International Students, Spouse & Dependent Guide

University of St. Thomas, International Student Services

Welcome!
This guide has been prepared to serve as a resource for our students and their spouses and dependents. As a family member of one of our students, our staff is here to support YOU as well! If you ever have any questions please do not hesitate to contact our office at 651-962-6650 or oiss@stthomas.edu.

Immigration Regulations

A F-2 dependent’s status is dependent upon the F-1 principal status. If the F-1 student violates his/her status, the F-2 spouse and children are also in violation of their status.

Study

Effective May 29, 2015, F-2 dependents are allowed to study part-time in a university while they are in dependent status. If you are interested in studying full-time at the university level you will need to apply for a change of status.

Work

As an F-2 dependent, you are not authorized to work in the U.S.

Travel

If you travel outside the U.S., you will need a travel signature from an ISS advisor on page 3 of your I-20. This travel signature should not be more than 6 months old. You should also ensure that you have a valid U.S. visa and passport to return to the U.S.

Health Insurance

Healthcare in the U.S. can be extremely expensive if you do not have health insurance. The F-1 student is required to have health insurance, so we suggest you look into a family plan that would cover your entire family.

SSN and Driver’s License

Unfortunately, since F-2 dependents are not able to work, they are also not eligible to receive a Social Security number. This means that it will be difficult or impossible to obtain a Driver’s License or State ID as well.
EDUCATION

If you are coming to the University of St. Thomas and have school-aged children you will need to decide which school to enroll them in. Children of F-1 students are allowed to enroll in public education (K-12). In Minnesota, most children go to the school near their home because tuition and transportation is free. When you enroll your children you will need to show their birth record and health immunization records.

Here are some options for schools in your area:

**Minneapolis Public schools**

For a list of Minneapolis public schools and additional information go to: www.mpls.k12.mn.us

**St. Paul Public schools**

For a list of St Paul public schools and additional information go to: www.stpaul.k12.mn.us

CHILDCARE

If you have children who are not old enough to go to Kindergarten, you also have the option to enroll them in childcare. Childcare in the U.S. is not free and can cost anywhere from $500-$1500/ month for each child. Options for childcare (from least to most expensive) include an in-home daycare, a daycare center, or a nanny.

**Childcare Options and Search Tools:**

St. Thomas Child Development Center (can have a long wait-list):
http://www.stthomas.edu/childdevelopment

MN Childcare Search Engine:
http://www.childcareawaremn.org/

Care.com*
http://www.care.com/

* Care.com is also a great resource to finding local babysitters who can watch your children for a shorter period of time.
MEDICAL SERVICES

UST Health Services
www.stthomas.edu/studenthealth

Health Services is a comprehensive, full service acute care clinic staffed by family practice, internal medicine and sports medicine physicians, nurse practitioners, psychiatrists and nurses. They are conveniently located right on the St. Paul campus. Appointments can be scheduled by calling the office or through their online appointment system. Using the St. Thomas health services is less expensive than utilizing an Off-Campus clinic.

Off-Campus Medical Services

Since the UST Health Clinic is only open on weekdays, there may be a time when you are sick and cannot wait for the clinic to open to visit with a doctor. In this case, you have two options. If it is a true emergency, you can go to an Emergency Room (ER) at a hospital. A visit to the ER can be expensive and depending on the severity of your situation, you may end up waiting in the lobby for awhile. If it is not a life-threatening condition, you have the option of going to an urgent care clinic—which can be less expensive and more convenient.

Local Urgent Care Centers

Fairview Highland Park Urgent Care
(651) 696-5070
2155 Ford Parkway
Highland, MN 55116

Aspen Medical Bandana Square
(651) 641-7021
1020 Bandana Blvd West
St. Paul, MN 55108

Emergency Hospitals

Fairview Highland Park Clinic
(651) 696-5000
2155 Ford Parkway
St. Paul, MN 55116

United Hospital
(651) 241-8755
333 North Smith Avenue
St. Paul, MN 55102

Fairview University Hospital
(612) 672-6000
2450 Riverside Avenue
Minneapolis, MN 55454

Children’s Hospital
(612) 813-6000
2525 Chicago Avenue South
Minneapolis, MN 55404

IN CASE OF EMERGENCY CALL

On-Campus: 651-962-5555
Off-Campus: 911
LOCAL RESOURCES & ACTIVITIES

Libraries

**St. Paul Public Library** (sppl.org)
The St. Paul Public Library offers FREE English classes for all levels and ages. For more information see [here](https://sppl.org).

**Minneapolis Public Library** (hclib.org)
The Minneapolis Public Library also offers FREE English classes for all levels and ages. For more information see [here](https://hclib.org).

Family– Friendly Activities

**Como Zoo** (comozooconservatory.org/)
Visit the gorillas, zebras and lions at St. Paul’s FREE zoo!

**Valleyfair** (valleyfair.com)
Midwest’s largest amusement and water park including Planet Snoopy— a section built just for younger children.

**Minnesota Children’s Museum** (mcm.org)
Hands-on museum great for younger children.

**Science Museum of Minnesota** (smm.org)
Another hands-on museum great for children of all ages and adults too.

**Mall Of America** (mallofamerica.com)

Discount Tickets
Check out **Tommie Central** for discount tickets to the movies, science museum and other activities!

Transportation
The Twin Cities has a great metro transit system with easy bus access and a few train lines that run throughout Minneapolis and St. Paul. The metro transit website is a great guide to learn more about rates, plan your trip and print out timetables.

**https://www.metrotransit.org/**

Facebook
Connect with ISS on [facebook](https://www.facebook.com) to learn about upcoming events!

Minneapolis/St. Paul rated #3 most friendly city in America (Travel & Leisure April 2015)

Minneapolis/St. Paul rated as #2 Most Playful City for Families (Quaker Chewy’s 2015 study)
## Essentials, Groceries and MORE!

### Minneapolis Options

**Grocery Stores:**
- **Lunds Hennepin Avenue**
  - 1201 Hennepin Ave
  - Minneapolis, MN 55403
  - 612-379-5040
  - [https://lundsandbyerlys.com/our-stores/locations/downtown-minneapolis/](https://lundsandbyerlys.com/our-stores/locations/downtown-minneapolis/)

- **Whole Foods**
  - 222 Hennepin Ave
  - Minneapolis, MN 55401
  - 612-313-7100
  - [http://www.wholefoodsmarket.com/stores/hennepin](http://www.wholefoodsmarket.com/stores/hennepin)

- **Target-Nicollet Mall**
  - 900 Nicollet Mall
  - Minneapolis, MN 55403
  - 612-338-0085
  - Also offers a clinic, flu shots, optical and pharmacy

**Essentials and Pharmacies:**
- **CVS/Pharmacy**
  - 1110 Hennepin Ave
  - Minneapolis, MN 55403
  - 612-338-5867

### St. Paul Options

**Grocery Stores:**
- **Rainbow Foods**
  - 1566 University Ave W
  - St. Paul, MN 55104
  - 651-644-4321

- **Cub Foods-Midway**
  - 1440 University Ave W
  - St. Paul, MN 55104
  - Main: 651-646-1003
  - Pharmacy: 651-646-8858
  - [https://www.cub.com/stores/view-store.1614.html](https://www.cub.com/stores/view-store.1614.html)

- **St. Paul Midway Super Target**
  - 1300 University Ave W
  - St. Paul, MN 55104
  - 651-642-1146
  - Also offers a clinic, flu shots, optical, and Pharmacy
  - [http://www.target.com/sl/St-Paul-Midway-Store/2229](http://www.target.com/sl/St-Paul-Midway-Store/2229)

**Essentials and Pharmacies:**
- **St. Paul Corner Drug**
  - 240 Snelling Ave S
  - St. Paul, MN 55105
  - 651-698-8859

- **Walgreens**
  - 1585 Randolph Ave
  - St. Paul, MN 55105
  - 651-698-6502
  - [http://www.walgreens.com/storelocator/result.jsp?requestType=locator&oTrk=1](http://www.walgreens.com/storelocator/result.jsp?requestType=locator&oTrk=1)

---

**Cell Phone Providers**

**Downtown**
- AT&T
  - 733 S Marquette Ave
  - Minneapolis, MN 55402

- T-Mobile
  - 80 S 8th St, Suite 212
  - Minneapolis, MN 55402

- Sprint
  - 1007 Nicollet Mall, #101C
  - Minneapolis, MN 55403

**St. Paul Options**

**U.S. Retail Banks**

**Downtown**
- Wells Fargo
  - 80 S 8th St, #281
  - Minneapolis, MN 55402
  - 612-667-4018

- U.S. Bank
  - 800 Nicollet Mall, 2nd Flr
  - Minneapolis, MN 55402
  - 612-569-2000
UST CAMPUSES and SHUTTLE INFO

Minneapolis Campus
Our Minneapolis Campus is home to the School of Law, Opus College of Business and College of Education, Leadership and Counseling (CELC). This campus will be the main campus for the duration of the LL.M. in U.S. Law program.

UST School of Law occupies a beautiful building of more than 150,000 square feet downtown Minneapolis near the federal courthouse, and major law firms and businesses. The building was described as “quite simply breathtaking” by an ABA site-evaluation team. Eight miles of indoor skyway connect UST School of Law to downtown Minneapolis law firms, businesses, restaurants, shops and housing, meaning you can stay comfortable inside while exploring downtown during our Minnesota winters.

St. Paul Campus
The St. Paul campus, built on a farm site once considered "far removed from town," is located where St. Paul’s stately Summit Avenue meets the Mississippi River. The site was farmed by ex-Fort Snelling soldier William Finn, who received the property as a pension settlement after he accidentally shot himself in the hand while on guard duty. The beautifully landscaped campus has been used as a setting for two motion pictures.

The St. Paul campus is the main campus for UST’s undergraduate degrees and some graduate programs. It is home to O’Shaughnessy Stadium, a state of the art student center (equipped with three eating establishments, coffee house, salon, and bowling alley) and where you will find the office of International Student Services (ASC 218). ISS will be your contact regarding immigration advising. They also put together great programming for international students studying at UST throughout the course of the year. They are a tremendous resource.

Athletic Facility
The Anderson Athletic and Recreation Complex (AARC) is located on UST’s St. Paul campus. The 180,000 square foot complex houses an aquatic center with an eight-lane pool and a diving area, a 2,000 seat arena for basketball and volleyball, a field house with a 200-meter track, fitness facilities for both cardiovascular and weight training, aerobics rooms and locker rooms.

Current graduate and professional students are eligible to purchase a non-refundable term membership ($15/month fee). All graduate and professional students must present a valid University of St. Thomas ID card for access into the fitness areas. There are also community memberships available for dependents on a first-come first-serve basis, as there are limited quantities.

Other Gym Options
- YMCA Minneapolis
  http://www.ymcatwincities.org/
- Downtown YWCA
  https://www.ywcampls.org/
- Lifetime Fitness Minneapolis
- CorePower Yoga-Minneapolis
  http://www.corepoweryoga.com/yoga-studio/minnesota/minneapolis
- Kosama-Minneapolis
  http://www.kosama.com/minneapolis/
- Steele Fitness
- Bike Trails in Minneapolis
  http://www.ci.minneapolis.mn.us/bicycles/

UST Shuttle

Fall 2015 Schedule begins Aug. 24th

Monday-Thursday
6:00 a.m. to 11:00 p.m. (departs every 20 mins)
Friday
6:00 a.m. to 6:00 p.m. (departs every 20 mins)
6:00 to 11:00 p.m. (departs on the hour from Minneapolis, half hour in St. Paul)
Saturday
8:40 a.m. - 7:10 p.m. (departs every hour, at the 40 in St. Paul and 10 minutes after the hour in Minneapolis)

Notes: There is a third shuttle bus that runs Monday-Thursday during the school year. Guest passes will be required for all non-UST students.

Up-to-date schedule info can be found here:
http://www.stthomas.edu/parking/alternatives/ustshuttle/