### **HEALTHCARE OPTIONS**

(You can also Google "eye doctor, Kansas City" or "hospital, south Kansas City", etc. to find more options)

Planned Parenthood	Truman Medical Center Lakewood	Saint Luke's North Hospital—Barry Road		
1001 Emmanuel Cleaver Blvd	7900 Lee's Summit Road	5830 N.W. Barry Road		
Kansas City, MO 64110	Kansas City, MO 64139	Kansas City, MO64154		
	816-404-7000	816-891-6000		
Hospital Hill Medical Pavilion-UMKC Faculty		Truman Medical Center		
Physicians	Children's Mercy	2301 Holmes		
2301 Charlotte	2401 Gillham Road	Kansas City, MO 64108		
Kansas City, Mo 64108	Kansas City, MO 6418	816-404-7500		
Lakewood Family Health Care – UMKC Faculty	Research Medical Center	Children's Mercy Blue Valley		
Physicians	2316 E Meyer Blvd	6750 West 135th St.		
7900 Lee's Summit Road	Kansas City, MO 64132	Overland Park, KS 66223		
Kansas City, MO 64139	816-276-4000	913-717-4700		
	Health Department			
Kansas City Free Health Clinic	Kansas City Health Department	St. Luke's Hospital		
3515 Broadway	2400 Troost	4401 Broadway		
Kansas City, MO 64111	Kansas City, MO	Kansas City, MO 64110		
	Health Department: 816-513-6008	Name of the order		
	Immunizations: 816-513-6108			
	Dental Appointments	Walgreens Take Care Clinic		
Shawnee Mission Ask-A-Nurse Resource Line	UMKC School of Dentistry	3845 Broadway Blvd		
913-676-7777	650 E. 25th St.	Kansas City, MO 64111		
	Kansas City, MO 64108			
Eye Foundation of Kansas City	CVS Minute Clinic			
660 East 24th Street	Inside CVS/pharmacy #8599			
Kansas City, MO 64108	5170 Roe Boulevard			
Eye exams and eye problems	Roeland Park, KS 66205			

EMERGENCY CARE: Emergency Room care is the most expensive form of health care and should be used only in true emergencies.

## **HOW TO STAY SAFE ON CAMPUS**

UMKC is located in an urban setting. When living in an urban area, people must follow safety guidelines.

- Be alert and aware of your surroundings at all times (avoid using MP3 players while walking).
- Always walk with friends, classmates, or faculty/staff.
- Learn the city and avoid dangerous neighborhoods.
- Do not carry valuables with you or leave them in your vehicle.
- Lock your doors and your apartments/houses
- Blue Safety Phones: These phones dial the UMKC police directly. If you feel threatened on campus, find one of the many safety phones.
- Motorist Assist: Jumper cables for cars and general automobile assistance, including helping to open your car should you lock your keys in.
- Personal Escort Services: UMKC police will walk you to your car or residence hall upon request.
- Bicycle Registration: Register your bike to help prevent theft or aid recovery if stolen.
- Lost and Found: Call to see if your lost property has been turned in.
- Self Defense Courses for Women: Learn defense tactics to protect yourself if you are physically threatened.

UMKC Police Officers are here to assist students. Use their services and do not hesitate to call for non-emergency issues. The department's phone number is 816-235-1515. In an emergency, call 911 immediately.



International Student Affairs	SUNTIVAL GOIDE	
GROCERY STOR	ES/SUPERMARKETS	
Cosentino's Brookside Market	Joong -Ang Grocery	
14 W 62nd Terrace	7800 Shawnee Mission Pkwy	
Kansas City, MO 64113	Overland Park, KS 66202	
(816) 523-3700	(913) 384-4989	
Price Chopper	Oriental Supermarket	
6327 Brookside Plaza	10336 Metcalf	
Kansas City, MO 64113	Overland Park, KS 66212	
(816) 523-7700	(913) 341-3345	
ALDI	Trader Joe's	
7511 Wornall Road	8600 Ward Parkway, KC, MO 64114	
Kansas City, MO 64114	(816) 333-5322	
888 International Market	Whole Foods	
10118 W 119th St	7401 W 91st Street	
Overland Park, KS 66213	Overland Park, KS 66212	
(913)341-8700	(913) 652-9633	
China Town Food Market	World Market	
202 Grand Blvd, KC, MO 64106	535 Westport Road, KC, MO 64111	
(816) 472-6363	(816) 931-3590	
City Market International Groceries		
20 E. 5th Street, Suite 201	Al Habashi Middle Eastern Grocery	
Kansas City, MO 64106	816-421-6727	
	010-421-0727	
(816) 842-1271	Considered by toward by a self-order	
Carollo's Italian Gourmet Grocery	Crossland International Market	
816-474-1860	816-448-3004	
	Other markets include: SunFresh on Southwest Trafficway, Save-A-Lot	
Cristina's Produce	on 35 <sup>th</sup> and Troost, Safeway near 39 <sup>th</sup> and Main, Wal-Mart on 135 <sup>th</sup>	
816-977-3447	and Stateline, Price Chopper on 103 <sup>rd</sup> and Stateline, etc. You can	
	always Google "grocery store, south Kansas City" or something similar.	
ALL PURPOSE STOR	ES (household goods, clothes, food, etc.)	
Wal-Mart (open 24 hours)	Target	
11701 Metcalf Ave.	8509 Stateline Road	
Overland Park, KS 66210	Kansas City, MO 64114	
913-338-2202	(816) 444-6012	
Big Lots	Dollar General	
8236 Wornall Rd	2852 W. 47th Ave	
Kansas City, MO 64114	Kansas City, KS 66103	
(816) 822-1230	(913) 722-0979	
PHA	RMACIES	
Albers Medical United Pharmacy	CVS Pharmacy	
4400 Broadway Blvd	6244 Brookside Blvd	
Kansas City, MO 64111	Kansas City, MO 64113	
(816) 931-0100	(816) 444-0444	
There are also pharmacies in Walgreen, Wal-Mart, Target, etc.	(020) 111 0111	
	ECOLIDOEC	
	ESOURCES	
POST OFFICE	POST OFFICE	
5104 Main Street	200 Westport Rd	
Kansas City, MO 64112	Kansas City, MO 64111	
(800) 275-8777	(800) 275-8777	
Department of Motor Vehicles (DMV)	AT&T	
6138 Raytown Trafficway	4015 Mill Street	
Raytown, Missouri 64133	Kansas City, MO 64111	
816-737-1100	(816) 753-4333	
	Verizon	
Sprint		
3625 Broadway Ave	3385 Main Street	
Kansas City, MO 64111	Kansas City, MO 64111	
(816) 561-1234	(816) 268-1322	



EXAMPLES OF PLACES TO EAT IN KANSAS CITY					
RESTAURANT	PHONE	ADDRESS/WEBSITE	PRICE RANG E	TYPE OF FOOD	
Aladdin's Café	816.531.5982	3903 Wyoming Street http://aladdincafekc.com/	\$\$	Mediterranean	
Andre's	816.561.3440	5018 Main Street http://andreschocolates.com/	\$\$	Swiss	
Arthur Bryant's Barbeque	816.231.1123	1727 Brooklyn Ave http://www.arthurbryantsbbq.com/	\$\$	Barbeque	
Blanc Burgers	816.931.6200	4120 Pennsylvania Ave <u>blancburgers.com</u>	\$\$	American	
Blue Bird Bistro	816.221.7559	1700 Summit Street www.bluebirdbistro.com	\$\$\$	Organic/Vegan	
Blue Nile Café	816.283.0990	20 East 5th Street www.bluenilekc.com/	\$\$	Ethiopian	
Bo Ling's Chinese Restaurant	816.753.1718	4701 Jefferson St. <u>www.bolings.com/</u>	\$\$	Chinese	
Chick-Fil-A	816.235.1077	5100 Cherry St. <a href="http://www.chick-fil-a.com/">http://www.chick-fil-a.com/</a>	\$	American	
Chipotle	816.756.5158	4851 Main <a href="https://www.chipotle.com/">https://www.chipotle.com/</a>	\$	Mexican	
Choga	913.385.2151	6920 W 105th St, Overland Park, KS 66212	\$	Korean	
Chosun	913.339.9644	12611 Metcalf Ave, Overland Park, KS, 66213	\$	Korean	
Domo	816.333.6315	6322 Brookside Plaza <u>www.domokc.com/</u>	\$\$	Japanese	
Eden Alley	816.561.5415	707 W 47th Street www.edenalley.com/	\$\$	Vegetarian	
Eggtc	516.561.0116	5107 Main Street <u>www.eggtckc.com/</u>	\$\$	Breakfast and lunch	
Einstein Bros. Bagels		UMKC-Royal Hall <u>www.einsteinbros.com</u>	\$	Bagels and coffee	
Fred P. Ott's Bar & Grill	816.753.2878	4770 JC Nichols Pkwy. www.fredpottskc.com/	\$	American	
Gates BBQ	816.753.0828	3205 Main <u>www.gatesbbq.com/</u>	\$\$	Barbeque	
Go-Chicken-Go	816.361.6680	5101 Troost gochickengo.com	\$	American	
Grand Street Café	816.561.8000	4740 Grand Avenue www.grandstreetcafe.com/	\$\$\$	American	
Habashi House	816.421.0414	309 Main Street <u>www.habashihouse.com</u>	\$	Middle Eastern	
Houlihan's	913.789.0808	2820 W. 53rd Street www.houlihans.com	\$\$	American	
Houston's Restaurant	816.561.8542	4640 Wornall	\$\$\$	American	
Tikka House	816.842.7232	411 Main	\$	Indian	
Jerusalem Café & Bakery	816.931.8575	1404 Westport Road <u>www.jerusalemcafekc.com/</u>	\$\$	Middle Eastern	
Jimmy John's	816.561.6222	4300 Roanoke <a href="https://www.jimmyjohns.com/">https://www.jimmyjohns.com/</a>	\$	Sandwiches (delivery)	
KC Smoke Burgers	816.931.4455	1610 W 39th St	\$	American	
Kentucky Fried Chicken	816.531.0345	4700 Troost <u>www.kfc.com/</u>	\$	American	
Kin Lin	816.561.4334	314 East 51st Street <u>www.kinlinrestaurant.com</u>	\$	Chinese (delivery)	
Korma Sutra	816.931.7775	4113 Pennsylvania www.kckormasutra.net/	\$\$	Indian	
Latte'land Espresso	816.931.7477	318 W. 47th Street	\$	Café	
McCormick & Schmick's	816.531.6800	448 W. 47th Street http://www.mccormickandschmicks.com/	\$\$	Seafood	
Minsky's Pizza	816.561.5106	5105 Main Street minskys.com	\$\$	Pizza	
The Mixx	816.756.2300	4855 Main Street <u>www.mixxingitup.com/</u>	\$\$	Salads/Sandwiches	
O'Dowd's Little Dublin	816.561.2700	4742 Pennsylvania www.odowdslittledublin.com/	\$\$	Irish pub	
Joes' Kansas City Bar-B-Que	913.722.3366	3002 W. 47th Avenue <u>www.joeskc.com/</u>	\$\$	Barbeque	
Osteria II Centro	816.561.2369	5101 Main Street <u>osteriailcentro.com</u>	\$\$	Italian	
Pak Halal	913.599.0700	12259 W. 87th Street http://pakhalalinternational.com	\$\$	Halal	
P.F. Chang's China Bistro	816.931.9988	102 West 47th Street https://www.pfchangs.com/	\$\$	Asian	
Planet Sub	816.501.4000	1110 Rockhurst Rd <u>planetsub.com</u>	\$	Salad/sandwiches	
Planet Sub	816.960.6696	4928 Main	\$	Salad/sandwiches	



Panera Bread	816.931.8181	4700 Pennsylvania www.panerabread.com/	\$	Salad/soup/sandwiches
Pickleman's	816.931.3100	5050 Oak St <u>www.picklemans.com/</u>	\$	Pizza/sandwiches
Pizza 51	816.531.1151	5060 Oak Street <u>www.pizza51.com</u>	\$\$	Pizza
Plaza III	816.753.0000	4749 Pennsylvania Avenue plazaiiikcsteakhouse.com	\$\$\$	American
Chaz	816.802.2152	325 Ward Pkwy www.raphaelkc.com/chazontheplaza/menu.aspx	\$\$\$	American
Robot Café		UMKC-Miller Nichols Library https://umkc.sodexomyway.com/	\$	Sandwiches, snacks and coffee
Rudy's Tenampa Taqueria	816.931.9700	1611 Westport Road <u>www.rudystenampa.com</u>	\$\$	Mexican
Sahara	816.756.5444	320 East 51st Street	\$	Mediterranean
Sama Zama	816.756.3600	425 Westport Road <u>samakc.com</u>	\$\$	Japanese
Seva Indian Cuisine	816.407.9700	8674 NE Flintlock Rd. sevacuisineofindia.com	\$\$	Indian
Sobahn	913.384.1688	7800 Shawnee Mission Pkwy, Overland Park, KS	\$	Korean
Spin Pizza	816.561.7746	4950 Main Street <u>www.spinpizza.com</u>	\$\$	Pizza
Swagat Indian Cuisine	816.746.9400	7407 NW 87th Street <u>swagatkc.com</u>	\$\$\$	Indian
Taco Bell	816.756.1621	1310 East 47th Street <u>www.tacobell.com/</u>	\$	Mexican
Tasty Thai	816.584.8801	7104 NW Prairie View Rd. www.kctastythai.com/	\$\$	Thai
Tomfooleries	816.753.0555	612 West 47th Street www.tomfooleries.com/	\$\$	American
UMKC Café		UMKC-Student Success Center www.umkc.edu/foodservice/	\$	Feat. Starbucks
Vietnam Café	816.472.4888	522 Campbell St.	\$	Vietnamese
Winstead's	816.753.2244	101 Cleaver II Blvd. www.winsteadssteakburger.com	\$	American

\$ - Inexpensive \$\$ - Moderately Priced \$\$\$ - Expensive

#### **TIPPING IN THE UNITED STATES**

Tip: (also called a gratuity) is a voluntary extra payment made to certain <u>service</u> sector workers in addition to the advertised price of the transaction (<a href="https://en.wikipedia.org/wiki/Gratuity">https://en.wikipedia.org/wiki/Gratuity</a> 06/21/2012).

In the United States, people tip in a variety of situations – not just at restaurants. Calculate tip on the pre-tax total. Check your cell phone; many phones have a tip calculator application.

**EXAMPLES:** 

Food Delivery (pizza)10-20%Haircuts10-20%Bars\$1 a drinkTaxi cabs15%Restaurants15-20%Valet parking\$1-5

### STAY IN TOUCH WITH UMKC'S ISAO OFFICE!







**UMKC International Student Affairs Office** 

http://info.umkc.edu/ISAO/



### **HOW TO OPEN A BANK ACCOUNT**

There are three ways you can open a bank account: online, over the phone, and in person.

If you chose to apply in person you will be expected to present proof of address and ID. Any document, such as a piece of mail, can be used to verify your residence if it has your name and address on it. Banks will often ask for a Social Security Number or employer identification number as ID, but other forms of ID, such as your student visa, can be used.

There is a U.S. Bank branch on campus in the Student Union. 5100 Cherry Street, Rm 212
Kansas City, MO 64110
(816) 444-4462
https://www.usbank.com/index.html

Other banks to consider are: Bank of America, UMB, and Country Club Bank

Note: Many banks charge a monthly fee if an account has less than a certain amount of money in it. Some accounts are also limited to a certain number of transactions per month.

Note: There are fees for exchanging currencies, for making purchases outside of the US, and for taking money out of the account from certain locations.

### **HOW TO GET A CELLPHONE**

- Cellphones can be purchased online and at a variety of stores (see local stores on page 17).
- There are two ways to get cellphone service, by signing up for a monthly and prepaid plan. A monthly plan usually means signing a two-year contract with a cellphone company. Examples: Verizon, T-Mobile, Sprint, and a cheaper option Republic Wireless https://republicwireless.com/
- On a prepaid plan a person pays for minutes/texts/data before they use them, and lose the remainder of what they have paid for after a certain date. These are available at Wal-mart or online.

Note: It often cost extra to make or receive international calls. Most service providers have a list of fees they charge for international calls available online.

### THINGS TO DO AND SEE IN KC

- \* Nelson-Atkins Museum of Art: www.nelson-atkins.org 4525 Oak Street, KC, MO 64111 816.751.1278
- \* Kemper Museum of Contemporary Art: www.kemperart.org 4420 Warwick Boulevard, KC, MO 64111 816.753.5784
- \* National World War One Museum: www.theworldwar.org 100 W. 26th Street, KC, MO 64108 816.888.8100
- \* Negro Leagues Baseball Museum: http://nlbm.com/ 1616 East 18th Street, KC, MO 64108 816.221.1920
- \*American Jazz Museum : http://americanjazzmuseum.org/ 1616 E 18th Street, KC, MO 64108 816.474.8463
- \* Nerman Museum: www.nermanmuseum.org 12345 College Blvd. Overland Park, KS 66210 913.469.3000
- \* Union Station: http://www.unionstation.org/ 30 West Pershing Road, KC, MO 64108 816.460.2020

- \* New Theater Restaurant: www.newtheatre.com 9229 Foster, Overland Park, KS 66212 913.649.7469
- \* Starlight Theater : www.kcstarlight.com 4600 Starlight Road, KC, MO 64132 816.363.7827
- \* Kansas City Repertory Theatre : www.kcrep.org 4949 Cherry Street, KC, MO 64110 816.235.2700
- \* Unicorn Theatre: www.unicorntheatre.org 3828 Main Street, KC, MO 64111 816.531.7529
- \*Kauffman Center for Performing Arts:http://www.kauffmancenter.org 1601 Broadway Blvd, KC, MO 64108 816.994.7200
- \*Lyric Opera Kansas City: http://www.kcopera.org/ 1725 Holmes St. KC, MO 64108 816.471.4933
- \*Folly Theater: http://follytheater.org/ 300 West 12th St. KC, MO 816.474.4444



\*Midwest Ensemble: midwestchamberensemble.org 9100 Mission Road, Prairie Village, KS 66206 913.396.9878

\* Brookside Shopping District: www.brooksidekc.org/

338 W 63rd, KC, MO 64113

816.523.5553

\* The Legends at Village West: www.legendsshopping.com/

1843 Village West Parkway, KC, KS 66111

913.788.3700

\* Oak Park Mall: www.thenewoakparkmall.com/

11149 W. 95th Street, Overland Park, KS

913.888.4400

\* Country Club Plaza : www.countryclubplaza.com

816.753.0100

\* Ward Parkway Center: www.wardparkwaycenter.com

8600 Ward Pkwy, KC, MO 64114

816.363.3545

\* Zona Rosa: www.zonarosa.com

8640 N. Dixson Ave, KC, MO 64153

816.587.8180

\* Power & Light District: www.powerandlightdistrict.com

1100 Walnut, KC, MO 64106

816.842.1045

\* Crown Center: www.crowncenter.com

2405 Grand Ave, KC, MO 64108

816.274.8444

\*AMC Ward Parkway 14: www.amctheatres.com

8600 Ward Parkway Ste 14

Kansas City, MO 64105

816.333.1300

\*Alamo Drafthouse Cinema: http://drafthouse.com/

1400 Main Street

Kansas City, MO 64105

816.474.4545

\* Tivoli Theater: www.tivolikc.com

4050 Pennsylvania Ave

Kansas City, MO 64111

913.383.7756

\* Cinemark Palace at the Plaza: www.cinemark.com

526 Nichols Road

Kansas City, MO 64112

816.756.5877

\* Kansas City Zoo: www.kansascityzoo.org

6800 Zoo Dr.

Kansas City, MO 64132

816.595.1234

\* Paradise Park Family Fun & Adventure: www.paradise-park.com

1021 NE Colbern Rd

Lee's Summit, MO 64086

816.246.5224

\* Powell Gardens: www.powellgardens.org

1609 N.W. U.S. Highway 50

Kingsville, MO 64061

816.697.2600

\* Worlds of Fun/Oceans of Fun: http://www.worldsoffun.com

4545 Worlds of Fun Ave

Kansas City, MO 64161

816.454.4545

# **SURVIVAL GUIDE**

\*Schlitterbahn Waterpark: www.schlitterbahn.com/kc

9400 State Avenue

Kansas City, Kansas 66112

913.312.3110

\* Adams Pointe Golf Club: www.adamspointegolfclub.com

1601 R.D. Mize Rd

Blue Springs, MO 64014

816.220.3673

\* Heart of America Golf Academy: http://www.hoagolfacademy.com/

7501 Blue River Rd

Kansas City, MO 64132

816.513.8940

\* Kansas City Chiefs: www.kcchiefs.com/arrowhead

Arrowhead Stadium

One Arrowhead Drive

Kansas City MO, 64129

816.920.9300 ext. 4401

\* Kansas City Royals: http://kansascity.royals.mlb.com/

Kauffman Stadium

One Royal Way

Kansas City, MO 64129

816.821.8000

\* Kansas City T-Bones Baseball Club: http://www.tbonesbaseball.com

1800 Village West Pkwy

Kansas City, KS 66111

Stadium: 913.328.2255

\* Kansas Speedway: www.kansasspeedway.com

400 Speedway Blvd

Kansas City, KS 66111

1.866.460.7223

\* Sporting KC (Professional Soccer): www.sportingkc.com

One Sporting Way

Kansas City, KS 66111

913.387.3400



### KANSAS CITY'S MIDWEST WEATHER

Kansas City has four seasons per year, and each season has a different type of weather. The four seasons are fall, winter, spring, and summer. Kansas City weather changes quickly and unexpectedly. Be prepared by checking the weather forecast.

#### **FALL: SEPTEMBER through NOVEMBER**

This season is characterized mainly by its cool winds and falling leaves. This season is generally pleasant in Kansas City but it does bring thunderstorms, so an umbrella is recommended. The average high temperature is around 61° Fahrenheit (16° C) and the average low temperature is around 36° Fahrenheit (2°C). Towards the end of November, it's a good idea to wear some warm clothing like hats, gloves, scarves and warm jackets. The trees on campus react to the cooler weather by changing color. As the wind blows, leaves fall from trees and land in big piles below. This is the perfect time to take walks through the parks of Kansas City.

#### SPRING: MARCH through MAY

This season is characterized by a generous amount of precipitation or rainfall and occasional tornados. If there is a danger of a tornado, or they are being tested, alarm sirens will go off. This is your signal to go to a basement or an interior room away from windows. The average high temperature is 76° Fahrenheit (24° C) and the average low is 56° Fahrenheit (13° C). After the rain, the weather becomes pleasant. Since the season starts on a cold note, a light jacket along with pants and t-shirt or sweater is encouraged. The end of this season brings new life to the trees and flowers on campus. Take time to stop and smell the roses and enjoy the warm spring air with a bike ride around the historic neighborhoods near UMKC.

#### WINTER: DECEMBER through FEBRUARY

This season is characterized by heavy snowfall and very cold winds. A warm coat, boots, hat, scarf, and pair of gloves are necessary. The ground will be covered in snow or ice for most of the month of January as this month has the highest snowfall of the year. The average high temperature in this season is 47° Fahrenheit (8° C) and the average low temperature is 21° Fahrenheit (-6° C). With the significant amount of snowfall (8 inches), there is also an average high of 1.45 inches or 36.5 millimeters of rainfall. The light and fluffy snow makes it perfect for sledding, ice-skating at Crown Center, or building a snowman.

#### **SUMMER: JUNE through AUGUST**

This season is characterized by extreme heat accompanied by large amounts of rainfall. The temperatures in late July/early August can reach into triple digits (100° Fahrenheit or around 40° C). Drink lots of water when you are out enjoying the sun. The average high is 90° Fahrenheit (32° C) and the average low is 67° Fahrenheit (19° C). An umbrella is strongly recommended for this season. Wear light, cotton clothes because of the high temperatures. Look for neighborhood pools for places to cool off and be sure to use fans and air conditioners during the hottest days.



#### TO STAY IN STATUS YOU MUST:

Follow the terms and conditions of your J-1 visa.

- Report to the site of activity no later than 30 days after the program start date and no earlier than 30 days before the start date
- Attend a check-in session at ISAO within 7 business days of arrival in Kansas City
- Must have a DS-2019 with VALID program dates (That means you will FINISH your program by the END DATE on your DS-2019 and NO LATER). If you know that you will not finish by your program end date, you MUST REQUEST AN EXTENSION BEFORE YOUR DS-2019 EXPIRES. Your extension should be approved by your department/requesting professor. Some restrictions apply:
  - J-1 Professor or Research Scholar maximum stay: 5 continuous years
  - J-1 Specialist or Student Intern maximum stay: 1 year
  - J-1 Short-term Scholars maximum stay: 6 months
- Keep a valid passport by requesting a new one before the old one expires; retain the old passport. If renewal of a passport is necessary, check with your embassy or consulate about the renewal process.
- Follow the J-1 grace period rules: After you finish your program, you have 30 days to: travel within the US or prepare to return home. If you leave the US during your grace period, you will not be able to re-enter on that visa. You are not allowed to continue authorized work once your grace period begins.
- Report a change of address, name, marital status or visa type to your ARO/ISAO advisor within 10 days of the change
- Follow disclosure rules regarding criminal activity
- Follow any other special requirements (i.e. special registration requirements)
- Do not work without authorization
- J-1 visa holders CANNOT hold a tenure track position
- J-1 research scholars must primarily conduct research, observe, or consult in connection with their outlined research project. The scholar may also teach or lecture.
- J-1 professors must primarily teach, lecture, observe, or consult as outlined in their offer letter. The professor may also conduct research.
- J-1 short term scholars can be professors, research scholars, specialists, or persons with similar education or accomplishments coming to the U.S. on a short-term visit for the purpose of lecturing, observing, consulting, training, or demonstrating special skills
- If you travel outside of the US, please let us know. We will need to check your DS-2019 to ensure you have a valid travel endorsement and will be able to re-enter the US. Always carry your valid DS-2019 endorsed for travel, visa, I-94, valid passport and invitation letter.
- Must maintain health insurance for the entirety of your program for both you and your J-2 dependents. Your health insurance cannot lapse for even one day. Health insurance must meet federal regulations.
- Must file taxes with the IRS if you are being paid by a US source.

### **HOW TO GET A MISSOURI DRIVER'S LICENSE**

All documents must be valid at the time of application. Applicants will receive a license, non-driver license, or instruction permit with an expiration date equal to the expiration date of the immigration document.

### **DOCUMENTS YOU WILL NEED TO TAKE TO THE DEPARTMENT OF MOTOR VEHICLES (DMV)**

- 1. **SOCIAL SECURITY NUMBER:** If you do not have one, you will take your "Ineligible for SSN" and "Certificate of Scholarly Activity", your DS-2019, passport, and I-94 to the Social Security Office. They will then give you another letter saying that you do not have a SSN and you will present this letter to the Department of Motor Vehicles (DMV).
- 1. **PROOF OF RESIDENCE IN MISSOURI:** All applicants should show residence with any *recent* document from this list, *YOU MUST SHOW AT LEAST ONE (1) of the following:*

Driver License Renewal Postcard;
Utility Bill (phone, water, gas, electric, trash or sewer, etc.);
Pay Check;
Housing Rental Contract;
W-2 or 1099 Form;
Vehicle Registration or Title;
Bank Statement;

#### 2. IMMIGRATION DOCUMENTS:

- I-94
- Valid DS-2019
- Valid passport and visa
- Certificate of Scholarly Activity

# **DMV** recommended by students:

6138 Raytown Trafficway Raytown, Missouri 64133 816-737-1100



#### SOCIAL SECURITY OFFICES NEAR UMKC

#### Office Address:

Social Security 6320 Euclid Kansas City, MO 61432

#### **Directions:**

Two blocks south of 63<sup>rd</sup> Street on Euclid, which is between Prospect and the Paseo

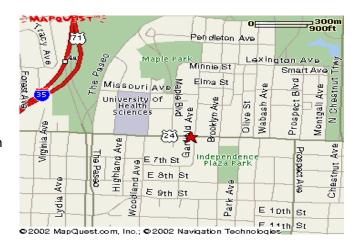


#### Office Address:

Social Security 2021 Independence Avenue Kansas City, MO 64124

#### **Directions:**

On the corner of Independence Avenue and Garfield; Between Paseo and Prospect.



#### Office Address:

Social Security 15375 W 95<sup>th</sup> Street Lenexa, KS 66219

#### **Directions:**

One block west of Lackman Road. On 95<sup>th</sup> Street. In the Kansas Commerce Center. Turn south on Twilight Lane (one block west of Lackman Road) and follow the signs.



All offices are open from 9:00 A.M to 3:30 P.M. Except on Federal Holidays.

Toll Free Number: 1-800-772-1213 TTY Number: 1-800-325-0778