 Coffman Road  
614-764-5913  
[dublinschools.net](http://dublinschools.net)

## **Hilliard Schools**

2140 Atlas Street  
614-921-7000  
[hilliardschools.org](http://hilliardschools.org)

## **Upper Arlington Schools**

1950 North Mallway Drive  
614-487-5000  
[uaschools.org](http://uaschools.org)

## **Worthington Schools**

200 East Wilson Bridge Road  
614-450-6000  
[worthington.k12.oh.us](http://worthington.k12.oh.us)

## **Public Libraries**

[columbuslibrary.org/events](http://columbuslibrary.org/events)

Many public libraries have activities and story times for kids of all ages. Call to find the library nearest you. Adults and children can obtain a library card to borrow free books and media.

## **Columbus Libraries**

96 South Grant Ave  
614-645-2ASK  
[columbuslibrary.org](http://columbuslibrary.org)

## **Worthington Libraries**

820 High Street  
614-807-2626  
[worthingtonlibraries.org](http://worthingtonlibraries.org)

## **Upper Arlington Libraries**

2800 Tremont Road  
614-486-9621  
[ualibrary.org](http://ualibrary.org)

## **OTHER RESOURCES FOR YOUNG CHILDREN**

### **Worthington Community Center**

[worthington.org/index.aspx?nid=209](http://worthington.org/index.aspx?nid=209)

Swim classes, family nights, sport and creative activities, from 6 months to teenage years

### **Whetstone Community Center**

[whetstonepark.org](http://whetstonepark.org)  
Various classes and programs

### **Kindermusik Program**

[kindermusik.com/kids-music-classes/find-a-class](http://kindermusik.com/kids-music-classes/find-a-class)  
From infancy to early childhood; low-key; fun environment

### **Firefly Play Cafe**

[fireflyplaycafe.com](http://fireflyplaycafe.com)  
4822 N High Street.

A play cafe for kids and adults to read and get coffee

### **Options for inside play**

- Many Barnes & Noble book stores have a children's area
- The Mall at Tuttle Crossing and Polaris Fashion Place mall have large indoor playgrounds.
- Galaxy Games & Golf: [galaxygamesandgolf.com](http://galaxygamesandgolf.com)



## RECREATIONAL ACTIVITIES

### Center of Science and Industry (COSI)

333 West Broad Street  
614-228-2674  
cosi.org  
Science museum for adults and children of all ages

### Columbus Blue Jackets

800-559-2333  
bluejackets.nhl.com  
Columbus' professional hockey team

### Columbus Clippers

330 Huntington Park Lane  
614-462-5250  
clippersbaseball.com  
Columbus' professional baseball team

### Columbus Crew SC

1 Black & Gold Blvd.  
614-447-2739  
thecrew.com  
Columbus' professional soccer team

### Columbus Metro Parks

614-891-0700  
metroparks.net  
Columbus area parks, which include nature centers, picnic areas and hiking trails

### Columbus Museum of Art

480 East Broad Street  
614-221-6801  
columbusmuseum.org  
Art exhibits, classes and programs

### Columbus Parks and Recreation

614-645-3300  
parks.columbus.gov

### Columbus Zoo and Aquarium

4850 West Powell Road  
614-645-3550  
colszoo.org  
Zoo, aquarium and Zoombezi Bay water park

### Magic Mountain Fun Center

8350 Lyra Drive  
614-840-9600  
magicmountainfuncenter.com/polaris

### Tuttle Park Recreation Center

240 West Oakland Avenue  
614-645-3613  
columbus.gov/recreationandparks/parks/Tuttle-Park  
Offers activities for children of all ages

### Whetstone Park of Roses and Recreation Center

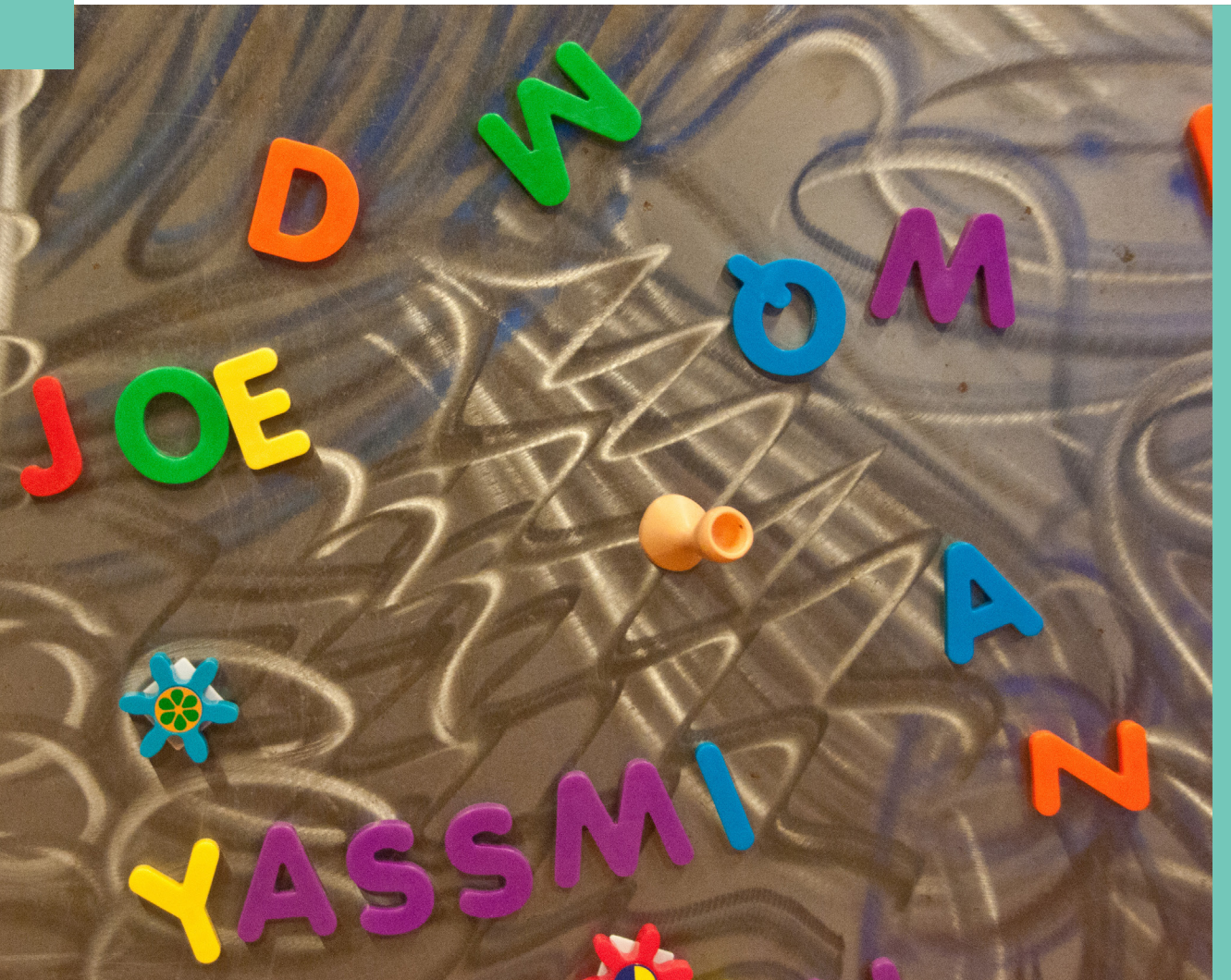
3923 North High Street  
614-645-3391  
parkofroses.org  
Park is located on the #2 COTA bus line, offers classes and activities for adults and children and has a playground

### Ohio Places of Interest

1-800-BUCKEYE  
discoverohio.com  
Contains information about fairs, festivals, state parks and tour packages

### Wexner Center for the Arts

1871 North High Street  
614-292-0330  
wexarts.org  
Contemporary art exhibits, international films and art program

**OSU Child Care Center**

725 Ackerman Road and 2724  
Defiance Road  
614-292-4453  
hr.osu.edu/childcare  
(Limited to Ohio State students, staff,  
faculty) 2 months to kindergarten  
*Ackerman Road Location:*  
6 a.m. - midnight  
*Defiance Road Location:* 7 a.m. - 6  
p.m.

**North Broadway Children's Center**

48 E. North Broadway  
614-262-6222  
northbroadwaycc.org  
6:30 a.m.-6 p.m.; ages 6 weeks to 5  
years, cooperative  
pre-school; 9 a.m.-12 p.m. 5 days;  
ages 3 – 5 years.

## DAY CARE AND PRESCHOOL

**Action for Children**

78 Jefferson Avenue  
614-224-0222  
actionforchildren.org  
Provides a list of schools and guide for choosing a  
pre-school.

**Calumet Christian School**

2774 Calumet Street  
614-261-8136  
xenosschools.org  
Pre-school to 8th grade; 8:30 a.m. - 3:15 p.m.

**Columbus Early Learning Center**

240 N. Champion Avenue  
614-253-5525  
columbusearlylearning.org  
Daycare M-F; ages 6 weeks to 5 years.  
Turning Point Sun-Sun 24hrs/day; ages 18 months to 12  
years

**Indianola Children's Center**

1970 Waldeck Avenue  
614-262-1090  
indianolachildrenscenter.org

**Montessori Children's House**

950 King Avenue  
614-297-7190  
montessorichildrens.com  
M-F: ages 2½ years to 6 years

# HEALTH CARE

**It is important to become familiar with how to find a physician or health care facility. During your J1 program, it is mandatory to have health insurance. Below are a list of options and recommendations.**

## Needing Medical Care

Your family doctor can help in many situations. However, most doctors' offices are open from 8 a.m.-5 p.m. Monday - Friday. What if you experience symptoms of an illness outside normal business hours or you can't reach your family doctor? You can get medical attention from a nurse or doctor at an Urgent Care or Fast Care facility. These facilities are often open until 9 p.m. weekday and offer weekend hours. If none of those options are available and/or you have a life-threatening emergency, then go to an Emergency Room (ER). ERs are open 24 hours every day.

## How to Find a Family Physician/ Doctor's Office

- Ask your friends and co-workers for referrals.
- Consider whether you want a general practitioner or an internal medicine doctor. Note: some family doctors are also pediatricians.
- Consider the location such as close to work or close to your home.
- Check out the Ohio State Health Plan provider website at [www.osuhealthplan.com/search](http://www.osuhealthplan.com/search). Note: this is a list of providers covered by OSU Health Plans, but many of these may also accept the Gallagher plan (see more information about the Gallagher plan on page 28).
- Visit the University Health Connection (1581 Dodd Dr., 614-688-0300). They can assist in selecting a Family Physician. Must be older than 18 years and have Ohio State faculty and staff health plans.

## FAST CARE

### Urgent Care or Fast Care:

Urgent Care or Fast Care facilities are a step down from an Emergency Room and a step up from a family physician in terms of availability and hours of operation; they operate on a walk-in basis. You can often go for:

- Colds and flu
- Asthma
- Respiratory infections
- Sinus infections
- Cuts and scrapes
- Migraines
- Burns
- Rashes
- Broken bones
- Sprains and strains

You can find other Fast Care and Urgent Care facilities listed on the following pages and can search other locations online ([osuhealthplan.com/search](http://osuhealthplan.com/search)).

### Urgent Care Plus

1430 S. High St.  
614-542-0940  
Mon-Fri: 9 a.m. - 5 p.m.  
Sat-Sun: 11 a.m. - 5 p.m.

### Hometown Urgent Care

2150 Marble Cliff Office  
Park, Suite A  
614-481-7777  
Mon-Fri: 9 a.m. - 6 p.m.  
Sat-Sun 9 a.m. - 6 p.m.

### Hometown Urgent Care

4400 N. High St., Suite 110  
614-263-4400  
Mon-Fri: 9 a.m. - 7 p.m.  
Sat-Sun: 9 a.m. - 5 p.m.



### Wexner Medical Center Fast Care Clinics

Located inside Giant Eagle Grocery Stores at:  
3061 Kingsdale Center and 1250 North Hamilton Road  
614-366-2050  
[medicalcenter.osu.edu/patientcare/hospitals\\_locations/fast\\_care\\_clinics/Pages/index.aspx](http://medicalcenter.osu.edu/patientcare/hospitals_locations/fast_care_clinics/Pages/index.aspx)

Mon- Fri: 8:30 a.m. - 8:30 p.m.  
Saturdays: 9 a.m. - 6:30 p.m.  
Sundays: 10 a.m. - 4:30 p.m.

Open all holidays except Christmas and Easter. Fast, convenient care for common illnesses such as colds, strep throat, sinus infections. Patients must be 18 months or older.

### University Health Connection

McC Campbell Hall, Suite 201, 1581 Dodd Dr.  
614-293-8146  
[osuhealthplan.com/uhc](http://osuhealthplan.com/uhc)

Services offered: urgent care; primary care; non-physician services.

**Must be older than 18 years and have Ohio State faculty and staff health plans.**

**Urgent Care - call ahead for a same day appointment: 8:30 a.m.- 3:50 p.m. Mon-Fri until daily capacity is met. Primary care:** call for availability. **Nursing and Pharmacy Services:** Call for appointment Mon-Fri 8:30 a.m. - 3:30 p.m.

## INSURANCE GALLAGHER PLAN TERMS AND TIPS

All scholars are eligible for the Gallagher Student Health and Special Risk Plan also known as the “Gallagher Accident and Sickness Plan.” This plan provides 100 percent coverage with no deductible for expenses related to any accident and sickness and 100 percent coverage for medical evacuation and repatriation.

**Health plan details are subject to change throughout the year, please visit [oia.osu.edu](http://oia.osu.edu) for the most up to date information before purchasing a plan.**

**Pre-existing conditions** in the **Gallagher** plan is defined as any injury or illness which was contracted or which manifested itself, or for which treatment or medication was prescribed in a 12-month period prior to the effective date of the coverage.

This insurance plan will not provide coverage for such conditions unless credible coverage clause requirements are met (please see “Pre-Existing Condition Limitation” in the plan brochure).

**Pregnancy** is not covered under this plan unless for emergency medical treatment of pregnancy.

If pregnancy occurs during the scholar’s visit, we strongly suggest enrolling into a plan that meets the Affordable Care Act health insurance requirements. <https://www.hhs.gov/healthcare/about-the-law/>

**No Dental and Vision Coverage** for those enrolled ONLY in the Gallagher plan unless medical attention is needed as a result of an accident.

If you are interested in getting insurance coverage for basic services such as dental cleanings or eye exams for corrective glasses, you will have to buy an additional plan(s). Visit [oia.osu.edu](http://oia.osu.edu) (under “Required Health Insurance”) for more information.

## MEDICAL SERVICES LOCATIONS

Note that the list below provides locations primarily near or on campus

### OSU Family Medicine Centers

Many locations

[fammed.ohio-state.edu/9872.cfm](http://fammed.ohio-state.edu/9872.cfm)

Appointment required; all ages, general medicine; international travel immunizations

### Riverside Family Practice Center

697 Thomas Lane

614-566-5414

[riversidefamilypractice.com](http://riversidefamilypractice.com)

Appointment required; health care for all ages

### Riverside Community Medicine Program

500 Thomas Lane

614-566-5456

Sliding payment scale

### Ohio State Dental Clinic

305 W. 12th Ave.

614-688-3763

[dentistry.osu.edu/patients/ohio-state-dental-clinics](http://dentistry.osu.edu/patients/ohio-state-dental-clinics)

Emergency walk-in clinic; services by appointment

## OPTOMETRY

### Ohio State Optometry Clinic

338 W. 10th Ave.

614-292-2020

[greatvision.osu.edu/index.cfm](http://greatvision.osu.edu/index.cfm)

Vision and eye health care services; call or go on-line for appointment.

## GYNECOLOGY AND MATERNITY

### Planned Parenthood

18 E. 17th Ave. and 206 E. State St.  
800-230-7526 or 614-222-3604  
plannedparenthood.org/planned-parenthood-greater-ohio  
Appointments required; annual gynecological examinations, infertility, family planning counseling, birth control and sexually transmitted disease testing

### Ohio State OB-GYN Clinic

410 W. 10th Ave.  
University Hospitals Clinic, second floor, 2C  
614-293-8045  
wexnermedical.osu.edu  
Appointment required; maternity and gynecology

### Riverside Methodist Hospital

OB-GYN Clinic  
3535 Olentangy River Rd.  
614-566-6200  
ohiohealth.com/homeriverside.cfm?id=320&fr=true  
Appointment required; maternity and gynecology; medical and other specialty clinics available morning and afternoon

## SPECIFICALLY FOR CHILDREN

### Children's Hospital Pediatrics

700 Children's Drive (off Livingston Avenue)  
614-722-5750  
nationwidechildrens.org  
Appointment required (other clinics 722-2000). Services: general medicine; Well-Baby Clinic; Emergency Room; Poison Center; Dental Clinic; Eye Clinic; call 461-2000 for specific information about these services

## EMERGENCY MEDICAL SERVICES

### Emergency Room (ER):

ER visits are recommended only when you feel like your life is in danger. They are usually located at a hospital and operate 24 hours a day. Getting service at an ER is more expensive than seeing your family doctor or going to an Urgent Care or Fast Care facility. However, don't take a chance with anything life-threatening. The ER is the best place for these and other critical conditions, including:

- Chest pain
- Difficulty breathing
- Severe bleeding or head trauma
- Loss of consciousness
- Sudden loss of vision or blurred vision

### CALL 911 ONLY IF IT IS AN EMERGENCY.

Trained paramedics will come to your location to provide advanced first aid and/or take you to the nearest hospital.

### Ohio State Wexner Medical Center Emergency Room

Use for emergencies only  
410 W. 10th Ave.  
614-293-8333  
medicalcenter.osu.edu/patientcare/healthcare\_services/emergency\_services/Pages/index.aspx

### Riverside Methodist Hospital: Emergency Room

Use for emergencies only  
3535 Olentangy River Rd, Columbus, OH 43214  
614-566-5000  
www.ohiohealth.com/services/emergency-and-trauma/

### Mount Carmel West: Emergency Room

Use for emergencies only  
793 W State St, Columbus, OH 43222  
614-234-1862  
www.mountcarmelhealth.com/mount-carmel-west-hospital



# SHOPPING NEAR CAMPUS



## High Street (COTA #2 bus)

- South of campus: Kroger grocery store (North High Street and 7th Avenue)
- North of campus: Middle Eastern and Asian grocery stores
- Campus area: bookstores, music stores, restaurants, boutiques
- Giant Eagle grocery store (2801 North High Street)
- Graceland Shopping Center (182 Graceland Boulevard)
- Kroger Marketplace: groceries as well as household goods and furniture. Ask manager about options for furniture delivery (199 Graceland Boulevard)

## University City Shopping Center

Olentangy River Road (COTA #18 bus)

Take CABS bus to Buckeye Village, then cross Ackerman Road to shopping center

- Kroger
- Big Lots

## Lennox Town Center - Olentangy River Road (COTA #84 bus)

1647 Olentangy River Road, Columbus, OH 43212

- Target store: clothing, electronics, bedding, dishes, small furniture
- World Market: sells items from around the world (snacks, drinks)
- AMC Movie Theater and restaurants, coffee shops, bookstore, clothing stores, pet store

## Whole Foods Store

1555 W. Lane Ave

Natural foods, fresh fish, organic fruits and vegetables

## South Campus Gateway

North High and 10th Avenue (COTA #2 bus)

Movie theatre, bars, restaurants, bookstore, boutiques.

## North Market

59 Spruce Street

North High and Vine Street (COTA #2 bus)

Shops, fresh produce, ethnic stores and restaurants

## The Short North

North High Street between 5th Avenue and downtown (COTA #2 bus)

Shops, galleries, restaurants and taverns.

## Discount Stores (for inexpensive clothing and household items)

- Meijer: 6175 Sawmill Road
- Big Lots: 2855 Olentangy River Road
- ALDI: 2395 Silver Drive

## Secondhand Stores (used clothing and household goods at lower prices)

- Rag-O-Rama: 3301 North High Street
- Volunteers of America: 3620 Indianola Avenue
- One More Time: 1521 West 5th Avenue
- Goodwill: 2550 North High Street

# ENGLISH CONVERSATION

## GROUPS

### OIA Scholar English Conversation Group

OIA offers J-1 Scholars and J-2 spouses small group interaction with American Ohio State staff members and other scholars. Ask questions, discuss relevant issues, practice American slang and sayings, make friends and exchange culture.

- **Offered:** Thursdays from 12-1 p.m. during the semesters (bringing your lunch is optional)
- **Location varies:** 160 Enarson Classroom Building – contact [iss@osu.edu](mailto:iss@osu.edu) for weekly location.
- **Contact:** Office of International Affairs – [iss@osu.edu](mailto:iss@osu.edu), 614-292-6101

### International Neighborhood Coffee Hour

Offers free small group English classes and opportunities for women and children to make friends and enjoy activities. This group includes child care, and light snacks are provided.

- **Offered:** Wednesdays from 9:30-11:30 a.m. during the academic year
- **Location:** University Baptist Church, 50 W. Lane Ave., Columbus, OH 43201
- **Contact:** [inchcolumbus@gmail.com](mailto:inchcolumbus@gmail.com) or 614-294-6333; website: [inchcolumbus.org](http://inchcolumbus.org)

## CLASSES

### Columbus Literacy Council

Provide English tutors in one-to-one tutoring sessions or in classrooms led by certified teachers. Adult Literacy Services are free and are held Monday through Thursday. Classes are offered mornings, afternoons, and evenings at many locations throughout the city.

92 Jefferson Avenue, Columbus, Ohio 43215  
614-282-7661 – Ask for Carmen or Whitney  
[columbusliteracy.org](http://columbusliteracy.org)

### Columbus State Community College

English as a Second Language classes  
550 East Spring St., Columbus, OH 43215  
614-287-5353  
[csc.edu/academics/courses/esl.shtml](http://csc.edu/academics/courses/esl.shtml)

### Dublin Baptist Church

7195 Coffman Rd., Dublin, OH 43016  
614-889-2307  
[www.dublinbaptist.com](http://www.dublinbaptist.com)

### Dublin Schools

7030 Coffman Rd., Dublin, OH 43017  
614-764-5913  
[dublinschools.net/communityeducation.aspx](http://dublinschools.net/communityeducation.aspx)

### ELS Language Centers/ Columbus

Ohio Dominican University  
614-215-7360  
[www.els.edu/columbus](http://www.els.edu/columbus)

### Kaplan

1-800-KAP-TEST  
[kaplaninternational.com](http://kaplaninternational.com)



# HELPFUL LINKS



## HELPFUL WEBSITES:

*experiencecolumbus.com* (Official Visitors Guide information for Columbus)

*onesuite.com* and *zaptell.com* (for calling abroad)

*hertzondemand.com/OhioStateUniversity* (rental car to get around Columbus)

*columbusfoodadventures.com* (getting to know Columbus through food)

*onlineconversion.com* (convert clothing sizes, weight, temperature and more)

# NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# OFFICE OF **INTERNATIONAL AFFAIRS**

140 Enarson Classroom Building  
2009 Millikin Rd. Columbus, OH 43210  
614-292-6101  
*[oia.osu.edu](http://oia.osu.edu)*



**THE OHIO STATE UNIVERSITY**

OFFICE OF INTERNATIONAL AFFAIRS