

# INTERNATIONAL STUDENT HANDBOOK

WELCOME

BIENVENU / VELKOMMEN  
TERVETULOA / BIENVENIDOS  
VÄLKOMMEN / BENVENUTI  
WILLKOMMEN / BEM-VINDOS  
WELKOM / TERE TULEMAST  
VÆLKOMIN / HENI ODJEN  
SWAAGATAM / IRASHAIMASU  
OSO OSEYO / LAIPNI LUDZAM  
HUAN YIN / WITAJCIE  
MABUHAY / FOON YING

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## WELCOME LETTER

Dear BSSM International Student,

To help ease your transition to a new culture, we have created this international handbook for you. I know from personal experience that living in a new country and using a new language is very exciting but challenging as well. I recognize the obstacles you face as you work to understand this new culture. You have many resources here to help you with these unique challenges: fellow students, revival group pastors, church members.

I am also here as a resource to help you transition to the US. Please feel free to call or stop by my table in the Civic on the third floor on Monday or Thursday from 11:30-12:30, beginning the first week of school. I am happy to answer questions, direct you to the right person, help you understand things, or just listen to what you are experiencing. We want our international students to feel safe, welcomed, and loved.

Warmly,

Pam Spinosi  
Director, International Student Services

## IMPORTANT EVENTS

Following is a list of all of our events available to international students. The dates of each event are on our website at [bssm.net](http://bssm.net) and on the [Calendar](#).

### AUGUST

#### **Family Gatherings**

Our family gathering will be held the Dowie Room at the Bethel Twin View Campus (936 Twin View Blvd., Redding, CA. 96003). This event for parents with school-aged children will give you the opportunity to connect with other international families and help connect your children with others their age. If you are interested, please write to [contact@bssm.net](mailto:contact@bssm.net).

### SEPTEMBER

#### **International Student Orientation**

Our orientation will be held at the beginning of September at the Bethel Twin View Campus (936 Twin View Blvd., Redding, CA. 96003). At our orientation, you will have the opportunity to sign up for a bank account, learn about U.S. traffic laws, and get information about the bus system and other important aspects of life in Redding. Refreshments will be provided. \*Please note that this does not replace your BSSM orientation.

#### **International Student Welcome Reception**

Our welcome reception will be held in mid-September in the Bethel Church Sanctuary (933 College View Dr., Redding, CA. 96003). We designed this beautiful dessert reception with live international music to warmly and officially welcome you to the U.S. We hope to see you there!

### NOVEMBER

#### **Thanksgiving Dinner**

Look for an email in October from Pam Spinosi, our International Student Services Director, asking you if you would like to receive an invitation to an American home for Thanksgiving dinner, a special U.S. holiday. We would love for you to have an opportunity to experience it with an American family.

### FEBRUARY

#### **Festival of Cultures**

In February, at the Civic Auditorium (700 Auditorium Dr., Redding, CA. 96001) from 6:30pm to 9:00pm, we will be hosting a beautiful event that gives international students an opportunity to share their food and other traditions with the Bethel community. It is an event for the whole family which includes food tasting and traditional dress. Please come prepared by bringing traditional items from home.

How You Can Participate in the Festival:

This is a colorful, flavorful evening that allows students to host a table showcasing their country. You can participate by doing any of the following:

- Host a table-provide information for those who are considering ministering in your country; share prophetic words and any other information you would like to include regarding your nation; decorate your table in tradition with your culture and customs.
- Dress in native costume (if you have one).
- Prepare food from your country for people to sample (this is not a full meal, just a taste).

- Other, as approved.

To participate, write to [contact@bssm.net](mailto:contact@bssm.net) and attend one of the informational meetings we will have in autumn. Look for the date of the information meeting to be announced in early October.

### **Concert of the Nations**

The Concert of the Nations is held in late February or early March at the Bethel Twin View Campus (936 Twin View Blvd., Redding, CA. 96003). This is an opportunity for international students to perform something from their own country: a song, dance, skit, or instrumental music presentation. We will email more information regarding details and sign-up for this event closer to the event date.

## APRIL

### **Going Out with Joy**

This event is held at the end of April at the Bethel Twin View Campus (936 Twin View Blvd., Redding, CA. 96003), we will hold an event to prepare you for re-entry to your home country. This event is optional, but extremely helpful. More information will be given by Pam Spinosi as the event approaches.

## VISA INFORMATION

For all visa inquiries, please email [contact@bssm.net](mailto:contact@bssm.net). Our SEVIS certified managers will share the latest information and updates with you.

## MEDICAL

### HEALTH INSURANCE

Health care costs in the United States are higher than many countries. Taking out an insurance policy is strongly recommended while you are here if you do not have international health insurance from your own country. Barbara McClaskey, who assists Bethel staff with health insurance, is a great place to start. Her information is as follows:

Barbara McClaskey  
Agent/Insurance  
1708 Placer St.  
Redding, CA 96001  
Phone: 530-243-5190  
Fax: 530-243-0192  
Email: [bmccclaskey@aol.com](mailto:bmccclaskey@aol.com)  
Website: [barbaramccclaskeyinsurance.com](http://barbaramccclaskeyinsurance.com)

### WALK-IN MEDICAL CLINICS

#### **Urgent Care Department**

1035 Placer Street, Redding  
Phone: 530-246-5705  
Hours: Monday-Friday 8:00am-5:00pm  
Closed for lunch from 1:00pm-2:00pm

#### **Hilltop Urgent Care Walk-in Clinics**

1093 Hilltop Drive, Redding  
Phone: 530-221-1565  
Hours: Monday-Friday 8:00am-5:45pm  
Sunday 9:00am-4:45pm

2123 Eureka Way, Redding  
Phone: 530-246-4629  
Hours: Monday-Friday 8:00am-5:45pm  
Closed on Sunday

\*Note: these clinics can be more expensive than doctor's offices, but they do not require an appointment.

## TRANSPORTATION

### CALIFORNIA TRAFFIC LAWS AND INFORMATION

#### **Driver License**

- You may drive with your foreign driver's licenses if you are 18 years of age or older.
- Your driver's license must be currently valid and must be with you when you drive.
- The state of California does not recognize what is called "The International Driver's License" (some other states do).
- As long as you maintain residency in your country, you will still be considered a non-resident while you are a student. There is no set time limit.
- If you are here to attend BSSM and plan to ultimately return home to your home country or another U.S. state, you are a nonresident of California.

#### **Vehicle Registration**

As an international you are not considered a resident simply by attending BSSM and living in Redding. California law/regulations regarding vehicle registration now require all students (even people under 23 years) to register their vehicles with the state of California, even though they remain NON-RESIDENTS.

#### **Students from Canada or Mexico or another State**

The school length is almost 9 months. Since your car is going to be operated in California for more than 6 months, it will need to be registered in California. You must register within the first 20 days of your arrival to California. If you wait until after 20 days, you will be charged late fees.

Canadian and Mexican students bringing a car to the U.S. need to inform Customs that you need a vehicle inspection form. With this paperwork, you will be able to register your vehicle at the DMV (Department of Motor Vehicles). This is called Goldenrod Registration and allows you to be registered in both California and Canada or Mexico at the same time (516 of the Vehicle Code).

#### **Automobile Insurance (CVC section 16028)**

- BSSM students must be covered by automobile insurance when driving in California and carry proof of insurance in the vehicle being driven.
- If you drive someone else's car, ensure you are covered by the owner's automobile insurance or your own automobile insurance.
- Proof of insurance must be provided to an officer who stops you.

#### **If You Are Stopped by the Police When Driving**

- Pull over as soon as it is safe to do so and come to a stop along the edge of the road (not in a traffic lane).
- You are required to provide an officer with your driver license, vehicle registration card, and automobile insurance card.
- Remain in your vehicle, unless an officer directs you to leave your vehicle to meet with him.
- You are free to politely ask the officer questions.
- If an officer questions your foreign or out-of-state license, you can tell him, "I am a non-resident and can drive with my foreign license (or out-of-state license, if U.S. citizen) under California Vehicle sections 12502 and 12505, as confirmed by the CHP Office of Legal Affairs."
- If the officer issues you a citation (i.e., a ticket), do not worry. Simply accept the ticket and go to your traffic court date with the information provided to BSSM by the California Highway Patrol (CHP), as instructed above.

- You can contact Pam Spinosi at [LTS@ibethel.org](mailto:LTS@ibethel.org) if you have additional questions or would like her to accompany you.

### **If You Are in a Traffic Collision**

- Do not leave the collision site until you have met with the other driver(s) or the police (if they investigate the crash). It is a crime if you do.
- If the vehicles cannot be moved out of the roadway (i.e., they are blocking other traffic)–and especially if someone is injured in the collision–you should call 911 immediately to report the collision.
- If it is possible–and safe to do so–you may move your vehicle out of the traffic lane and park it alongside the road, then meet with the other driver(s).
- You are required to exchange driver licenses, vehicle registration, and automobile insurance information with the other driver(s).
- You are required to make a police report if someone is injured or killed in a collision.
- If the police arrive and investigate the collision, you are required to provide the above information to the police. The police may ticket the driver responsible.

## TRANSPORTATION WITHOUT A CAR

### **Ride-sharing**

People who live in places like Redding that have limited public transportation options tend to buy a car. Some Americans have never been without a car and don't know how difficult it can be. If you are able to find a roommate, friend, or classmate who is willing to regularly give you rides, there are a few courtesies you may want to extend. First, offer to share the burden of the cost of gasoline that it takes the person to drive you places, especially for a long-distance ride. The person who is driving you may find it difficult to afford the extra gasoline that it takes to get you from one place to the next. You will also want to give the person plenty of advanced notice when you need a ride somewhere.

\*Please note: carpooling (ride-sharing) to school is mandatory for all 1<sup>st</sup> year BSSM students.

### **RABA**

RABA, the Redding Area Bus Authority, is offering **free** transportation for any BSSM student for the duration of schooling (if a student attends all 3 years, free transportation applies). This includes transportation during the summer and on any route. You can visit the RABA website for routes and schedules at [www.rabaride.com](http://www.rabaride.com). RABA has routes that travel directly to Bethel Church and to the Civic Auditorium. However, be aware that the bus system is limited and may not be an option for you depending on where you live. You will be emailed updated route maps as the school year approaches.

### **Hitchhiking**

PLEASE do not hitchhike in the United States. It may be safe in your country, but it is not a safe form of transportation in the U.S.

## FOOD

### FOOD ADVICE

#### Important Food Processing Information

American food may be processed differently than you are used to. Learn to read food labels and pay attention to the ingredients as many of them may affect you negatively. The following are some ingredients you may want to be aware of so that you can make an educated, informed decision regarding food.

- Corn syrup, especially high fructose corn syrup, can be found in packaged bread, candies, cookies, soft drinks, and juices.
- Hydrogenated or even partially-hydrogenated oil.
- Some dairy products that are not organic can contain sugar, growth hormones, and other additives.
- Beef, chicken, or farmed fish (not wild-caught) may contain growth hormones or have been given antibiotics.
- Fruit or vegetables may have been sprayed with insecticide (unless it is expressly labeled organic), so wash them thoroughly before eating.
- Monosodium glutamate (MSG) is an additive in some foods that cause problems for some people.
- A lot of processed meats (hot dogs and deli meat) contain nitrates which can negatively affect people.
- Some peanut butters contain hydrogenated oil and sugar. Natural peanut butter is available at most grocery stores or you can grind your own peanut butter at WinCo if you prefer to avoid the oil and sugar.
- Some cocoa mixes contain hydrogenated oil and corn syrup solids. As an alternative to mix you can buy plain cocoa and add sugar and/or milk.

### SUPERMARKETS

#### Holiday Quality Foods

2455 Hartnell Ave.  
Redding, CA  
(530) 222-3335

315 Placer St.  
Redding, CA  
(530) 242-0477

7001 Easter Rd.  
Anderson, CA  
(530) 245-4421

[www.Holidayqaualityfoods.com](http://www.Holidayqaualityfoods.com)

#### Raley's Supermarket

201 Lake Blvd.  
Redding, CA  
(530) 246-3508

#### Safeway Food and Drug

1070 E. Cypress Ave.  
Redding, CA  
(530) 226-5871

2275 Pine St.  
Redding, CA  
(530) 247-3030

2601 Balls Ferry Road  
Anderson, CA  
(530) 226-6401

[www.safeway.com](http://www.safeway.com)

#### Trader Joe's

845 Browning St.  
Redding, CA  
(530) 223-4875

[www.traderjoes.com](http://www.traderjoes.com)

## SEASONAL FARMER'S MARKETS

### **Redding Market**

Saturday 7:30am-12:00pm  
April 2-December 17  
Redding City Hall  
777 Cypress Ave.  
Redding, CA

### **Marilyn Miller Market**

Tuesday 7:30am-12:00pm  
June 13-October 10  
Shasta Center Parking Lot  
1700 Churn Creek Rd.  
Redding, CA

### **Turtle Bay Market**

Sunday 8:00am-12:00pm  
June 5-October 7  
Sundial Bridge Parking Lot  
Opposite 844 Sundial Bridge Dr.

## HEALTH FOOD STORES

### **Orchard Nutrition Center**

221 Locust St.  
Redding, CA  
(530) 244-9141  
[www.orchardnutrition.com](http://www.orchardnutrition.com)

### **Enterprise Health Food**

1380 Hartnell Ave.  
Redding, CA  
(530) 222-4404  
[www.enterprisehealthfoods.com](http://www.enterprisehealthfoods.com)

## DISCOUNT SUPERMARKETS

### **Dollar Tree**

2385 Athens Ave.  
Redding, CA  
(530) 246-7255

40 Lake Blvd.  
Redding, CA  
(530) 244-9800

[www.dollartree.com](http://www.dollartree.com)

### **Walmart**

1515 Dana Dr.  
Redding, CA  
(530)-221-2800

### **WinCo Foods**

1050 Old Alturas Rd.  
Redding, CA  
(530) 722-9179

[www.wincofoods.com](http://www.wincofoods.com)

### **Food Maxx**

1330 Churn Creek Rd.  
Redding, CA  
(530) 222-6740  
[www.foodmaxx.com](http://www.foodmaxx.com)

### **99 Cents Only Store**

2611 Hilltop Dr.  
Redding, CA  
(530) 222-9999  
[www.99only.com](http://www.99only.com)

### **Grocery Outlet**

2235 Churn Creek Rd.  
Redding, CA  
(530) 221-4209  
[www.groceryoutlets.com](http://www.groceryoutlets.com)

## RESTAURANTS

For a complete list of Redding restaurants and reviews visit any of the following and search “Redding, CA”:

[www.google.com](http://www.google.com)

[www.tripadvisor.com](http://www.tripadvisor.com)

[www.yelp.com](http://www.yelp.com)

## SHOPPING

### CONVENIENCE STORES (OPEN 24/7)

#### **AMPM**

2951 Bechelli Ln.  
Redding, CA  
(530) 222-0879

2010 Churn Creek Rd.  
Redding, CA  
(530) 222-3714

4095 Railroad Ave.  
Redding, CA  
(530) 242-0620

#### **Circle K**

2245 Hartnell Ave.  
Redding, CA  
(530) 221-4398  
1015 Hartnell Ave.  
Redding, CA  
(530) 222-0466

#### **Seven-Eleven**

1860 Eureka Way  
Redding, CA  
(530) 243-3341

3002 Placer St.  
Redding, CA  
(530) 246-2291  
[www.7-eleven.com](http://www.7-eleven.com)

### THRIFT STORES

#### **Goodwill**

1643 Hilltop Dr.  
Redding, CA  
(530) 351-7600

#### **People of Progress**

1242 Center St.  
Redding, CA  
(530) 243-3811

#### **Rags Clothing Resale**

810 Butte St.  
Redding, CA  
(530) 241-5865

#### **Salvation Army**

4460 Westside Rd.  
Redding, CA  
(530) 244-2296

1557 Pine St.  
Redding, CA  
(530) 243-7514

#### **Second Helpings**

2636 Churn Creek Rd. #B  
Redding, CA  
(530) 226-8000

#### **Superior Thrift Store**

62 Lake Blvd.  
Redding, CA  
(530) 229-0955

## BUYING FURNITURE

There are several ways to purchase discounted furniture. Below are a list of websites and stores in Redding (and one in Sacramento) that offer pre-owned and new furniture at a discounted price.

- [www.Redding.craigslist.org](http://www.Redding.craigslist.org)
- Redding Record Searchlight classified ads- [www.redding.com](http://www.redding.com)
- [www.ivisitredding.com](http://www.ivisitredding.com)

### **Big Lots**

1340 Hilltop Dr.  
Redding, CA  
(530) 224-0865  
[www.biglots.com](http://www.biglots.com)

### **Target**

1280 Dana Dr.  
Redding, CA  
(530) 223-0123  
[www.target.com](http://www.target.com)

### **Ikea**

700 Ikea Ct.  
West Sacramento, CA 95605  
(888) 888-4532  
[www.ikea.com](http://www.ikea.com)

### **Wal-Mart**

1515 Dana Dr.  
Redding, CA  
(530) 221-2800  
[www.walmart.com](http://www.walmart.com)

### **Shopko**

55 Lake Blvd.  
Redding, CA  
(530) 241-0415  
[www.shopko.com](http://www.shopko.com)

## TIPPING CULTURE

It is common to tip restaurant servers, taxi drivers, hairdressers, parking attendants, maid service, and doormen, who all depend on gratuities. Tip is usually not included in the price of your meal and if it is, it will be expressly communicated on your restaurant menu or bill. The average percentage to tip is 15-20% of the bill.

\*You do not have to give a tip to fast food places like McDonalds.

## POSTAL SERVICES

### U.S. POSTAL SERVICE (USPS)

#### Letters and Packages

Prices for letters and packages vary by weight. Visit [www.usps.com](http://www.usps.com) to find out prices. Sending a one-ounce letter to another country can cost \$1.20 or more, depending on the region. You can calculate the price of a letter or package to your country with the calculator on this website: <http://ircalc.usps.gov>.

#### Stamps

You can purchase stamps at the post office or a book of 20 stamps at supermarkets.

#### Locations

1647 Yuba St.  
Redding, CA  
(800) 275-8777

2323 Churn Creek Rd.  
Redding, CA  
(530) 223-7523

#### P.O. Boxes

You can purchase a P.O. Box, located in the Post Office, if you do not wish to receive mail where you live. Please visit [www.usps.com/manage/po-boxes.htm](http://www.usps.com/manage/po-boxes.htm) to find out more or visit your local Post Office.

### FEDEX

FedEx Corporation is an American multinational courier delivery services company

#### Packages

Prices for packages vary by weight. Visit [www.fedex.com](http://www.fedex.com) to find out prices.

#### Locations

Fedex Office Print and Ship Center  
2105 Churn Creek Rd.  
Redding, CA  
(530) 222-3034

Fedex Ship Center  
6775 Woodrum Circle  
Redding, CA  
(800) 463-3339

### UPS

UPS (United Parcel Service) offers shipping, packaging, printing, and office services.

#### **Packages**

Visit [www.ups.com](http://www.ups.com) for a complete list of services and prices.

#### **Location**

1095 Hilltop Dr.  
Redding, CA  
(530) 226-5192

## CURRENCY

1 cent = a penny ( $1/100$  of a dollar)

5 cents = a nickel ( $1/20$  of a dollar)

10 cents = a dime ( $1/10$  of a dollar)

25 cents = a quarter ( $1/4$  of a dollar)

## IMPROVING YOUR ENGLISH

### ESL COURSE WITH PAM SPINOSI

Pam Spinosi will be teaching an English as a Second Language course for students who are interested in improving their English skills. For more information, please contact Pam at [contact@bssm.net](mailto:contact@bssm.net)

### NOTE-TAKING AND HOMEWORK

If you are having difficulty completing your assignments because of English, please let your Revival Group Pastor know so they will be able to connect you with the help or tutoring you need.

Each year, we are usually able to find an English-speaking student who is willing to post his or her class notes on the BSSM Facebook page. This has, historically, been helpful for students having trouble taking English notes. [contact@bssm.net](mailto:contact@bssm.net) will send an email in September or October once we have found a student willing to provide this service.

### SHASTA COLLEGE ENGLISH AS A SECOND LANGUAGE (ESL)

#### **Redding Campus**

11555 Old Oregon Trail  
Room 781  
530-242-7711

#### **Intermediate ESL 234 (5 Units)**

Monday-Friday  
7:30 am-9:50 am

#### **Advanced ESL 236 (5 Units)**

Monday-Friday  
7:30 am-9:50 am

#### **Intermediate-High (Free class, no units)**

Monday-Friday  
8:00 am-9:50 am

#### **Beginning-Low (Free class, no units)**

Monday-Thursday  
5:30 pm-7:55 pm