

# International Students Handbook: Life in Boston

**2020-2021 Academic Year**



**Boston University** School of Public Health

**Boston University School of  
Public Health**

**Graduate Student Life  
Talbot Building, 2E  
715 Albany St.  
Boston, MA 02118**



# WELCOME!

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We have compiled this guide as an initial resource for international students arriving in the United States and to Boston for the first time. We appreciate that the transition into our program can have unique challenges for international students, both in terms of understanding the academic expectations of a US University as well as the day-to-day challenges of acclimating to life in a US city with a variable climate like Boston. We hope this guide will help familiarize you with the basics of settling in. If you have questions, please feel free to get in touch. If we don't know the answer, we will do our best to connect you with someone who does.

# COVID Updates

Please keep an eye on the ISSO website, <https://www.bu.edu/isso/>, specifically the ISSO news section, and the Event Calendar, for the most updated information surrounding Visas, Learning from Anywhere, Immigration, quarantine requirements, etc.



- SPH's International Student Advisor is Lauren Jeffery Snow:  
<https://www.bu.edu/isso/profile/lauren-jeffery-snow/>
- Here is a page on practicum related updates regarding Covid:  
[https://www.bu.edu/sph/files/2020/05/BUSPH-Practicum-FAQ-RELATED-TO-COVID-19\\_5.19.20.pdf](https://www.bu.edu/sph/files/2020/05/BUSPH-Practicum-FAQ-RELATED-TO-COVID-19_5.19.20.pdf)
- Reminder that as of right now, you will need to quarantine for 14 days upon arriving to the US. If you plan to stay somewhere with family in a different state, you will need to quarantine there, and then quarantine once you get to Boston.
- Wherever you land is where you will go through the immigration process. Flying into New York right now is probably not smartest, if you can fly directly to Boston that would make most sense (depending on your circumstances, of course.)

# IMPORTANT CONTACTS

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<p><b>ADMISSIONS</b></p>	<p><b>Anna Marie Larese</b>          Director of          Admissions Talbot          Building, 715          Albany St.          Boston, MA 02118          Phone: 617-414-8420          Email: <a href="mailto:amlarese@bu.edu">amlarese@bu.edu</a>  <a href="mailto:asksph@bu.edu">asksph@bu.edu</a></p>
<p><b>CAREER SERVICES</b></p>	<p><b>Lisa M. Toby</b>          Assistant Dean          Talbot          Building, 1E          715 Albany St.          Boston, MA 02118          Phone: 617-638-4675          Email: <a href="mailto:sphcareerooffice@bu.edu">sphcareerooffice@bu.edu</a></p>
<p><b>GRADUATE STUDENT LIFE</b>          *this is the team you can          contact with any and all          questions, they will be          your support guide          throughout everything,          please contact when you          first land in the US and          have questions/ need          support.</p>	<p><b>Mary Murphy-Phillips</b>          Director, Talbot Building  <a href="mailto:mcmurph@bu.edu">mcmurph@bu.edu</a></p> <p><b>Mahogany Price</b>          Assistant Director, Talbot Building  <a href="mailto:mbprice@bu.edu">mbprice@bu.edu</a></p> <p><b>Ryann Monteiro</b>          GSL Manager (tutoring/peer coach), Talbot  <a href="mailto:ryannmon@bu.edu">ryannmon@bu.edu</a></p> <p><b>Ilana Schlesinger</b>          Wellness Coordinator, <a href="mailto:ilanasch@bu.edu">ilanasch@bu.edu</a></p>
<p><b>ISSO</b></p>	<p><b>ISSO</b>          888 Commonwealth Avenue, 2nd Floor, Boston,          MA, 02215          Phone: 617-353-3565  <a href="mailto:isso@bu.edu">isso@bu.edu</a></p>
<p><b>REGISTRAR</b></p>	<p><b>Nikki Longe</b>          Registrar          Talbot Building, 2C          715 Albany St.          Boston, MA 02118          Phone: 617-414-1439          Email: <a href="mailto:sphregr@bu.edu">sphregr@bu.edu</a>  <a href="mailto:nlonge@bu.edu">nlonge@bu.edu</a></p>

<b>STUDENT EMPLOYMENT OFFICE</b>	881 Commonwealth Avenue, 2nd floor Boston, Massachusetts 02215 Phone: 617-353-3594 Email: <a href="mailto:seo@bu.edu">seo@bu.edu</a>
<b>STUDENT HEALTH SERVICES</b>	881 Commonwealth Avenue, 1st Floor Boston, MA 02215 Phone: 617-353-3575 Fax: 617-353-3557 Email: <a href="#">SHS Help</a>

## Checklist

We know you are as excited to join the BU community as we are to have you. So take a few minutes to check out the information below about important steps remaining to become a full-fledged Terrier. You will find links to health and emergency contact forms, how you will get your Terrier Card to make it all official, and **checklist** to keep you on track.

- ☐ Certification of immunization to BU Student Health Services
- ☐ BU Student link set-up + email set up
- ☐ BU alert system
- ☐ BU ID Card (Terrier Card) from Department of Public Safety
- ☐ Health Care Insurance or Waiver (BU Student Link)
- ☐ Immigration Checklist
  - ☐ Passport
  - ☐ The SEVIS I-20 Form (signed and copied at ISSO on the Main BU Campus)
  - ☐ All supporting financial documents
  - ☐ Verify that the U.S. Entry Stamp in your passport is clear and indicates F-1 and D/S.

If you have completed all of them - CONGRATULATIONS!

If you are still trying to complete any of those tasks, please refer to the information below, which will direct to resources and help you complete these tasks quickly.

# Guide to checklist tasks

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## **1. Certificate of Immunization**

Before the start of classes, you must complete and submit a health form and Certificate of Immunization form to Student Health Services. The Commonwealth of Massachusetts requires immunizations to be completed prior to enrollment. For details on the required immunizations, visit [bu.edu/shs/resources/forms/fys](http://bu.edu/shs/resources/forms/fys).

## **2. BU Alert System**

All students must provide Boston University with their appropriate emergency contact information before registering for classes at University Orientation. In the event of a campus emergency, this information will be used to notify students. To learn more about this notification system, visit [bu.edu/ehs/faqs/bu-alert](http://bu.edu/ehs/faqs/bu-alert).

## **3. Student Link**

The [Student Link](#) provides direct access to public and personal academic, financial, and institutional data maintained in the University's central computer system.

Make sure you set up your Boston University email account and password, and this login information will also be used to access the Student Link. This login must be set up before you attend the University Orientation. If you are unable to set up your BU email address or still have questions please contact the Information Services & Technology Help Center at 617- 353-4357 or [ithelp@bu.edu](mailto:ithelp@bu.edu).

## **4. BU Identification Card (Terrier Card)**

All Boston University students are issued a Terrier Card with an assigned University I.D. number that will be used for all University records including registration, class adjustments, and access to the telephone information system. Your new Terrier Card will be issued during the University Orientation session. Photo identification must be presented to receive a new card. Valid identification includes a driver's license, state identification card, or passport. The Terrier Card is valid for on-campus identification only.

## **5. Health Insurance and Medical Care**

Massachusetts law requires all students who are enrolled in at least 75% of the full-time curriculum to have medical insurance. Students who cannot demonstrate coverage under a qualifying medical insurance plan are required to purchase the University's student health insurance plan.

International students, please be aware that there is no socialized or national system of health care in the United States, and medical treatment is extremely expensive. All international students and international exchange visitors at Boston University are required to have appropriate medical insurance coverage. Students in these categories are automatically enrolled in the Boston University Student BASIC Plan and their student accounts are charged for the coverage.

If the student has a comparable level of health insurance coverage, a [Medical Insurance Waiver](#) may be completed to waive participation in the plan. The completed Medical Insurance Waiver form and proof of insurance must be received by Student Accounting Services no later than September 30, 2016, to waive participation for the 2016-2017 academic year. Before filing your fall 2016 Medical Insurance Waiver, carefully read the [Comparable Coverage Checklist](#) to make sure your insurance plan meets the strict requirements to qualify for the waiver. There are very few outside plans that qualify.

To view your personal medical insurance status or to waive or confirm the medical insurance charge, visit the [Student Link](#) and select "Money Matters" followed by "Medical Insurance." The 2016/2017 waiver form will be available in early June 2016.

For more information about student medical insurance:

- [Student Health Services](#)
- [Aetna Student Health Insurance](#) (BU's group policy number is 711110)

In addition to the services available through your insurance plan, Boston University runs a health clinic and a behavioral health program. If you are becoming depressed and/or anxious, do not hesitate to seek out this resource.

- Behavioral Medicine at CRC: <http://www.bu.edu/shs/behavioral/>
- Wellness and Prevention Services: <http://www.bu.edu/shs/wellness/>

## Immigration Checklist

***Please stay updated on the current immigration status due to Covid, using the International Student and Scholarship Office ([bu.edu/isso](http://bu.edu/isso).)***

Once you have obtained your F-1 visa, you are ready to travel to the U.S. Immigration

regulations allow you to enter the U.S. up to, but no earlier than, 30 days prior to the start of your program (indicated in section 5 of your SEVIS Form I-20). It is important that you keep your passport, your I-20, and proof of SEVIS payment, original financial documents, and your BU admission letter in your immediate possession when you travel to the U.S.

When you arrive in the U.S., you will apply for “admission” at the U.S. Port of Entry, and an immigration officer will examine all of your documents. The immigration officer may ask you a few questions. If you are asked about funding, answer the question and offer to show the officer your financial documents. If you are asked about your “intentions,” explain your plan to study and offer to show the officer the documents that demonstrate your intent to study while in the U.S. and any documents you may have that help demonstrate your intent to return home after you finish your studies.

If you have the required documents and have answered all questions, the officer will officially “admit” you to the U.S. and will stamp your passport indicating the date of entry and immigration status you have been granted. When you leave the inspection area, make certain you have the following documents in your possession:

**(1) Passport**

**(2) The SEVIS Form I-20**

**(3) All supporting financial documents.**

**(4) Verify that the U.S. Entry Stamp in your passport is clear and indicates F-1 and D/S.**

**[Click here to view some pre-arrival information from the International Students & Scholars Office.](#)**

# ISSO and VISA INFORMATION

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You are required to report to the [International Students and Scholars Office \(ISSO\)](#) with your passport and Form I-20 upon your initial arrival to the Boston University campus from abroad prior to the semester check-in deadline. Reporting to the ISSO provides us with the opportunity to:

- Welcome you to Boston University and assist you in answering questions you may have;
- Review your immigration documents to confirm eligibility for intended activity at BU;
- Update your university record to reflect your current immigration status;
- Report your arrival in valid status to the U.S. Department of Homeland Security to activate your SEVIS record, as a Boston University sponsored F-1 student.

For more immigration and visa information, please contact one of the International Student Advisors:

888 Commonwealth Avenue, 2<sup>nd</sup> Floor | Boston, MA 02215

Phone: 617-353-3565

Email: [isso@bu.edu](mailto:isso@bu.edu)

BUSPH has its own specific ISSO contact, **William "Caleb" Felder**, to work with SPH students and help them through any problems they may be having. He is a wonderful resource and can be reached at [wcfelder@bu.edu](mailto:wcfelder@bu.edu).

*\*You must attend Orientation before courses start. You will receive information about Orientation with its specific dates, times, and topics that will be covered. You must attend the section that is just for international students. ISSO will be there to give out important information.*

# HOUSING

***Graduate student housing is not currently available to students due to Covid. Many students find off campus housing using the BUSPH Student Facebook group, Craigslist, Zillow; contact BU Housing or Admissions for housing support.***

On-campus housing is now available for SPH students! (Please see the links below). Once you have explored Boston-area neighborhoods, begin your housing search and plan to finalize your accommodations as soon as possible. Please also use the reference guide below to compare neighborhoods, commute times, and costs. Utilities including electricity, internet, heat or hot water are usually additional and can range \$30-\$100. Important: when signing a lease, be prepared to sign it for 1 year, have money for the first month, last month and deposit. Your lease may include broker fee!

Often to sign the lease you might be asked to present: SSN, Credit score, reference form your former housing, and/ or provide a co-signer for your lease.

Housing is typically available for students to move in on the first of the month, but if you arrive in Boston before the start of your lease, you will want to arrange for temporary housing with a hotel or hostel. It also could be helpful to go to the BUSPH Student Facebook Group and see if you can stay with a current student for a few weeks. \*Make sure you book early, and book temporary housing that has a locker.\*

Temporary housing:	Long-term housing:
<b>Hostelling International Boston</b> 19 Stuart Street Boston, MA 02116 General Manager: Bob Sylvia 617-536-9455 gm.boston@hiusa.org bostonhostel.org	<b>BU Graduate Housing</b> <a href="http://www.bu.edu/realestate/">http://www.bu.edu/realestate/</a>
<b>At Home in Boston</b> 15 Cedar Road Chestnut Hill, MA 02467 Director: Mrs. Joan Cohen 617-277-6444 athomeinboston@gmail.com www.athomeinboston.org	<b>Boston Craigslist – house/ apartment rentals</b> <a href="https://boston.craigslist.org/search/hhh">https://boston.craigslist.org/search/hhh</a>
<b>The International Guest House (male international students only)</b> 237 Beacon Street Boston, MA 02116	<b>Facebook Groups</b> <a href="https://www.facebook.com/groups/673389662794979/?ref=br_rs">https://www.facebook.com/groups/673389662794979/?ref=br_rs</a> <a href="https://www.facebook.com/groups/boston.ma.housing/about/">https://www.facebook.com/groups/boston.ma.housing/about/</a> <a href="https://www.facebook.com/groups/225334081176150/?ref=br_rs">https://www.facebook.com/groups/225334081176150/?ref=br_rs</a> ( you must request to join the group before you can see and replay to posts)

617-437-1975 mail@intlguesthouse.com www.intlguesthouse.com  <b>Air B&amp;B</b> <a href="https://www.airbnb.com/stay/boston-bed-breakfast">https://www.airbnb.com/stay/boston-bed-breakfast</a> (temporary housing options; can book online, *need credit card*)	
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\*For more information visit BU Medical Campus Housing Resources at:  
<http://www.bumc.bu.edu/ohr/>

**The following housing resources is a few years old. Boston has increased in pricing since then. Some** more affordable neighborhoods that make sense for commuting to the medical campus include Jamaica Plain, Allston, Brighton, Dorchester, Roxbury. For Allston and Brighton, you can take the BU shuttle. For Jamaica Plain, Roxbury, and Dorchester, you can either take a bus or the T, or walk and bike ride along the Southwest Corridor. Cambridge and Somerville are a bit further and will require transportation outside of the BU shuttle, however can be more affordable options. It can be helpful to look into co-ops. The South End is very expensive.

BU Medical Campus  
Housing Resources  
[www.bumc.bu.edu/ohr](http://www.bumc.bu.edu/ohr)  
72 East Concord Street, A303  
Boston, MA 02118  
[ohr@bu.edu](mailto:ohr@bu.edu)  
617-638-5125

### Basic Boston Housing

#### Traits:

1. *Boston is an old city, and our housing is old too. Many apartments do not have elevators, central air conditioning, or laundry in-building.*
2. *Boston's rental housing is in short supply and many apartments too pricey to afford alone. Finding roommates is key.*
3. *Boston is a college town, which means most apartments begin to turn over during the summer and continue up to the beginning of September.*

Students are *strongly* encouraged to start their apartment search early and to visit apartments before signing a lease. Most landlords will not rent to tenants who they have not met.

#### Good Links to have:

Housing Resources  
[www.bumc.bu.edu/ohr](http://www.bumc.bu.edu/ohr)

TransComm  
[www.transcomm.org](http://www.transcomm.org)

City of Boston  
[www.cityofboston.gov](http://www.cityofboston.gov)

Off-Campus Services  
[www.bu.edu/offcampus](http://www.bu.edu/offcampus)

**BUMC students live all over the Greater Boston area.**



## Boston Housing Reference Sheet

### Map of Boston and neighborhoods



#### Popular Neighborhoods

1. **The South End**  
*Home of BUMC, closest to campus. About 25% of BUMC student population lives here.*
2. **Fenway/Kenmore**  
*Location of the Charles River Campus, easy to access from BU Shuttle. About 15% of BUMC students live there.*
3. **Allston/Brighton**  
*Not very convenient, but cheap and easy to find housing. About 5-7% of students live here.*
4. **Back Bay**  
*Fairly convenient, beautiful. Near 5% of students live here.*

#### Price Ranges

Very Expensive:  
Studios: \$1700-\$2900  
1 Bed: \$2200-\$3400  
2 Bed: \$2800-\$4000  
3 Bed: \$3400-\$5000

Expensive  
Studios: \$1600-\$2500  
1 Bed: \$1800-\$2700  
2 Bed: \$2400-\$3500  
3 Bed: \$3000-\$3600

Moderate  
Studios: \$1000-\$1500  
1 Bed: \$1200-\$1700  
2 Bed: \$1400-\$2200  
3 Bed: \$2000-\$2800

■ Inexpensive (for Boston!)

Studios: \$800-\$1200  
1 Bed: \$1000-\$1400  
2 Bed: \$1200-\$1800  
3 Bed: \$1600-\$2200

#### Commuting Times

■ Close  
Commute under 30 minutes, no transferring.

■ Average  
Commute under 45 minutes, one transfer.

■ Long  
Commute up to 60 minutes, Sometimes two transfers.

# TRANSPORTATION

Here are some packing lists put together by a current international student:

[List of what to pack](#)

[Shopping list](#)

When packing, if you have several separate luggages, disperse your belongings evenly- meaning, don't have a bag just for food, a bag just for clothes, etc.- if your luggage gets lost you will be stuck without all of your food or all of your clothes.

Boston has a compact downtown area, making it easy to get around by foot or via public transportation. The Massachusetts Bay Transportation Authority (more commonly known as the MBTA, or "T") maintains the public transportation system in Boston. This system of underground trains (subway), buses, and trolleys allows you to travel easily all over the city and suburbs. Owning a car and paying for mandatory auto insurance can be expensive, and parking in Boston is difficult, so most students do not have a car on campus.

Get a Charlie Card

<https://charliecard.mbta.com/CharlieCardWebProgram/pages/reloadCharlieCardIV.jsf>

If you live near the BU shuttle, you may not need a T pass (you can take the BU shuttle to campus for free.)

## **1. Subway**

MBTA stations are marked by signs with a large letter "T." The major subway lines are the Green, Red, Blue, and Orange lines. The fare for a single ride is generally \$2.75 and is paid by purchasing a "Charlie Ticket" at a vending machine inside a T station. Cash (exact change) can be used at above ground stations when boarding the train. A plastic "Charlie Card" can be obtained at a number of stations that will allow you to store value and board the T for a reduced fare (\$2.25). There is no fee to switch between subway lines.

## **2. Buses**

The subways and trolleys connect at many points with MBTA buses. The fare for a single ride is \$2.00 (\$1.70 if using a Charlie Card) and is paid by purchasing a "Charlie Ticket" at a vending machine inside a T station or by cash (exact change) when boarding the bus. You can access the bus schedules [here](#)

## **3. Day/Week/Monthly Passes**

Passes can be purchased for the buses, subway, or a combination of the two.

Additionally, Boston University students are eligible to buy discount passes through

BU Parking & Transportation Services. You can also get a cheaper semester pass through BU (<https://www.bu.edu/parking/permits-passes/student-permits/mbta-student-semester-pass/>) However, this pass is only for the semesters, and will not be in effect during winter break and summer. It could be more useful to put on how much money you need to your pass as needed, instead of buying one for the whole semester (see if you really need it first.)

#### **4. The BU Bus**

Boston University offers a free bus shuttle down Commonwealth Avenue between the Charles River Campus and the BU Medical Center Campus. The shuttle offers service during weekdays and the weekend. Get the BU BUS App to track the BU Bus life and to see its schedule. (<https://www.bu.edu/tech/services/cccs/mobile/bu-mobile/>)

#### **5. Biking**

Many BU students chose to bike in the city to save on time spent in the traffic while commuting. Should you wish to bike, you can purchase a used bike from craigslist.org or Facebook groups; buying an used bike is cheap, especially during May and September, when people are leaving. You can also use the Blue Bikes (<http://www.bu.edu/parking/employee-commuter-benefit/bluebikes/>).

Biking in the city traffic can be dangerous, so make sure you have a well-fitted helmet, lights and reflective vest with you at all times. If you do not want to invest too much money into those biking accessories, please visit the Department of Public Safety to purchase them at lower prices. People working at the department can also help you find the quickest and safest biking way from your home to campus!

If you have your own bike, make sure to but a U-lock and lock your bike at all times in an appropriate manner – bikes tend to be stole in Boston quite often!

# **Mobile Phone and Internet**

## **1. Mobile Phone**

Boston's most popular cell phone providers for international students are AT&T and T-Mobile. Both companies do not require a social security number (SSN). The social security number will only be granted to you when you start working on-campus or find an internship position. Most students prefer the family plans. The average cost for local telephone service ranges from \$30 to \$50 per month. Long distance calls are billed separately. The cost to install a new telephone ranges from \$37 to \$90.

If you are looking for cheaper plans, pre-paid or plans with no cellular data, check out these providers: MetroPCS, H2O Wireless, Verizon, Sprint, Cricket.

## **2. Internet at home**

The most popular Internet Provider in Boston is Xfinity. Average monthly costs for an apartment depending on the plan. You can find plans in ranges of \$40.00/ month, but it usually does not exceed \$90.00/ month for a household. RCN is also quite popular amongst students. Another company you may want to check out is FIOS, as they have been extending their coverage in Boston and may offer competitive prices.

## **3. TV**

The most widely used Cable TV Providers in Boston are RCN, Comcast, and DirectTV. Depending on which plan or service you available, the costs vary between \$50 - \$100. Additionally, you can also use Roku TV, Chromecast, Apple TV, or Amazon Fire.

# BANKING

Keeping your finances in order while studying in the United States is an important responsibility for each student. If possible, you should either open a bank account in Boston before you arrive or bring funds with you in a form that local banks will allow you to use immediately (such as travelers checks in U.S. dollars). Popular local banks are Bank of America, Santander, and Chase. Bank of America can be kind of expensive, however, so know your financial situation.

If you open a bank account using a personal check drawn from a financial institution that is not located in Massachusetts, local banks will require you to wait a week or more before you can withdraw money from the account. If your check is not in U.S. dollars, you will have to wait even longer before you can use your money. Banks do this to allow time to make certain that the check will be honored by the bank on which the check was written. Please do not travel with large sums of cash as it is not safe.

To open a bank account, you will generally need to provide identification materials such as passport and visa documents, proof of attendance at Boston University, and a Social Security number or an Individual Taxpayer Identification Number (ITIN). For information on how to apply for a Social Security number or an ITIN, please contact the International Students and Scholars Office (ISSO) upon arrival to Boston University.

There are two types of accounts that you may open:

- **Checking accounts** allow for easy access to your money to pay bills and make purchases. Most banks charge a monthly fee for a checking account. When opening a checking account, make sure to compare banks and ask about fees. It is often possible to negotiate for lower fees and many banks won't charge a monthly fee for students. Also make sure to inquire about the locations of Automated Teller Machines (ATMs). **In the states, having a credit card is incredibly important for various things, such as renting an Airbnb.**
- **Savings accounts** allow you to save your money and earn interest. Again, be sure to compare interest rates, fees, and rules regarding minimum balances at different banking institutions.

There are many banks in the Boston area that are well known and that have branches on or

near the BU campus. Many offer special services for students.

Choosing a bank that is right for you includes having a branch location close to where you live in which you can set up an account with a teller, and having ATM locations convenient to campus where you have easy access to take out money.

<b>Bank of America</b> <i>(Bank of America has a maintenance fee of 25 USD as of 2018. If you are &lt;25 years old, there is no maintenance fee.)</i>  Branch Location: 557 Tremont St 771 Commonwealth Avenue ATM Location: 715 Albany St. 465 Columbus Ave. 1762 Washington St.	<b>Citizens Bank</b> Branch Location: 1355 Washington St. 60 Newmarket Sq.  ATM Location: 840 Harrison Ave. 2343 Washington St.	<b>Sovereign Bank</b> Branch Location: 521 Tremont St.  ATM Location: 850 Harrison Ave. 1010 Harrison Ave.
<b>Citibank</b> <i>(Citibank has a maintenance fee of 25 USD as of 2018.)</i> Branch Location: 1365 Washington St. 491 Boylston St. ATM Location: 1747 Washington St. 55 Berkeley St.	<b>George Sherman Union</b>  775 Commonwealth Ave.	<b>Santander</b> <i>(Santander does not a monthly fee if you make at least one transaction per month.)</i> ATM Location: 850 Harrison Ave, Boston, MA 02118, USA

### Currency Exchange

Currency exchange offices are located at Logan Airport as well as many large banks. **Try to get American currency before landing in the states (no more than \$500.) You will need cash for Uber, T, food.**

American Express Travel Agency also provides currency exchange services at the following locations:

State Street, Ground Level  
Boston, MA 02109

39 JFK Street  
Cambridge, MA 02138

Phone: 617-723-8400

Phone: 617-868-2600

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# GETTING A JOB

International students may work only on campus unless you have received specific off-campus employment authorization from ISSO (CPT/ OPT). Work permission is usually granted to students with F-1 or J-1 immigration status.

## **1. Jobs on Campus**

- **Student Link** - International students without work authorization may seek positions through either Part time jobs (long-term part-time and summer jobs [www.stude](http://www.stude)) or Quickie Jobs (short-term employment). To see the current job postings please visit [www.bu.edu/studentlink/](http://www.bu.edu/studentlink/) and go to WORK
- **SPH Handshake** - allows you to view job, practicum and internship postings, upload/update resumes, and enable your resume to be viewed by employers through resume books, and view and register for Career Services events. There is also an extensive document library containing tips for every aspect of career development and job searching. Please log on to complete your profile, and upload a resume or C.V. Many jobs on BUMC and BU SPH are posted here!  
To get started open a Handshake and log in with your BU.edu email. The school will approve you within a few days.
- You may also find opportunities through word-of-mouth, or by looking at job listings posted around campus by departments looking for help. Once you've found a job please follow instructions to obtain a social security number.
- For more information, visit the Student Employment Office website.

## **2. Jobs off campus/ Practicum**

BUSPH graduates work in an array of exciting positions within healthcare providers, health insurance plans, pharmaceutical companies, NGO's and non-profits, government agencies (federal, state and local), health communications firms, consulting firms...the list goes on. Because the field of public health has become extremely broad, Career Services takes a strategic, "field specific" approach to our advising. Each of our career advisors has subject matter expertise in a particular field, and we infuse our knowledge of specific employers and hiring trends into helping students and alumni understand their options, and effectively market themselves in a targeted way.

- **Career services - schedule an appointment.** To schedule an initial 30-minute appointment to determine the approach to career planning that's best for you, email [sphcareeroffice@bu.edu](mailto:sphcareeroffice@bu.edu) and include your scheduling availability. We're open 8:30 a.m. until 6 p.m. Monday – Thursday and until 5 p.m. on Friday, but are happy to accommodate appointments off-hours.

### **3. Career events, workshops, and services**

- Career fairs and on-campus recruiting
- Career Panels and Employer Information Sessions (visit the Events section of SPH Handshake)
- Career-related workshops and drop-in sessions: these include resume, C.V., cover letter and “quick question” drop-in sessions as well as workshops on interviewing, LinkedIn, negotiating salary, and more.
- Networking opportunities with alumni
- Résumé, C.V.'s, personal statements, and cover letter critiques

### **4. Other resources**

- **Online resources** - Career Library: has a wealth of helpful guides for every phase of your job search. Check out our templates and tip sheets on résumés and C.V.'s, cover letters, interview techniques, developing your elevator pitch, networking for success, using LinkedIn, and negotiating your salary.
- **Weekly Career Update Newsletter** - features a snapshot of where new graduates and landing jobs, upcoming events, external networking opportunities, and weekly career tips.
- **Care.com**- babysitting, nannyng, tutoring, grocery shopping and cleaning opportunities

# Writing and Tutoring Resources

- Writing is an essential tool for public health professionals. The BUSPH Education Office has created this helpful resource to help you navigate through general writing strategies, specific types of writing in public health, and utilizing references. Visit the BUSPH Writing Guide [here](#).
- Writing appointments are available for novice and experienced writers. In order to provide adequate time to make revisions, please try to schedule an appointment more than 24 hours in advance. You may drop in during these times, but note that an appointment ensures peer coach availability.
- Tutoring program for core courses (1<sup>st</sup> term) – The core course tutoring program is a free peer tutoring program for MPH students who are at risk of failing to meet the minimum grade required (B–) in the MPH core courses. Students are referred to the program by their core course instructor. For more information visit: <http://www.bu.edu/sph/students/student-services/student-resources/academic-support/core-course-tutoring-program/> and talk to your TAs and/ or faculty
- Peer support – If you need extra help with written assignments, studying, or other class assignment schedule an appointment with a Peer Couch at: <http://www.bu.edu/sph/students/student-services/student-resources/academic-support/communication-resources/make-an-appointment-with-a-peer-coach/>  
*Note: make sure to schedule way ahead of time; number of appointments might be limited*
- Be sure to understand plagiarism and citations before you begin classes at BUSPH. For tutorials on plagiarism hosted by BU, please see [www.medlib.bu.edu/tutorials/](http://www.medlib.bu.edu/tutorials/). From this website, you will find the Plagiarism tutorial hosted by the University of Southern Mississippi, as well as Searching for Resources on the Ethical Use of Information at BU. Helpful information may also be found on the Student Insider at [sph.bu.edu/studentinsider/](http://sph.bu.edu/studentinsider/).
- As identified in the Boston University School of Public Health Policy on Standards of Academic Honesty and Disciplinary Procedures, plagiarism “includes copying or substantially restating the work of another person without the use of quotation marks

or other indication that the words of another have been copied, the use of any written or oral work from which the student has obtained ideas or data without citing the source, or collaborating with another person in an academic endeavor without acknowledging that person's contribution."

If you haven't already done so, please login and complete the SPH Plagiarism Tutorial. Review of this quick and informative electronic presentation is mandatory for all SPH students. The brief tutorial offers examples of common types of plagiarism, tips on how to avoid plagiarizing, and guidelines for proper academic citation. After reviewing the tutorial, should you have any questions regarding plagiarism, please contact the Alumni Library reference desk at [refquest@bu.edu](mailto:refquest@bu.edu) or 617-638-4228, Monday–Friday from 8:30am–5pm and Saturday–Sunday from 10:00am–6:00pm, or stop by the desk, which is located on the 12th floor, facing the library entrance.

## BU Support Resources

- [SPH Wellness Coordinator: sphwell@bu.edu](mailto:sphwell@bu.edu)
- BU Behavioral Medicine: [individual therapy & referrals](#)
- BU Behavioral Medicine: [support groups](#)
- Wellness & Prevention: <https://www.bu.edu/shs/wellness/>
- Free Headspace Meditation App: <https://www.bu.edu/provost/wellbeingproject/headspace/>
- BU Fitness: <https://www.bu.edu/fitrec/>, Fuller Gym at Med Campus

## DEALS FOR STUDENT

- Apple discounts for students
- Studentuniverse is an airline website with discounts for students
- Art perks – BU offers students many perks when it comes to museum discounts and attending concerts at Boston Opera. To find more information, please visit <https://www.bu.edu/arts/in-boston/>
- Free 6 month Amazon prime membership, then \$50/ year
- Spotify and Apple music offer student discounts – must use your university email (@bu.edu)
- Gym discounts: <https://www.bostonmagazine.com/health/2015/11/13/boston-gyms-student-discounts/> (this is an older list; JP Center Yoga also provides student discounts)

## Food

### **Grocery Stores**

*Stores listed may be found close to the Boston University Medical Campus for convenience, and near the CRC campus where many of our students live.*

#### **Haymarket** (*Orange and Green line Stop*)

Offers a great variety of vegetables ***Fridays and Saturdays***. It is a great and cheap option to buy produce.

#### **Foodie's Urban Market**

1421 Washington St.

*Quite expensive, near medical campus*

#### **Daily Table**

Dorchester, Roxbury

*Affordable*

#### **Cheema Supermarket**

*Indian&Pakistani Grocer, 562 Cambridge St*

#### **88 Food Connection**

*Food court with Asian goodies, CRC Campus*

#### **Tropical Foods**

Caribbean and African food, near medical campus

#### **H-Mart**

*Asian grocery store, Cambridge*

#### **Target**

CRC Campus

#### **Shaw's**

53 Huntington Ave.

1065 Commonwealth Ave.

#### **Stop & Shop**

1620 Tremont St.

1100 Massachusetts Ave.

#### **Trader Joe's**

*great variety and less expensive*

899 Boylston St. & Coolidge Corner

### **Boston Farmer's Markets**

#### **Whole Foods Market**

Has a great variety but very pricy

181 Cambridge St.

15 Westland Ave.

## **Restaurants**

*Restaurants listed may be found close to the Boston University Medical Campus for convenience.*

### **Estragon**

700 Harrison Ave.  
617-266-0443

### **Flour Bakery and Café**

1595 Washington St.  
617-267-4300

### **Gaslight Brasserie Du Coin**

560 Harrison Ave.  
617-422-0224

### **Giacomo's**

355 Hanover St.  
617-523-9026

### **Mela Modern Indian Cuisine**

578 Tremont St.  
617-859-4805

### **Mike's City Diner**

1714 Washington St.  
617-267-9393

### **South End Buttery**

314 Shawmut Ave.  
617-482-1015

### **Stella Restaurant**

1525 Washington St.  
617-247-7747

### **Thai Village**

592 Tremont St.  
617-536-6548

### **The Pour House**

909 Boylston St.  
617-236-1767

### **Union Bar and Grille**

1357 Washington St.  
617-423-0555

## **Other Resources**

### ***BU Student Organizations***

- Student Organizations - [sph.bu.edu/studentservices](http://sph.bu.edu/studentservices)  
- [www.bu.edu/sao/orgs/](http://www.bu.edu/sao/orgs/)
- Cultural [www.bu.edu/sao/orgs/affiliation.html#cultural](http://www.bu.edu/sao/orgs/affiliation.html#cultural)
- Religious [www.bu.edu/sao/orgs/affiliation.html#religious](http://www.bu.edu/sao/orgs/affiliation.html#religious)
- Community/Faith Based Organizations [www.bu.edu/chapel/religion/](http://www.bu.edu/chapel/religion/)

## Exploring the Boston Area

- New England Hikes: <https://www.bostonmagazine.com/hikes/>
- Day trips from Boston: <https://www.timeout.com/boston/things-to-do/best-boston-day-trips>
- Places to explore in Boston: Arnold Arboretum, Harvard Square, Freedom Trail, Fenway, Boston Common, North End, Chinatown, Esplanade, various breweries & restaurants, South Boston beach
- Make sure to check out Salem during Halloween time, and the foliage in the autumn!

## ***Beyond BU***

- Massachusetts Immigration and Refugee Advocacy Coalition website: [www.miracoalition.org/](http://www.miracoalition.org/)
- Boston Public Health Commission  
<http://www.bphc.org/workingwithus/Pages/Working-With-Us.aspx>