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International Programs Staff Directory

International Programs Office (RS-11)
Office Hours: Monday - Friday 8:00am - 5:00pm
Closed Saturday and Sunday

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Executive Director
Kathie.kwilinski@seattlecolleges.edu

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Marketing & Outreach Director
Gene.baker@seattlecolleges.edu

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Catherine.creason@seattlecolleges.edu

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Program Coordinator & International Student Advisor
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Program Assistant
Rebekah.hunter@seattlecolleges.edu

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IEP Student Advisor
Ana.korsmo@seattlecolleges.edu

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International Student Advisor
Lori.tongol@seattlecolleges.edu

Noah Overby
International Student Advisor
Noah.overby@seattlecolleges.edu

Debbie Park
International Student Advisor
Deborah.park@seattlecolleges.edu

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Vinnie Burns
Admissions Coordinator
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Activities Coordinator
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Linh Nguyen
Clerical Assistant
Linh.nguyen@seattlecolleges.edu

An Chu
Marketing Associate
Special Programs Coordinator
An.Chu@seattlecolleges.edu
Arrival
New Student Check In

Now that you have arrived in Seattle, you will need to check in to the International Student Office (RS-11) at South Seattle Community College. Bring all your travel documents (including passport, I-20, and I-94 card) to the International Programs Office. During check in, you will complete an initial interview form, receive a temporary student ID card, and receive an Insurance card. You will also receive a Compass testing and orientation schedule.

Placement Testing

The ESL COMPASS test is a placement test that assesses your grammar, reading, listening and math skills. You must take the COMPASS test when you first arrive, before you register for classes. *If you have TOFL, IELTS, or ACT scores, these may replace the COMPASS test. Also, if you have taken English 101 at a college or university, this also may replace the COMPASS test. Be sure to check with your International Student advisor if you have one of these exceptions.* The COMPASS test can be taken at the testing center on campus, after you pay the $18.00 fee at the cashiers office, located in registration.

The COMPASS test is progressive, which means the questions start easy, then get harder. The COMPASS test is untimed, which means you can take as long as you like to finish the test. If you would like to retake the COMPASS test, you can re-test after 3 months (once each quarter).

After completing the COMPASS test, you will need to take the IEP Writing Sample. This test is free, and taken in the International Programs Office. The Writing Sample is timed, you will have 30 minutes to complete the sample. The test will ask a question, and you will have 30 minutes to write 2 or 3 paragraphs to answer the question.

Housing

Students should arrange their own housing prior to arrival in the United States. Most students prefer living with a host family to help them adjust to new culture and language. Please note that you contact the Host Family Agency yourself and sign a contract with them. It usually takes about one month for placement. The sooner you apply, the more convenient the options for placement may be. These agents charge a $250 placement fee and require you to fill out an application. Please Contact the agents directly.
<table>
<thead>
<tr>
<th>Home Stay Provider</th>
<th>Address</th>
<th>Telephone / Fax</th>
<th>Email / Web</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABODE Homestays</td>
<td>20126 Ballinger Way NW #84</td>
<td>Tel: 206-527-8654</td>
<td><a href="mailto:info@abodehomestays.com">info@abodehomestays.com</a></td>
</tr>
<tr>
<td></td>
<td>Shoreline WA 98155</td>
<td>Fax:206-524-7780</td>
<td><a href="http://www.abodehomestays.com">www.abodehomestays.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seattle Homestay</td>
<td>PO Box 25615 Federal Way, 98093-2615</td>
<td>Tel: 253-835-4337</td>
<td><a href="mailto:info@seattlehomestays.net">info@seattlehomestays.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fax:253-835-4341</td>
<td><a href="http://www.seattlehomestays.net">www.seattlehomestays.net</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>USA International</td>
<td>9514 NE 201 ST Bothell, 98011</td>
<td>Tel: 425-483-5974</td>
<td><a href="mailto:info@ushomestays.com">info@ushomestays.com</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fax:425-485-1891</td>
<td><a href="http://www.ushomestays.com">www.ushomestays.com</a></td>
</tr>
</tbody>
</table>

As a student at SSCC you might decide to live more independently than in a homestay. The housing binder in the International Programs Office may help you find a housemate or shared housing. You also can use the following resources:

- The housing binder in the International Programs Office
- The Seattle Times Newspaper
- Craigslist
- Apartments for Rent
- Temporary Housing and Hotels
- Online websites

**Communication**

Telephone: Pre-paid cards are cheap, safe and easy to use. You can buy them from any convenience store or many stores in the International District. You can also buy an American cell phone at locations all around Seattle.

If you are in a homestay, ask your host family about the phone rules.
- When can you use the phone?
- What times of the day can your friends and your family call you?
- Do you need a use a phone card or can you pay your charges each month on their phone bill?
- How long can you talk on the phone?

If you are in an apartment by yourself or with a roommate, you will need to help pay for the monthly phone bills.

Skype or other online video chatting methods are a great way to call and see your friends and family back home for free using your computer!

Mail: The closest post office from South Seattle Community College is located in Westwood Village. 2721 SW Trenton St. Seattle, WA Phone: (800) ASK-UPS You can buy Domestic stamps (44 cents) and international stamps (90 cents) for letters. You can also mail packages.

Email: When you have registered and paid for your classes, you can have an email account through the college. You can use this email address OR a different personal email address. Advisers from the International Programs Office will email you about registration, scholarships, immigration status, and upcoming activities, so it is important to provide the International Programs Office staff with the email address that you use most frequently. You can use the computers in the school library to send emails.
Transportation
You can purchase an ORCA card on campus. An ORCA card works like cash or a pass for public transportation, such as metro buses.

Metro buses traveling to SSCC
- From Downtown take #125
- From West Seattle Junction take #128
- From White Center take #128

Taxis are very expensive, so use them only for emergencies. You can find the numbers in the telephone book or online.
- Yellow Cab: (206) 622-6500
- Orange Cab: (206) 522-8800

Buying a Car
- Go to a car dealer with a good reputation
- Have the car inspected by a good garage before buying it.
- There are hidden costs like sales tax, processing fees, registration fees, etc.
- Automobile Insurance is mandatory
- Fee of change owner of the car (the title)
- You must get a Washington State Driver’s License. You will need to visit Department of Licensing and you will need to pass a written and driving test

Money and Banks
To get an ATM/Debit card and a checkbook, you will need to open a checking account at a bank. ATM/debit (VISA or Master) card can be used on any ATM machine, and anywhere that accepts VISA/MASTER card. Many stores require identification with current address information when writing a check, for example, a passport, driver’s license or ID card. (You can go to one of the Licensing office to apply for a Washington State ID with required documents)

- ATM/Debit card is different from a Credit card it takes money out of your bank account when you use it. Make sure you have enough money in your account to cover your expenses. If you over withdraw you might get a fine
- ATM usually charge $1.50 per transaction and your bank might charge $1.50 if you use a non-branch ATM. Watch for these fee and keep track of money in your account.
- Never tell anyone your PIN# (Personal Identification Number). The account can be used with this information
- Never write a check without having money in your account. If you do there are a large fine from the store and the bank
- Never sign an empty check.
Bank Information close to South Seattle Community College:

<table>
<thead>
<tr>
<th>Bank of America</th>
<th>Key Bank</th>
</tr>
</thead>
</table>
| 2515 SW Trenton St # 103  
Seattle, WA 98106-3209  
(206) 923-5006  
www.bankofamerica.com | 9655 17th Avenue Southwest  
Seattle, WA 98106  
(206) 763-8440  
www.key.com |

<table>
<thead>
<tr>
<th>Chase Bank</th>
<th>US Bank</th>
</tr>
</thead>
</table>
| 1616 Southwest 100th Street  
Seattle, WA 98146  
(206) 461-6425  
www.chase.com | 15820 Ambaum Boulevard Southwest  
Burien, WA 98166  
(206) 444-5748  
www.usbank.com |

<table>
<thead>
<tr>
<th>Wells Fargo</th>
<th>BECU – Credit Union</th>
</tr>
</thead>
</table>
| 800 Southwest 152nd Street  
Burien, WA  
(206) 433-6262  
www.wellsfargo.com | 9620 28th Avenue Southwest  
Seattle, WA 98126  
(800) 233-2328  
www.becu.org |
Immigration
IMMIGRATION REGULATIONS

Please note that it is your responsibility, as an F-1 student, to be familiar with and follow the immigration regulations pertaining to your F-1 visa.

Maintaining Student Status

Full Time Enrollment: F-1 students must enroll for a full-time course load each quarter. Students enrolled in the Intensive English Program must enroll for at least 18 credit hours and College Level students must enroll in at least 12 credit hours to maintain status. If you are planning to withdraw from a course you must first speak with an advisor in the IP Office. Please see the reduced course load section below for exceptions to the full-time enrollment requirement.

Online Classes: Only one online class can count towards a student’s full-time course load per quarter.

Academic Progress: Students need to keep over a 2.0 GPA to maintain legal status. Please note: if a student makes under a 2.0 GPA for three consecutive quarters, has a grade of NC or 0.0 for three consecutive quarters, more than four NCs or 0.0s in any three quarter period, or NCs or 0.0s for all classes in one quarter their SEVIS Record will be terminated for failure to make normal progress and will be out of legal F-1 status.

Employment: F-1 students that maintain a 2.0 GPA and are in legal status are eligible for on-campus employment. Students must receive authorization prior to engaging in any off-campus employment. It is extremely important that F-1 students do not engage in any illegal or unauthorized employment. For additional information please see the employment section below and schedule an appointment with an immigration advisor in the IP Office.

Change of Address: F-1 students are required to report any changes to their address in the United States, phone number or email to the IP Office within 10 days of the change. Students will need to complete a Change of Address Form that is available in the IP Office.

Benefits of Maintaining Student Status
- Travel and Re-entry to the United States
- Eligibility for Vacation Quarter
- Change of Program
- I-20 Extension
- Concurrent Enrollment
- Change of Status
- School Transfer
- On-campus Employment
- Severe Economic Hardship Employment
- Concurrent Enrollment
- Change of Status
- School Transfer
- On-campus Employment
- Severe Economic Hardship Employment

Failure to Maintain Status: If a student fails to maintain status their I-20 (immigration record) will be terminated in SEVIS and they will be out-of status. Students that fail to maintain status are not eligible for an additional period for departure. Students will be considered out of status for the following reasons:
- Failure to register for a full-time course of study
- Unauthorized drop below a full course of study
- Unauthorized withdraw from classes
- Suspension or Expulsion
- Unauthorized Employment
- Failure to make normal progress towards your degree of study
- Failure to apply for an I-20 Extension prior to the end date listed on the I-20.
Travel

Students planning to travel outside of the United States are required to obtain a travel signature on page 3 of their I-20 prior to leaving the United States. A travel signature can be provided by a Designated School Official, DSO, in the IP Office and is valid for 12 months from the date of signature.

Before traveling outside of the United States students should review their immigration documents to verify if their Passport, F-1 Visa, and I-20, with travel signature, are valid. Students can schedule an appointment to meet with a DSO prior to travel to discuss visa renewal and to review a student's immigration documents.

Students will need to present the following items to reenter the United States at a port of entry:

- I-20 (with valid travel signature)
- Valid Passport
- Valid F-1 Visa (See Note Below)
- Financial Evidence- Students may need to show evidence of sufficient funding for academic and living expenses
- Current Class Schedule- Students may access their class schedule by using Student Online Services at www.southseattle.edu
- Students on OPT should also carry their Employment Authorization Document and a letter from their employer

Note: Students can travel to Canada, Mexico or the adjacent islands for less than 30 days with an expired visa and may re-enter the United States on the Automatic Visa Revalidation program. Students from Iraq, Iran, Syria, Libya, Cuba, Sudan, and North Korea are not eligible for automatic visa revalidation. Please see an advisor in the IP Office for additional information.

Travel to Canada: Travel to Canada may require a Canadian Visa depending on the nationality of the student. Citizens from countries listed on the following website will need to apply for a Temporary Resident Visa prior to travel to Canada: http://www.cic.gc.ca/english/visit/visas.asp#exemptions

Travel Inside the United States: Students are advised to carry their passport along with their I-20 (with valid travel signature) and I-94 card when traveling inside the United States. These documents may be required when traveling by plane, car, train, bus or ferry to prove lawful status in the U.S.

Completion of Academic Program and Grace Periods

Upon completion of a student’s program of study they will have a 60 day grace period inside the United States. During a student’s 60 day grace period they have the following options:

- Apply for Optional Practical Training (OPT)
- Apply for a new program of study (Change of Education Level)
- Transfer to another SEVP approved institution
- Prepare for departure from the United States

If a student decides to return to their home country before completing their program of study they should schedule an appointment to speak with an advisor in the IP Office. Students may be eligible for a 15 day grace period in the United States if approved for Authorized Early Withdraw.

If a student fails to maintain their status they are not eligible for an additional period for departure.
**Reduced Course Load**

**Vacation Quarter:** An F-1 student is eligible for a vacation quarter inside the United States after being enrolled full-time and maintaining status for three consecutive quarters. During a vacation quarter F-1 students are eligible to remain inside the United States without registering for a full course load. Students must submit their application for approval to the IP Office before the intended vacation quarter begins. If the student plans to remain in the United States they must pay for their health insurance for that quarter in order to continue their coverage.

**Initial Academic Difficulty:** A student experiencing academic difficulty during their first quarter may be authorized to drop below a full course of study on the basis of the following reasons:
- Initial difficulties with the English language
- Initial difficulties with reading requirements
- Unfamiliarity with American teaching methods
- Improper course level placement

A reduced course load based on initial academic difficulty must consist of at least six credit hours, or half the clock hours required for a full course of study. Students must submit a request for reduced course load along with an instructor’s signature to the IP Office for approval before withdrawing from any classes.

**Medical Leave:** Students may be authorized to enroll less than full-time or, if necessary, in no classes at all due to a temporary illness or medical condition. Students must submit a request for reduced course load along with a letter from a licensed medical doctor, doctor of osteopathy, or licensed clinical psychologist to the IP Office for approval before withdrawing from any classes.

**Concurrent Enrollment:** Students can enroll at another SEVP-approved institution as long as their credit load equals full time and the majority of credits is taken at South Seattle Community College. Students must submit a request for reduced course load along with a copy of their registration from the other institution to the IP Office for approval.

Students attending North Seattle Community College or Seattle Central Community College will not need to submit a copy of their class registration and grades. If a student attends any other SEVP Approved institution they must submit a copy of their class registration with their application for reduced course load and their grades at the end of the quarter.

**Final Quarter of Study:** A Student in their final quarter of study that requires less than 12 credit hours to graduate is eligible for a reduced course load. Students must apply for graduation and submit a reduced course load form to the IP Office for approval.

**Dependents**

A dependent is the husband, wife or child of an international student. The dependents of an F-1 visa holder can be in the United States on an F-2 visa. Please note these important regulations around F-2 visa status:
- If an F-2 visa holder is present in the United States, the F-1 visa holder must be as well. An F-2 visa holder cannot be in the United States while the F-1 visa holder is outside the country
- An F-2 visa holder is not allowed to pursue a program of study at a college or university in the United States. F-2 visa holders who would like to study should make arrangements to change their visa status to F-1.
- F-2 visa holders are not allowed to work in the United States.
Renewing your Immigration Documents

I-20
If a student will not be able to complete their program of study by the end date listed on their I-20 (Page 1, Section 5) they will need to apply for an I-20 Extension. Students can apply for an I-20 extension with the IP Office by completing a Request for a New or Revised I-20 Form and submitting an updated bank statement. The student will need to submit a completed application prior to the end date on the I-20. If a student will not complete their program of study and fails to apply for an I-20 Extension prior to the end date they will be considered out of status and their SEVIS record will be terminated. Please note F-1 visa regulations prohibit an I-20 extension if it is due to poor academic performance on the part of the student.

Visa
Students are eligible to remain in the United States with an expired visa as long as they are maintaining their F-1 status. If a student’s F-1 visa has expired and they plan to travel to their home country or outside North America they will need to apply for a visa renewal. Students should visit the website for the United States Consulate or Embassy located in their country, for a complete list of required documents for the visa renewal process. For a listing of US Consulates or Embassies please visit the following website: http://www.usembassy.gov/. Please note F-1 students, that have maintained their status, are eligible to travel to Canada, Mexico or DHS approved adjacent islands for less than 30 days with an expired F-1 visa. Students can schedule an appointment with an advisor in the IP Office to review questions on visa renewal or travel.

Passport
Students need to keep their passports valid within six months of the expiration date. In order to apply for a new passport, students should contact their countries’ nearest Consulate or Embassy. For a complete list of foreign embassy websites please visit the following page: http://www.state.gov/s/cpr/rls/dpl/32122.htm.

Lost Documents

I-20
If your I-20 is lost, stolen or damaged please talk with your immigration advisor in the International Programs Office. You can request a replacement I-20 by completing the Request for a New or Revised I-20 Form.

Passport
If your passport is lost or stolen you should immediately contact your country’s embassy or consulate in the United States. You can find additional information on how to apply for a replacement passport online at the embassy or consulate’s webpage.

Visa
If your visa is lost or stolen you should contact the US Embassy or Consulate that issued your visa to make sure your visa is not being used by another person. The next time you travel to your home country you will need to apply for another US Visa.

I-94
To replace a lost or stolen I-94 card you will need to complete Form I-102 with USCIS. The form can be found at uscis.gov and the application fee is currently $330.00. You will need to include a copy of a police report if the document was stolen and you should make an appointment with your immigration advisor to review application materials in the IP Office.
EMPLOYMENT

On Campus Employment

F1 students are eligible to work on campus. To maintain eligibility students must maintain a 2.0 GPA and be in legal F-1 status. Students may work on campus up to 20 hours per week when classes are in session and can be full time during academic breaks and vacation quarters.

How to Apply for a Social Security Card:

- Go to IP office to pick up an On-Campus Employment Form
- Find an open position on campus and apply for the job
- Once you have been offered a position ask the supervisor to complete the On-Campus Employment Form
- Bring the signed form to the IP office and turn it in with a completed Student Request Form
- Visit the nearest Social Security Administration office to apply for a social security number. Bring the letter prepared by the IP Office along with your I-20, Passport and I-94 Card. Wait for your social security card to arrive and inform the supervisor who hired you once you've received it

Off Campus Employment

Off-campus employment is NOT permitted unless approved by USCIS under very limited special circumstances or by a Designated School Office (DSO) prior to engaging in employment.

Severe Economic Hardship

Under special circumstances, USCIS will grant employment authorization to students who experienced Severe Economic Hardship. F-1 students who have been enrolled in a degree or certificate program for 9 months or longer and who have experienced severe and unexpected financial hardship are eligible to apply. See an IP advisor for more information.

There are two kinds of Practical Training which allow F-1 students to gain job experience in their field of study. Students must have been enrolled for one full academic year and maintained their F-1 status in order to apply.

Curricular Practical Training (CPT)

CPT allows F-1 students to legally engage in an off-campus internship while receiving credits that count toward completion of their program of study. Students must submit an application for CPT to the IP Office. Upon approval by a DSO, the student will receive an updated I-20 with a CPT endorsement on page 3. Students may not engage in any CPT employment without first receiving the updated I-20. Please note that students who engage in full-time CPT for twelve months or more prior to graduation will not be eligible for post-completion Optional Practical Training (OPT). For additional information please make an appointment in the IP Office to speak with an advisor.
Optional Practical Training (OPT)

OPT allows students to engage in temporary employment to gain practical experience in their field of study. Students can apply for part-time Pre-Completion OPT or full-time Post-Completion OPT with USCIS. Students approved for Post-Completion OPT will receive an Employment Authorization Document that allows them to work in the United States for up to twelve (12) months. Students can apply for OPT 90 days before their program completion date or up to 60 days after their program end-date. Applications to USCIS can take up to 3 months to receive an approval notice so students should plan ahead and make sure to schedule an appointment with their immigration advisor at least one quarter before graduation.

Are YOU Eligible for OPT? - Choose Yes or No
- Are you an F-1 student? (Yes/No)
- Are you a college level student? (Yes/No)
- Are you in a degree program (AA/AS/AAS or Short Term Certificate)? (Yes/No)
- Are you graduating this quarter or after next quarter? (Yes/No)
- Have you maintained your F-1 status for the past 3 consecutive quarters? (Yes/No)

If you answered "No" on any of the questions, you can NOT apply.
If you answered "YES", contact the International Office for an appointment.

Illegal or Unauthorized Employment

If a student engages in any unauthorized employment their SEVIS record will be terminated and they will be out of legal F-1 status. Students must receive authorization from USCIS or their Designated School Official prior to engaging in any work off-campus. If a student has any questions regarding employment they can schedule an appointment with their immigration advisor in the International Programs Office.
IDENTIFICATION

Carrying around your passport is very dangerous. If you lose it you’ll lose I-94 card as well. To replace both documents takes a lot of time and money! Make sure you are extremely careful with your Passport, I-94 card, Visa, and your I-20.

Since you’re not living in Washington State, you can apply for a Washington State residence ID card from local licensing office.

To Apply for a Washington ID:

Students will need to prove both identity and place of residence.

- Proof of Identity (all documents below are required)
- Current SEVIS personal information and a student transcript in a sealed envelope prepared by IP advisor (allow minimum 2 work days upon request)
- Passport
- I-94 card
- Visa
- I-20

Proof of Residence

Students that live with a host family will need to bring their host family into the Department of Licensing along with one of the following:

- Utility bill (dated within 60 days)
- Landline bill (dated within 60 days)
- Cable bill (dated within 60 days)

Note: The host family will have to sign a document stating the student will reside at the said address in addition to showing the selected bill.

Students who will share an apartment the roommate will be required to come into the Department of Licensing office with one of the following with the students name on it:

- Utility bill (dated within 60 days)
- Landline bill (dated within 60 days)
- Cable bill (dated within 60 days)
EMBASSY INFORMATION

Brazil: San Fran (415) 981-8170 http://www.brazilsf.org
Bulgaria: Chicago (312) 867-1901 http://bgconsulchicago.net/
India: San Fran (415)668-0662 http://www.cgisf.org/
Japan: Seattle (206) 682-9107 www.seattle.us.emb-japan.go.jp/
South Korea: Seattle (206) 441-1011 www.koreanconsulate.org
Taiwan: San Fran (415) 362-5303 http://www.roc-taiwan.org/mp.asp?mp=1
Vietnam: San Francisco (415) 922-1707 www.vietnamconsulate-sf.org
Hong Kong: San Fran (415) 397-2215 www.hk.embassyinformation.com
China: San Francisco (415) 674-2900 www.china-embassy.org/eng/
Cambodia: D.C. (202) 726-7742 www.embassyofcambodia.org

If you do not see your embassy and need assistance, please contact the International Programs Office
Academics
The Intensive English Program (IEP) is designed for non-immigrant, non-native English speakers. SSCC uses an integrated approach with interactive methods. American style maybe different from your country! The IEP classes prepare students for college level course and includes a direct transition to college-level course work after completing level 5.

College Courses

South Seattle Community College offers classes to fulfill the general undergraduate requirements in a wide variety of areas to meet many interests and professional goals. Students can place into college-level courses upon completing level 5 of the Intensive English Program (IEP) or by placing into courses by obtaining a COMPASS test score of 68 in Writing, 77 in Reading, and 50 in Pre-Algebra. Popular professional and technical programs include Aviation Maintenance Technology, Computer Technology Programs, Culinary Arts, Nursing Programs, and Wine Technology. Interests within the Associate of Arts, Associate of Business, or Associate of Science degrees include Accounting, Communications, Economics, Engineering, and Political Science. Whether you are looking to prepare for immediate job placement or transfer to another college or university, we can meet your needs.
Advising

Advising is a crucial component of all students’ experiences in higher education. Within this context, students can find meaning in their lives, make significant decisions about the future, be supported to achieve to their maximum potential, and access all that higher education has to offer (NACADA, 2005).

College Level:

Dedrick Smith  Deborah Park  Noah Overby

Email: Dedrick.smith@seattlecolleges.edu
Deborah.park@seattlecolleges.edu
Noah.overby@seattlecolleges.edu

College Level
& High School Completion:

Lori Honts Tongol  Ana Korsmo  Catherine Creason

Email: Lori.tongol@seattlecolleges.edu
Ana.korsmo@seattlecolleges.edu
Catherine.creason@seattlecolleges.edu
Making an appointment:

In person:
Come to the International Programs office located in Robert Smith building, Suite 11 (RSB 11).
Bring your Student ID card
Make an appointment with the front desk staff
State who you would like to see and the reason for making an appointment

E-mail:
ip@seattlecolleges.edu
State your name, your SID, and the reason for your appointment
Specify who you would like to see and give some options for times that you are available to meet

Phone:
Call +1-206-934-5360
State your name, your SID, and the reason for your appointment
Specify who you would like to meet and give some options for times you are available to meet

When to make an appointment and what to talk about:

Before the quarter begins, or anytime questions or concerns arise
Initial course placement based on the COMPASS test
Discuss programs & courses for the upcoming term- Plan ahead
What courses to substitute or take at the same time
Graduation/diploma application
Ask about transfer requirements and explore college/university options
Immigration & visa issues

Medical/Health Insurance
HEALTH INSURANCE

International students enrolled at South Seattle Community College (SSCC) are required to have and maintain medical insurance for the full period of their studies at SSCC. Accompanying dependents are also required to have sufficient insurance coverage.

All F-1 visa students who hold an I-20 form from South Seattle are required to purchase South Seattle’s medical insurance policy (offered through Lewermark Insurance) at the time of registration.

To see coverage, exclusions, limitations, and find a doctor:  www.lewermark.com

When to go to the Doctor

For most of your medical needs you should make an appointment with a doctor in a medical clinic. When making an appointment, make sure that the clinic accepts your health insurance. Some doctor’s office have walk-in clinics that are open extended hours. A walk-in means that you do not need to have an appointment and is designed for minor emergencies, sudden illness, minor accidents, etc. You can find a doctor near your or who speaks your language to you by visiting www.lewermark.com and clicking on “International,” then “Find a Doctor”

You can also call The My Nurse Hotline and speak to speak to a nurse on the telephone. My Nurse Hotline offers services in over 200 languages. You can call and speak to a nurse and your first language at 1-866-549-5076

When to go to the Emergency Room:

If you are having a major medical emergency (broken bones, suddenly painful illness, heart attack, excessive bleeding, unconsciousness, etc) you should go to the emergency room.

The nearest hospital is
Swedish Medical Center: 1703 California Ave SW / Seattle, WA 98116 / (Tel) 206-932-2529

****Dial 911 if you need immediate medical assistance****
Frequently Asked Questions

Q: Why do I need health insurance?
A: Medical costs in the US are very expensive. A major accident or illness could cost $10,000- $100,000.

Q: What is a co-pay?
A: This is a small out of pocket expense that you must pay the doctor or hospital for each visit.

Q: How am I reimbursed for a claim or prescription drugs?
A: The pharmacy will require payment up-front. Complete a claim form and send it to The Lewer Agency. www.lewermark.com

Q: What happens if my claim is rejected?
A: Call the Lewer Agency at 1-800-81-7710 or send email to tlasip@lewer.com
Occasionally, a claim can be rejected if the doctor provides the wrong number or other info is missing. Lewer will research the claim and let you know the status.

Q: Should I keep my insurance card with me all the time?
A: Yes. You should keep your insurance card with you and your other important identification items at all times in case of emergency. You can get your insurance card at the International Programs Office.
How to find a doctor on LewerMark.com

1. Go to: www.lewermark.com

2. Click on “International”

3. Click on ‘Find a Doctor or Pharmacy’

4. Click on ‘Click here to find a provider’

5. Choose how you would like to search for a doctor. If you are looking for a Primary Care Doctor, choose ‘Search by Specialty’. From here, add all of the information you would like. Be sure you choose one of the following:
Culture Shock
CULTURE SHOCK

Culture shock refers to feelings of anxiety, frustration, alienation, or anger that may occur when a person is placed in a new culture and/or environment. Culture shock is a normal experience. Symptoms of culture shock may be physical and/or psychological. Culture shock feels different in every person, and many people might not even recognize that what they are experiencing is culture shock.

Physical Symptoms:
- Unsuccessful performance of basic daily tasks
- Over concern about cleanliness of food, bedding, dishes, body, etc
- Absent-minded far away-stare
- Health and safety are overstressed
- Use of drugs/alcohol
- Work declines in quality
- “Home cooking” is craved
- Great concern over minor pains
- Mild psychosomatic disorders

Psychological Symptoms:

<table>
<thead>
<tr>
<th>Anxiety</th>
<th>Decline in inventiveness, spontaneity, and flexibility a great deal of time is spent thinking about how unfortunate one is</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frustration</td>
<td>Sense of isolation</td>
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<tr>
<td>Country</td>
<td>Depression alternating with elation</td>
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<td></td>
<td>Difficulty in communicating feelings</td>
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<tr>
<td>Disorientation</td>
<td>Culture</td>
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<tr>
<td>Distortion of reality</td>
<td>Nervousness</td>
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<tr>
<td>Emotional and intellectual withdrawal</td>
<td>Interact only with members of own</td>
</tr>
<tr>
<td>Excessive fear of being robbed, cheated or injured</td>
<td>Misinterpretation of other’s gesture, facial expressions, body language</td>
</tr>
<tr>
<td>Extreme irritability</td>
<td>Wish to speak to people who “really make sense”</td>
</tr>
<tr>
<td>Tenseness</td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>Defensiveness</td>
</tr>
<tr>
<td>Feeling of helpless and dependence</td>
<td>Aggressive behavior</td>
</tr>
<tr>
<td>Fits of anger</td>
<td>Critical of host country</td>
</tr>
<tr>
<td>Frequent complains</td>
<td>Homesick</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Home is irrationally glorified</td>
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<tr>
<td>Refusal to learn the language</td>
<td>Hypochondria</td>
</tr>
<tr>
<td>Stress</td>
<td>Feel like children</td>
</tr>
<tr>
<td>Superior attitude toward people of host</td>
<td>Apathy</td>
</tr>
</tbody>
</table>
Suggestions for dealing with culture shock

- Keep in touch with friends and family at home
- Look for logical reasons why things happen. This may help you view your host culture in more positive light
- Try not to dwell on the negative things about your host culture and don’t hang around people who do
- Take an effort to restore communication by making friends in your host culture and visit or call friends often
- Keep your sense of humor
- Set small goals for yourself
- Speak the language of the country you are in and don’t worry if you sometimes make a fool of yourself doing it
- Take care of yourself by exercising, getting enough sleep, eating properly and doing things you enjoy
- Try to fit into the rhythm of life in your host culture. Adjust to their time schedule for meals and work
- Find out where people meet and socialize. Make an effort to go to those places and observe. Make plan for the weekend.
- Draw on your own personal resource for handling stress. You’ve done it many times before and you can do it again

What strategies do you use to learn English?

Life Style:
- Arrive to class on time and am ready to learn English
- Get enough sleep at night
- Speak English as much as possible
- Watch TV programs in English
- Listen to music in English
- Read the newspaper, magazines, books and web sites in English

Study Habits:
- Come to class prepared with all my books and school supplies
- Keep well-organized notes
- Volunteer to answer questions in class
- Ask questions in class
- Have a quiet, well-lit place to study
- Study every day for at least 30 minutes
- Always do all homework
- Review with classmates

Learning Techniques:
- Keep a list of new vocabulary words
- Make study cards
- Review and revise my class notes daily
- Use an English-English dictionary
- Try to self-correct
- Keep a student plan for each week
- Ask for extra practice exercise
- I pay attention to your teacher's comments on returned assignments
Campus Services
There are many services on campus to help you to adjust and enjoy your time in South Seattle Community College. See the map for campus locations.
**Arboretum 206.934.5396**

It is a park-like setting with walking paths, multiple specialty gardens, a reflecting pool, and a large gazebo. Many campus and community visitors enjoy the serene tranquility of the area and spectacular view of Elliott Bay and the Seattle Skyline. This is a great place for quiet study, outdoor lunches and meeting friends.

**Art Gallery 206.934.5337 / JMB 109**

Art gallery provides the campus and surrounding community with a variety of visual learning experience through art and cultural exhibitions. The gallery also host an annual Student Art Show, which features the creativity and vision of South’s students. Admission is free.

**Buying and Selling Used Textbooks**

Want to buy a used textbook or need to sell your old book? Check out this Bulletin board, located at the north entrance of the JMB student center.

**Cash Machine JMB across from the Bookstore**

One Bank of America cash machine is available on campus; access is restricted to Monday-Friday, 7am-8pm

**Cashiers Office 206.934.5388 / RSB Building**

The office accepts payment for tuition, fees and parking permits. Checks, cash, money orders, Visa, MasterCard, American Express and Discover may be used for payments. For after-hours payment, there is a secured mail slot located in the exterior wall of the Cashiers office. The newest way to make all of your tuition and fee payments is to visit http://sccdweb.sccd.ctc.edu/seasou/webxfer/waci600.html You will need your student Identification number (SID) and Personal Identification number (PIN) to access this feature

**Chinese Garden**

Visit the Song Mei pavilion, designed and fabricated in Seattle’s sister city, Chongqing, China, and assembled here by a team of Chinese artisans. This Authentic Chinese pavilion is the first of many planned structures in the six-acre Sichuan-style garden

**Copy Center 260.768.6662 / LIB Building**

Copy machines for student use are located on the first floor of the Library and Learning Center in the Robert Smith Building. Machines are pay per use by cash or prepaid copy card

**Fitness Center 206.934.6670**

The facility offers students a variety of workout and exercise equipment and opportunities to achieve their personal physical goals, network with other students and provide a healthy way to spend recreational time on campus
For Rent

The bulletin board with housing rental listing is located just outside the Games Room. If you have a rental you would like to advertise, please go to JMB Room 135 to have your ad approved for posting.

Food Services

The dining rooms open during quarters only. The Food Court is closed on the last day of each quarter. All food is prepared and served by the Culinary and Pastry students.

Alhadeff Grill Dining Room 206.934.7952 Offers delicious gourmet food, salad, and a selection of hot entrée at moderate prices with waited service. Walk-ins welcome, reservations encouraged; this dining room closes for private parties or special events.

Café Alki Dining Room 206.934.7952 Offers salads and soups, a club sandwich, and a selection of hot entrees at moderate prices served by Culinary Program students. Walk-ins welcome, reservations appreciated.

Bernie’s Pastry Shop 206.934.5828 Offers retail take-out items, such as cookies, candies, cakes, pies and breads prepared by the Pastry program students. Special orders welcome.

Game-Room/Equipment / JMB Building

The Game-Room provides students the possibilities of engaging in recreation activities while networking with other students. Ping pong tables, a pool table, videogames, television, as well as sports and recreational equipment that can be checked out with a current student ID.

Garden Center / LHO

Carry Felco tools, unusual perennials, deciduous and broadleaf shrubs, native plants, ground covers, and houseplants. The Garden Center offers workshops in the spring. You can call, drop by, or check the calendar for events and sales.

Lost and Found 206.934.5332 / JMB135

Open Mon-Fri. 8am-4:30pm

Outdoor Sports Court

The facilities include a full length basketball court, two tennis court and a volleyball opportunities for continuing education through exercise equipment.

Student Lounge / JMB 134

It is a bright comfy room where students can study, use the microwave, make free local phone calls and enjoy a free cup of coffee. The lounge is open daily for student use.
The Cultural Center 206.934.7950 / JMB146

The center offers an inclusive and reflective space, multicultural programming, and support services that encourage positive interaction, academic persistence, and growth among students.

The Women’s Center 206.934.6831/ LIB 205

The Women Center is dedicated to supporting the academic, personal, and professional success of women in the campus community by providing resource referrals, educational program addressing women’s issues, and a friendly, supportive environment for individuals of all gender identities.

Tutoring Center 206.934.5137 / RSB12 & RSB 18

The tutoring program goal is to help students be successful in their courses. Tutors are assigned to students on a first-come, first served basis. Math And Science Tutoring Center (M.A.S.T) is a warm friendly place where course assistance is available for anyone having difficulties I math, at no charge; MAST is also a quite place to study. Credit is available for students who use MAST on a regular basis. Computer are available.

US Postal Service Mailbox

There is one US Postal Mailbox on campus located outside of the west entrance to the Robert Smith Building. Stamps and envelopes are for sale in the Bookstore.

Vending Machines

All vending machines accept $1 bills and coins with the exception of the hot beverage machine in the RAH Building, which also accept $5 bills. A lot of machines also accept credit card. Vending machine locations are listed below:
- Automotive Tech Building (AUT)
- Cascade Court (CAS) by Pastry Shop
- Continuing Education (CED)
- Fitness Center
- Horticulture (LHO)
- Jerry Brockey (JMB)
- Robert Smith (RSB) by Foundation
- Robert Smith (RBS) by Career Services
- Rainier Hall (RAH)
- Tech Education Building (TEC)

Writing Center 206.934.6412

Writing assistance is provided to students from all college programs. Students are encouraged to come to the writing center if they are having difficulty understanding writing assignments, brainstorming, focusing, organizing, editing and other problems. Computers are available for student use and are equipped with software foe word processing, grammar skills, reading comprehension, and vocabulary development.
Online Campus Services
How Do I Use Student Online Services?

You can check your schedule, your grades, and pay your tuition through the South Seattle Community College website. To get started, visit this webpage:  
http://southseattle.edu/services/sermain.htm

Then, click on the link you wish to use. On this page, you can choose from the following:

- View Your Schedule
- Look Up Your Grades
- SCC Waitlist Inquiry
- Track Your AA Degree Progress
- Pay Your Tuition Online
- And More!

Now, you need to use your SID number and your PIN to log into the website & see your information.

Type your Student Identification Number (SID).

Type your Personal Identification Number (PIN).

Select quarter.  

What is my PIN? Your pin is a 6 digit number that you use to log-in to the computer. It is usually the same as your birthdate. For instance, if my birthday were December 1st of 1990 (12/01/90), then my PIN would be 120190. If your PIN does not work, please call the registration office at 206-934-7938, or visit the Library Help Desk.
Activities
Activities

There are many ways to get involved at South Seattle Community College. There are many activities just for you to participate in. Every week the IP office offers a different activity! Many activities are social events, and a great way to make friends. Many of the activities are free, and some cost a small amount of money. Activities include site seeing tours, fun cultural activities, cultural celebrations, university campus tours, soccer games, and more! Come to the IP office and sign up for activities on the iPad. Use the iPad to browse the upcoming events and to find out about what activities are happening for International students and around campus.

Is there something you’d like to do? Tell us! We love planning activities just for you!

International Ambassadors

Looking for a leadership opportunity? Become an International Ambassador! You will have the opportunity to create new activities for all of the international students at SSCC, make new friends, gain leadership skills, and much more! Here’s a list of events that International Ambassadors have helped with in the past:

- New Student Orientation
- Intensive English Program Graduation Ceremony
- Activities Week - Seattle Space Needle, Seattle Aquarium, and Seattle Harbor Cruise
- International District Tours
And, many, many more

Conversation Partners

The Conversation Partner Program (CPP) is designed for students who are interested in language exchange, other cultures, and making new friends! International Programs will help match you with a group of conversation partners that fits your needs. Groups will meet on their own to help each other improve their language skills, share cultures, and have fun! This program is available every quarter and sign-ups begin within the first few weeks! If you are interested in participating fill out an application and turn it into the IP office.
SSCC International Programs Facebook page is just for you!
Meet classmates, ask questions and see pictures! On the Facebook page you’ll find helpful information about life in Seattle and upcoming events!

Here are some easy steps to finding the SSCC International Programs:

1. Go to www.facebook.com and login to your Facebook account. If you have never used Facebook, create your own profile by following the instructions.

2. Find the Page! Please type “SSCC International Program” into the Search Box.

3. “Like” the page! Click on the button at the top of the page that says “Like”.

You are now a fan of SSCC international Programs Facebook page and can receive information about upcoming events and important notices from the office.
Blog
You can now sign up for email updates through our blog, that way you get an email each time a new event is posted, advising corner updates, and immigration information is

1. Go to http://www.southseattle.edu/blogs/international and click on the ‘Follow’ icon at the bottom right of the page!

2. Enter your email address and click ‘Sign me up!’ You will then be sent an email to confirm your address. Click on the link provided and you will receive updates from the blog straight to your email.
Get the most up-to-date information about what is happening in the International Programs office by viewing and learning from our blog. You can find TONS of information, and even sign up for events through the blog. Here’s how:

1. Go to http://www.southseattle.edu/blogs/international and click on Sign Up

2. Click the flyer of the event you want to sign up for!

3. Complete the form, click submit, and show up!!!
Life in Seattle
Downtown Fun

Downtown Seattle has something to see and do on almost every block, plus coffee shops, cafes, and shops! Check out Pacific Place Mall for lots of shopping, along with your favorite stores around the downtown neighborhood!

Seattle Public Library: The central library was designed by Rem Koolhaas of OMA, and inside is as intriguing as out. The library is located at 4th & Madison.

Smith Tower Viewpoint: Built in 1913, Smith Tower was one of the world’s first skyscrapers. When it was built, it was the tallest building at that time. Visit the observation deck at 506 2nd Ave.

Benaroya Hall: Home of the Seattle Symphony Orchestra with guest musicians. Schedule/tickets: www.seattlesymphony.org/symphony. Benaroya Hall is located at 200 University Street.

Seattle Center: Visit the one-of-a-kind Center Fountain, Pacific Science Center, Science Fiction Museum, Space Needle, and Experience Music Project—all in one stroll after you take the Westlake Center’s Monorail at 400 Pine Street.

Pike Street Market
Restored in the 1970’s, the Market on 1st & Pike St. has local eateries, local fresh farms and fisheries, arts and crafts, and the famous Flying Fish! This is also a great place to buy local flowers, seafood, candies, honey, jam, and so on! Check it out:

Emmet Watson’s Oyster Bar, famous oysters and seafood

Chez Shea for fresh local seasonal French Cuisine

Pink Door: Italian-American cuisine near the Market

Three Sisters offers lunch and baked treats

Steelhead Diner services superior crab cakes and more

May See Yum Pastry has the most delicious Chinese snacks around

Cinnamon Works has yummy baked goods and cookies

Le Panier offers great soups and sandwiches

Piroshtki-Piroshky has the best sweet and savory Piroskys around

The Confectional Cheesecakes: that’s right, a cheesecake store—yum!
Seattle Waterfront

Seafood, souvenirs, and gorgeous views, all within walking distance west of the Pike Place Market. Check it out:

*Ye Olde Curiosity Shoppe*: this throwback to the 60’s features a mermaid and other curiosities.

*Ivar’s in a famous Seattle eatery, Elliot’s ha fantastic food, and The Crab Pot* pours out seafood boil on the table for yummy and messy eating.

*White and green ferries* take you to Vashon and Bainbridge islands for local small town cafes and shops. Plus fast Water Shuttle to West Seattle’s Alki Beach is now near the Ferry Terminal too.

*Argosy Tours* offer short, day and evening supper cruises on Puget Sound and to Tillicum Village.

Get out and go!

Seattle has so many offerings! Here are just a few

**Safeco Field**
The Seattle Mariners play here, order tickets at http://seattle.mariners.mlb.com/ticketing/index, or take a Safeco Field tour

**Museums**

*Asian Art Museum*: Japanese Woodblock Prints and more. 1400 E Prospect St

*Burke Museum of Natural History and Culture*: 45th St by the University of Washington

*Frye Art Museum*: Northern Latitudes: 704 Terry Ave & Columbia Street

*Museum of Flight*: Home to more than 85 aircraft including the supersonic Concorde. 9404 E. Marginal Way S., South of Downtown Seattle, at Boeing Field

*Museum of History and Industry*: 2700 24th Ave E, south of UW Husky Stadium

*Northwest African American Museum*: Northwest Jazz between 1930 and 1960 and more, 2300 S. Massachusetts Street

*Seattle Art Museum (SAM)*: 1st & Union

*Wing Luke Asian Museum*: 719 S. King Street in the International District
Parks and Outdoors

Discovery Park: Discovery Park is a 534 acre natural area park and occupies most of the former Fort Lawton site. 3801 W. Government Way

Freeway Park: Urban landscaping right outside the Downtown WA Convention Center

Gasworks Park: Overlooks Lake Union from the north side. 2101 N. Northlake Way

Greenlake: offers a 3-mile lake s troll and boats, bikes, and skates you can rest. Shops too! 7201 East Green Lake Dr. N.

Lake Union: Watch seaplanes land, and rent a boat at the Wooden Boat Center, 1010 Valley St.

Volunteer Park: Home of the Volunteer Park Conservatory and the Seattle Asian Art Museum. 1247 15th Ave E

Washington Park Arboretum: South of the University of WA, home of the UW University Botanic Gardens, Japanese Garden, and Lake Washington views. 2300 Arboretum Dr. E.

Woodland Park Zoo: World-class zoo north of Downtown Seattle, with more than 300 different animal species on 92-acres of natural habitat. 601 North 59th Street.

University of Washington Campus: Enjoy intriguing architecture and beautiful grounds, and rent a boat at the UW Waterfront Activities Center (Montlake Blvd. E. & NE Pacific Pl)

Movies

Cinerama AMC Theater: 2100 4th Ave.

Pacific Place AMC Theater: Part of the beautiful Pacific Place shopping, dinning, and entertainment center. Sixth & Pine Street.

Regal Meridian 16: Within a block of the WA State Convention Center, Downtown. 1501 7th Ave.
Fun Tours

Enjoy partial or full day tours around Seattle

Mt. Rainier National Park: Visit beautiful Mt. Rainier for hiking, horseback riding, fishing, and more. 3 hours southeast of Seattle. www.seattletours.us, 1-800-305-9617

Ride the Ducks: Coast Guard-certified maritime captains take you on an adventure tour of Seattle, then into the water to cruise Lake Union and view a breath-taking view of the Seattle Skyline. (206) 441-3825

Downtown Seattle whirlwind tour: Tours Northwest takes you through Pioneer Square, Pike Place Market, etc., and area neighborhoods including West Seattle, Fremont, Ballard, Queen Anne, Ballard Locks, Fremont Troll, Theo's Chocolates, etc. 206-768-1234

Bill Speidell's Underground Tour: A fascinating look at Seattle's history during a guided walking tour beneath the city's sidewalks and streets. 608 1st Ave., 206-682-4646

Tour of Theo's Chocolates: Fair-trade, organic and all the chocolate you can eat. Yum! 3400 Phinney Ave. N. (Fremont area) 206-632-5100

Pike Place Market Ghost Tour: 60-75 minute walking tours through the Pike Place Market based on the stories of hauntings shared in the community and the history of Seattle. 1410 Post Alley, 206-805-0195
Seattle Neighborhoods

West Seattle

West Seattle is home to our very own South Seattle Community College, and many homestay families. You can find lots of food and shops at the Alaska Junction, or at Alki Beach. Be sure to explore and become familiar with your neighborhood!

The Alki Bakery is fantastic! Alki Ave. and 61st

Log House Museum is around the corner at 3003 61st Ave SW

Pegasus Pizza and Pasta: Excellent Greek fare and view. 2270 Alki Ave SW, next to a terrific Starbucks

Alaska Junction Coffee to a Tea: Fresh-made cupcakes, pie, scones, and an assortment of teas, coffee, and cushy chairs. 4541 California Ave SW, just steps away from Pegasus Book Exchange.

Alki Beach Park is a beautiful place to visit for free and relax and take in the view. 1702 Alki Avenue SW.

Seattle Chinese Garden (also known as Xi Huan Yuan) is the largest of its kind in the United States. It offers gorgeous views and a continually changing array of plants, the park includes several pavilions built using traditional Chinese materials and techniques. Located right here at South Seattle Community College, 6000 16th Ave SW.

The West Seattle Junction at Alaska Street and California Avenue SW has award-winning murals and the large single grouping of murals in Seattle. Make sure to check out Easy Street Records for your favorite music, the Husky Deli for delicious sandwiches and the best local ice-cream, Cupcake Royal for yummy specially cupcakes, Nielsen Florists, a long-standing florist, and the Classic Barber Shop for a hair cut! Plus many more shops and restaurants.

Places to Eat in West Seattle

*Bakery Nouveau*, Bakery, 4747 California Ave SW

*Zippy’s Giant Burgers*, American, Burgers, Hot Dogs, etc, 9614 14th Ave SW

*Husky Deli*, Deli Sandwiches/subs, Coffee, Ice Cream, 4721 California Ave SW

*Cactus*, Mexican, Southwestern, Tex-Mex, 2820 Alki Ave SW

*Mashiko*, Japanese, Sushi, 4725 California Ave SW
Giannoni’s Pizza, Italian, Pizza, 2600 SW Barton St

Nikko Teriyaki, Teriyaki, 4710 42nd Ave SW

Azuma Sushi, Japanese, Sushi, 4533 California Ave SW

Tacos Guaymas, Mexican, 4719 California Ave SW

Pho Aroma, Vietnamese, 5605 Delridge Way SW

The Thaitan, Thai, Vietnamese, 5258 California Ave SW

Pailin Thai, Thai, 2223 California Ave SW

Kamei Japanese Restaurant, Japanese, Sushi, Teriyaki, 4512 California Ave SW

Pagliacci Pizza West Seattle, Italian, Pizza, 4449 California Ave SW

Pearls Tea and Coffee, Coffee, Sandwiches/Subs/ Vietnamese, 4800 Delridge Way SW

White Center Pizza, Italian, Pizza, 10231 16th Ave SW

Pho 99 Vietnamese Noodle House, Noodle Shop, Vietnamese, 9828 15th Ave SW

A-Pizza Mart, Italian, Pizza, 9452 35th Ave SW

Berry’s BBQ, Barbecue, 11614 Ambaum Blvd SW

Yummi Terriaki, Teriyaki, 4746 California Ave SW

Young’s Restaurant, Breakfast/Brunch, Chinese 9413 16th Ave SW

Caffe Ladro, Bakery, Coffee, 7011 California Ave SW

Pho My Loi, Vietnamese, 10439 16th Ave SW

Jamba Juice, Smoothies, 2600 SW Barton St

Pho White Center, Noodle Shop, Vietnamese 9642 16th Ave SW

Subway, Sandwiches/Subs, 4712 42nd Ave SW
Places to Shop in West Seattle

Westwood Village Shopping Center, 2600 SW Barton St.

Target  
Barnes and Noble, book store  
QFC, grocery store  
Gamestop, video games  
Pier 1, home decorating  
Rite Aide, drug and continent store  
Marshalls, clothing  
Bed Bath and Beyond, home goods  
Staples, school supplies  
Bank of America  
Chase Bank  
24 Hour Fitness  
Taco Del Mar  
Starbucks  
McDonalds  
Jamba Juice  
Eats Market Cafe, food cafe  
Vatsana Thai, Thai food restaurant  
Sub Shop, sandwich shop  
Toshi’s Teriyaki, teriyaki food

Grocery Stores near West Seattle

Metropolitan Market, 2320 42nd Ave SW  
PCC Natural Markets, 2749 California Ave  
QFC West Seattle, 4550 42nd Ave SW  
West Seattle Thriftway, 4201 SW Morgan St  
Safeway, 4754 42nd Ave SW  
Safeway, 2622 California Ave SW

Pharmacy Stores near West Seattle

Bartel Drugs, 4706 42nd Ave SW  
Walgreens, 6330 35th Ave SW  
Pharmaca Integrative Pharmacy, 4707 California Ave SW  
QFC, 4550 42nd Ave SW  
Rite Aid, 5217 California Ave SW  
Safeway, 4754 42nd Ave SW and 2622 California Ave SW
**Ballard**

Attractions include the Ballard Locks, Golden Gardens Park, the Nordic Heritage Museum and shops. Take Buses 15, 17, or 18.

*Tractor Tavern* (5213 Ballard Ave. NW) and *Sunset Tavern* (5433 Ballard Ave NW) both offer music every night!

*Bay Café at Fisherman’s Terminal:* great breakfast, diner and seafood lunch with a great view of Seattle’s last commercial fishing fleet and the Ballard Bridge. 1900 W. Nickerson St.

*Ray's Boathouse* has terrific chef & seafood. Then enjoy a walk along Golden Gardens/ +049 Seaview Avenue NW

**Fremont**

Fremont is home to Adobe, Google, and many outdoor sculptures! Make sure to check out this funky neighborhood.

*Edge of Glass Gallery and Hotshop,* 513 36th Street

*Fremont Troll, the Fremont Rocket,* and the *Lenin Statue* are all here in Fremont! All you have to do is take a short walk to see them all.

**Capitol Hill**

Just northeast of Downtown Seattle, and home to Seattle Central Community College. Take buses 43, 49, 10, and 11.

*Café Presse* is a French Café great for breakfast, lunch of dinner, and a great place to watch a soccer game!

*Pho Cyclo* on Broadway Street is just down the street from Seattle Central Community College, is one of the best Pho and Vietnamese restaurants in Seattle.

*Kimchi Bistro,* also on Broadway Street, has delicious Korean food!

*Volunteer Park* is a beautiful park, and home to the *Asian Art Museum.* You can warm with a walk around the greenhouse for free and experience the warm weather climate that it takes to grow cactus and tropical flowers!
Pioneer Square

Just south of Downtown Seattle, Pioneer Square offers galleries, shops, and an old history of Seattle. Take buses 21, 22, 56, 57, or the Bus Tunnel to Pioneer Square Station.

*Waterfall Park:* Jewel of a waterfall garden hidden in the city! S, Main & 2nd Ave S.

*The Underground Tour* is housed here in Pioneer Square, and provides a great tour featuring fun history of Seattle!

*The Klondike Goldrush Museum* is here in Pioneer Square along with an *Art Walk* around the neighborhood every first Thursday evening.

International District

Amazing Asian restaurants and shops are here, southwest of Downtown Seattle. Take buses 7, 14 36, or the Bus Tunnel to International Station.

*Honey Court:* Great Chinese food and very affordable! 516 Maynard Ave S.

*The Panama Hotel Tea House* offers historical value, serves coffee and tea. 605 S. Main Street

*Mike’s Noodle House:* In a large neighborhood square, with other shops and restaurants. 418 Maynard Ave S.

*Green Leaf:* Good Vietnamese cuisine. 418 8th Ave S.

*Uwajimaya:* Across from the Bus Tunnel International Station, this Asian specialty supermarket offers a wide variety of groceries and gifts, plus individual food booths. 600 5th Ave. S.

*House of Hong* serves great dim sum until 5pm. 409 8th Ave S.
Helpful Tips and Resources

There are many helpful links on the internet for finding information and getting around Seattle!

www.maps.google.com
Using Google Maps you can get directions to anywhere in Seattle, by driving, walking, or bus route!

www.onebusaway.org
This website can tell you when the next bus is coming, it is very helpful! You can download the application for your phone, or use the application in the iPad in the International Programs office to check when your bus is coming!

www.yelp.com/seattle
Craving a certain food, or want to shop for your favorite clothes? Use Yelp.com to find out to search local establishments in Seattle. From food, to where to get your haircut, it’s all here on Yelp!

www.urbanspoon.com/c/1/Seattle-restaurants
This website is great for helping you find great places to eat all around Seattle! Click on Downtown, or West Seattle, to find out what restaurants are near where you live.

http://metro.kingcounty.gov/
This is the website for all of King County Metro services. Check bus routes, lite rail, to use the trip planner to plan our bus schedule.