INTERNATIONAL GRADUATE STUDENT HANDBOOK

Fall 2023

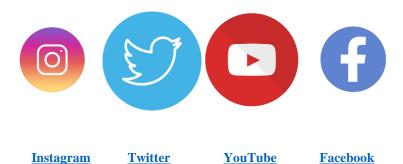
International Student Concerns Committee





Graduate Student Congress

University of Kentucky



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WELCOME

From the International Student Concerns Committee

The International Student Concerns Committee (ISCC) is part of the Graduate Student Congress, and our mission is to serve and advocate for the needs of international graduate and professional students and postdoctoral scholars at the University of Kentucky. We created this handbook to help international students transition to the University of Kentucky and Lexington.

This guide compiles important information for all students and includes tips about academic life, transportation, shopping, personal care, and other activities. The handbook was made by international graduate students based on the needs they had when they arrived at the University of Kentucky and their experiences of studying and living in Lexington. The Graduate Student Congress wants to welcome you to the University of Kentucky, and we hope you can find this handbook useful.

Click here for more information about the committee.

ANJANA SUBRAMONIAM AND DIANE IRADUKUNDA, CO-CHAIRS OF ISCC (2023-2024)

From the Coordinator of International Graduate Student Initiatives

We are excited that you have chosen to continue your graduate studies at the University of Kentucky. The opportunity to live and study in another country is an exciting one that includes adjustment as you learn about the new places, practices, and processes around you. Members of the International Student Concerns Committee (ISCC) have been in your position and created this resource guide to facilitate your transition to UK and Lexington.

The campus is large, and resources abound to assist you in a multitude of areas from academics to personal wellness. This guidebook highlights some of the most common concerns of new international graduate students. But UK's greatest resource is its people--and the intellectual curiosity and rigor coupled with kindness and compassion with which they approach learning and living. As a graduate student at UK, you are a valuable member of this thriving community. We are glad you are here!

ANGELA GARNER, COORDINATOR OF INTERNATIONAL GRADUATE STUDENT INITIATIVES

LIAISON ISCC, GRADUATE SCHOOL

How to use this handbook?

- This handbook contains information on three relevant sections to international students at the University of Kentucky:
 - o Academic life
 - Personal care
 - o Transportation
- The information contained here is intended to help arriving students acclimate to Lexington, but continuing international students may also find something interesting.
- Additionally, a first section called 'unboxing' contains a checklist of activities to complete in the first weeks as well as a list of places of interest at the end —from grocery stores to hairdressers.

NOTE: While attempts have been made to ensure the accuracy of information shared in this document, information may change.

Unboxing

> Campus Map

The main campus is located close to downtown Lexington and contains the majority of classrooms, labs, the International Center, Graduate School, hospital, on-campus housing, fitness centers, and food options. While most students will spend the majority of their time in this area, a few buildings and labs are located in other parts of the city. It is important to familiarize yourself with campus. An interactive map of the UK main campus can be found here.

➤ Wildcat ID

 As a student at the University of Kentucky, you are assigned an individual identification number (ID) that you will use on Campus. See this website for details about how to get your UK ID card.

➤ LinkBlue account

 This is a directory account (user id and password) which can be used when connecting to many campus-wide systems. <u>Further details and</u> activation instructions can be found here.

> Student Health Plan

The plan is intended for matters beyond the University health fee in relation to a specific injury or illness, including hospitalization and prescription benefits. International students are automatically enrolled in the UK Student Health Plan (SHP) when they register for classes. Further information on benefits, fees, coverage, declining forms, etc. can be found here.

➤ Wi-Fi Eduroam set up

o Internet access on campus Wi-Fi network is provided by Eduroam. <u>For installing instructions for most common platforms click here.</u>

➤ BBNvolved

o This is an online platform where students connect to campus organizations, programs, and departments. It is an easy way to learn about student organizations and their events year-round. Find more about BBNvolved here.

> Get on relevant E-mail listservs

o E-mail is the preferred communication channel for official matters at the University of Kentucky. Be sure to check it constantly to keep yourself informed. Bulk e-mails are sent through listservs that contain all recipients who may benefit from the information and include information on anything from a seminar on fruit flies to sports health. Be sure to ask around your department if you are missing some fun emails.

➤ Social Security Number (SSN)

A social security number and card is a 9-digit security number for US citizens, permanent residents, and temporary residents. This number is necessary for employment purposes only. As international students living, studying, and working in the US, it is important to keep your card safe and do not share the number unnecessarily. It is okay to ask someone why your SSN is required if they ask for it. The law indicates that the SSN is NOT required to open a basic checking account or file a tax return. Students who are not eligible for an SSN can apply for the Individual Taxpayer Identification Number (ITIN) if they need it to file taxes. The ITIN is only approved for tax filing purposes. Information about applying for an SSN or an ITIN can be found here. For more information, please click here.

➤ Filing a Federal Tax Return in the U.S. — **Required for all international students**

All international students and scholars are required to report to the U.S. tax service (known as the Internal Revenue Service) each year — even if they did not work during the prior year. The deadline to file taxes is April 15th of each year. It is recommended that you begin the process early so you have plenty of time to ask questions and get help so you don't miss the deadline. You will not necessarily need to pay taxes; but you must at least report your presence in the U.S. This is a legal requirement. Each year the Graduate School and ISSS will purchase special tax software designed specifically for international students. This software is designed to help you fulfil your federal tax obligations. This software will ask you a series of questions and will use your answers to fill in all necessary U.S. government tax forms for you. It will also inform you of any tax treaty benefits that may apply to you. See the ISSS tax FAQ (Frequently Asked Questions) for more information on how to use and gain access to this free software.

> Scams

A scam is defined by Merriam-Webster as "a fraudulent or deceptive act or operation." Each year a few international students will become a victim of a scam in the United States. Scammers can appear to come from the Internal Revenue Service (IRS), SEVIS/Immigration and Customs Enforcement (ICE), US Citizenship and Immigration Services (USCIS) or any other government source at various times of the year. These types of scammers can be very intimidating and make you feel like you are in trouble or that you failed to follow regulations. The Dept. of Homeland Security (DHS), the Internal Revenue Service (IRS) or any other U.S. government official will never require immediate payment of any kind to be given over the phone. If you receive a call related to ICE/SEVIS it should be reported to their tip line here. If you receive a phone call or email related to a USCIS scam, please report it here. If this is related to an IRS scam, please report it here.

➤ Bank Account

o If you have a research assistantship or teaching assistantship from the University of Kentucky, you need to open a bank account for payroll purposes. <u>University of Kentucky Federal Credit Union</u> and PNC Bank have ATMs and offices in Gatton Student Center on campus. There are other banks in Lexington as well.

Housing

Plenty of options for housing on and off- campus exist in Lexington. Below you can find some popular options.

- For on-campus housing (blue dots) information can be found here.
- Most on-campus housing comes furnished, which may be convenient for monthly scholar visits.
- Convenient Lextran Bus Route 15 (green circuit) runs a circuit on the west side of campus where student-housing options are available (red dots).
- Options like Angliana and The Wyatt on Angliana Avenue are popular for UK students.

W High St 60 Rd Lexington 25 leadows Red Mile Gay Brewer Jr Course at Picadome 68 1974 St Joseph Hospital Albert B Chandler Hospital Waller Ave Mt \ Kroger Field Rosemont Garden Montclair Shawneetown hland ollyhill The Arboretum

On Red Mile Road, options like University Trails and The Stretch can also be found.

On-Campus

633 Maxwelton Court and 625 S. Limestone (two blue dots inside green circuit)

A limited number of townhouses are available at the Maxwelton Court location across Limestone from the College of Law and the Gatton College of Business. This housing option is not furnished. On South Limestone, furnished studio, 1-bedroom and 2-bedroom units are also available.

Greg Page and Shawneetown (two blue dots on the bottom of the map)

These housing options are located on the southside of campus between Kroger Field and UK's Arboretum. Greg Page offers 2-bedroom accommodations with a shared bathroom and a fully equipped kitchen with cabinets. Shawneetown offers studio, 1-bedroom, and 2-bedroom accommodation.

University Flats

University Flats is UK's newest residential community with one wing specifically for University of Kentucky graduate students, post doctorate fellows and researchers, and medical residents. UFlats offers studio and 1-bedroom, fully furnished apartments.

Academic Life Academic Support

UK International Center

- The <u>UK International Center</u> provides the following services through the online platform <u>iCAT</u> to students.
 - Immigration benefits & advising
 - o Reporting to DHS/Exchange Visitor Program
 - o Education/Training on immigration topics
 - o CPT/OPT requests
 - o Advising and documentation for obtaining SSN, ITIN, DMV, etc.,
 - Reports to Department of State / SEVIS
 - o Alerts, case management & reports
- The International Center offices are primarily located in Bradley Hall (545 Rose St) but, as of 2022, they have a wonderful space at the Gatton Student Center as well.
- See this website for a staff directory.

ESL Classes

- Academic writing (ESL 095) and speaking (ESL 090 for TAs and ESL 093 for non-TAs) courses are offered for degree-seeking graduate students for whom English is not the primary language.
- These classes are designed to be taken towards the beginning of one's coursework, and do not count toward credit hours for visa status.
- If taken in conjunction with 9 credit hours or more in one's program, there is typically no extra cost for these classes though students should check with their DGS as some programs vary. Click here for more information.

Integrated Success Coaching

- Integrated Success Coaching is designed to help you set academic goals and to enhance your success as a student through discussion of test-taking strategies, study habits, and time management.
- In a one-to-one setting, with a trained graduate student, you will work to set goals for your courses and create an action plan to accomplish your goals.
- Locations: Donovan Hall, Study Central; Jewell Hall, Study North
- Sessions for academic coaching can be scheduled online. <u>Click here to learn more</u>.

Presentation U!

- University of Kentucky's centralized tutoring center for speaking, writing, visuals, and all other forms of communication. Find the Hub in W.T. Young Library.
- We support UK's efforts to graduate confident communicators by providing services to undergraduate students, graduate students, staff, and faculty.
- Both live and asynchronous online tutoring is available. Learn more by visiting <u>Presentation U's website</u> and Transformative Learning by <u>clicking here</u>.

Robert E. Hemenway Writing Center

- The Writing Center (B108B Young Library) offers free and friendly help to all UK students, faculty, and staff.
- Assists with writing, speaking, and multimedia assignments across all curriculums.
- Offers advice on academic, creative, and professional projects.
- The UK Writing Center offers in person or online appointments (E-tutoring or Online Meetings). <u>Learn more here</u>.

Thesis and Dissertation Writing Camps

- Our Thesis & Dissertation Writing Camps provide a supportive environment for students at any stage in the process of writing a master's thesis or doctoral dissertation.
- Writing camps typically occur three times a year over Zoom. Please check the website for more information.
- The Graduate School will provide programming via Zoom sessions and connect you with other graduate students who are also writing theses or dissertations to motivate you and keep you productive. For more information click here.

Study Rooms

Doctoral Student Study Rooms

- There are six, multi-person study rooms on the fifth floor in William T. Young Library available for use by doctoral students engaged in writing their dissertations.
- Study rooms can be shared by a maximum of 12 people.

- Doctoral students assigned to the multi-person study rooms are given a key and assigned a locker in which to store materials.
- Check this website for eligibility requirements and additional information.

Thomas D. Clark Graduate Study Suite

- This is a dedicated study space exclusively for graduate and postdoctoral students brought to you by The Graduate School and UK Libraries. It is located on the fifth floor of the W.T. Young library, west wing.
- The Clark Study is accessible via UK ID card swipe.
- All graduate students and postdocs IDs should be programmed to grant access.
- The study is available on a first-come, first-serve basis. Click here to learn more.

Library Services

UK Libraries consists of several major facilities:

- 1. William T. Young Library
- 2. Education Library
- 3. Law Library
- 4. Lucille Caudill Little Fine Arts Library
- 5. Medical Center Library
- 6. Science and Engineering Library
- 7. Special Collections Research Center

Facility Hours & Operations can be found here.

Loans

- Graduate students can borrow books for 90 days (about 3 months) and non-print materials for 7 days.
- Special items, such as interlibrary loans and reserves, vary in borrowing time.
- You can request that materials be brought to a preferred library for pick-up through the catalog entry for the item.

Interlibrary Loans

- If a material is not available through UK's library system, it can be requested through Interlibrary Loan (ILLiad) at https://lib.uky.edu/ILLiad.
- A separate form must be submitted for each item.
- Accurate and complete patron and bibliographic information is essential for processing requests.
- Prior to submitting the request, patrons should make every effort to determine that the library system does not own the item by searching the library's online catalog, InfoKat or the E-Journals Database.

Computing Resources

Internet Access

- Eduroam is a secure and encrypted Wi-Fi network providing enterprise-level internet access and is the primary Wi-Fi network on campus.
- Students, faculty, and staff of the University of Kentucky, as well as visitors from participating higher education institutions, can access Eduroam.
- Device Configuration Instructions, <u>click here</u>.

Software

- Software Downloads is UK's centralized portal for enterprise software, including Microsoft, Adobe, and Statistical packages.
- Students can search this site for software required for classes.
- Most software is available at no cost or at a discount.
- Step-by-step assistance accessing and downloading software is available at this <u>link</u>.

Virtual Den

- The University of Kentucky uses Citrix technologies to provide a portal (Virtual Den) for students to access several software packages used in student courses.
- This technology allows access to software and desktops anytime from anywhere.
- You do not have to go to a computer lab to access software; you can use your own mobile device or personal computer.
- Click here to learn more about the Virtual Den.

Research Resources

Data Management Consultations

The Center for Clinical and Translational Science (CCTS) and the UK Clinical Research Support Office (CRSO) offer services and resources for members.

You can register online using your LinkBlue ID to access services including, but not limited to:

- Research Navigators
- Study Design & Analysis
- Regulatory Support
- Grants Management Support
- Clinical Research Unit
- Clinical Data Sources
- Competitive funding opportunities

Statistical Consultations through Applied Statistics Lab

- The primary purpose of the ASL is to build collaborative bridges between statisticians and other investigators.
- Our goal is to improve the breadth and quality of statistical support for scholarships across the University.
- The types of services offered include consultations, data analysis, statistical programming, guest lectures, training, and workshops.

Request consultation meetings through this link.

Graduate Student Congress Research Awards

The Graduate Student Congress (GSC) provides awards to University of Kentucky graduates and professional students to attend conferences, conduct research, engage in professional development, and purchase or rent graduation regalia. We do not place specific restrictions on the types of research, conferences, or professional development that we will fund. Due to the competitive nature of the awards and our desire to fund as many students as possible, applicants are only eligible for funding once for each type of award per academic year.

- Conference Awards
- Research Awards
- Professional Development Awards
- Graduation Regalia Awards

Deadlines and application procedure can be found through this link.

Teaching and Professional Development

Grad Degree+

- This program is an avenue for graduate students to develop and refine transferable skills highly sought by employers.
- Students build their own personalized GradDegree+ toolkit by completing modular tracks (Leadership, Communication, Pedagogical Theory, etc.) that can stand alone or be combined with additional tracks to undergird degree program content and skills gained in research and teaching.

For more details on the application process visit this website.

Graduate Certificate in College Teaching and Learning

This 12-credit-hour certificate, including a required 3-credit-hour supervised practicum experience, provides a rich integration of theory and practice for participants with tangible documentation of their expertise in college teaching and learning. The certificate is flexible and accessible to participants from a wide range of disciplines. It uses departmental courses related to college teaching and learning as well as centralized courses.

The certificate will produce graduates who are highly competitive in the job market in higher education, are quick starters as faculty members, and who can provide leadership in higher education.

For information on the curriculum, benefits, and costs please visit this website.

Imagine PhD

Imagine PhD is a free online career exploration and planning tool for PhD students and postdoctoral scholars in the humanities and social sciences. <u>Imagine PhD</u> is designed to help bridge the knowledge gap gained in a doctoral education and career possibilities by allowing users to:

- Assess their career-related skills, interests, and values
- Explore careers paths appropriate to their disciplines
- Create self-defined goals
- Map out next steps for career and professional development success

Aurora

Aurora by Beyond the Professoriate is a faculty job market and professional careers online exploration and planning tool featuring more than 80 hours of seminars, career panels, and interviews with over 170 PhDs who have successfully launched careers in industry, non-profits, government, and higher education. Content is added monthly, including supplemental planning worksheets and materials, and is accessible through The UK Graduate School's institutional subscription for doctoral students and postdoctoral scholars and fellows. More information is on this website.

Preparing Future Faculty (GS 650)

The University of Kentucky has been a leader in the national Preparing Future Faculty initiative for the past two decades. In GS 650, students learn from faculty inside and outside UK about succeeding in a range of faculty work at research-intensive and teaching-intensive institutions. The coursework provides opportunities to visit other campuses and shadow faculty as well as guidance in writing faculty application letters and interviews. This course can be taken separately or as part of the Graduate Certificate in College Teaching and Learning.

Preparing Future Professionals (GS 600)

The Preparing Future Professionals class aids students in exploring career paths beyond academia. Students develop an understanding of what is necessary to transition into careers, identify resources that can aid in obtaining a desired job, and develop action plans to transition to a chosen career.

Center for the Enhancement of Learning & Teaching (CELT)

The Center for the Enhancement of Learning and Teaching (CELT) supports excellence in teaching and learning by working collaboratively with all instructors to create engaging, innovative, and inclusive learning environments in which diverse students can excel.

Services for teachers that can be requested at CELT include consultations, workshops, mid-semester student feedback, etc. For more information, please visit this website.

Wellness and Personal Care

Campus Recreation

Three recreation centers are located on campus:

- Alumni Gym (Gatton Student Center)
- Lancaster Aquatic Center
- Johnson Center (Complex Drive)

Locations offer free weights, cardio equipment, group fitness studios, and equipment check out. The Johnson Center also offers a multipurpose gymnasium, four-lane elevated track, cycling studio, racquetball court, and climbing wall. Membership to both locations is covered through your student fees during the Fall and Spring Semesters. Summer memberships can be purchased at the Johnson Center Office for \$20. Hours of operation fluctuate throughout the year based on university breaks. See websites for up-to-date hours and closures.

Dental Care

Dental care is not automatically covered under the University insurance plan but can be added/purchased through your Academic HealthPlan Furthermore, the College of Dentistry offers reduced cost dental services, including cleanings and x-rays. To schedule an appointment, call 859-323-DENT (3368). For more information on their services, including urgent care dental needs, see the webpage.

Student Health

University Health Services Building, Second Floor

Student Health should be your first stop for any medical needs. It offers a variety of services at no cost through the Student Health Fee. Some additional testing and imaging, such as x-rays, may result in a small fee. The Student Health Plan (SHP) insurance will cover visits to the Student Health Center at no cost, except for some testing and imaging.

Prescriptions written by one of the Student Health providers can be filled at the University pharmacy for a reduced cost or at any pharmacy of your choosing. The University pharmacy offers many prescriptions and over-the-counter medications at reduced costs.

Appointments can be made with <u>MyChart online</u> or through their smartphone app.

1. Access your MyUK account

- 2. On the Student Services page, select MyInfo
- 3. A link to make appointments with Student Health is located on the left menu.

If you take the insurance offered by the University, you can visit Student Health in the summer without paying a student health fee. If you cannot schedule an appointment with Student Health due to appointment availability issues or after hour/weekend health needs, the next best option is the University of Kentucky HealthCare Urgent Care Clinic. Your SHP coverage allows you to be seen for a fee of \$75. Visit their website for more information via this link.

Health Insurance

Student Health Plan coverage is mandatory at UK for international students. If you have an F-1, J-2 or J-3 visa and register for any course (this includes zero or two-credit hour courses), you will be automatically enrolled in the SHP.

The Student Health Plan (SHP) is a health insurance plan that is customized to work well with the on-campus student clinic, University Health Services (UHS). The plan is intended for matters beyond the University health fee in relation to a specific injury or illness, including hospitalization and prescription benefits.

Participating in this student health plan does not mean all your health care is free. There are medical expenses you are responsible for paying, including an annual deductible, co-pay or co-insurance charges, and costs related to services limited or excluded by the insurance plan.

Qualifying fully funded graduate students are automatically enrolled in the Student Health Plan at no cost to themselves. For questions about eligibility and enrollment, please call Academic HealthPlans: 855-856-2385. For questions about benefits and claims, please call Anthem Blue Cross Blue Shield: 844-412-0752

UK SHP office: studenthealthplan@uky.edu

Find further information on the SHP here.

Mental Health Services

Graduate work can be demanding and stressful. Graduate students are eligible for **free counseling** during Fall and Spring semesters, included in the Student Health Fee. Services are free in the summer if you held six credits the previous Spring and will hold six credits in Fall OR if you are enrolled in at least one credit during the summer and have paid your fees. The UK Counseling Center offers individual, group, and couples' sessions. New clients can schedule an appointment by walking

in or by calling (859) 257-8701. The phone line is staffed 24 hours a day. Consult their website through this link.

Students are also able to access Headspace for one year free. Please go to this website to sign up: https://studentsuccess.uky.edu/well-being/headspace

Student Legal Services

- A Lexington attorney provides FREE on-site consultation once a week for students.
- To make an appointment, come to the Student Government Association office or e-mail Kelly Mattingly at SGA.chiefofstaff@uky.edu

Wildcat Wardrobe

- The Wildcat Wardrobe is a free, professional clothing service for all UK students, located in the basement of White Hall.
- Whether you need professional attire for an interview, internship, or job, we are here to support students in their academic and professional careers.
- We have suits, dresses, shirts, ties, shoes, and more for all genders.
- Due to COVID 19, we have developed a brand-new online Wildcat Wardrobe.
 - o Please visit the website for more info (click here).

Transportation

Public Transportation

Campus Buses

- The University operates buses for students -- blue, white, green, and yellow; additional buses serve UK Healthcare (orange) and the Kentucky Clinic (pink). Blue, white, and green routes only run during the weekdays.
- The blue and white buses run the same route, travelling in opposite directions.
 - o The Blue Route runs clockwise from Kroger Field, with its first stops at Cooper and Agricultural Science. The White Route runs counterclockwise from Kroger Field toward the W.T. Young Library with the first stop at Complex Drive and Huguelet.
- The Green Route goes from Kroger Stadium to graduate housing, passing by Greg Page and Shawneetown.
- The Yellow Route is the same route as the Blue Route but only operates on the weekends.
- Buses do not operate on a set time schedule. Instead, they operate on a headway system with continuous, frequent service.
- All campus routes can be tracked in real-time on the <u>TransLoc Rider website</u> or through the free app.
 - You may send a text message to 41411 with UKY [and the appropriate stop number] to receive a message back listing the next three arrival times for that stop.
 - o <u>Click here</u> for more information.

Lextran Buses

- Students may ride Lexington city's Lextran Bus service for free with their student ID.
- All routes can be tracked in real-time on the TransLoc Rider website or on Google maps by selecting the bus stop.
- For more information on Lextran routes and schedules, please visit this link.

Wildcab

- Kentucky Wildcab is a free, late night, on-demand transportation option for UK students using four and six passenger vehicles.
- Kentucky Wildcab runs Thursday through Saturday, from 10 p.m. until 2 a.m., when fall and spring semester classes are in session.

- UK Transportation Services Wildcab has partnered with Uber. Complete the Wildcab Uber enrollment form, which grants you access to the free Wildcab option. If you already have an Uber account, be sure to use the same email address connected to your existing account.
- If you are creating a new Uber account, enter a form of payment -- credit, debit, etc. but know that Kentucky Wildcab remains free-of-charge and you will only be charged if you choose a traditional Uber rideshare vehicle option instead of a Wildcab.
- Once your UK student eligibility has been verified, Wildcab service will be enabled on your account, and you can begin requesting Wildcab rides directly from the Uber app.
- For more information, please visit this <u>website</u>.

Private Transportation

Bicycles

- Bicycling can be one of the best ways to navigate campus.
- If you did not bring a bike to campus, you can check out a bike (depending on availability) through the Wildcat Wheels Bicycle Library for the semester free of charge.
- Wildcat Wheels is located on the first floor of Blazer Dining, near the corner of Martin Luther King Jr. Blvd and Avenue of Champions.
- To sign up for a bicycle for a full semester, enter the lottery by filling out the application via this link.
- Find general information about Wildcat Wheels here: https://www.uky.edu/transportation/bike/wildcatwheels
- Please note that Wildcat Wheels is closed during winter break but will reopen mid January. Shop employees are currently working by appointment only.
 - Please email <u>Wildcatwheels@gmail.com</u> to schedule an appointment during winter break.
- There are several repair stations across campus for use in completing minor repairs.
 - Each station is equipped with screwdrivers, Allen wrenches, headset wrenches, box wrenches, tire levers, pre-glued tube patches, and a manual air pump.
 - Stations are located at Ag North, Wildcat Wheels, Patterson Drive,
 W.T. Young Library, College of Nursing, Rose Street Garage, Johnson Center, and BCTC Oswald Building.

Bike Voucher Program

- The Bike Voucher Program offers qualified applicants \$400 in vouchers (valid at any participating local bike shop), in exchange for agreeing not to purchase a vehicle parking permit for two consecutive years.
- Only students who purchased a parking permit for the past fiscal year (July 1 June 30), (OR) those with a start date of September 2023 or later are eligible to apply.
- Prior to receiving the bike vouchers, prospective participants must attend a short program orientation covering basic bicycle safety and regulations, as well as campus and community resources for bicyclists.

• If you have additional questions about the program, <u>visit the website</u>, or please email <u>UKBikes@lsv.uky.edu</u>.

Commute Club

- The Commute Club is a free program which provides benefits to members who are committed to walking, biking, taking the bus, or carpooling to campus.
- The Commute Club is available to all students and employees who choose to opt out of purchasing a parking permit.
- Students must be enrolled full-time at UK and must have a graduation date no earlier than May of the year following program enrollment.
- If you have additional questions about the program, <u>visit the website</u>, or please email <u>UKTransportation@lsv.uky.edu</u>.

E-scooters

- Many students, staff, and faculty like the convenience that e-scooters provide as a quick, efficient mode of transportation.
- The University has chosen Bird as its preferred e-scooter vendor, which means that the company deploys and redistributes e-scooters on campus.
 - Birds are a cost-effective mode of transportation at \$1 to unlock, plus
 15¢ per minute.
 - Please visit the <u>campus webpage on e-scooters</u> or the Bird <u>webpage</u> for more information.
- When riding on campus, e-scooters and other personal mobility vehicles should be operated in much the same way as a bicycle.
- Like bicycles, e-scooters must be parked either at a bike rack or in a shared mobility area.
 - They should not hamper ingress or egress to buildings or accessibility to sidewalks.

Driver's License

International students need either an SSN or a letter from the Social Security Administration office stating that they are not eligible for an SSN. To request a letter from the International Student Scholar Services (ISSS), international students should log into iCAT. For more information, please visit this website.

Parking Passes and Campus Parking

Transportation Services website (click here).

As a graduate research or teaching assistant you are eligible to purchase an employee academic (E-academic) parking pass for the academic year (August-May). The E-academic permit allows you to park in any area designated as intermediate E, K, or EK across campus as well as park in loading zones for 15 minutes. If you reside on campus, you are not eligible for this parking pass and may only purchase a residential (R) permit. E-academic passes cannot be purchased until the second week in August when the GSAS (Graduate School Academic Staff Notice of Appointment) forms have been processed. Please see the website for current prices.

If you need a parking pass for summer, you must purchase a summer E pass in late May until you are eligible to purchase a permit for the next academic year. You can purchase this pass for any number of weeks. If you know ahead of time that you won't need parking for specific weeks, discuss if purchasing multiple summer E passes for the number of weeks needed or a scratch-off daily pass is the best option for you with parking. Please see the website for current prices.

Parking permits are enforced year-round, so pay attention to the signage for each lot. Parking maps are provided at the end of this guide. With an E-academic permit, you can park in any parking lot shown in blue on the Daytime Employees map and any parking lot shown in yellow in the off-peak hours map. During the school year, graduate students in the IPSS program with E-academic passes park in the EK lot behind the Gluck Building, Orange Lot of Commonwealth Stadium which is behind the Plant Science Building, and the parking structure near the greenhouse. If you have classes on the main campus, you can use your parking pass at any of the designated intermediate lots on the map.

Pay attention to signage for the lot. Some lots are checked 24 hours a day, and an E-academic permit does not permit you to park in that lot. You can park in most parking lots between 3:30-7:30 PM with any valid parking pass and in most parking lots after 7:30 PM without a pass. Check the parking lot sign for regulations. Transportation Services issues tickets even on the weekend, and failure to notice regulations or signs does not exempt you from a parking ticket.

Do NOT Park in any of the parking structures for the Veterans Affair Hospital, Shriners Hospital, and UK HealthCare. These hospitals provide care for people from the entire state. Transportation Services will give you a ticket for taking a space in

one of these parking structures unless you have an appointment. If you have an appointment and need to use the parking structure, remove your parking permit.

Places for Groceries

A list of places of interest is provided along with this handbook. Below you can find some of our preferred options close to campus for grocery stores.

Big Blue Pantry:

- Located in the basement of <u>White Hall Classroom Building (room 025)</u> next to the Post Office, the Big Blue Pantry is open to any University of Kentucky student with a valid UK ID experiencing food insecurity or hunger.
- Students will fill out a short intake form, and their information will remain private.
- There are no additional qualifications for access to the pantry other than being a UK student.
- For more information, please visit this <u>website</u> or contact them directly at: <u>bigbluepantry@uky.edu</u> for any questions.

Local Grocery:

• Regular grocery stores (No annual membership required to purchase)





126 Rojay Drive, Lexington, KY 40503 1509 Colesbury Circle, Lexington, KY 40511



Less expensive compared to others.



Fresh products



In-store shopping, curbside pickup, and delivery.





4059 Finn Way, Lexington, KY 40517



High quality items but pricy compared to other stores



Fresh products



In-store shopping, curbside pickup, and delivery.





351 Meijer Way, Lexington, KY 40503 2155 Paul Jones Way, Lexington, KY 40509

In-store shopping, curbside pickup, and delivery.





1301 Winchester Road Suite 99, Lexington, KY 40505 1235 North Broadway, Lexington, KY 40505 2189 Versailles Road, Lexington, KY 40504



Cheaper than other grocery stores



Fresh products





2326 Nicholasville Road, Lexington, KY 40503



Affordable Prices



Fresh products





3387 Tates Creek Rd, Lexington, KY 40502



More expensive than Kroger and Walmart



Fresh products



In-store shopping, curbside pickup, No delivery.





455-D Southland Drive, Lexington, KY 40503



Locally owned to support Kentucky Farmers



Organic products



Dine in restaurant



In-store shopping, and curbside pickup No Delivery





APR.-OCT.: 378-390 Southland Dr, Lexington, KY 40503 - Only Sundays



MAY-NOV.: At the corner of Maxwell Street and South Broadway - Tuesdays and Thursdays

JUNE-SEPT.: 1729 Alexandria Dr, Lexington, KY 40504 - Only Wednesdays

OPEN YEAR-ROUND: 430 W Vine St, Lexington, KY 40507 (Rupp Arena Parking Lot) - Only Saturdays



Cooperative market owned to support Lexington Farmers



Organic products



In-store shopping, and Delivery



https://www.lexingtonfarmersmarket.com/

• Wholesale Stores (Need annual membership to shop/purchase) below offer cheaper prices for everything they sell including fuel. Highly suggested for someone living with a family. Costco memberships start at \$60 a year, Sam's Club memberships start at \$50 a year.



1500 Fitzgerald Court, Lexington, KY 40509



Cheaper than shopping at Whole Foods, but more expensive than choosing sale items at a local grocery store.



Fresh products



Gas Station



Pharmacy





1063 East New Circle Rd, Lexington, KY 40505



Cheaper when apply for Sam's Club membership



Fresh products



In-store shopping, curbside pickup, and delivery.



Pharmacy

• <u>International Grocery options</u>

Chinese

1. Yu Yu Asian Supermarket



Location: 393 Waller Ave # 1, Lexington, KY 40504

Contact: (859) 275-1288

2. DY Market



Location: 3101 Clays Mill Rd, Lexington, KY 40503

Contact: (859) 224-0088

Indian

1. Sai Super Bazar



Location: 3146 Mapleleaf Dr, Ste 120, Lexington, KY 40509

Contact: (859) 554-6160

2. Sagar India Market



Location: 3330 Partner Pl, Lexington, KY 40503

Contact: (859) 296-9573

Japanese

1. Ayame Japanese & Gourmet Market



Location: 115 Codell Dr UNIT 120, Lexington, KY 40509

Contact: (859) 303-4545

Korean

1. Seoul Supermarket



Location: 1085 E New Circle Rd # 2, Lexington, KY 40505

Contact: (859) 254-6300

Mexican

1. Supermarket Aguascalientes



Location: 306 Southland Dr, Lexington, KY 40503

Contact: (859) 523-3770

2. Supermercado Las Norteñas



Location: 158 E New Circle Rd, Lexington, KY 40505

Contact: (859) 368-0800

Mediterranean (offers Halal meat)

1. Alibaba Mediterranean Cuisine & Market Place



Location: 412 Southland Dr, Lexington, KY 40503

Contact: (859) 313-5080

2. Parisa International Supermarket



Location: 2626 Richmond Rd, Lexington, KY 40509

Contact: (859) 268-7387

African market

1. Selby's tropical food market

Location: 2339 Woodhill Dr, Lexington KY, 40509

Contact: (859) 268-2889

2. Mama's African Market

Location: 1395 N Forbes Rd, Lexington KY, 40511

Contact: (859) 469-9627

Acknowledgements

This document was based upon many other documents from different departments at the University of Kentucky.

The first version is a reality thanks to the work of graduate students who participated in the ISCC in previous years.

Special mention to this document editors Kia Markussen (Denmark), Anjana Subramoniam (India) and Srinivasa-Rao Ippili (India). We expect to continually improve this resource for the benefit of international graduate students. If you have any questions, please contact the Committee Chair, Anjana Subramoniam (asu267@uky.edu) or any of the ISCC members at our website.