

# UNIVERSITY OF MINNESOTA

INTERNATIONAL  
STUDENT AND  
SCHOLAR SERVICES

*Office of International Programs*



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# FAMILY RESOURCE GUIDE

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# EDUCATION

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## K-12 EDUCATION

If you are coming to the U.S. with children, you need to consider which school your child will attend. In the US all children are required to go to school beginning the year that the child turns 5 years old if the child's birthday is before or on September 1st. For example, if your child turns 5 years old on July 31, 2007, then he will start school in September, 2007. If your child turns 5 years old on December 12, 2007, then she will begin school in September, 2008.

Most often children will go to school in the school district where they live. Transportation and tuition are free. In Minnesota children can attend a school outside of their district. However free transportation is not available outside your district. When registering your child for school you must have the child's birth record and immunization records (see immunization section). Each school district may require additional documentation. To find out which school district you live in, contact your city hall.

### *List of terms*

**Kindergarten** – a school or class for children usually from four to six years old.

**Elementary school** - a school which includes Kindergarten through fourth, sixth, or eighth grades. Each school is different.

**Middle school** - a school which usually includes grades five-eight or six-eight.

**High school** - a school which usually including grades 9-12 or 10-12.

**Public school** - a free tax-supported school controlled by a local governmental authority.

**Private school** - a school that is established, conducted, and primarily supported by a nongovernmental agency. Tuition is not free and you may have to arrange your own transportation.

*The following are options for schools in your area:*

### **Minneapolis Public schools**

For a list of Minneapolis public schools and other basic 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 other basic information go to [www.stpaul.k12.mn.us](http://www.stpaul.k12.mn.us)

## **Bloomington Public Schools**

For a list of Bloomington public schools and other basic information go to [www.bloomington.k12.mn.us](http://www.bloomington.k12.mn.us)

## **Edina Public schools**

For a list of Edina public schools and other basic information go to [www.edina.k12.mn.us](http://www.edina.k12.mn.us)

If you are trying to find a school in another school district go to [google.com](http://google.com) and search for Minnesota Public Schools.

## **EARLY CHILDHOOD FAMILY EDUCATION**

Early Childhood Family Education (ECFE) is a special program offered through Minnesota public schools for all Minnesota families with small children. ECFE has different programs within each school district which involve children and their parents in various activities. If you live in Minneapolis and want to learn about ECFE class listings, class description, registration, payment, special events and calendar, please visit the following website: <http://ecfe.mpls.k12.mn.us/>

You can also access information about ECFE for your area by going to Google search “community education”. From there you will be able to find the ECFE in your area.

## **ESL - ENGLISH AS A SECOND LANGUAGE**

ESL classes are a perfect opportunity to improve your English skills, meet new people and learn something new about the culture. As a spouse or dependent of an international student or scholar you may choose from the following options:

### *ESL classes at the University of Minnesota*

The University of Minnesota provides a wide range of ESL classes. You may consider checking university classes and programs. To find a list of classes go to <http://onestop.umn.edu/onestop> and check under class search

English Language Program  
323 Nolte Center, Lynne Ackerberg  
Tel: 612-624-1183  
E-mail: [acker005@umn.edu](mailto:acker005@umn.edu)

Courses are offered in all skills: speaking, pronunciation, listening, writing, grammar, and reading. These advanced level classes for academic credit are designed to meet the needs of undergraduates, graduate students, postdoctoral researches, and spouses who want to upgrade their English to be more effective. Classes can be found in the Course Schedule under English as a Second language (ESL 3101, 3102, 3201, 3202, 3302, 3501, 3502, 3551)

### **Conversation programs**

Tandem Plus  
Language Center  
Tel: 612-626-6050  
E-mail: tandem@umn.edu

This program provides an opportunity to practice language skills and to explore culture. Partners meet informally, but on a regular basis, and spend half of the time speaking English and the other half speaking the student's native language. Once matched, partners determine when, where and how often to meet. Program matches are made shortly after the start of each semester.

Partners in English  
Teaching and Learning Services, Caroline Rosen  
Tel: 612-625-3017

Program gives priority to matching graduate students and scholars. It offers participants an opportunity to practice conversational English. Sign-up is an on-going basis.

### ***ESL programs in the Twin Cities***

Global language Institute  
College of St. Scholastica  
340 Cedar St. Suite 25  
St. Paul, MN 55101  
Phone: 651-209-3522  
E-mail: info@gli.org  
Website: www.gli.org

Global Language Institute has programs for high school or university students, international business executives or someone in need of improving their English skills for personal or professional reasons.

### *ESL Language Centers*

University of St. Thomas  
Mail CHC203  
2115 Summit Ave.  
St. Paul, MN 55105  
Phone: 651-962-5990  
E-mail: [info@gli.org](mailto:info@gli.org)  
Website: [www.gli.org](http://www.gli.org)

### *Nonprofit organizations*

The Minnesota Literacy Council (MLC)  
756 Transfer Road  
St. Paul, MN 55114-1404  
Phone: 651-645-2277 or 800-225-READ  
Website: <http://www.themlc.org/>  
Fax: 651-645-2272

The Minnesota Literacy Council (MLC) is a nonprofit, statewide organization that provides literacy services to adults, children, volunteers and community programs around Minnesota. MLC offers ESL classes as well. MLC provides direct adult literacy services in Minneapolis at Hiawatha Lake Learning Center, Northeast Learning Center, and North Side Learning Center and manages a wide range of other direct service literacy programs in the Twin Cities area. Please visit “Adult Learning Sites” or “Children’s Services” sections for more information about these and other programs.

### **MINNESOTA EXTENSION AGENCY**

The University of Minnesota Extension Service is committed to delivering high-quality, relevant educational programs and information. Their statewide network of researchers, educators, and volunteers addresses critical needs by focusing on issues where research-based education can make a difference.

The Minnesota Extension Agency’s website contains information on raising children and living in Minnesota. Please visit their website to see their extensive offerings: [www.extension.umn.edu/index.html](http://www.extension.umn.edu/index.html)

# SAFETY AND TRANSPORTATION

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## CAR SEAT INFORMATION

Minnesota's Child Passenger Restraint law requires the following:

- Children under four years of age must be secured in a safety seat that meets federal safety standards.
- Safety seats must be installed and used according to the manufacturer's instructions.
- Child must be secured in the safety seat.
- Seat must be secured to the vehicle.
- Infants (under 20 pounds and under one year of age) must be in a rear-facing safety seat.

The following guidelines are recommended when considering how to safely drive with your children in the vehicle:

### *Babies under 1 year old and under 20 pounds*

Use a car seat that faces towards the rear of the car. The baby should always ride in the back seat of the car. Use until the child outgrows the car seat (the baby's head comes within 1 inch of the top of the car seat's shell). When the baby is 1 year old and weighs 20 pounds or more, you can move the child to a forward-facing car seat.

### *Children 1-4 years old and over 20 pounds*

Use a car seat that faces forward (towards the front of the car). The child should ride in the back seat of the car. Use until the child outgrows the car seat (when ears reach the top of the seat, when shoulders are above the top slots, or when child reaches the upper weight limit, usually 40 pounds). Then move the child to a booster seat.

### *Children 4-10 years old*

A booster seat makes an adult safety belt fit correctly. Most children under 8 years old are not big enough to fit the adult safety belt properly. Children using booster seats should sit in the back seat of the car. Use a booster seat until the child reaches the upper weight limit specified on the booster seat or until the child can sit comfortably without slouching on the vehicle seat. Most children do not fit the adult belt until ages 8 to 10.

### *Children 10-12 years old*

Children can use an adult safety belt if they can sit comfortably without slouching on the vehicle seat. Test for proper fit by having the child slide its bottom on the back of the seat. Knees should bend comfortably over the edge of the seat and the child's feet should touch the floor. Children should continue to sit in the back seat of the car until they are 13 years old.

For more information on car seat safety, please visit the following websites:

*Minnesota Office of Traffic Safety: Child Passenger Safety Program*

This website contains general information concerning the Child Passenger Safety Program, including information on car seats, safety belts, and Minnesota laws.

[www.buckleupkids.state.mn.us](http://www.buckleupkids.state.mn.us)

*Buckle up Kids! A guide for choosing the right child safety restraint and instructions for correct use.*

[www.dps.state.mn.us/ots/resource\\_catalog/images/full\\_brochures/buckleupkids%20\(eng\).pdf](http://www.dps.state.mn.us/ots/resource_catalog/images/full_brochures/buckleupkids%20(eng).pdf)

The website below lists car seat inspection clinics, distribution programs, and child safety seat specialists in Minnesota.

[www.buckleupkids.state.mn.us/clinics\\_distribution.asp](http://www.buckleupkids.state.mn.us/clinics_distribution.asp)

## **CHILD SAFETY**

Living in a new country may make your children feel uncomfortable or unsafe. On the other hand, a new place can be exciting, with lots of new things to see and do. Below are some tips for parents to help their children stay safe in the U.S.

### *Safety at home*

- Children should know their full name, home phone number and how to use the telephone. Post your contact information where children will see it. Your contact information can include your office phone number, your cell phone number, your pager number, etc.
- Children should have a trusted adult to call if they're scared or have an emergency. This person could be a relative, such as a grandparent, a neighbor, or a close family friend.
- Choose babysitters with care. Obtain references from family, friends, and neighbors. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was and listen carefully to their responses.

### *Safety in the neighborhood*

- Make a list with your children of their neighborhood boundaries, choosing significant landmarks.
- Interact regularly with your neighbors. Tell your children whose

homes they are allowed to visit.

- Don't drop your children off alone at malls, movie theaters, video arcades, or parks.
- Teach your children that adults should not approach children for help or directions. Tell your children that if they are approached by an adult, they should stay alert because the adult may intend to harm them instead.
- Never leave children unattended in an automobile. Children should never hitchhike or approach a car when they don't know and trust the driver.
- Children should never go anywhere with anyone without getting your permission first.

### *Safety at school*

- Be careful when you put your child's name on clothing, backpacks, lunch boxes or bicycle license plates. If a child's name is visible, it may put them on a "first name" basis with an abductor.
- Walk the route to and from school with your children, pointing out landmarks and safe places to go if they're being followed or need help. Make a map with your children showing acceptable routes to school, using main roads and avoiding shortcuts or isolated areas. If your children take a bus, visit the bus stop with them and make sure they know which bus to ride.

### *General safety tips for parents*

- Make sure you know where each of your children is at all times. Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check in with you when they arrive at or depart from a particular location and when there is a change in plans. You should also let them know when you're running late or if your plans have changed so they can see the rule is for safety purposes and not being used to "check up" on them.
- Never leave children unattended in an automobile, whether it is running or not. Children should never be left unsupervised or allowed to spend time alone or with others in automobiles, as the potential dangers to their safety outweigh any perceived convenience or "fun." Remind children to never hitchhike, approach a car or engage in a conversation with anyone within

a car they do not know and trust, or go anywhere with anyone without getting your permission first.

- Be involved in your children’s activities. As an active participant, you’ll have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone’s behavior, take it up with the sponsoring organization.
- Listen to your children. Pay attention if they tell you they don’t want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.
- Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts. Take the time to talk to your children about the person and find out why the person is acting in this way.
- Teach your children they have the right to say “No” to any unwelcome, uncomfortable, or confusing touch or actions by others and to get out of those situations as quickly as possible. If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell that the person is not their father / mother / guardian and then immediately tell you if this happens. Reassure them that you’re there to help and it is okay to tell you anything.
- Be sensitive to any changes in your children’s behavior or attitude. Encourage open communication and learn how to be an active listener. Look and listen for small cues and clues that something may be troubling your children, because children are not always comfortable disclosing disturbing event or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, uncritical, and nonjudgmental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.
- Be sure to screen babysitters and caregivers. Many states now have a public registry that allows parents and guardians to check out individuals for prior criminal records and sex offenses. Minnesota’s website is [www.doc.state.mn.us/search/default.htm](http://www.doc.state.mn.us/search/default.htm). Check out references with other families who have used the caregiver or babysitter. Once you have chosen the caregiver, drop in unexpectedly to see how your children are going. Ask your children

how the experience with the caregiver was and listen carefully to the responses.

- Practice basic safety skills with your children. Make an outing to a mall or park an experience in which you can teach children about safety. They can practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who can help if they need assistance. Remember, allowing your children to wear clothing or carry items in public on which their name is displayed can bring about unwelcome attention from inappropriate people who may be looking for a way to start a conversation with your children.
- Remember there is no substitute for your attention and supervision. Being available and taking time to really know and listen to your children helps build feelings of safety and security.

## **TRANSPORTATION**

For general information on the bus system, the light rail, cars, taxis, and biking, please see the International Student Handbook: [www.iss.umn.edu/new/HandBook/8.pdf](http://www.iss.umn.edu/new/HandBook/8.pdf)

*Information especially for families and children*

### **On the bus and the light rail**

Children ages 5 and under ride free (limit 3 children) during all hours when accompanied by a paid fare. Youth (ages 6-12) qualify for a reduced fare during non-rush hours. Rush hours are Monday – Friday, 6:00 a.m. – 9:00 a.m. and 3:00 p.m. – 6:30 p.m. Please tell the driver before you pay your fare if you qualify for a reduced fare.

If you're traveling with children, make sure they stay seated for the whole trip. If you have a stroller and are riding the bus, please make sure that you fold it up before boarding the bus so it doesn't block the aisle. Folding your stroller not only makes it easier for other customers to get on and off the bus, but it also makes the ride safer for the child. A child in a stroller runs the risk of being injured as a result of sudden movements.

### **On a bike**

Minnesota Department of Transportation recommends always wearing a helmet when riding your bike. Remember that this includes children as well. Bicyclists are required to obey the same road rules as motorists.

### *Buying a car*

## **Buying a new car**

Look at several different cars and talk with many automobile dealers to find the best buy. If possible, bring someone with you who is knowledgeable about cars. Taking a test drive is also a good idea. Sometimes you can get a lower price on a new car at the end of the year when next year's model has come out for sale.

## **Buying a used car**

Automobile dealers also sell used cars, as do private individuals. The price is somewhat negotiable. Find used cars for sale in the classified ads of newspapers under "Autos for Sale." Beware: buying an inexpensive old car or one in poor condition may actually cost you more money because repairs can be very expensive, especially if you have a large deductible on your car insurance.

## **Renting a car**

Rental car agencies are listed in the Yellow Pages telephone directory under "Auto Renting." Agencies vary in types of cars available and in price, so it's a good idea to check several companies. Rental car agencies require customers to use a credit card to pay the rental charge.

## **Driving a car**

Checklist for driving in Minnesota:

- All drivers must have a driver's license that is valid in Minnesota
- All cars must be registered
- All cars must be insured
- All drivers must be covered on a car insurance policy

## **Driver's licenses**

Anyone driving a car in the state of Minnesota must have a valid driver's license. If your driver's license was issued in your home country, you must also have an international driver's license. The international driver's license is available only from the country that issued your driver's license; it cannot be obtained in the United States (unless you have a driver's license issued by a U.S. state). If you do not have an international or U.S. driver's license, you must get a Minnesota driver's license. This requires both a written (rules-of-the-road) test and a behind-the-wheel driving examination. If you have a valid driver's license from another state in the U.S. or Canada only the written test and eye exam are required. You have 60 days in which to get the Minnesota driver's license. You have to study for these tests, and you should get a copy of the Minnesota Driver's Manual. For further information, locations of examinations stations,

and for a Minnesota Driver's Manual, call the State of Minnesota, Driver's License Information at (651) 296-6911. Or view their website at [www.dps.state.mn.us](http://www.dps.state.mn.us)

### **Vehicle registration**

All vehicles (cars, trucks, vans, etc.) must be registered with the State of Minnesota. There is a registration fee for this, and it varies depending on the type of vehicle you own and its age. You must register your car within 60 days of arriving in Minnesota, or, if you buy a car in Minnesota, you must register it within 10 days. The only exception to this law is if you expect to stay in Minnesota for less than one year and have a valid driver's license issued to you from another state. When you register your car, you must provide proof that you have insurance. For information, call the Motor Vehicle Division at (651) 296-6911.

### **Insurance**

It is Minnesota state law that all drivers must have insurance coverage for Liability, Uninsured Motorist, and Personal Injury Protection. The following explains the various types of insurance available:

Liability: pays for injuries or damages to someone else if your car hits another person or the property of another person. It does not cover injury to yourself or your property.

Uninsured Motorist: pays for your injuries and car damages if you are in an accident with an uninsured motorist.

Personal Injury Protection: pays for your personal injuries if you are in an accident

Collision: (optional) pays for damages to your car from an accident

Comprehensive: (optional) pays for damage to your car from theft, fire, storm, damage, or hitting an animal

All types of insurance coverage have a "deductible": an amount you are required to pay before the insurance company will pay anything. For example, if you have \$100 deductible coverage and damage from an accident is \$450, you will have to pay \$100 and the insurance company will pay \$350.

### **To buy insurance**

Look in the Yellow Pages of the telephone directory under "Auto Insurance" and call insurance agents that do business in Minnesota. Check with several agencies to see which has the best price for your situation.

**Motorcycle insurance coverage and license**

Insurance coverage is mandatory for all motorcycles, and special licenses are required for driving them.

# DAYCARE OPTIONS

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There are several types of day care options you can choose from:

Home Care- There are two types of home care options:

- Someone comes to your home ( i.e. hire a nanny)
- You bring your child to someone else's home (day care in private homes)

## DAY CARE CENTERS

If you have children and are looking for a day care, you might consider the following options:

### 1. The Goddard Schools

These schools offer year round programs for preschool children. Private kindergartens are also available. You may find information at [www.goddardschool.com/Default.gsp?x](http://www.goddardschool.com/Default.gsp?x) or call 1-800-GODDARD

### 2. Kinder Care Learning Centers

Kinder Care is a licensed child care provider with learning centers across the country and different high quality programs. To learn more visit [www.kindercare.com](http://www.kindercare.com)

### 3. Greater Minneapolis Day Care Association

GMDCA is a child care resource and referral agency. It helps families to find the best child care. The information is presented in English, Spanish and Hmong. [www.gmdca.org/index.asp?Type=B\\_BASIC&SEC={607B373E-DBCB-456C-A51B-0FB7F890F329}](http://www.gmdca.org/index.asp?Type=B_BASIC&SEC={607B373E-DBCB-456C-A51B-0FB7F890F329})

### 4. Care Quest

Care Quest (651-222-4664) is referral service for the metro area. Parents who are working or studying at the University of Minnesota can use this service for free. Care Quest will mail you a list of licensed providers to you based on your child's age, your preferred location, and other factors.

### 5. What Happens Now

You can get advice and ask questions when choosing a Day care provider at [www.whathappensnow.com](http://www.whathappensnow.com)

### 6. University of Minnesota Child Care Center

A Child Care Center is available at the University (612-627-4014) but generally has a waiting list of more than two years.

### 7. CLAS – Career/Life Alliance Services, Inc

Family Care, Parenting, Education, Financial and Daily Living. CLAS provides an online Child Care Resource and Referral System. If you are

asked for a password it is:

Login: University

Password: Minnesota

8. Unlicensed child care is also available but the government agency does not require these to adhere to its standards of size (# of children per adult), cleanliness, or meal programs.

## **NANNIES**

The following resources may help you to find the right nanny for your child. Nannies are usually hired for a long term and they come to your house to take care of your children while you are working or studying.

- eNanny Source [www.enannysource.com](http://www.enannysource.com)
- Nanny Locators [www.nannylocators.com/minnesota.htm](http://www.nannylocators.com/minnesota.htm)
- Craigslist <http://minneapolis.craigslist.org/kid/index100.html>
- Nanny Professionals [www.nannyprofessionals.com/](http://www.nannyprofessionals.com/)
- Nannies for Hire [www.nannies4hire.com/index.asp](http://www.nannies4hire.com/index.asp)

## **BABY SITTERS**

Going out for an evening? Need a baby sitter?

Baby sitters charge hourly fees and usually are hired on a daily or evening basis. Ask for references when you hire someone. There are different ways to find baby-sitters for short-term child care:

- classified ads in newspapers: Minnesota Daily, Pioneer Press, Star Tribune
- ask your neighbors
- friends
- bulletin boards on campus
- websites can give useful information about US nannies
- Call for Sitters [www.callforsitters.com](http://www.callforsitters.com)

# MEDICAL INFORMATION

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## HEALTH CARE

The United States does not have a national health care system. The cost of medical care is each person's responsibility. The University of Minnesota therefore offers Student Health Benefit Plans for international students and scholars. For questions about medical care you may contact Boynton Health Services at 612-624-0627 or visit the Student Health Benefit plan website: [www.bhs.umn.edu/insurance/international.htm](http://www.bhs.umn.edu/insurance/international.htm)

International students and Boynton Health Service started International Health Advocates (IHA), a peer education program designed to help foreign students understand the health-care system. It also helps foreign students to identify the types of health care they need. They will assist scholars and dependents as well. You may contact IHA at 612-625-5944 or e-mail at [iha@umn.edu](mailto:iha@umn.edu). A website is also available: [www.bhs.umn.edu/iha](http://www.bhs.umn.edu/iha)

It is recommended that you and your children go to the doctor for regular health "check ups". Talk to your child's doctor about how often you should bring your child into the clinic for regular check-ups, also known as "well-being visits". Find out from your health insurance provider which clinics you may visit.

## BASIC IMMUNIZATION INFORMATION FOR CHILDREN

Immunizations, also known as vaccinations, are recommended by the Department of Health. The Minnesota Department of Health states that "immunizations are one of the best weapons we have against a number of serious diseases."

The state of Minnesota requires certain immunizations for children enrolled in child care, day care, school, and college. The following is a general guideline of the immunizations required. You need to consult with your doctor and the school district or child care center to verify which immunizations are required. For questions and concerns about immunizations, please talk to your doctor and your child's doctor and visit the Minnesota Department of Health's website at [www.health.state.mn.us/divs/idepc/immunize/index.html](http://www.health.state.mn.us/divs/idepc/immunize/index.html).

### *Required for enrollment in child care:*

- DTP (diphtheria, tetanus, pertussis/whooping cough), 4 shots total, given at age 2 months, age 4 months, age 6 months, and age 15-18

months

- Polio, 3 shots given at age 2 months, age 4 months, and age 6-18 months
- MMR (measles, mumps, rubella), 1 shot total, given at age 12-15 months
- Hib (Haemophilus influenza type b), 4 shots total, given at age 2 months, age 4 months, age 6 months, and age 12-15 months
- Varicella (chickenpox), 1 shot total, given at age 12-18 months
- PCV (pneumococcal vaccine), 4 shots total, given at age 2 months, age 4 months, age 6 months, and age 12-15 months

***Required for enrollment in Grades K-12:***

- All immunizations required for enrollment in child care, except Hib and PCV
- Hep B (hepatitis B), 3 shots total, given at birth, 1-2 months after first hep B, and age 6-18 months. If child did not have these 3 shots previously, then he will be required to have them before enrollment in grade K-12.

***Recommended shots:***

- Hep A (hepatitis A), 2 shots total, given at age 12-23 months. Doses are given 6-18 months apart. MCV4 (meningococcal conjugate), 1 shot total, given at age 11-12 years.
- Influenza (flu), shot given each fall, beginning at age 6-23 months. Children receiving the influenza immunization for the first time need 2 shots at least 4 weeks apart.

For more information on immunizations, please visit the following websites:

Minnesota Department of Health: Immunization

This website has information on immunizations in Minnesota, including basic information on immunizations and a list of immunizations required for schools: [www.health.state.mn.us/divs/idepc/immunize/index.html](http://www.health.state.mn.us/divs/idepc/immunize/index.html)

Minnesota's school immunization law: Are you kids ready for school?

This handout has includes a chart that explains what immunizations are needed to children of different ages.

[www.health.state.mn.us/divs/idepc/immunize/arekidseng.pdf](http://www.health.state.mn.us/divs/idepc/immunize/arekidseng.pdf)

# SHOPPING

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## GENERAL SHOPPING

### *Grocery stores*

Grocery stores sell all types of food – fresh, frozen, and canned – “staples,” and spices. “Staples” are everyday food items, such as bread, milk, and eggs. Some grocery stores sell toiletries such as shampoo, toothpaste, and paper product such as toilet paper, paper towels, facial tissues, paper plates, and paper cups. Please see the yellow pages of the phone box for the grocery store nearest to you.

### *Supermarkets*

Supermarkets usually include a bakery, pharmacy, and photolab, and in some cases even sell gas. They offer a large variety of specialty foods. Because they stock larger varieties and quantities of foods, supermarket chains such as Rainbow and Cub are able to offer lower prices than other stores. Some full-service supermarkets, such as Lund’s or Byerly’s, offer special foods and will bag and carry your groceries for you, but the prices are frequently higher. These are the supermarkets closest to the Minneapolis and St. Paul campuses:

### **Less expensive stores:**

1. Cub- [www.supervalu.com/sv-webapp/retail/banners/cub.jsp](http://www.supervalu.com/sv-webapp/retail/banners/cub.jsp)

Cub Lake Street  
2850 26th Avenue South,  
Minneapolis, MN. 55406  
Store Phone: 612-721-2787  
Pharmacy: 612-721-5840

Cub Midway  
1440 University Avenue West,  
St. Paul, MN. 55104  
Store Phone: 651-646-1003  
Pharmacy: 651-646-8858

2. Rainbow- [www.rainbowfoods.com](http://www.rainbowfoods.com)

Rainbow Lake Street  
2919 26th Ave. S.  
Minneapolis, MN 55406  
Phone: (612) 724-4605

Rainbow Midway  
1566 University Ave.  
Saint Paul, MN 55104  
Phone: (651) 644-4321

3. Super Target- [www.supertarget.com](http://www.supertarget.com)

Super Target Roseville  
1515 County Road B W  
Roseville, MN 55113  
Phone: (651) 631-0330

### **More expensive stores:**

1. Byerly's- [www.byerlys.com](http://www.byerlys.com)

Byerly's Roseville  
1601 West County Rd C  
Roseville, MN 55113  
(651) 633-6949

2. Lund's- [www.lundsmarket.com](http://www.lundsmarket.com)

Lund's has many locations, primarily in the suburbs surrounding the Twin Cities. Please visit their website for more information on their locations.

3. Kowalski's- [www.kowalskis.com](http://www.kowalskis.com)

Kowalski's has many locations, primarily in the suburbs surrounding the Twin Cities. Please visit their website for more information on their locations.

*Clothing, pharmaceuticals, and housewares*

### **Department stores**

Department stores sell shoes, clothing, appliances, furniture, fabrics, dishes, pots and pans, linens, towels, and toys. You can find them downtown and at the suburban shopping malls. Most mall hours are 9:30 a.m. – 9:00 p.m. Monday through Friday, Saturday 10:00 a.m. – 8:00 p.m., and Sunday 11:00 a.m. – 5:00 p.m.

The major Twin Cities department stores include JC Penney's, Kohl's, Macy's, Marshall Field's, and Sears. See the Yellow Pages in your local phone book for locations and phone numbers.

Discount department stores, such as Target and Walmart, sell fair- to good-quality items for discount prices. You can find them near downtown and in the suburbs.

### **Shopping malls and centers**

Shopping malls and centers contain many different stores under one roof to avoid the problem of taking children in and out of the cold weather. Traditionally, all of the stores in the malls or centers open onto an indoor plaza. Shopping malls are typically "American," and Minnesota is the home of the giant Mall of America, completed in 1992. A shopping center or "strip mall" is usually smaller and does not have an indoor plaza.

Malls and centers close to the University include Rosedale and Har Mar Mall (both near Snelling Avenue and Highway 36, in the St. Paul campus vicinity), Eastgate Shopping Center (Central and University Avenues S.E.,

Minneapolis), and Midway Shopping Center (University and Snelling Avenue, St. Paul).

Below is a short list of stores that carry a wide variety of products, including baby and children's items.

### 1. Store name- Target

Target sells fair to good quality items for discount prices. Target offers clothing, household items (kitchen supplies, cleaning supplies, appliances, rugs, lamps, etc.), electronics, some furniture, sports equipment, toys, books, and CDs / DVDs.

Stores in Minneapolis and St. Paul are listed below. More information and store locations can be found at [www.target.com](http://www.target.com)

<b>Minneapolis</b>	<b>St. Paul</b>
Minneapolis Nicollet Mall Target 900 Nicollet Mall Minneapolis, MN 55403 Phone: (612) 338-0085 Hours: Mon-Sat 8am to 9pm Sun 10am to 6pm	Midway Target 1300 University Ave W Saint Paul, MN 55104 Phone: (651) 642-1146 Hours: Mon-Sat 8am to 10pm Sun 8am to 9pm
Minneapolis NE Target 1650 New Brighton Blvd Minneapolis, MN 55413 Phone: (612) 781-7033 Hours: Mon-Sat 8am to 10pm Sun 8am to 9pm	East St Paul Target 1744 Suburban Ave Saint Paul, MN 55106 Phone: (651) 778-1188 Hours: Mon-Sat 8am to 10pm Sun 8am to 9pm
Lake Street Target 2500 E Lake St Minneapolis, MN 55406 Phone: (612) 721-5701 Hours: Mon-Sat 8am to 10pm Sun 8am to 9pm	West St. Paul SuperTarget 1750 Robert St S West St Paul, MN 55118 Phone: (651) 455-6671 Hours: Mon-Sat 8am to 10pm Sun 8am to 9pm

### 2. Store name- Burlington Coat Factory, Baby Depot

Burlington Coat Factory has a Baby Depot inside their stores. Baby Depot offers clothing, furniture, bedding and gear at discounted prices.

More information can be found at [www.burlingtoncoatfactory.com](http://www.burlingtoncoatfactory.com)

Burlington Coat Factory 600 Northtown Dr Blaine, MN 55434 (763) 783-1143	Burlington Coat Factory 2035 South Robert Street West Saint Paul, MN 55118 (651) 451-8708
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Burlington Coat Factory  
3700 Highway 100 South  
Saint Louis Park, MN 55416  
(952) 929-6850

Burlington Coat Factory  
7575 West 153RD Street  
Apple Valley, MN 55124  
(952) 997-2010

Burlington Coat Factory  
1729 Beam Avenue  
Maplewood, MN 55109  
(651) 770-3335

### 3. Store name - Babies R Us

Babies R Us offers a wide range of baby related items, such as clothing, bedding, linens, furniture, toys, supplies, etc.

Babies R Us  
2401 N. Fairview Ave.  
Roseville, MN 55113  
Tel: (651)367-2165

### 4. Store name- Toys R Us

Toys R Us offers toys and games for babies and children.

Toys R Us- Minnetonka  
14100 Wayzata Blvd.  
Minnetonka, MN 55305  
(763)525-1697

Toys R Us- Burnsville  
14041 Aldrich Ave.  
Burnsville, MN 55337  
(952)890-8697

Toys R Us- Blaine  
170 89th Avenue N.E.  
Blaine, MN 55434  
(763)784-6255

Toys R Us - Bloomington  
7839 Southtown Mall  
Bloomington, MN 55431  
(952)881-0287

Toys R Us- Maplewood  
1852 E. County Road D  
Maplewood, MN 55109  
Tel: (651)770=2918

### 5. Store name- Kohl's

Kohl's offers mainly clothing, including adult and children's clothing. The store also has some items for the home, such as kitchen and bath supplies. More information can be found at [www.kohls.com](http://www.kohls.com)

Rosedale  
1651 Countyroad B2  
Roseville, MN 55113  
Phone: (651)636-8322

Eagan  
1350 Town Centre Dr  
Eagan, MN 55121  
Phone: (651)688-8388

Brookdale 2501 County Road 10 Brooklyn Center, MN 55430 Phone: (763)560-3665	Eden Prairie 450 Prairie Center Dr Eden Prairie, MN 55344 Phone: (952)829-1314
Knollwood 8440 Hwy 7 St. Louis Park, MN 55426 Phone: (952)988-9100	Maple Grove 8080 Wedgewood Ln Maple Grove, MN 55369 Phone: (763)420-4919
Bloomington-MN 7931 Southtown Center Bloomington, MN 55431 Phone: (952)881-8861	Blaine 10311 Baltimore Street Blaine, MN 55449 Phone: (763)784-1629

### *Cutting costs*

Buying used or second-hand clothing and furniture is very common in the United States – especially among students, who are trying to reduce their costs. Some of the better-known stores include Goodwill Stores, Ragstock, and Savers. Once Upon a Child offers low-cost, used clothing, baby items, and furniture. Also, students often post notices of second-hand items to buy or sell in newspaper classified ads, on bulletin boards, and listserves. The following is a list of thrift stores that have information on the Internet.

Goodwill Stores: <http://locator.goodwill.org>

Once Upon a Child: [www.ouac.com](http://www.ouac.com)

Ragstock: [www.ragstock.com](http://www.ragstock.com)

Salvation Army Thrift Stores: [www.nro.salvationarmy.ca/english](http://www.nro.salvationarmy.ca/english)

Savers: [www.savers.com/whoweare/locator.php](http://www.savers.com/whoweare/locator.php)

### **INTERNATIONAL MARKETS**

Looking for food from your home country? This guide provides a list of international specialty and ethnic markets in the Twin Cities: [www.iss.umn.edu/campuslinks/market\\_guide.pdf](http://www.iss.umn.edu/campuslinks/market_guide.pdf)

Vegetation Resources:

At <http://www.vegguide.org/> you can search for vegetarian restaurants by zip code.

### **CHILDREN'S CLOTHING SIZES**

We offer these general sizing rules to provide you with general measurements to make your shopping more convenient. If you are having

difficulty choosing a size, please ask the salesperson for help.

Helpful Hints:

- For babies and toddlers, weight is the best size determinant
- For children, height is the best determinant
- Check for special sizing suggestions within each product description

Newborns	Weight (pounds)	Height (inches)
0-3 months	0-10 lbs	0-22"
6 months	11-15 lbs	22-24"
9 months	14-16 lbs	24-25"
<b>Infants</b>		
12 months	16-20 lbs	25-27"
18 months	21-24 lbs	27-30"
24 months	25-28 lbs	30-33"
<b>Toddler</b>		
2T	25-28 lbs	33-34"
3T	29-32 lbs	35-36"
4T	33-36 lbs	37-38"

<b>Older boys and girls</b>		
4	35-38 lbs	39-40"
5	39-41 lbs	41-43"
6	42-46 lbs	44-46"
6X	47-53 lbs	47-48"
7	54-57 lbs	49-51"
8	58-63 lbs	52-53"
10	64-72 lbs	54-55"
12	73-80 lbs	56-57"
14	81-90 lbs	58-59"

**Girl's Shoe Sizes**

Europe	26	26.5	27	27.5	28	28.5	29	30	30.5	31	31.5	32.2	33	33.5
Japan	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19	19.5	20	20.5
U.K.	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5
US & Canada	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5	2	2.5	3

**Boy's Shoe Sizes**

Europe	29	29.7	30.5	31	31.5	33	33.5	34	34.7	35	35.5	36	37	37.5
Japan	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19	19.5	20	20.5
U.K.	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5
US & Canada	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5	2	2.5	3

# HOW TO GET INVOLVED

## FAMILY ACTIVITIES

There are a lot of indoor and outdoor activities for families in the Twin Cities. Some of them are free, others require a fee. You might consider the following options:

### *Parks and recreation*

The regional parks system includes 46 regional parks and park reserves, 22 trails and six special recreation areas. Parks are operated by several partnering cities and counties. They work with the Metropolitan Council to acquire and develop parks and trails to protect natural resources and to provide outdoor recreation for public enjoyment. Please visit their website at [www.metrocouncil.org/parks/parks.htm](http://www.metrocouncil.org/parks/parks.htm)

### *Zoos*

There are a number of Zoos in Twin Cities. It may be a perfect opportunity to have fun and learn more about different animals and areas of the world. Good for children of all ages.

### **Minnesota Zoo**

Minnesota Zoo is located in Apple Valley on 500 rolling wooded acres. The Zoo has 3,000 animals representing 400 species from all over the world. For more information visit [www.funminnesota.com/zoo.html](http://www.funminnesota.com/zoo.html). The zoo is open October – April: 9 a.m. - 4 p.m. everyday  
Memorial Day – Labor Day: 9 a.m. – 6p.m.  
September and May: 9 a.m. – 4 p.m. weekdays; 9 a.m. – 6 p.m. weekends  
The Minnesota Zoo is open 363 days a year (closed Thanksgiving Day and December 25).

Admission (subject to change):

Adults (13-64) - \$12

Seniors (65+) - \$ 8.25

Children (3-12) - \$7

2 and under: free

Parking (subject to change):

Car: \$5

Bus: \$10

Motor Coach: \$15

### **Como Zoo**

Como Zoo and Marjorie McNeely Conservatory are open every day of the year. Winter hours (October - March): 10am - 4pm  
Summer hours (April - September): 10am - 6pm  
During inclement weather, some animals may be off display and some exhibits or gardens may be closed.

Como Zoo and Marjorie McNeely Conservatory are free, but they do ask for help from their visitors. They ask that visitors consider making a

voluntary donation of \$2 for an adult and \$1 for a child to help them care for the plants and animals. They appreciate your support and want you to know that everyone is always welcome whether or not you choose to make a donation. Parking is free. Website: [www.comozooconservatory.org/](http://www.comozooconservatory.org/)

### *Water parks*

If your children are fond of water slides, tub slides, and have fun in the water, local water parks offer exciting experiences for the whole family. Most of the parks are indoors and are open year round. A fun activity, especially during the long winter months. You may consider the following options:

#### **Grand Rios**

Experience the twists and turns of Minnesota's Largest Indoor Water Park! Features include: The Hurricane Plunge, four story water tower featuring body and tube slides, The Big Splash - 500 gallon dumping bucket, Coconut Island play area, 535 feet action lazy river, two private spas, and basketball and sport pool

Hours and pricing is available by downloading the water park admissions calendar, or by calling the water park counter at (763)566-8855. The website is [www.grandrios.com/waterparkhome.htm](http://www.grandrios.com/waterparkhome.htm)

#### **Jim Lupient Water Park**

Minneapolis' newest water park features three large water slides, including a tube slide. Additional features include a log water walk, many interactive spray features, water volleyball, lap swimming lanes, and zero depth entry at one end for accessibility. There is also a new separate spray pool for the younger kids that is completely accessible as well as new colorful shade structures, outside shower towers, concessions, lots of seating, a grassy sun-bathing area and outside lockers.

Call 612-370-4937 about hours and admission. For more information visit [www.lupient.com/WaterPark.aspx](http://www.lupient.com/WaterPark.aspx)

#### **Water Park of America**

This water park is situated at the Grand Lodge. Call 877-757-5433 for information on packages and reservations. For more information about the water park visit [www.waterparkofamerica.com/](http://www.waterparkofamerica.com/)

#### **The Tropics**

Experience the excitement of the Tropics Indoor water park. You, your family and friends will create treasured memories as you speed down the "Shark Attack" waterslide that's out of this world! The water park is open Monday – Friday: 5:45 a.m. – 10 p.m., Saturday : 5:45 a.m. – 8 pm.,

Sunday: 8 a.m. – 8 p.m. For more information about the part and admissions, visit [www.tropicswaterpark.com](http://www.tropicswaterpark.com)

### *Mall of America*

Mall of America is the biggest department store in the USA. Along with shopping it also has a lot of interesting activities that might be very interesting for children. Visit [www.mallofamerica.com/](http://www.mallofamerica.com/) for more information

### **The park at MOA**

This park is the largest indoor family amusement park in the nation. They have rides for all ages, including a Carousel, roller coasters, the speeding and spiraling Timberland Twister. Arcades and other games are available as well. The park is a fun place for the whole family.

Admission: You may walk around the park for free.

Ride prices: Please visit their website

Hours (subject to change): Monday – Thursday: 10 a.m. – 9:30p.m.

Friday – Saturday: 10 a.m. – 10 p.m. and Sunday: 10:30 a. – 7:30 p.m.

**Underwater Adventure** (located on the east side, first level at the Mall of America). Underwater Adventure Aquarium is fun and explores the mystery of the deep blue sea. It's the world's largest underground aquarium. It offers a virtual submarine tour and encounter with over 4,500 sea creatures.

Hours: Monday – Thursday: 9:30 a.m. – 8 p.m.

Friday – Saturday: 9 a.m. – 9 p.m. and Sunday: 10 a.m. – 7 p.m.

Admission: Little kids (2 and under) free, Kids (3-12) \$9.95, and Adults (13+) \$16.95

**Lego Land** (located on the south side, first level at the Mall of America).

Four stories of LEGO fun await you! See more than 90 full-size LEGO models, including dinosaurs, astronauts and the world's largest animated and interactive LEGO clock tower. You can book your child's party at the LEGO Store and give them the ultimate birthday celebration.

Hours: Mall Hours

Admission: No admission fee.

**Dinosaur Walk Museum** (located on the north side, third level at the Mall of America). Dinosaur Walk Museum is a prehistoric experience for all ages. The museum features 60 life-sized dinosaurs and several interactive displays. It has two theatres, a fossil dig, a learning center, computer games and much more.

Hours: Mall Hours

Admission: Adults: \$7.95, Children (ages 3-18 and 55+): \$5.95, Ages 2 and under – free

## *Sightseeing and Tours*

### **Twin Cities Tours**

For more information go to [www.TwinCitiesTours.com](http://www.TwinCitiesTours.com). To register for tours call: 612-240-6048

### **Two-City Tour**

See the best of both Minneapolis and Saint Paul. Attractions include downtown areas, the Mississippi River, Minnehaha Falls, the Victorian-era mansions of Summit Avenue, Saint Paul Cathedral, University of Minnesota, Metrodome, the signature Lakes Area of Minneapolis and more. This tour is great for an overview of the Cities, and covers most of the popular attractions. Tours last three hours.

Hours: open

Dates: all year

### **Mansion Tour**

Tour the two largest old mansions in the Twin Cities: The American Swedish Institute in Minneapolis and the James J. Hill Mansion in Saint Paul. Lunch includes a Swedish tradition Smörgåsbord. The Swedish castle was built in 1904 by Swedish-language newspaper magnate, Swan Turnblad. His friend, James J. Hill, the “Empire Builder,” founded the Great Northern Railroad. Between the two mansions, you will view several others in each city’s most posh turn-of-the-century neighborhoods: Park Avenue in Minneapolis and Summit Avenue in Saint Paul.

Hours: 10 a.m. – 4 p.m.

Dates: all year

### **Stillwater**

Spend a day in Minnesota’s oldest town. Stillwater, an old lumbering town, rests upon the cliffs of the beautiful St. Croix River Valley, like a miniature San Francisco. This tour includes a two-hour paddlewheel boat excursion with buffet lunch. You may wish to take a trolley ride tour past magnificent, Queen Anne-style, “painted lady” homes; enjoy spectacular views of the beautiful St. Croix River Valley and other attractions; or go shopping in the many interesting gift and antique shops.

### **Hidden Treasures Tour**

There are interesting, intriguing and unusual attractions rarely if ever seen on the normal sightseeing tour, but well worthwhile nevertheless. Veteran guides all have their secret places, which they share with only certain people. This is a great tour for locals already familiar with regular area sites, but still eager for discovery and surprise. It is also for the more adventurous visitors who want something a little different than the familiar riding tours. Longtime guide and native Twin Citian, Doug Rosenquist narrates.

The tour lasts 4 hours during the day.

### *Art Museums*

#### **Minnesota Museum of American Art**

The MMAA was founded as an art school in 1927. It is the only museum in Twin Cities totally dedicated to American Art. The Museum possesses paintings, works on paper, sculpture, and studio crafts. For more information, visit [www.mmaa.org](http://www.mmaa.org). Admission is free for all visitors.

#### **Minneapolis Institute of the Arts**

Houses more than 100,000 objects from diverse cultural traditions spanning 5,000 years of world history. For more information visit [www.artsmia.org](http://www.artsmia.org). Admission is free for all visitors.

#### **Walker Art Center**

This museum is one of the five most visited modern art museums in the U.S. For more information visit <http://info.walkerart.org>  
Gallery Admission: Adults - \$8, Seniors (65+) - \$6, Student/teen (with ID) - \$5, Free to Walker members and children under 12.

#### **Minneapolis Sculpture Garden**

The Minneapolis Sculpture Garden is located on Vineland Place, across from the Walker Art Center. The 11-acre garden is a joint project of the Minneapolis Park and Recreation Board (MPRB) and the Walker Art Center. It offers visitors an opportunity to enjoy important works of art by leading American and international artists in a setting of plazas, walkways, and plantings. For more information visit <http://garden.walkerart.org/index.wac>. Admission is free for all visitors.

#### **Frederick R. Weisman Art Museum**

The Museum is situated on campus at the University of Minnesota. The Museum collection features early 20th century American Artists and a diverse collection of contemporary art. For more information visit [www.weisman.umn.edu](http://www.weisman.umn.edu). Admission is free for all visitors.

### *History Museums*

#### **The American Swedish Institute**

The American Swedish Institute is a historic house/museum offering a variety of programs designed to celebrate Swedish culture. The Turnblad mansion, which houses the Institute, is on the National Register of Historic Places. It is the only castle in the Twin Cities. For more information, visit [www.americanswedishinst.org/general.htm](http://www.americanswedishinst.org/general.htm)  
Admission: \$6 for adults, \$5 ages 62 and above, \$4 ages 6-18. Children

under six are admitted free when accompanied by an adult. Admission is free the first Wednesday of each month. Admission is free for members of the American Swedish Institute.

### **Hennepin History Museum**

The Hennepin History Museum is the county historical society of Minnesota's most populous county. It offers superb exhibits, a historic mansion setting, and collections of priceless scholarly value. For more information visit [www.hhmuseum.org/mu/mu.htm](http://www.hhmuseum.org/mu/mu.htm)

Admission: Adults - \$4, Kids & Seniors - \$1, Members - free

### **Minnesota Transportation Museum**

The Museum presents vintage trains, trolleys, buses and boats.

For more information, to schedule a tour, or to reserve the roundhouse for your group party call: 651-228-0263 ext 3105 or visit the website at [www.hhmuseum.org/mu/mu.htm](http://www.hhmuseum.org/mu/mu.htm)

### **Minnesota History Center Museum**

At this museum you can explore Minnesota's past through exhibits that feature large-scale objects, hands-on experiences and multimedia presentations. For more information about the museum and holiday hours visit [www.mnhs.org/historycenter/index.htm](http://www.mnhs.org/historycenter/index.htm)

Admission: \$8 for adults, \$6 for seniors and college students, and \$4 for children ages 6 to 17. Free for children age 5 and under and MHS members.

### **Mill City Museum**

An attraction for all ages, Mill City Museum chronicles the flour milling industry that dominated world flour production for roughly a half-century and fueled the growth of Minneapolis, recognized across the nation and around the world as "Mill City." Built within the ruins of a National Historic Landmark — the Washburn A Mill — the museum provides a multi-sensory, interactive journey. The story of flour milling — and its impact on Minneapolis, the nation and the world — comes to life through the eight-story Flour Tower and other hands-on exhibits. For more information visit [www.millcitymuseum.org](http://www.millcitymuseum.org)

Admission: MHS Members - free, Adults (ages 18-64) - \$8, Seniors (ages 65 and up) - \$6, College Students with ID - \$6, Students (ages 6-17) - \$4 Children (ages 5 and under) - free

### **Ramsey County Historical Society**

The Ramsey County Historical Society is the officially-recognized historical agency of Ramsey County. The RCHS Exhibit gallery is located in the North Lobby of the Landmark Center. They are open to viewing by the

public during Landmark's building hours. For more information, visit [www.rchs.com/](http://www.rchs.com/). Admission is free for all visitors.

### *Additional museums*

#### **Bakken Museum**

The library collection includes approximately 11,000 books, bound journals, and manuscripts. The focus is on the historical role of electricity and magnetism in the life sciences and medicine. The library is open by appointment, 9 am to 4:30 pm, Monday through Friday.

The artifact collection includes approximately 2500 objects. The artifacts may be viewed by appointment, 9 am to 4:30 pm, Monday through Thursday. For more information about exhibits visit [www.thebakken.org/exhibits/exhibits.htm](http://www.thebakken.org/exhibits/exhibits.htm)

#### **Minnesota Children's Museum**

Minnesota Children's Museum is a fun place for children to come play and learn. It's where kids can touch, climb, splash, crawl, push, pull, and press it all! Children ages 6 months through 10 years and their adult guests can explore six galleries packed with extraordinary hands-on adventures. For more information visit [www.mcm.org/](http://www.mcm.org/)

Admission: Ages 1 - 101: \$7.95, Members: free

#### **Science Museum of Minnesota**

Science Museum has and incredible collections including archaeology and ethnology; mammalogy, entomology, and ornithology; vertebrate and invertebrate paleontology; and river and stream ecology and watershed biology. The collection includes 1.75 million artifacts and specimens. For hours and ticket information visit [www.smm.org/](http://www.smm.org/)

### *Amusement parks*

#### **Valley Fair**

Valley Fair is the largest amusement park in the upper Midwest, with more than 75 rides and attractions, there's definitely something for everyone to enjoy. For thrill seekers, there's the all-new Xtreme Swing, a 100-foot air-launched thrill ride that takes riders up to 125 feet in the air while reaching speeds of up to 60 mph! You can also get your heart pumping on six thrilling roller coasters including Wild Thing with its intense 200-foot drop or Steel Venom's 450-degree spiraling corkscrew. Or blast up or plunge down 27 stories on Power Tower. For wet and wild thrills, head over to Whitewater Country Water park, included with the price of admission. For an exciting family adventure, visit KidWorks featuring the Foam Ball Factory, Rockin' Tug and the musical group The Squiggles.

Admission Rates: Please visit [www.valleyfair.com](http://www.valleyfair.com) for rate information.

Dates: May 13, 2006 to October 29, 2006

### *Minnesota State Fair*

Minnesota State Fair is the biggest fair in Minnesota taking place late August through Labor Day weekend every year. The Fair has a lot of attractions that may be interesting for the whole family. The State Fair is committed to providing equal access and a pleasant experience for all its guests. Services provided include assistive listening devices, sign language interpreters, accessible seating at all entertainment venues and curb cuts throughout the fairgrounds. For more information about dates, hours, admission, directions, other attractions, phone numbers visit [www.mn-statefair.org/](http://www.mn-statefair.org/)

The Fair offers:

**Animal Barns:** this is an opportunity to see Dairy Cattle, Sheep, Swine, Chickens, Ducks, Turkeys, and Geese.

**Judging Animals:** Some animals will be shown and judged throughout the twelve days of the fair. The types of animals on the grounds are changed throughout the twelve days of the fair, so be sure to check the dates and times carefully.

**Daily Parades:** The State Fair Mall Parade features the high school marching band competition and follows a 14-block route beginning and ending south of Como Avenue. Included in the parade are floats, animal and specialty units and visiting royalty from festivals throughout the state.

**Warner Coliseum Horse Shows:** Featured at all paid horse shows are the Imperial Knights; an exciting show with games on horseback, jousting, horseback sword fighting and top of the line hand-to-hand combat with a variety of Medieval weapons.

**State Fair Amateur Talent Contest:** The contest begins with auditions held at the fairgrounds in late July and early August. Acts selected during the audition process compete in the semifinals on the Bandshell stage during the first 10 days of the fair. First place winners of each individual semifinal competition progress to the finals held on Sept. 3 in the Grandstand.

**Milk Run:** The annual 5k run begins and ends on the fairgrounds. The course winds its way through the St. Paul campus of the University of Minnesota and the St. Anthony Park neighborhood. Runners who participated in the past two year's Milk Run automatically receive an entry form.

**Midway and Kidway Rides:** Ride and game tickets are available in the Mighty Midway and Kidway.

### *Lakes and Fun on the Water*

If you like water, beaches and activities in the open air, Twin Cities have a lot of possibilities to meet your desires. Visit [www.minneapolisparks.org](http://www.minneapolisparks.org) to learn more about Lakes and recreation in Twin Cities area.

### *Public Libraries*

If your children like books and you love to read to them you can visit Twin Cities Public Libraries where you can borrow books for free. They not only offer a wonderful collection of books, but also have different activities for children and provide various services that might be interesting for people of all ages.

#### **Minneapolis Public Library**

Central Location:

3000 Nicollet Mall

Minneapolis, MN, 55401

Phone # 612-630-6000

Hours: Monday 10:00 – 8:00, Tuesday 10:00 – 6:00, Wednesday 10:00 – 6:00, Thursday 10:00- 8:00, Friday 10:00 – 5:00, Saturday 10:00 – 5:00

For information about other locations, hours, library catalogs, services visit the following site: [www.mpls.lib.mn.us](http://www.mpls.lib.mn.us)

For St Paul Public Libraries visit [www.stpaul.lib.mn.us](http://www.stpaul.lib.mn.us)

For Anoka County libraries visit [www.anoka.lib.mn.us](http://www.anoka.lib.mn.us)

For Dakota County Library System visit [www.co.dakota.mn.us/library](http://www.co.dakota.mn.us/library)

For Hennepin County Public Library visit [www.hennepin.lib.mn.us](http://www.hennepin.lib.mn.us)

For Ramsey County Library visit [www.ramsey.lib.mn.us](http://www.ramsey.lib.mn.us)

### **VOLUNTEER ACTIVITIES**

Below are different organizations that offer volunteer opportunities. Please visit each website for more information.

*Minnesota International Center:* [www.micglobe.org](http://www.micglobe.org)

For Minnesotans and international students and visitors, Minnesota International Center (MIC) offers numerous opportunities for face-to-face meetings and educational exchanges. MIC has volunteers who serve as dinner hosts, escorts / drivers, Great Decisions group leaders, interns, speakers, programmers, and event and office volunteers. One unique program offered by MIC is the International Classroom Connection (ICC), which matches Minnesota elementary and secondary classrooms with international people to learn first-hand about other cultures. It's a great opportunity for international students, scholars, and their spouses to

both share their culture and observe and discuss aspects of U.S. culture with Minnesota students.

*Hands On Twin Cities:* [www.handsontwincities.org](http://www.handsontwincities.org)

Hands On Twin Cities links volunteers with volunteer opportunities. On their website, you can search for volunteer opportunities based on your interest area.

*The Center for Victims of Torture:* [www.cvt.org](http://www.cvt.org)

Every year, 300 volunteers donate their time to the Center for Victims of Torture (CVT). Some spend an hour or two on a community service project; others make a weekly commitment that becomes an important part of their own lives. Most importantly, volunteers form the basis of a healing community – one where torture survivors feel welcomed and protected. Torture survivors know that people in our community care about their healing process enough to become personally involved. Whatever your talents, you can be part of an effort that makes hope and healing possible.

# LIVING IN THE U.S.

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## HOLIDAYS AND CUSTOMS

One fun way to learn about a culture is to participate in its traditions. Also, in the days leading up to a holiday, schools will often have activities for their students to learn about the holidays. Ask your children what they are learning about the holidays and customs in the United States. Below are a few holidays that people in the United States often celebrate:

### *Holidays*

The following days are considered holidays, and the majority of businesses and schools are closed on these days.

January 1: New Year's Day: Welcome the new year with parties starting the night before (New Year's Eve on December 31st).

3rd Monday in January: Martin Luther King, Jr. Day. Commemorate the birthday of the African-American civil rights leader, who won the Nobel Peace Prize in 1964.

3rd Monday of February: President's Day. Honor past presidents like George Washington (the nation's first leader), and Abraham Lincoln (Civil War president who helped abolish slavery).

Last Monday of May: Memorial Day. Remember the men and women who died while serving in the U.S. Armed Forces.

July 4: Independence Day. View public displays of fireworks as Americans mark the date in 1776 when thirteen U.S. states declared their independence from England.

1st Monday in September: Labor Day. Honor the contributions and efforts of hard workers throughout the country.

2nd Monday in October: Columbus Day. Pay tribute to Christopher Columbus, who is traditionally thought of as the discoverer of the Americas in 1492.

Last Thursday in November: Thanksgiving Day. Feast on a traditional meal that commemorates the dinner of Pilgrims (first settlers of the thirteen colonies) and the Native Americans.

December 25: Christmas Day. Celebrate the birth of Christ, leader of the Christian faith, by exchanging gifts with family and friends.

### *Customs*

The following days are usually celebrated in the United States, even though businesses and schools are not typically closed during these days.

February 14: Valentine's Day. This has become a day to celebrate love and romance. "Valentines" or tokens of love (cards, candy, gifts) are exchanged.

March 17: St. Patrick's Day. Parades and parties mark this day honoring the patron saint of Ireland.

April 1: April Fools' Day. Harmless jokes or tricks are traditionally played on the unsuspecting.

May (the 2nd Sunday): Mother's Day. As the title suggests, many people choose to honor their mothers on this day with cards, gifts, etc.

June (the 3rd Sunday): Father's Day. On this day, many people choose to honor their fathers with cards, gifts, etc.

October 31: Halloween. On the eve of All Saint's Day, many people dress in costume (often scary ones!) for parties; and children go door to door in their neighborhoods to receive candy. Children say "trick or treat" when you answer the door. You then usually give candy or treats to the children and say "Happy Halloween!"

## **WEATHER**

For general information about weather in Minnesota, winter weather and winter clothing, please visit the ISSS Student Handbook: [www.iss.umn.edu/new/HandBook/8.pdf](http://www.iss.umn.edu/new/HandBook/8.pdf)

### *Where to find winter clothing*

Winter clothing may be found at many stores, beginning in the fall. Inexpensive new clothing is available at Thrifty Outfitters, TJ Maxx, Burlington Coat Factory, Target, WalMart, and factory outlets. More expensive but high quality clothing is available at Cabela's, Midwest Mountaineering, REI, Eddie Bauer, Marshall Field's, Saks Fifth Avenue, Neiman Marcus, and many other stores. Locations and store hours can be found online or in the yellow pages of the local phone book (DEX).

### *Dressing children for the winter*

Dressing children in cold weather presents some unique challenges for parents. How do you keep your child warm and dry, without over-bundling or restricting movement?

The solution is to dress your child like an onion – in other words, in layers. When you dress your child in layers, you allow buffer zones of warm air

to get trapped between garments, providing superior insulation. A recent study by Colorado State University confirmed it: layering several light garments was proven to offer better protection than a single layer of heavy outerwear.

What is the best way to layer? Based on the recommendations of several cold-weather experts, including the National Ski Patrol, we recommend the following triple-layer strategy:

1. Start with a moisture-wicking under layer
2. Add an insulating middle layer
3. Top with a protective outer layer

Whether your destination is the local elementary school or the neighborhood sled hill, you can use this strategy to keep your child (and yourself) warm, dry and comfortable all winter. Here's how:

### **1. Start with a Moisture-Wicking Under Layer**

Begin by dressing your child in long johns. Choose a quick-drying, moisture-wicking fabric, such as a polyester/ rayon blend. Surprisingly, you should avoid cotton because it absorbs perspiration and sticks to the skin. When it comes to cold weather, half the battle is what the experts call “moisture management.”

Why is it so important to stay dry? Because water conducts heat roughly 15 times faster than air. That means moisture rushes heat away from the body, lowering the body's core temperature. Ultimately, it can lead to hypothermia, a potentially life-threatening condition. For children, a two-piece top-and-bottom set makes a better choice than a one-piece union suit, because it's easier to get on and off (especially for quick bathroom breaks).

### **2. Cover with an Insulating Middle Layer**

Since the point of layering is to create insulating zones of warm air, it is important to choose the right mid-layer garments. And the experts agree: for efficient insulation, nothing beats polyester fleece. One advantage of fleece is that it offers “loft” – tiny pockets of space that trap and retain warm air. In addition, fleece is breathable, comfortable and “non-itchy.” It is also machine washable, stretchy, and available in a range of weights to suit various climates and activity levels.

We recommend two-piece fleece separates for kids. Make sure they are loose fitting (so they won't restrict movement) and light enough for layering. Avoid denim jeans, which can become quickly bogged down with water and snow.

### **3. Top with a Protective Outer Layer**

The purpose of this outer layer (or shell) is to keep warm air in and wind and water out. Whether you choose a two-piece parka/snow-pants combination or a one-piece snowsuit, we recommend that you look for high-performance fabrics such as those designed for skiers. These fabrics are tightly woven to keep the inner layers of warm air from blowing away from the body. Then they're coated or laminated on the outside to create a barrier against moisture. At the same time, they're breathable, allowing moisture from inside to escape. In other words, when shopping for outerwear, you want to see these three terms: wind resistant, water-repellant, and breathable.

In addition, consider the following:

- Look for ribbing or elastic at the wrist and ankles. These help lock out snow and wind.
- Choose a high neckline that offers added protection.
- For safety's sake, avoid garments that feature ties and cords.
- Full-length zippers (including leg zippers on pants) are the easiest to get on and off. Most kids have a hard time with over-the-head jackets.
- Make sure your child's outerwear is roomy enough to accommodate under layers.
- If choosing a two-piece jacket and snow pants combo, look for a longer jacket that hits mid-thigh. When kids are engaged in physical activities like sledding, you want to make sure their backs are covered.

### **Choosing Accessories**

When it comes to protecting little heads, hands and feet, choosing the right accessories can make all the difference.

#### **Hats**

According to the experts, you can lose up to 50% or more of your body heat through the top of your head. That's why it's so important to have one or more great hats. We favor synthetic fabrics (like fleece), which are warm, lightweight and breathable. No matter which style hat you choose, make sure it completely covers both of your child's ears.

How do you get a child to keep his or her hat on? First, include your child in the decision-making process. If your child loves her headgear, she is more likely to wear it. Second, make sure it's made of a comfortable fabric that doesn't itch.

#### **Neck Warmers**

Scarves come and go in popularity, but they are never a safe choice for kids in action. Instead, elect stretchy neck gaiters that your child can lift or lower as needed. Choose a fabric that won't irritate tender skin.

## **Mittens and Gloves**

According to the experts, mittens provide better warmth than gloves, because they allow more warm air to circulate around the fingers. When choosing mittens, look for elasticized wrists that keep out snow and wind and longer cuffs for added warmth. We like fleece mittens that offer a non-skid surface on the palms and thumbs – they allow kids to turn door-knobs and keep a safe grip on sleds and such. Another mitten tip: keep extras handy...so when one pair gets wet, you can quickly offer a fresh, dry pair.

## **Socks and Shoes**

How do you keep those tootsies toasty? Start with a good pair of winter sports socks. Experts recommend a blend of polyester (for wicking) and wool (for warmth). Remember, cotton tends to collect water and should be avoided for outdoor gear.

Choose waterproof boots with an insulating layer; rubber and leather are both good choices. Make sure boots are roomy enough for winter socks. We prefer Velcro® closures to laces: kids can manage them better independently, and they are easier to get on and off in a hurry.

Tip: Look for boots that feature removable liners--and buy an extra pair. That way, you'll always have a dry pair ready and waiting!

## **Other Cold Weather Safety Tips**

- Just because it's winter, that doesn't mean your child can't get sun-burned, particularly when sunlight is reflecting off snow. Don't forget the sun block and lip balm! Also, consider sunglasses or goggles with UV protection.
- On a blustery day, you may want to apply petroleum jelly to your child's cheeks, nose, forehead, and chin to provide a layer of protection against windburn.
- Make it a point to keep your child well hydrated. Active kids can become dehydrated in any weather. Offer a glass of water with each bathroom break.
- Examine your child periodically to make sure he is not cold or wet. It's not enough to ask – he may be having too much fun to realize he's chilled. Check for whiting of the skin (a sign of frostbite), as well as shivering and loss of coordination (indications of hypothermia).
- Follow our head-to-toe cold-weather strategy...and create some warm and wonderful winter memories!

This information was taken from [www.leapsandbounds.com](http://www.leapsandbounds.com)

### Temperature

In the US temperature is measured according to the Fahrenheit scale. To convert Celsius (Centigrade) to Fahrenheit, multiply by 1.8 (or 9/5) and add 32. Conversely, to convert Fahrenheit to Celsius, subtract 32 and divided by 1.8.

Normal Body Temperature: 98.6° F or 37° C

Celsius	Fahrenheit
-17.8°	0°
-10°	14°
0°	32°
10°	50°
20°	68°
30°	86°
40°	104°
100°	212°

## WEIGHTS AND MEASUREMENTS

In the US weight is expressed in terms of “ounces” (oz.) and “pounds” (lbs.).

Weights	
US System	Metric System
1 oz.	30 g.
16 oz. or 1 lb	450 g.
2.2 lbs	1000 g. or 1 kilogram (kg.)
2000 lbs or 1 ton	900 kg

### US Length /Distance Measure

Term	Abbreviation	Symbol	Equivalents
inch	in.	”	1”
foot	ft.	’	12” or 1’
yard	yd.	(none)	36” or 3’ or 1 yd.
miles	mi.	(none)	5280’ or 1mi.

### Cooking Measures

Measurements for recipes in the US are in terms of volume rather than weight for dry as well as liquid ingredients. The standards of measure such as “teaspoon” or “cup” refer to cooking utensils you can buy at any supermarket. The terms do not refer to the common household teaspoon or cup.

## Abbreviations Used in Cookbooks

Abbreviation	Unit of Measurement
tsp. (or t)	teaspoon
tbs. (or T)	tablespoon
C (or c.)	cup
oz.	ounce
pt.	pint
qt.	quart
lb.	pound

## Liquid Measurement

Spoons and Cups	Liquid Ounces
1 tsp.	1/6 oz.
1 tbs.	1/2 oz.
6 2/3 tbs	3 1/2 oz.
1 C. (16 tbs.)	8 oz.
2 C. (1pt.)	16 oz. (1 lb.)
4 C. (1qt.)	32 oz. (2 lbs.)
4 1/3 C.	2.2 lbs.

## Volume Conversion for Ingredients

	US System	Metric System
Liquids:	1 liquid qt.	0.95 liter
	1.06 liquid qts.	1 liter
Dry:	.091 dry qts.	1 liter
	1 dry qt.	1.1 liter

## Oven Temperature

	Fahrenheit	Celsius
Cool	200	93
Low or very low	225	107
Slow	300	149
Moderate	350 - 375	177 - 191
Hot	400 or above	205 or above

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