

UAMS FOREIGN EXCHANGE VISITOR INFORMATION

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WELCOME TO LITTLE ROCK
AND TO THE
UNIVERSITY OF ARKANSAS FOR MEDICAL SCIENCES

As you probably know, the first few days in a foreign country are always the most stressful. There is so much to do, so much to learn, so much to see -- all without the underlying knowledge needed of how to accomplish it.

This publication is meant to give you information that will make your settling-in days easier. Although we recognize some of the information may be redundant, we hope a few of the topics will be helpful, and that your stay with us will meet, and even surpass your expectations, both professionally and personally.

- Your Rights and Your Safety
- Taxes
- Postal Service
- Telephone
- Transportation
- Apartments and Houses for Rent
- Schools
- Shopping in Little Rock
- Recreation and Entertainment

YOUR RIGHTS AND YOUR SAFETY

CIVIL RIGHTS

The United States is governed by the rule of the law. This means that Americans are governed by laws, not individuals. The law is supreme, and it is obeyed by everyone, including the President.

The Constitution of the United States is the highest law in the land. It guarantees that all persons, including foreign nationals, are treated with "due process" under the law. Under the Constitution, you are guaranteed equal rights, just like Americans.

The Constitution protects you against improper investigation, arrest, or conviction. If you are arrested, you do not have to talk to an officer until your lawyer is present. You have the right to make a telephone call. If possible, try to take an American with you who understands the law and the procedures of the court.

SAFETY

Your safety on and off campus depends on you. You must do your part to protect yourself against crime. You must be responsible with your purse, book bag, and other items. NEVER leave your personal belongings unattended.

Use common sense to protect yourself. If you are walking at night, always walk with someone else and stay close to lights. Stay away from isolated areas and avoid shortcuts through alleys and parking lots. Don't carry a purse or book bag hanging from your shoulder, so that it can be grabbed and pulled off your shoulder. Don't carry excessive amounts of money, and don't count your money in front of other people. Put your wallet in your front pocket or in buttoned back pocket.

Keep the doors and windows of your home locked at all times, especially if you are alone at night. If someone comes to your door, look out of a window or "peep hole" BEFORE opening the door. Don't open the door if you don't recognize the person. Keep the doors of your car locked while you are driving. It is very dangerous to hitchhike or give a stranger a ride in your car. Park your car in well lit areas and check the back seat of your car before you get in, especially at night.

If you have trouble while you are on campus, call the UAMS police at 686-7777 or pick up the phone under one of the blue flashing lights that are located in many areas around campus. Any one of these phones will connect you directly to the UAMS police.

If you have trouble while away from campus, telephone 911. The 911 operator will contact the police, fire department, or ambulance services for you.

ARKANSAS COUNCIL FOR INTERNATIONAL VISITORS

Perhaps you would like to meet people from your country who have lived in Little Rock for some time. The Arkansas Council for International Visitors, which is part of the University of Arkansas, will be able to give you names of individuals and organized groups from your country. This organization can also connect you with a volunteer who would be glad to give you a tour of Little Rock.

The Arkansas Council for International Visitors
University of Arkansas at Little Rock
2801 S. University, Library Room 524
Little Rock, AR 72204
Telephone: 569-3282

TAXES

Anyone receiving wages, a salary or tips in the United States from an U.S. source, is subject to paying federal, state, local, and social security taxes on these earnings. In order to receive these earnings, one must first obtain a Social Security number (SSN). A Social Security number is an individual means of identification designed to record your earnings to the federal government for tax purposes. Individuals on F-1 or J-1 visa status **may be** exempt from all or a portion of their federal withholding if the U.S. has a current tax treaty with his or her home country. **However, exemption is based on several factors including, but not limited to previous visa history and purpose of visa classification. Exemption is determined on a case by case basis.**

TO APPLY FOR A SOCIAL SECURITY NUMBER

SSN

Social Security Administration Office
Federal Building, Room 1433
700 West Capitol
Little Rock, AR 72201

Social Security Administration Office
3608 E. Kiehl
North Little Rock, AR
833-9520

Telephone: 324-5827

Toll Free Telephone: 1-800-772-1213

Take the following documents with you:

Passport with I-94 Departure Record (white card stapled inside your Passport)

DS-2019 (J-1 or J-2 status), or

I-797 (H-1, H-4, O-1, O-2, R-1, or F or J who changed status), or

I-20 (F-1 status), and

Current Letter of Intent from your Department showing you are currently employed or enrolled in school

POSTAL SERVICE

UAMS sells domestic postage stamps in the Mail Room. If you want to mail overseas, you will have to procure stamps at a Post Office. The closest Post Office branch, outside of UAMS, is located at 2803 Kavanaugh Blvd. Be sure when you address your envelope that you use the complete address, including the correct zip code.

Packages and documents can be sent through the mail safely. However, be sure to send important items by registered or certified mail with a return receipt.

TELEPHONE

In the United States, every number has an area code (such as 501), a local exchange (such as 686), and a number (such as 8000). If you call within the Little Rock area, you will need to use the local exchange and the number (such as 686-8000). If you call outside Little Rock, you need to use 1, the area code, the local exchange and the number (for example 1-501-686-8000).

If you do not know a telephone number either in Little Rock or outside Little Rock, you may consult Directory Assistance by calling 1411. You may also use this information number when trying to find a number in another state.

To make international calls, dial: 1-country code, city code, and local exchange; or dial 0 and ask for an international operator.

SOME WORDS OF CAUTION

Telephone numbers that begin with the area code numbers 700 or 900 will cost you anywhere from \$3.95 per minute to \$30 per minute. Some 800 numbers also have charges. The Telephone Company will, at your request, put a block on your telephone to prevent anyone from making 700 and 900 calls.

TRANSPORTATION

BUS

This is the cheapest way to travel around town, but some parts of Little Rock have no bus service. Monthly bus passes are available for unlimited rides. You can purchase these passes from the UAMS Treasurer's Office for \$30.00. For bus schedules and the most current fee information, call Central Arkansas Transit at 375-1163.

TAXI

Traveling by taxi is expensive. There is generally a 15-30 minute wait after you call the taxi, unless you have reserved 24 hours ahead of time. Consult the "Yellow Pages" of the telephone directory for taxi companies.

Unlike other countries, you cannot bargain for a taxi. You must pay an initial fare and an additional set amount per mile. The driver will tell you the charge after you arrive at your destination. It is customary to add a 10% tip to the charge.

CAR

This is the most convenient, and also the most expensive way to travel. Be sure to consider expenses prior to purchasing a car (sales tax, license plate, personal property tax, liability insurance, parking fees, and maintenance). You **MUST** be familiar with the rules and regulations of operating a vehicle.

You must have an Arkansas Driver's License to operate an automobile. You will be required to pass a written examination, a vision test, and a driving test. A booklet to help you study for the written examination can be obtained from:

Arkansas State Police Office
1 State Police Plaza Dr.
Little Rock, AR 72209
Telephone: 618-8251

There is a thirty-day waiting period from the time you pass the written test until you take the road test.

TO OBTAIN PERMISSION TO PARK YOUR CAR ON CAMPUS, contact the Parking Office at 526-7275. If approved for parking and you will be on UAMS payroll, as an employee, the fee is paid through payroll deduction.

IF YOU HAVE AN ACCIDENT:

- ◆ If the vehicle can be driven, move it to a safe location and then contact the police by calling 911 and exchange the necessary information with other drivers involved.
- ◆ Give your name, address, vehicle license plate number, driver's license number, and insurance company name to anyone else who was involved in the accident. Get the same information from others involved in the accident. You may want to obtain additional information including phone number, vehicle identification number and vehicle description. You may also want to get the names, addresses, and phone numbers of any witnesses.

APARTMENTS AND HOUSES FOR RENT

To identify a neighborhood which meets your needs, consult your sponsor or co-workers before starting an apartment or house search. Hillcrest, the neighborhood directly North of the UAMS campus is home to many of the international scholars and students. It has all the necessary amenities and is within walking distance of the campus.

The following are sources for finding rental property, furnished and unfurnished:

- ◆ The Arkansas Democrat Gazette or The Arkansas Times - Classified Section.

- ◆ "Apartments" listed in the Yellow Pages of the Telephone Book. You call the apartment complexes yourself.
- ◆ "Real Estate Rental Services" in the Yellow Pages of the Telephone Book. These companies are in the business of finding apartments for people and may require you to pay a fee or charge a fee to the owner.
- ◆ Apartment Guide of Greater Little Rock, Telephone 227-6480

You may want to consider the purchase of Renters' Insurance in the case of theft or fire. Most insurance companies sell this type of insurance.

To establish service for utilities, call:

- ◆ Electricity 1-800-368-3749 or 212-1020
- ◆ Gas 372-7552 (after hours 377-4506)
- ◆ Water 372-5161 (after hours 377-1239)
- ◆ Telephone 1-888-294-8433, ext. 102

SCHOOLS

There are many public, private (religiously affiliated and without religious affiliation) and charter schools in the Little Rock area. Parochial Public and Charter schools are tuition free and private schools charge tuition.

Consult the Yellow Pages of the Little Rock telephone book for a listing of all the area schools, public, private and parochial.

SCHOOL LEVELS	AGES
Preschool	-4
Kindergarten	5
Elementary School, grades 1-5	6-11
Middle School, grades 6-8	13-15

Senior High School, grades 9-12 15-18

TYPES OF SCHOOLS

- ◆ Public schools which are operated by local government
- ◆ Private schools which are owned and operated by private individuals, corporations, or religious affiliates

Most children go to public schools. Public schools do not charge tuition; however, there are fees for meals, supplies, and field trips. Some public schools are "magnet schools" which emphasize specific subjects such as science or the arts. The public school system offers a service to introduce newcomers to the public school system. There may be waiting lists for some schools. Therefore, it is important to contact the school system early. For information on a public school in Little Rock, contact:

Little Rock School District
Administrative Office
810 W. Markham Street
Little Rock, AR 72205
Telephone: 324-2000

SHOPPING IN LITTLE ROCK

SPECIALTY FOOD STORE: a store specializing in international, natural/organic foods or fresh foods/produce.

The Fresh Market, The River Market, Whole Foods, Vietnam Market, Asian Groceries, Indian Grocers, Terry's Finer Foods

SUPERMARKET or GROCERY STORE: a large self-service store selling groceries, food items and fresh produce.

Kroger, Harvest Foods, Edwards Food Giant

DRUGGIST/PHARMACIES: a store that contains a pharmacy selling prescription medicine and also sells over-the-counter (nonprescription) medicine and other misc. items.

Drug Emporium, Walgreen's, USA Drug, Wal-Mart, Kroger

RETAIL STORE: a store selling a wide variety of merchandise including but not limited to clothing, groceries, personal care products, bedding, over-the-counter medications, jewelry, etc.

Target, K-Mart, Wal-Mart

DEPARTMENT STORE: a store selling mostly clothing, shoes, cosmetics and jewelry

Dillards, Belk's, JC Penney, Sears

RECREATION AND ENTERTAINMENT

There are many cinemas, theaters, clubs, concert halls and museums in Little Rock. The Arkansas Democrat Gazette and the Arkansas Times newspapers list what is going on and cost. Many restaurants are listed in the Yellow Pages of the Telephone Book that includes both an alphabetical listing, as well as a listing by type of cuisine.

There are several parks within the city limits, as well as many lakes and rivers within an hour's drive of Little Rock. Fishing, hunting, boating, swimming, hiking and camping are some of Arkansans' favorite outdoor activities. The following website will give you additional information about the many activities, parks and recreation available in Arkansas.

www.seearkansasfirst.com

The Little Rock Convention and Visitors' Bureau can also be helpful in giving you ideas for events and activities. They publish a booklet entitled Little Rock and North Little Rock, Places to Go, People to See, Things to Do. You can request this be mailed to you.

Little Rock Convention and Visitors' Bureau
State House Convention Center (Markham and Main Streets)
Little Rock, AR 72201
Telephone: 370-3290

Exchange Visitor Program

The UAMS Exchange Visitor Program is governed by the U.S. Department of State, Office of Exchange Coordination and Designation. They may be contacted at the following:

Office of Exchange Coordination and Designation Bureau of Educational and Cultural Exchanges U.S. Department of State
301 4th Street, S.W., Room 734
Washington, D.C. 20547
Fax 202 203-5087
JVisas@State.gov

