

# Spouse & Dependent Guide

University of St. Thomas, International Student Services

## **Welcome!**

This guide has been prepared to serve as a resource for our student's 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 [oiiss@stthomas.edu](mailto:oiiss@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

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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](http://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](http://www.stpaul.k12.mn.us)

## CHILDCARE

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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

Monday: 8-4:30pm

Tuesday: 8-6pm

Wednesday: 8-6pm

Thursday: 8-6pm

Friday: 8-4:30pm

Saturday: Closed

Sunday: Closed

*Summer hours are listed  
on their website*



## IN CASE OF EMERGENCY

### CALL

#### *On-Campus:*

651-962-5555

#### *Off-Campus:*

911

## UST Health Services

[www.stthomas.edu/studenthealth](http://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 can not 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

### Now Care— Roseville

(651) 635-0054  
1955 West County Road B2  
Roseville, MN 55113

### Health Partners Urgent Care

(952) 853-8800  
2220 Riverside Avenue  
Minneapolis, MN 55454

## Emergency Hospitals

### Fairview Highland Park Clinic

(651) 696-5000  
2155 Ford Parkway  
St. Paul, MN 55116

### Fairview University Hospital

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

### United Hospital

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

### Children's Hospital

(612) 813-6000  
2525 Chicago Avenue South  
Minneapolis, MN 55404

# LOCAL RESOURCES & ACTIVITIES

## Libraries

### [St. Paul Public Library](http://sopl.org) (sopl.org)

The St. Paul Public Library offers FREE English classes for all levels and ages. For more information see [here](#).

### [Minneapolis Public Library](http://hclib.org) (hclib.org)

The Minneapolis Public Library also offers FREE English classes for all levels and ages. For more information see [here](#).

## Family– Friendly Activities

### [Como Zoo](http://comozooconservatory.org/) (comozooconservatory.org/ )

Visit the gorillas, zebras and lions at St. Paul's FREE zoo!

### [Valleyfair](http://valleyfair.com) (valleyfair.com)

Midwest's largest amusement and water park including Planet Snoopy– a section built just for younger children.

### [Minnesota Children's Museum](http://mcm.org) (mcm.org)

Hands-on museum great for younger children.

### [Science Museum of Minnesota](http://smm.org) (smm.org)

Another hands-on museum great for children of all ages and adults too!

### [Mall Of America](http://mallofamerica.com) (mallofamerica.com)

Shopping destination, restaurants, amusement park and movie theater.

## Discount Tickets

Check out [Tommie Central](#) for discount tickets to the movies, science museum and other activities!

## Facebook

Connect with ISS on [facebook](#) to learn about upcoming events!



## 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/>



*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)*