

PRE-ARRIVAL GUIDE

UW - EAU CLAIRE INTERNATIONAL SCHOLARS

UW - EAU CLAIRE
CENTER FOR INTERNATIONAL
EDUCATION

WELCOME

The Center for International Education welcomes you to the University of Wisconsin - Eau Claire! This guide contains information to prepare you for your arrival, please read through this carefully.

Purpose of the Exchange Visitor Program

The goal of short - term scholar exchanges is to increase the velocity of the interchange of knowledge and skills and collaborative research efforts between foreign and American scholars. This may be accomplished by providing foreign scholars the opportunity to share ideas with their American colleagues, participate in educational and professional programs, confer on common problems and projects, and thereby promote improved professional relationships and communications.



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ACADEMIC CALENDAR

Date:

August

1st Week of September

4th Week of November

Late December

3rd Week of December

Last Week of December

January

Late January

4th Week of March

3rd Week of May

Mid-May-September

Event:

Arrival

Fall Semester begins

Thanksgiving Break

Final Exam Week

Commencement

Holiday Break

Winterim/Winter Break

Spring Semester Begins

Spring Break

Final Exam Week and
Commencement

Summer Break

CENTER FOR INTERNATIONAL EDUCATION (CIE)

Address: Schofield Hall, Room 3, Eau Claire, WI
54702 **Hours:** 7:45 a.m. - 4:30 p.m., Monday through
Friday **Telephone:** (715) 836 - 4411
Email: international@uwec.edu
Website: www.uwec.edu/cie

CIE Staff:

Colleen Marchwick

Director
marchwcc@uwec.edu

Catherine Lee

International Student/Scholar Manager
thompssc@uwec.edu

Lee Chepil

International Student Manager
chepillw@uwec.edu

Yiliu Yang

Chinese Program Manager
yangyili@uwec.edu

Jacqueline Chambers

Inbound/Outbound Mobility Associate
chamberj@uwec.edu

Susan Alt

Program Associate
Alts@uwec.edu



OBTAINING YOUR U.S. VISA

Your DS - 2019 Document

The DS-2019 will allow you to apply for your J-1 visa at a U.S. embassy or consulate. Applying for a U.S. visa can take anywhere from one day to four weeks, or longer.

SEVIS Fee

The SEVIS fee is imposed by the USCIS (United States Citizenship & Immigration Services). The SEVIS fee must be paid and the I-901 Form (SEVIS fee receipt) must be fully processed before the applicant arrives at the consulate. You will not be issued a J visa without paying this fee. Payment may be made by credit card, debit card, check or money order.

Applicants must bring a SEVIS fee payment receipt with them for the visa interview. For those that do not need a visa, bring it to the U.S. port of entry. Having a receipt for the SEVIS fee payment will facilitate the visa application process.

If you are unable to print a receipt from an online payment and/or do not receive your mailed receipt in time for your visa interview, you can still go to your interview and attempt to obtain your visa as long as your fee has been processed by the Department of Homeland Security.

Fee payment process: www.ice.gov/sevis

Fee payment & online I-90 form:

<https://www.ice.gov/doclib/sevis/pdf/i901.pdf>

Entering the U.S.

To enter the U.S. you will need your DS-2019, passport, and visa. **Do not attempt to enter the U.S. without these documents.** Please contact your local embassy or consulate to determine if there are other entry requirements specific to your country.

TIPS FOR THE VISA INTERVIEW

Tell the Truth

- Do not lie or answer questions falsely. Individuals have been denied visas for presenting false information.

Ties to your Home Country

- You must be able to show that you have reasons for returning to your home country that are stronger than those for remaining in the U.S. "Ties" to your home country that bring you to your hometown or current place of residence such as job, family, etc.

Financial Support

- Make sure you bring sufficient proof that you have enough money to support yourself in the U.S.

English

- Anticipate that the interview will be conducted in English and not in your native language. One suggestion is to practice English with a native-speaker before the interview, but do NOT prepare speeches!

Know the Program & How it Fits your Career

- You should be able to explain how the exchange visitor program in the U.S. relates to your future professional career.
- Your main purpose in coming to the U.S. should be to research, observe, lecture, and/or train.
- Please visit the website of the U.S. Consulate in your home country for further information about preparing for your visa interview.

PREPARING TO ARRIVE

International scholars fly into the Minneapolis/St. Paul International Airport located in Minneapolis, Minnesota. For more information and scheduling questions, visit: <https://www.mspairport.com/>

If you fly into Minneapolis/St. Paul International Airport, you may either take a connecting flight to Chippewa Valley Regional Airport, or you may schedule a shuttle service to Chippewa Valley Regional Airport using Chippewa Valley Airport Service. If you would like to take the shuttle, visit: [Groome Transportation](#)

You must book this in advance.

Email your arrival date, time, place, shuttle arrival time, and flight number, to international@uwec.edu and your mentor.



GETTING A US PHONE NUMBER

Best Buy Location

- Address: 4090 Commonwealth Ave, Eau Claire, WI, 54701
- Phone Number: (715) 833-0666

General Information About Best Buy:

Store that specializes in selling and repairing electronics such as televisions, computers, phones, tablets, and other devices. Best Buy also provides services for optimizing devices to work in the United States.

Steps to Get a US Phone Number

1. Contact the Eau Claire location at the phone number listed above or travel to the store at the address listed above
2. Explain to service representative on the phone or at the customer service counter that you are an International Scholar teaching at the University of Wisconsin-Eau Claire and need a United States phone number
3. Staff member or members will assist in setting up a phone number and cellular plan for while you are in the United States

PAYING BILLS & BANKING

You must pay your International Scholar Fee once you arrive. The fee is \$500 for one semester or \$1,000 for one year. If you bring dependents, it is \$250 for a semester or \$500 for one year. Below are the financial transactions that UW - Eau Claire accepts. UW - Eau Claire does NOT accept credit or debit card payments.

UW - Eau Claire Accepts:

- ♦ Wire Transfer

If you prefer traditional wire transfer, send an email to cie@uwec.edu

- ♦ International Money Order/Bank Check

The international money order or bank check must be made in U.S. dollars and may payable to "The University of Wisconsin - Eau Claire." UW - Eau Claire will require a period of 60 days to clear and receive funds from a money order or bank check. If you bring a money order or a bank check with you, be aware that it will take at least 60 days before you will receive a refund from the money order or bank check if you are entitled to one.

- ♦ Electronic Payment - ONLY from banks accounts within the U.S.

Instructions are at www.uwec.edu/bussvs/busoff/payment/index/htm

You must contact the Center for International Education to learn your ID number by emailing international@uwec.edu.

- ♦ Cash

If you prefer to bring cash, you can have it exchanged for U.S. dollars once you arrive at a bank

Banking

Many international scholars open bank accounts while they are in the U.S. There is a bank on campus that we recommend using.

To open an account you must go to the bank in person, bring your passport, and bring your UW - Eau Claire ID.

US Bank

In Davies Student Center on campus

(715) 836 - 4070

ACCIDENT & SICKNESS INSURANCE

Federal regulations require that you and your dependents have a certain level of health insurance coverage. The health insurance must be purchased for you and all dependents and must cover the length of your program, including grace periods. The approximate cost for a one-year program (including grace periods) is about **\$2,000 per person**.

The insurance requirement cannot be waived

You will be expected to pay for the health insurance within 5 days of your arrival.

Provider:

[Anthem](#)

More information about your insurance will be provided upon your arrival.

HEALTH CARE FACILITIES

Eau Claire Facilities

Marshfield Medical Center

- Address: 2310 Craig Rd, Eau Claire, WI, 54701
- Phone Number: (715) 858-8100
- Website: <https://www.marshfieldclinic.org/locations/centers/Eau%20Claire%20-%20Marshfield%20Medical%20Center#>
- Distance from Upper Campus: 2-minute drive, 9-minute walk
- General Information:
Healthcare facility located close to upper campus. This Marshfield Clinic is a regional hospital as well as home to many medical offices. Part of a national chain of American medical facilities that provides both general medical and emergency care in addition to providing medical prescriptions for its patients when needed.

HSHS Sacred Heart Hospital

- Address: 900 W Clairemont Ave, Eau Claire, WI, 54701
- Phone Number: (715) 717-4121
- Website: <https://www.hshs.org/sacredheart>
- Distance from Upper Campus: 1 minute drive, 7 minute walk
- General Information:
Local hospital that provides urgent care services to the public. Like the Marshfield Medical Center, HSHS Sacred Heart is also an American chain of medical facilities. The hospital provides emergency medical care and procedures.

Mayo Clinic Health System

- Address: Clairemont Campus, 733 W Clairemont Ave, Eau Claire, WI 54701
- Phone Number: (715) 838-5222
- Website: <https://www.mayoclinichealthsystem.org/locations/eau-claire>
- Distance from Upper Campus: 2 minute drive, 6 minute walk
- General Information:
Located across Clairemont from upper campus, Mayo Clinic Health System is another major medical center that provides both urgent and general care. In addition to offering appointments and procedures, Mayo Clinic also assists in providing prescription information and refills.

Prevea Health

- Address: 617 W Clairemont Ave, Eau Claire, WI 54701
- Phone Number: (715) 839-5175
- Website: <https://www.prevea.com/locations/location-detail/Prevea-Health-in-Eau-Claire>
- Distance from Upper Campus: 1 minute drive, 2 minute walk
- General Information:
Located close to Mayo Clinic Health System across Clairemont from upper campus, Prevea Health is a medical facility that general medical care. Their care services include family medicine, lab and pathology, orthopedics, primary care, and x-rays.

CAMPUS AND THE COMMUNITY

The University of Wisconsin - Eau Claire

UW - Eau Claire was founded in 1916 and is located in Eau Claire, WI on the Chippewa River. This campus is consistently rated among the top Midwestern Universities as a public liberal arts institution.

UW - Eau Claire Mission Statement:

We foster in one another creativity, critical insight, empathy, and intellectual courage, the hallmarks of a transformative liberal education and the foundation for active citizenship and lifelong inquiry.

UW - Eau Claire is organized into four colleges: the College of Business, the College of Arts and Sciences, the College of Education and Human Sciences, and the College of Nursing. Educating approximately 11,000 students, the school offers about 80 undergraduate programs and 14 graduate programs. The University is best known for its Nursing Program, Teacher Education Program, Music Program, as well as the Blugold Marching Band.



Eau Claire, Wisconsin

As the 9th largest city in Wisconsin, Eau Claire is home to approximately 70,000 people and is located at the confluence of the Eau Claire and Chippewa Rivers. The city has a growing arts, music, and theater community along with several large parks where a farmers market, outdoor yoga, children's events, and concerts are held throughout the summer. Downtown Eau Claire provides a variety of shopping, eateries, and cafes. Offering many of the things that people value, Eau Claire is a vibrant city containing a mix of urban and rural life.



Places to Go in Eau Claire

Acoustic Café

505 S Barstow St # A

Chippewa Valley Museum

1204 E Half Moon Dr

The Goat Coffee House

336 Water St

Carson Park

100 Carson Park Dr

Ramone's Ice Cream Parlor

503 Galloway St

Phoenix Park

330 Riverfront Terrace

Pablo Center at the Confluence

128 Graham Ave

Chippewa River State Trail

And Many More!!!

RESTAURANTS

Southeast/East Asian

Egg Roll Plus

- Address: 1611 Bellinger St Eau Claire, WI 54701
- Phone Number: (715) 832-6125
- Website: <https://m.facebook.com/EggRollPlus/>
- Price Range: \$1.75 - \$14
- General Information:
Egg Roll Plus is a local restaurant with Southeast Asian Cuisine. Some of the notable items on their menu are Pho, Laab, Curry, and other traditional rice and noodle dishes. Located in downtown Eau Claire, Egg Roll Plus is close to other business and its cheaper prices make for an affordable dinner for a larger group. Currently Egg Roll Plus is takeout only.

Shanghai Bistro

- Address: 2930 Craig Rd Eau Claire, WI 54701
- Phone Number: (715) 835-3348
- Website: <https://shbistro.com/>
- Price Range: \$3 - \$32
- General Information:
Shanghai Bistro is a Pan-Asian restaurant that services multiple cuisines from different East Asian countries. Some of the notable items on their menu are Sushi, Noodle and Ramen dishes, as well as Vegan and Vegetarian options alongside their meat dishes. On the weekends, the restaurant features live jazz performances. Shanghai Bistro offers dine-in, takeout, and no contact delivery.

Thai Orchid

- Address: 203 N Barstow St Eau Claire, WI 54701
- Phone Number: (715) 514-2790
- Website: <https://www.facebook.com/ThaiOrchidEauClaire/>
- Price Range: \$2 - \$17
- General Information:
Thai Orchid is a local restaurant that serves Thai cuisine. Some of the notable items on their menu are Curry, Stir Fry, Noodle and regular soups, Noodle Dishes, and a variety of drinks that include tea and coffee options. Located in downtown Eau Claire, Thai Orchid is close to other businesses and restaurants such as Ramone's Ice Cream Parlor. Thai Orchid offers dine-in, takeout, and delivery.

Noodle Wrap

- Address: 3021 Mall Dr STE 1, Eau Claire, WI 54701
- Phone Number: (715) 552-0525
- Website: <http://noodlewrap.com/>
- Price Range: \$1.25 - \$16.95
- General Information:

Noodle Wrap is a small restaurant serving Southeast Asian cuisine. Some of the notable items on their menu are Hmong Noodle Wraps, Noodle dishes, and Pho and Kao Poon soups. Located across from one of the Eau Claire Festival Foods locations, Noodle Wrap makes a nice stop to combine grocery shopping with a quick lunch. Currently Noodle Wrap is takeout only.

Mexican

El Patio/Burrito Xpress

- Address: 408 Water St, Eau Claire, WI 54703
- Phone Number: (715) 855-8590
- Website: <http://burritox.com/>
- Price Range: \$4.98 - \$18.43
- General Information:

El Patio (aka Burrito Xpress) is a small Mexican restaurant located on Water St. Some notable menu items are burritos, tacos, salads, and desserts. Located across the walking bridge from lower campus it is a nice place to have some Mexican cuisine and beverages after working on campus. El Patio offers dine-in, takeout, and no-contact delivery.

Casa Vallarta

- Address: 2426 Seymour Rd, Eau Claire, WI 54703
- Phone Number: (715) 839-7776
- Website: <https://casavallartaec.com/58404>
- Price Range: \$4.19 - \$23.09
- General Information:

Casa Vallarta is a local Mexican restaurant that has a slightly more expensive menu compared to other local options. Even so, their menu consists of delicious options such as Burritos, Tacos, Acapulco, Zarape, Salads, and many other varieties of Mexican cuisine. Casa Vallarta is located farther from downtown, but the Bus 4 route offered by the city will take you directly by the restaurant. Casa Vallarta offers dine-in, pickup, and delivery.

American

Texas Roadhouse

- Address: 5019 Keystone Crossing, Eau Claire, WI, 54701
- Phone Number: (715) 838-0035
- Website: <https://www.texasroadhouse.com/locations/271-eau-clairewi>
- Price Range: \$3.99 - \$54.99
- General Information:

Texas Roadhouse is an American steakhouse chain that specializes in serving Southwestern themed food in a Texas inspired atmosphere. Some of the notable menu options are Steaks, Ribs, Country Dinners, Sandwiches, and many more. Texas Roadhouse is located near Oakwood Mall and other businesses on the Southeast side of Eau Claire. They offer Dine-In and Curbside Pickup.

The Nucleus

- Address: 405 Water St, Eau Claire, WI, 54703
- Phone Number: (715) 834-7777
- Website: <https://www.nucleuscafe.com/>
- Price Range: \$1.50 - \$17.75
- General Information:

The Nucleus is a local restaurant and café that specializes in gourmet breakfast cuisine and various caffeinated beverages like coffee and tea. Some of the notable menu items are crepes, breakfast sandwiches, omelets, pancakes, and more. They also offer lunch options such as sandwiches and wraps. In addition to their main menu, The Nucleus also has a vegan menu. Located right across from lower campus, The Nucleus is a nice place to arrange meetings, grab a coffee, or simply get a nicer breakfast or lunch. They offer Dine-In and Curbside Pickup.

GROCERIES

Woodman's

- Address: 2855 Woodman Dr, Altoona, WI, 54720
- Phone Number: (715) 598-7255
- Bus Number to Take: 4 or 17
- Distance from Campus: 22-31 minutes on bus
- General Information:

Woodman's is a supermarket chain store that offers various grocery options, produce, and liquor. The prices of products at Woodman's are relatively low compared to other grocery stores because they buy their products directly from the manufacturer. Even though it is farther from campus, the Eau Claire city bus system includes the grocery store as one of their stops.

Menomonie Market Food Co-op

- Address: 1117 S Farwell St, Eau Claire, WI, 54701
- Phone Number: (715) 552-3366
- Bus Route to Take: 15 or 21
- Distance from Campus: 17 minute walk, 14 minutes on bus
- General Information:

Menomonie Market Food Co-op (previously known as Just Local Foods) is a small local grocery store that specializes in selling local, organic, and sustainable produce and meat products. They are located close to downtown and can be accessed by walking from campus and through the city bus system.

Hyvee

- Address: 2424 E Clairemont Ave, Eau Claire, WI, 54701
- Phone Number: (715) 598-9525
- Bus Route to Take: 6, 15, 21, then 18
- Distance from Campus: 29 minutes on bus
- General Information:

Hyvee is another chain grocery store located in Eau Claire. In addition to groceries, Hyvee also has various food court options, a pharmacy, floral, and prepped meal options. Their prices are a little more expensive on average than other local stores. If travelling from lower campus, the bus routes will take you within walking distance to the store.

Farmer's Market

- Address: 300 Riverfront Terrace, Eau Claire, WI, 54703
- Phone Number: (715) 563-2644
- Bus Route to Take: 20
- Distance from Campus: 16 minutes on bus
- Schedule:

May

Saturdays: 7:30 a.m. - 1:00 p.m.

June - October

Wednesdays: 7:30 a.m. - 1:00 p.m.

Thursdays: 12:00 p.m. - 5:00 p.m.

Saturdays: 7:30 a.m. - 1:00 p.m.

November - April

Winter Market

Second Saturday of Month

8:30 a.m. - 12:30 p.m.

- **General Information:**

The Eau Claire Downtown Farmer's Market is the largest farmer's market in the area. It hosts many local vendors that sell produce, meats, honey, baked goods, and much more. Throughout the season, the farmer's market is also host to local musicians and groups in addition to art vendors.

Amerasian Food Plus

- Address: 2116 Cameron St, Eau Claire, WI 54703
- Phone Number: (715) 598-7413
- Website: <https://www.facebook.com/Amerasianfoodplus>
- Bus Route to Take: 7 and 20
- Distance from Campus: 25 minutes on bus
- General Information:

Amerasian Food Plus is a local Asian grocery store. They sell many Asian groceries and produce for a decent price. In addition to food, they also sell some cooking products in shop. Their stock changes somewhat frequently and they update their patrons on their Facebook page whenever something new is in stock.

HmongStop

- Address: 307 E Clairemont Ave, Eau Claire, WI 54701
- Phone Number: (715) 514-0480
- Website: <https://www.hmongstop.com/>
- Bus Route to Take: 7
- Distance from Campus: 11 minute walk, 6 minutes on bus
- General Information:

HmongStop is a new local Asian grocery store that specializes in Hmong products. They also sell handmade Hmong jewelry and clothing. Located relatively close to both Water Street and Upper Campus the bus and walking times are not too long to get there.

PUBLIC TRANSPORTATION

Bus

- Website: <https://www.eauclairewi.gov/government/our-divisions/transit>
- Route Information: https://issuu.com/ecparksandrec/docs/116181_ec_transit_brochure_/6
- General Information:
The city of Eau Claire offers a public transit system through the city buses. In total, there are 21 main bus routes with stops throughout the city. You can access bus routes and schedules in addition to purchase bus passes on the public transit website.

Uber/Lyft

- Uber Website: <https://www.uber.com/global/en/cities/eau-claire/?id=16>
- Lyft Website: <https://www.lyft.com/rider/cities/eau-claire-wi>
- General Information:
Uber and Lyft are two taxi options in the city of Eau Claire. Through the Uber and Lyft websites and apps you can book a trip up to 30 days in advance. Drivers for both companies can take you throughout the city as well as drop you off and pick you up from the Chippewa Valley Airport if desired.

Chippewa Valley Airport

- Website: <https://www.chippewavalleyairport.com/>
- General Information:
The Chippewa Valley Regional Airport is a small airport where can fly to or from some other regional airports. The airport offers flights through Sun Country Airlines to and from the Minneapolis-St. Paul Airport.

Greyhound Bus

- Website: <https://www.greyhound.com/en-us/bus-stations-in-eau-claire>
- General Information:
The Greyhound bus line has multiple stations within the city of Eau Claire. The Greyhound line can take you to other major cities such as Minneapolis, Madison, Milwaukee, and Chicago. Tickets start at \$26 for a one-way ticket and can be purchased on the Greyhound website.

EAU CLAIRE WEATHER

From fresh piles of snow to very humid summers. Northwestern Wisconsin is known for variable weather.

Summer

During the summer months, June - August, the temperature ranges from 13 - 29 degrees Celsius with July as the hottest month. With the Chippewa River close by, the summer months are very humid.

Fall

The months of September, October, and November bring cool and often rainy weather. The temperature during the month of September can be as low at 10 degrees Celsius and high as 22 degrees Celsius. October and November drop to average 5 degrees Celsius. Snow typically begins to fall in mid - November. During this season you will need a variety of outdoor apparel such as a raincoat, winter coat, hat, gloves, and scarf.

Winter

December - February, winter apparel is necessary! Temperatures range from -16 to -2 degrees Celsius however it typically feels significantly cooler due to cold winds. *A heavy winter coat, gloves, hat, scarf, and winter boots are imperative during these months.* In addition to cold temperatures, there is an average of 46 inches of snow per year.

Spring

From March - May the temperature begins to rise again; however, much like the fall season, the temperature can range from -5 - 22 degrees Celsius. During the month of March, there is still a significant amount of snow and snowfall. During April snow melts and there can be heavy rainfall. On average, Eau Claire receives 33 inches of rain per year.