

Wichita State University

J-1 Exchange Student Handbook

Office of International Education

Table of Contents

Welcome.....	3
Contact Information	3
Immigration Terms	4
Exchange Visitor Activities	4
Employment.....	5
212(e), the Two-Year Home Residency Requirement	5
Reporting Requirements.....	6
Responsibilities of J-1 Exchange Visitors	6
Incident Reporting.....	7
Health Insurance.....	8
What to Do When You Are Sick.....	9
Counseling and Prevention Services	9
Local Identification	10
Campus Rules and Safety	10
Shocker Alert System.....	11
Scams	11
Bank Accounts	11
Cell phones	12
Mail	12
Transportation	12
J-2 Dependents.....	14
Adjusting to the United States.....	15
Personal Hygiene in the United States.....	15
Weather in Wichita.....	16
Shopping.....	18
Dining Out.....	20
Recreation	22
Holidays	24

Welcome

Welcome to Wichita State University! We are so pleased that you have selected our university and hope you will find this experience to be personally and academically rewarding.

We have created this handbook to help you prepare for life in the U.S. and to provide important information about WSU and the surrounding Wichita community. Be sure to familiarize yourself with the information contained inside; many questions you may have will be answered within.

WSU is committed to helping you in any way we can. The Office of International Education is currently located in the Garvey International Center, at the southeast corner of Hillside and 17th, and we are open Monday through Friday, 8:00 a.m. to 5:00 p.m. We are excited to announce our office is scheduled to move to the Shocker Success Center in the fall 2024 term (October).

We wish you great success during your time at WSU!

Contact Information

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Wichita, KS 67260

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Immigration Terms

Department of Homeland Security (DHS): DHS was created to replace the former Immigration and Naturalization Service (INS). It is divided into three agencies – Immigration and Customs Enforcement (ICE), United States Citizenship and Immigration Services (USCIS), and Customs and Border Protection (CBP).

Department of State (DOS): The State Department is responsible for issuing nonimmigrant visas at U.S. consulates abroad and authorizes institutions to set up and run J-1 exchange visitor programs

United States Citizenship and Immigration Services (USCIS): USCIS processes applications for immigration benefits such as reinstatement and change of status.

Immigration and Customs Enforcement (ICE): ICE enforces immigration regulations and investigates violations.

Customs and Border Protection (CBP): CBP prevents people from entering the country illegally, or bringing anything harmful or illegal into the United States.

Student and Exchange Visitor Information System (SEVIS): This computer information system monitors your status in the U.S. as an exchange visitor. You are issued a SEVIS ID number by ICE when you are issued a DS-2019. Different government agencies such as USCIS, ICE, DOS, and CBP are able to access the information in SEVIS.

(Alternate) Responsible Officer (A/RO): University staff members authorized to sign DS-2019s, update SEVIS, etc.

Exchange Visitor Activities

The J-1 Exchange Visitor Program is a federal program administered by the Department of State which fosters the mutual exchange of ideas between Americans and foreign nationals by means of educational and cultural exchanges, and to stimulate international collaborative teaching, studying, and research efforts. The Exchange Visitor Program provides eligible foreign nationals with opportunities to participate in exchange programs in the United States and then return home to share their experiences. The Exchange Visitor Program promotes international interchange, mutual enrichment and linkages between research and educational institutions in the United States and those of other countries. [U.S. State Department's Exchange Visitor Program Brochure](#)

Categories

You are coming to the U.S. as an exchange visitor for a specific objective. Your DS-2019 contains the category which defines your activity (i.e. non-degree student), a code which indicates your specialized field of study, and a brief description of your activity.

Objectives

The U.S. State Department expects you to stay with your original objective for coming to the United States. As an exchange visitor, therefore, you are normally not allowed to change your category, and you are expected to carry out the activity described in Section 4 of your DS-2019. Please consult your Responsible Officer if you are considering any change in your original program activity.

Cultural Goals and Components of the Program

The U.S. Department of State created the J-1 exchange visitor program with the purpose of providing citizens of other countries with opportunities to participate in educational and cultural programs in the United States and return home to share their experiences. Programs are expected to promote exposure and interchange between exchange visitors and Americans to increase their mutual understanding of each other's society, culture, and institutions. In addition to the academic or professional goals of your program, be sure to take advantage of opportunities for cultural exchange within the university and the wider community.

Employment

Exchange students must have permission from the Responsible Officer at the Office of International Education before beginning any employment.

On-campus Employment

J-1 exchange students can work on campus with authorization from the Office of International Education. Employment is limited to 20 hours per week during Fall and Spring semesters and up to 40 hours per week during official school breaks like the Winter Break and the Summer semester. Students may not work on campus after their DS-2019 end date.

Off-campus Employment

Exchange students experiencing unforeseeable economic hardship may be eligible for off-campus employment authorization. Contact the Office of International Education for more information.

Academic Training

Academic training is practical training and employment experience available to J-1 university students. The training may be paid or unpaid but must relate to the field of study indicated on the Form DS-2019. Participation may occur while the J-1 student is enrolled at WSU or beginning within 30 days after completing his/her studies at WSU. The time limit for academic training may not exceed the amount of time the student spent studying at WSU. For example, a student who studies at WSU for one semester would be eligible for a maximum of four months of academic training.

212 (e), the Two-Year Home Residency Requirement

What is the requirement?

Some J-1 exchange visitors and their dependents are required to return either to their country of nationality or country of legal permanent residence for a period of two years at the end of their J-1 program. The purpose of this requirement is to provide the home country with the benefit of the exchange visitor's experience in the United States.

If you are subject to this requirement you may not:

- Change your status inside the U.S. from J to any other nonimmigrant classification except A or G
- Change from J-1 to J-2 status or from J-2 to J-1
- Change to permanent resident (green card) status
- Enter from abroad with H, L or immigrant status

If you are subject to this requirement you may leave the U.S. and enter on a new nonimmigrant status such as F-1, B-1/B-2, J-1 student or O-1. Just keep in mind that the 2-year rule is still in effect, meaning you will still be subject to the restrictions listed above until you are outside the U.S. for at least 24-months or you obtain a waiver.

Who is subject?

You are subject if:

- Your J-1 participation is funded in whole or in part, directly or indirectly/for the purpose of exchange, by your home government or the United States government. (Payment from the Wichita State University is not usually considered to be government funding)
- Your field of work appears on the "Exchange Visitors Skills List" for your country. This means that your field is considered to be in short supply in your home country. The U.S. Embassy/Consulate where you apply for your visa should be able to tell you if the Skills List applies to you;
- You participated as a J-1 in a graduate-medical education or training program, i.e., a residency, internship, or fellowships, sponsored by the Educational Commission for Foreign Medical Graduates; or
- You are the J-2 dependent of an exchange visitor who is subject to the requirement.

If you have ever been subject to the requirement in the past and have neither obtained a waiver nor fulfilled it by spending two years in your country, it still applies to you - even if a great deal of time has passed and a more current form DS-2019 indicates that you are not subject to this requirement. Changing your citizenship to that of another country also does not eliminate your two-year requirement.

The U.S. consular officer generally notes whether the person is subject to 212(e) on the initial DS-2019 and on the J-1 visa in the passport. To determine whether you are subject, check the following documents:

- J-1 visa, under Annotation, if noted "Bearer is subject to Section 212(e). Two-year rule does apply" you are subject
- DS-2019, Page 1, box in lower, left-hand corner. If box 2 is checked, you are subject.

This initial determination is usually correct but is not legally binding. Exchange visitors may check the country-specific [Skills List available at the US Department of State \(DOS\) website](#) for confirmation. Exchange visitors may wish to obtain an advisory opinion from the DOS to verify for certain whether they are subject to this requirement, or if they believe the 212(e) rule was applied in error. [Advisory Opinion Guidance](#)

If subject, there are two ways to fulfill the two-year foreign residence requirement:

- Return to the home country for a period of two years or more, or
- Request and receive a waiver of 212(e)

Note: The DOS considers the "home country" to be the country of where your current passport was issued.

Waivers of the requirement

Information about [applying for a waiver of 212 \(e\) is available online](#). If you intend to apply for a waiver, be very careful about the timing of your request. After obtaining a waiver recommendation from the U.S. State Department, you are no longer eligible to extend your J-1 status or transfer to another J-1 program. You should discuss your plans with WSU's Responsible Officer before applying for a waiver.

Reporting Requirements

It is your responsibility to have correct information about the DHS regulations that govern your status. Your signature on Page 1 of your DS-2019 authorizes the University to release any information from your records to DHS. For your own benefit, you need to know the information on Page 2 of your DS-2019. Please read it carefully.

PLEASE NOTE: Never take action based only on information from your friends or colleagues. Immigration regulations change frequently. Outdated, incomplete, and incorrect information about immigration procedures often circulates online and through the university community. You should always check with the Responsible Officer at International Education before making important decisions.

Responsibilities of J-1 Exchange Visitors

As a J-1 exchange visitor, YOU are responsible for maintaining legal status while in the United States.

- ☐ **EVs must maintain a valid DS-2019 and a valid passport at all times.**
- ☐ **EVs and their J-2 dependents must maintain health insurance during the entire exchange period.** The insurance must meet the minimum requirements of the Department of State.
- ☐ **EVs are required to report any change of address, phone number, or email address directly to the Office of International Education within 10 days of the change.** Request a Change of Address form on the International Education website under the Current Students tab.

- ❑ **EVs are required to complete an official SEVIS transfer procedure if changing universities.**
- ❑ **EV students must complete a full course of study during Fall and Spring semesters.** This is generally 12 credit hours for undergraduate students and 9 credit hours for graduate students, though some exceptions exist with permission from the Office of International Education.
- ❑ **EVs must apply for an extension from International Education prior to the expiration date on the Form DS-2019 if additional time is needed to complete the program objective.**
- ❑ **EVs and their J-2 dependents must leave the U.S. within 30 days of the Form DS-2019 end date.**
- ❑ **EVs may not work in the U.S. without authorization. With permission from the Office of International Education, J-1 students are allowed to work part-time (up to 20 hours per week) on campus during Fall and Spring semesters and full-time during official school breaks including the Summer semester.**
- ❑ **EVs must report changes in funding sources to the Office of International Education.**
- ❑ **EVs needing an extended leave of absence or early program departure to return home must contact the Office of International Education before leaving the U.S.**
- ❑ **EVs are required to report changes regarding their J-2 dependents.** This includes adding a new J-2 dependent or the permanent departure of an existing J-2 dependent from the U.S.
- ❑ **EVs are responsible for checking their @shockers.wichita.edu email account.** Important information regarding your status will be sent to that address.

IMPORTANT NOTE: This information is not exhaustive and is subject to change without notice. Exchange visitors should contact the Office of International Education at 316-978-3232 to arrange an appointment with WSU's Responsible Officer to discuss any questions or concerns related to their legal status in the United States.

Incident Reporting

As a designated exchange visitor program, WSU is required to notify the Department of State of:

- any **investigations of an exchange visitor's site of activity**, or
- any **serious problem or controversy** that may bring the Department of State or the sponsor's exchange visitor program into "notoriety or disrepute", including
- "any potential **litigation** related to a sponsor's exchange visitor program, in which the sponsor or an exchange visitor may be a named party."

Examples of incidents that must be reported include serious illness or injury to an exchange visitor, incidents involving the criminal justice system (e.g. arrest, charges, etc.), and sexually-related incidents or abuse.

Health Insurance

Health Insurance coverage is required for all J-1 program participants and their dependents for the duration of their exchange program. You will be automatically charged for health insurance when you enroll at Wichita State University. If you would prefer to use another insurance company that provides you with equal or greater coverage, you will need to request a Medical Insurance Waiver before the deadline. Information about the waiver process and current deadlines is available online at: [WSU Medical Insurance and Insurance Waivers](#)

Students with UnitedHealthcare coverage through WSU will receive an email notifying them of their enrollment in the plan as well as instructions for creating an account and printing your UnitedHealthcare ID card. We recommend that students carry this card with them at all times.

In the United States, American citizens as well as visitors are responsible for health care expenses. Medical care in the United States is provided by private physicians, clinics, and hospitals and is very expensive; a single day of hospitalization and medical treatment can cost thousands of dollars. Insurance gives you access to better and more timely health care and provides the only protection against the enormous costs of health care in this country.

When you purchase health insurance, the money you pay (called the premium) is combined with the premiums paid by other people. This money is then used to pay the medical bills of those participants who receive healthcare services. It is important to note that insurance rarely pays your entire medical bill. Often, insurance pays a certain portion and you must pay the remainder. It is important to understand your current health insurance plan and know what is and is not covered with your insurance policy. When planning for a procedure or seeking treatment, be sure to ask the doctor or clinic if they are in your provider network. It's also a good idea to ask how much you can expect to pay for certain services.

Insurance Terms

Premium – The amount that you paid to purchase the insurance coverage.

Deductible – The amount of money you are responsible for paying for medical expenses before the insurance company begins to pay on your behalf. For example: If your plan has a \$300 deductible, you are responsible for the first \$300 of your medical bills. After your deductible has been paid your insurance company will begin to pay for eligible expenses.

Coinsurance – The percentage that you pay after the deductible is met. For example, if coinsurance is 20 percent, then the insured person pays 20 percent and the insurance company pays 80 percent for a particular treatment or service.

Copayment – Not to be confused with coinsurance, copayment is the set amount you pay each time a medical service is accessed. Copays vary between policies, but are typically \$50 or less. Your insurance policy for example, may require you to pay \$25 for a doctor's appointment and \$10 per prescription up to a specified coverage limit.

Out-of-pocket Maximum – This is the highest dollar amount that you must pay during the coverage year for covered expenses under your insurance policy, including deductibles and coinsurance. After this dollar amount has been reached, your eligible medical bills will be covered 100%.

Provider Network (also known as an in-network provider) – This is a group of medical providers that have contracted with the insurance company to provide health care services. In-network providers typically charge less for the same service compared to non-network providers, so using an in-network provider can save you money and they will usually accept direct payment from your insurance company.

Capped benefits – A capped benefit limits the amount your health insurance will pay in a given situation. For example, an insurance policy may cover mental health, but only \$50 a day. Some plans list this cap on the benefit table while others only list these caps in the policy wording. Be sure to read carefully and look for any limits on coverage.

Exclusions - A list telling you what is NOT covered by your health insurance plan. It is extremely important to read each exclusion individually.

What to Do When You Are Sick

Student Health Services

All WSU students are eligible for medical care at Student Health Services (SHS), located in the Student Wellness Center in the Steve Clark YMCA building. There is no fee to see a doctor or nurse. If you have a health problem or feel ill, contact SHS at (316) 978-3620. An appointment is required for most services. For more information, please visit [Student Health](#).

Non-Emergency Care

When you need to see a doctor on short notice or outside of normal business hours, the quickest and least expensive option is an Urgent Care Clinic (also known as an Immediate Care Clinic). These types of clinics do not require an appointment and are for illnesses and injuries that aren't life threatening. With UnitedHealthcare insurance, the following clinics are considered "in-network" as of June 2024 and should be your first choice for treatment. It's always a good idea to verify your insurance is accepted by the provider before initiating care.

Ascension Via Christi Immediate Care
3311 E Murdock St
Wichita, KS 67208
316-274-8107

Immediate Medical Care – IMC East
5838 E Central Ave
Wichita, KS 67208
316-440-4595

AFC Doctors Express
3161 N Rock Rd Ste A
Wichita, KS 67226
316-440-2712

Emergency Care

For serious illness or injury, or when the Urgent/Immediate Care facilities are not open, go to a hospital emergency room. Call 911 in extreme emergencies for ambulance service, or have a friend drive you to the emergency room. Examples of emergency care include: heart attack, severe bleeding, poisoning, allergic reaction, broken bones. Emergency care is extremely expensive in the United States and should only be used for serious health issues.

Wesley Medical Center
550 N Hillside St.
Wichita, KS 67214
316-962-2000

Ascension Via Christi - St. Francis
929 N St. Francis St
Wichita, KS 67214
316-268-5000

Ascension Via Christi St. Joseph
3600 E Harry St
Wichita, KS 67218
316-268-5000

Counseling and Prevention Services

Counseling and Prevention Services (CAPS) at WSU is here to help WSU staff, faculty, and students work through problems and assist with solutions. Located in the Student Wellness Center, CAPS provides a range of services designed to help students, faculty and staff succeed.

Counseling is available for students with:

- Academic stress
- Self-esteem or self-doubt issues
- Anger management
- Learning disabilities and attention problems
- Difficulty with family or friends
- Negative habits
- Anxiety and stress
- Depression or general unhappiness

The following services are also available:

- Time management skills
- Wellness Workshops

For more information: [WSU Counseling and Prevention Services](#)

Local Identification

WSU Identification

After arriving in Wichita, we will help you obtain a WSU identification card called a “Shocker Card.” This ID card is needed to use several university facilities, to check out books and make photocopies from Ablah Library, and for many other activities around the University.

If you lose your Shocker Card, check with the Shocker Card Center to see if it has been turned in. Also check your email since the Card Center should notify you by email if they have it. If you are unsuccessful in recovering a lost card, there is a US\$10 charge for a replacement. If you have Shocker Dollars or a meal plan, you should notify University Dining Services immediately (978-3477). They can temporarily deactivate your card number to prevent fraudulent use.

Kansas Driver’s License

To apply for a state issued driver’s license, you will need to take your passport, DS-2019, I-94, and proof of current address to one of the Department of Motor Vehicles (DMV) offices. **It is against the law to operate any vehicle without a driver’s license.** The cost of a Driver’s License is \$29.

Kansas ID

If you do not plan to get a Kansas Driver’s License, it is a good idea to get a Kansas ID card. Kansas ID cards are also issued by the Department of Motor Vehicles following the same process detailed above. The cost is \$22.

Department of Motor Vehicle (DMV) Locations

Twin Lakes Shopping Center
1873 W 21st St
Wichita, KS 67203
316-337-6066

Andover
640 N Andover Rd
Andover, KS 67002
316-733-0106

Campus Rules and Safety

WSU is dedicated to the safety and wellbeing of all students, faculty and staff on campus. Over the last ten years, WSU has consistently ranked as one of the safest campuses among the Kansas Regents’ institutions and among 168 similar institutions. WSU is staffed by Kansas certified police officers 24 hours a day. The staff of the WSU Police Department offers the following services for students, faculty, and staff.

- Safety Escorts: call 316-978-3450 to arrange escort
- Jump start or unlock vehicles
- Portable air compressor for low tires
- Escort to a local gas station for fuel
- Officers will provide instructions on how to change a tire
- Campus Lost and Found
- Safety phones located throughout campus- these phones direct connect to WSU police staff

To help protect yourself use the following techniques:

- Consider your surroundings and be alert
- Always walk with friends, classmates, or faculty/staff
- Learn the city and avoid dangerous areas
- Use safety resources
- Do not carry valuables with you or leave them in your vehicle or unattended at any time.
- If you ever feel unsafe, ask for assistance from the WSU police department or any staff member on campus.

To contact the University Police Department call 316-978-3450.

Tobacco-Free

Wichita State University and all of its satellite locations and properties are tobacco free. The tobacco-free campus policy eliminates the use of any tobacco product, including cigarettes, cigars, smokeless tobacco, hookah and e-cigarettes.

Concealed Carry

Anyone aged 21 or older who is legally able to carry a concealed handgun in Kansas may do so on any state university campus including Wichita State University. Concealed handguns are the only weapon permitted on campus. Please note that non-immigrants, including J-1 exchange visitors, are “prohibited from shipping, transporting, receiving, or possessing a firearm or ammunition” with the exception of someone with a valid hunting license or permit.

Shocker Alert System and Rave Guardian Mobile Safety App

ShockerAlert notifies WSU community members of emergencies on campus or in the surrounding area as well as weather-related issues by sending a message to their WSU email address. Add additional email addresses and sign up to receive text alerts by selecting ShockerAlert under the **Home** tab of your myWSU account.

In addition, you may choose to download the Rave Guardian mobile app which can help expand your safety network, gives you quick access to the WSU Police Department, and is fully integrated with ShockerAlert. Explore its features and see FAQs on the [Guardian page](#).

Scams

It is important to remain vigilant to protect yourself and your family against possible scams. There are many different types of scams, but they all share a common goal: monetary gain for the scammers. Some scams specifically target international students and scholars. Though the particular details vary, in general, such scams work like this:

The victim receives a phone call from someone claiming to be from U.S. Citizenship and Immigration Services, the Department of Homeland Security, the Internal Revenue Service, or some other government agency. The phone number may even match the agency’s real number. The caller claims that the victim has committed some sort of violation, often by incorrectly completing agency paperwork, and must immediately pay a fee to correct the infraction and avoid arrest and subsequent deportation. The caller often has personal information about the victim (name, date of birth, address, even passport, visa, or I-94 numbers). The caller specifically instructs the victim not to hang up the phone. The caller gives the victim detailed instructions about sending money via Western Union or demands they purchase gift cards.

No U.S. government agency will ever call you to demand payment of any kind. If you ever receive a call like this, hang up the phone immediately and contact the Office of International Education.

Bank Accounts

It is a good idea to open a bank account in the U.S. to keep your money in a secure location. You can open a checking account, savings account, or both. If you are planning to have money transferred or wired from your home country, be aware that there may be a delay of a few days or weeks before you can access your money. Ask your bank for more information.

The following banks are located on or near WSU and do not require a Social Security Number to open an account:

Meritrust Credit Union
WSU RSC or Braeburn Square
316-683-1199

Campus Credit Union
WSU RSC or 4960 E 21st St
316-867-4700

Cell phones

Cell phones can be purchased online and at a variety of stores. Your cell phone service can either be monthly or prepaid. A monthly plan usually means signing a contract with a cell phone company and generally requires a Social Security Number. You may have to pay a security deposit. A prepaid plan means paying for minutes/texts/data in advance, losing any remaining balance after a certain date. Note: It may cost extra to make or receive international calls. Most service providers have a list of fees they charge for international calls available online and some offer extra international plans for an additional charge.

Mail

Mail service in the U.S. is provided by the U.S. government. Post offices are located throughout the community. Wichita State University has a full-service post office on the first floor of Morrison Hall, 7:30 a.m. to 4:00 p.m. Monday through Friday. Special shipping services (FedEx, UPS) end at 3:30. Details about services offered are available at [Postal Services](#). Other post offices in the community are open Monday through Friday 8:00 a.m. - 5:00 p.m. and Saturdays 8:30 a.m. - 12:00 noon. Limited Postal services are available in some food stores.

Consult the post office staff about the various methods, rates, and regulations for mailing packages. Visit the United States Postal Service online to calculate postage rates at www.usps.com.

There are also private shipping companies available that offer express mail service worldwide: Federal Express (FedEx): (800) 463-3339; United Parcel Service (UPS): (800) 742-5877; or DHL: (800) 225-5345. The campus post office also ships packages via FedEx at a discounted rate.

Addressing Letters and Packages

In the U.S., you should always write the recipient's address in the MIDDLE of the envelope, in the following order:

John Smith	[first name last name]
12345 N Fairmount St Apt ABC	[number of house/building, street name & any apartment/suite]
Wichita KS 12345	[city, state, zip code.] [For international: COUNTRY on next line]

You must include your return (the sender's) address in the upper left corner of the envelope, written in the same order.

Zip Code

The zip code is a 5-digit number (sometimes with four additional numbers attached) written at the end of your address, after the city and state. It directs mail to the appropriate U.S. post office and ensures quick delivery. It should always be used on mail addressed to and from the U.S. The zip code for Wichita State's main campus is: 67260. Please note, however, that just outside the main campus, the zip codes are different.

Transportation

Parking on Campus

During the fall and spring semesters, Wichita State's main campus is a permit-only parking environment on weekdays when classes are in session. Enforcement hours run Monday through Friday from 7:00 a.m. to 5:00 p.m. Permits are not enforced on weekends or when classes are not in session. Please note: **Red** lots and spaces are reserved at **all** times.

WSU students, faculty, staff wishing to park on campus during the enforcement period must register online with the Shocker Parking Management System to park legally. The system features license plate recognition (LPR) technology and virtual permits called ePermits that eliminate the need for color-coded hangtags and stickers for parking enforcement.

Student permits are \$150 for the year or \$75 per semester for cars, trucks, SUVs and motorcycles. To purchase an ePermit, visit <https://wichita.nupark.com/portal/Account/Login>.

NOTE: To accommodate the license plate scanning system, your license plate must be visible and unobscured. If your license plate is on the rear of your vehicle, backing into a parking stall or pulling through is not allowed and could result in a parking citation.

WSU Shuttle System/City Buses

Through an expanded partnership with Wichita Transit, WSU students, faculty, and staff can move easily around WSU's campus and get regular service to WSU South, WSU Tech campuses, WSU Old Town and downtown Wichita through four routes. Visit [Wichita State Transit page](#) for detailed route information.

Among the great features:

- Full service on routes even when classes are not in session.
- Bicycles are allowed! There are bike racks on each bus.
- Electric buses are the primary vehicles on each route
- Real-time GPS tracking of all buses through Wichita Transit's MyStop app.
- Free transfers to intersecting Wichita Transit routes with Shocker ID.
- Free WiFi on every bus.

Taxis

Taxi services are available in the Wichita area by contacting one of the following companies.

ABC Taxi: 316-264-4222

American Cabs: 316-262-7511

Best Cabs: 316-838-2233

Uber

The Uber app connects drivers and riders from around the community. Download the free Uber app on your smartphone to request a ride, entering your preferred destination. When a nearby driver accepts your request, your app displays an estimated time of arrival for the driver heading to your pickup location. Your app also provides info about the driver-partner with whom you will ride, including first name, vehicle type, and license plate number. This info helps the two of you connect at your pickup location. The app notifies you when the driver is about to arrive. When you arrive at your destination and exit the vehicle, your trip ends. Your fare is automatically calculated and charged to the payment method you've linked to your Uber account.

Bike Share ICT

Bike Share ICT is a great way to see Wichita and enjoy some fresh air. Simply use the program app to buy a membership, find a bike station, and unlock a bike. Ride anywhere in Wichita at your leisure, then return the bike to any station for the next rider. For more information, visit [Bike Share ICT](#)

Purchasing a Vehicle

It is important to consider all responsibilities and costs involved. When purchasing a vehicle you are required to have a State of Kansas driver's license, auto collision insurance, and register your vehicle with Sedgwick County at a Sedgwick County Tag Office. For questions about registering your vehicle, call 316-660-9000.

Sedgwick County Tag Office Locations

Douglas Tag Office
2525 W Douglas
Wichita, KS 67213

East Kellogg Tag Office
5620 E Kellogg Dr
Wichita, KS 67218

J-2 Dependents

Only the spouse or unmarried children under the age of 21 are eligible to be classified as J-2 dependents according to immigration law. Other family members, such as parents, brothers, and sisters are not eligible. Once a dependent child reaches his or her 21st birthday, he/she is no longer considered to be a dependent. If you have a child who will turn 21

during your exchange visitor program, keep in mind that USCIS must receive an application to change the child's status from J-2 status to another category (e.g. F-1) or the child must leave the U.S. no later than his/her 21st birthday. Please contact the Office of International Education at least six months prior to the child's 21st birthday to discuss options and begin the paperwork.

Dependents may stay in the U.S. as long as the J-1 exchange visitor maintains legal status. Additionally, to maintain legal status, dependents must maintain a valid passport and I-94 and comply with the U.S. address reporting requirement.

Employment of Dependents

J-2 dependents may apply to the regional USCIS office for permission to accept employment as long as the income from such employment will only be used to support your family's customary recreational and cultural activities and related travel, among other things. Employment will not be authorized if this income is needed to support the J-1 principal alien. USCIS requires a budget or statement of estimated expenses to determine that you have adequate income. UC International Services will provide J-2 dependents with complete application instructions and will meet with such dependents to ensure that the materials are in order.

If permission for employment is granted, an Employment Authorization Document (EAD) is issued and is valid for any kind of full-time or part-time employment. If an extension of stay is required in conjunction with extension of work authorization, the extension of stay notification must be filed prior to the extension of employment authorization. It is important to file the Form I-765 for continuation of employment authorization in a timely manner in order to preserve the J-2's right to work (90 days in advance of the current end date).

Only dependents who are eligible to accept employment can obtain a Social Security Number.

Enrolling in University Courses

Persons in dependent status may enroll part- or full-time in university classes, including intensive English courses. For information about admission to a program at WSU, please visit [International Education](#) (Intensive English and Undergraduate Admission) or the [Graduate School](#) (Graduate Admission)..

Enrolling in Elementary and Secondary Schools

Children in Kansas between the ages of 6 and 16 must attend school. The school year typically begins in mid-August and ends in mid-May, but this varies by school district. Parents are required to complete information on vaccinations and other medical details for each child. By law, the school must have a record in English of your child's immunizations. If such a record does not exist, or is inadequate, you will be asked to have your child immunized so that s/he may attend school. The schools will ask for a birth certificate or legal proof of birth, and may ask that the child have a physical exam. Take any records of your children's schoolwork, in addition to their passports, when you enroll them.

Public School

Each school district is required by law to provide free and appropriate education for all children. Wichita has its own school district, USD 259, and neighboring communities like Maize, Derby, and Andover have their own districts as well. There are typically three levels of public school education:

- Elementary School: Kindergarten through 5th grade
- Middle School: 6th grade through 8th grade
- High School: 9th grade through 12th grade

Information about the Wichita School District is available online at [USD 259](#).

Private School

There are many private schools in the Wichita metropolitan area, most of which are religiously affiliated. Private schools tend to offer smaller classroom sizes but this comes at a price; private school tuition averages about \$12,000 per academic year.

Childcare

There are many different childcare options available in Wichita. One such option is Wichita State University's Child Development Center (CDC). For more information about campus childcare, please visit <https://www.wichita.edu/childdevelopmentcenter>.

Adjusting to the United States

Being in a new country can be exciting but it can also be scary! Most people experience a wide range of emotions during the acclimation period. It is important to keep in mind that you will go through different stages as you try to adjust.

Here are the four phases that everyone goes through:

- 1) Honeymoon Period – Everything is new and exciting. You are having fun trying American food and visiting different places in your new city. This phase usually lasts for the first few weeks or months.
- 2) Frustration Period - That excitement phase is now gone and you start to feel different from everyone else. You can start to have difficulty with the language and start to feel homesick. It can be difficult to understand Americans and their culture. You may start to criticize your new culture. This period can last from 3 to 6 months.
- 3) Adjustment Period – You finally start to become more comfortable in your new country. Your language skills improve and you start to feel less homesick. You even begin to understand the new culture. This period usually last 6-12 months.
- 4) Acceptance/Integration –During this period you start to feel at “home.” It becomes very easy to switch between your two cultures and relate to both.

Wichita State University’s Counseling and Prevention Services is also available for these kinds of issues. Asking for counseling is considered normal in the U.S. and everything is 100% confidential!

Visit their website: <http://www.wichita.edu/services/counseling/>

Personal Hygiene in the United States

Most Americans shower every day. People who play sports often shower more than once a day. During the summer months, people also increase their bathing schedules. Use of deodorant/anti-perspirant is typical.

It is acceptable to wear some cologne or fragrance. Using only small amount so scented body products is recommended as strong odors can be overwhelming or bothersome to other in an office, classroom, or lab environment.

Dental hygiene is a daily routine as well. There is a dental hygiene clinic (DHC) on campus located at 207 Ahlberg Hall. DHC provides teeth cleaning, fluoride treatments, dental x-rays and instructions on care of the teeth. The fee for WSU students ranges from US\$25 to US\$60. You must call for an appointment at 316-978-3603.

Weather in Wichita

Wichita has four seasons per year, and each season has a different type of weather. The four seasons are fall, winter, spring, and summer. Weather in Wichita can change very quickly and unexpectedly. Be prepared by checking the weather forecast.

Fall - September through November

This season is generally characterized by its cool temperatures and windy conditions. This season is generally pleasant, but it can bring thunderstorms so keeping an umbrella handy is recommended. The average high temperature is around 61° Fahrenheit (16° C) and the average low temperature is around 36 ° Fahrenheit (2 °C). Towards the end of November, it’s a good idea to wear some warm clothing like hats, gloves, scarves and warm jackets.

Winter - December through February

This season is generally characterized by cold weather. A warm coat, hat, scarf, and pair of gloves are necessary. Kansas sometimes receives snow and even blizzards occasionally occur. The average high temperature in this season is 47°

Fahrenheit (8° C) and the average low temperature is 21° Fahrenheit (-6° C). Pay attention to road conditions during snowy and icy weather.

Spring - March through May

This season is generally characterized by a generous amount of rainfall and occasional tornados. The average high temperature is 76° Fahrenheit (24° C) and the average low is 56° Fahrenheit (13° C). The beginning of the season has cool temperatures, so a jacket along with pants and t-shirt or sweater is encouraged.

Summer - June through August

This season is characterized by extreme heat accompanied by possible rain. The temperatures in late July/early August can reach into triple digits (100° Fahrenheit or around 40° C). Drink lots of water when you are out enjoying the sun. The average high is 90° Fahrenheit (32° C) and the average low is 67° Fahrenheit (19° C). An umbrella is strongly recommended for this season. Wear light, cotton clothes because of the high temperatures.

The following weather-related terms are important to know, especially during the Spring and Summer:

- **Severe Thunderstorm Watch:** Conditions indicate the possibility for severe storms to develop.
- **Severe Thunderstorm Warning:** A severe thunderstorm has appeared on radar. People are urged to stay inside and pay attention to the weather. Severe thunderstorms can mean high winds, dangerous lightening, and sometimes, large hail.
- **Tornado Watch:** Current weather conditions indicate the possibility for tornadoes to develop. People may go about their business, but pay attention to changing weather conditions.
- **Tornado Warning:** A tornado has been sighted or indicated on radar and more may develop. People in the path of danger are urged to prepare and immediately seek shelter for protection if the storm is seen approaching them.
- **Tornado Sirens:** Indicates the area where sirens can be heard is in the path of danger. People should prepare and immediately seek shelter for protection against death or injury. The sirens are tested every Monday at noon during the summer months. Familiarize yourself with the sound and what it means. If a tornado warning has been issued and you hear the sirens, go to the lowest level of your home or into an interior hallway farthest away from windows.

The National Weather Service has the responsibility of issuing watches and warnings during periods of severe weather. These alerts appear on the bottom of your TV screen when watching network channels. The SHOCKER ALERT SYSTEM will send you emergency weather information by email and text message when there is a weather alert affecting the campus.

When a Tornado Watch Is Announced

- Monitor the weather closely and be prepared to move to shelter if a warning is announced. Always have an "Emergency Kit" available. Items should include: a battery powered radio, a flashlight, nonperishable food and water, a First-Aid Kit, and a cell phone.

When a Tornado Warning is Announced

- Take shelter immediately in a secure structure. Use your arms and hands to protect your head from debris.
 - **Outdoors:** Seek inside, below ground shelter if possible. If in the open and there is not time to escape, lie flat in the nearest depression (e.g., a ditch, ravine, etc.)
 - **Homes with Basements:** Head for the central part of the deepest below-ground area of the basement. Take cover under stairs, in an interior room, or closet. Otherwise, locate under a sturdy table.
 - **Homes without Basements:** Take cover in the smallest interior room with stout walls, under heavy furniture in the center part of the house. The first floor is safer than the upper floors.
 - **Multi-Story Buildings:** Safest places are in below-ground basements or interior hallways and rooms on lower floors. Upper floors should be considered unsafe. If there is no time to descend to a lower level, select a closet, a small room, or a hallway for protection against flying debris. Otherwise, take shelter under heavy furniture. Stay away from windows. Do not ride on elevators.
 - Motor vehicles and mobile homes are unsafe during a tornado.

Receiving Weather Information

You may view the local weather report by turning your television to channels 3, 10, or 12. Each television station also offers current reports and satellite view online at:

- [KAKE Channel 10 News](#)
- [KSN Channel 3 News](#)
- [KWCH Channel 12 News](#)

If you are in your car, you can tune your radio to 101.3 KFDI which offers current weather reports during severe storms. Or visit them online at: [KFDI Radio](#)

Shopping

This section offers information on different types of shopping resources. These listings are for your convenience and are not endorsements of specified stores or businesses. Never feel obligated to buy something from someone who calls you on the phone or comes to your door. Prices for goods and services are fixed (no bargaining.)

GROCERY STORES / SUPERMARKETS: Sell food and often party goods, greeting cards, flowers/plants.

Dillons

3020 E Douglas Ave
Wichita, KS 67214
(316) 681-6830

Dillons Marketplace

7707 E Central Ave
Wichita, KS 67206
(316) 651-2700

Dillons

2244 N Rock Rd Ct
Wichita, KS 67226
(316) 685-5844

Wal-Mart Supercenter

3030 N Rock Rd
Wichita, KS 67226
(316) 636-4482

INTERNATIONAL FOOD STORES

Asian

Asia Bazaar

6100 E 21st St N #300
Wichita, KS 67208
(316) 612-2700

Korean Market

911 S Woodlawn Blvd
Wichita, KS 67218
(316) 687-1006

Asian Groceries

6249 E 21st St N #100
Wichita, KS 67208
(316) 351-7280

Kim Son Asian Food Market

960 E Pawnee St
Wichita, KS 67211
(316) 262-5235

Grace Korean Japanese and Asian Market

1030 S Oliver St
Wichita, KS 67218
(316) 260-3111

Thai Binh Supermarket

1530 W 21st St N
Wichita, KS 67203
(316) 838-8882

Latin American

Super Del Centro

808 S Woodlawn Blvd

Wichita, KS 67218
(316) 612-4956

Mercadito Salvadoreno
1660 George Washington Blvd

Wichita, KS 67211
(316) 806-5312

Middle Eastern

N & J Bakery
5600 E Lincoln St
Wichita, KS 67218
(316) 681-3975

Cultural Variety

Spice Merchant
1300 E Douglas Ave
Wichita, KS 67214
(316) 263-4121

Cost Plus World Market
2746 N Greenwich Ct
Wichita, KS 67226
(316) 315-0741

DEPARTMENT STORES: Offer a huge variety of goods all in one store, including clothes, books, furniture, shoes, household goods, appliances, (sometimes food), etc.

Wal-Mart Supercenter
3030 N Rock Rd
Wichita, KS 67226
(316) 636-4482

TJ Maxx
8125 E Kellogg Dr
Wichita, KS 67207
(316) 681-0286

Super Target
10800 E 21st Street N
Wichita, KS 67206
(316) 636-4206

Kohls
3561 N Rock Rd
Wichita, KS 67226
(316) 636-1126

J.C. Penney
Towne East Square
7700 E Kellogg Dr
Wichita, KS 67207
(316) 685-6261

Dillards
Towne East Square
7700 E Kellogg Dr
Wichita, KS 67207
(316) 685-0341

WHOLESALE STORES: Regularly have lower prices than other stores because they purchase and sell merchandise in large quantities. Annual membership required.

Costco Wholesale
9700 E Kellogg Ave
Wichita, KS 67207
(316) 226-7142

Sam's Club
3415 N Rock Rd
Wichita, KS 67226
(316) 634-6007

ELECTRONICS

Best Buy

2111 North Rock Road
Wichita, KS 67206
(316) 684-5026

- **Hardware stores** carry tools, nails, electrical and plumbing equipment, knives, paint, pots, kitchen appliances, and much more.
- **Drug stores and Pharmacies** sell many items besides drugs, such as cosmetics, shampoo, toothpaste, household medicines, greeting cards, baby supplies, etc. A registered pharmacist is on duty to fill a doctor's prescription. Drug stores and pharmacies (often located in grocery stores, too) are the only stores authorized to sell prescription drugs.
- **Convenience stores** such as Quik Trip, 7-Eleven, and Quik Shop carry a limited selection of food and small articles at higher prices than supermarkets and are usually where automobile fuel is purchased

SHOPPING MALLS / CENTERS

Shopping malls and shopping centers are large complexes with both specialty and department stores. They also include restaurants, theaters and hair salons.

Bradley Fair
2040 N Rock Rd
Wichita, KS 67206

Greenwich Place
K-96 and N Greenwich Rd
Wichita, KS 67226

Towne West Square
4600 W Kellogg Dr
Wichita, KS 67209

Eastgate Shopping Center
8235 E Kellogg Dr
Wichita, KS 67207

Towne East Square
7700 E Kellogg Dr
Wichita, KS 67207

New Market Square
2441 N Maize Rd
Wichita, KS 67205

Dining Out

Wichita is nationally ranked as having a very high ratio of restaurants to people. It is often a testing ground for national chain restaurants. But Wichita is also known for having a large number of delicious, locally-owned Middle Eastern and Mediterranean restaurants – so no matter what your culture, don't forget to try those out.

The WSU Campus is home to several restaurants. As of June 2024, you'll find Panda Express, Freddy's Frozen Custard, Chik-fil-A, Starbucks, and Shocker Sports Grill & Lanes in the Rhatigan Student Center (RSC). [Braeburn Square](#) on the northeast corner of campus also features several restaurants.

Walking distance from campus

McDonald's
1811 N Hillside St
Wichita, KS 67214
(316) 651-0332

Sonic
2939 E 21st Street N
Wichita, KS 67214
(316) 683-0185

American

Chili's Bar & Grill
2333 N Greenwich Rd
Wichita, KS 67226
(316) 630-0283

Red Robin Gourmet Burgers
9990 E 13th St N
Wichita, KS 67206
(316) 425-6300

Buffalo Wild Wings Grill & Bar
3236 N Rock Rd #190
Wichita, KS 67226
(316) 636-9464

Texas Roadhouse
2526 N Greenwich Rd
Wichita, KS 67226
(316) 634-1106

Hog Wild Pit Bar-B-Q
3550 N Woodlawn Blvd #100
Wichita, KS 67220
(316) 684-1945

Applebee's Grill + Bar
3025 N Rock Rd
Wichita, KS 67226
(316) 223-7177

Central Asian

Passage to India
6100 E 21st St N #180
Wichita, KS 67208
(316) 691-8300

Himali Eats
3238 E Douglas Ave
Wichita, KS 67208
(316) 358-7446

Deshi Curry
6249 E 21st St N
Wichita, KS 67208
(316) 651-5933

HuHot Mongolian Grill
2035 N Rock Rd
Wichita, KS 67206
(316) 558-3630

Asian

Malaysia Café
7777 E 21st St N
Wichita, KS 67206
(316) 685-8838

Manna Wok (Korean)
4865 E Harry St
Wichita, KS 67218
(316) 684-5512

Little Saigon (Vietnamese)
1015 N Broadway St
Wichita, KS 67214
(316) 265-0054

Hot Stone Korean Grill
3743 N Rock Rd #100
Wichita, KS 67226
(316) 425-7082

Thai Tradition
650 N Carriage Pkwy #120
Wichita, KS 67208
(316) 687-1500

Wasabi East (Japanese)
3242 N Rock Rd #112
Wichita, KS 67226
(316) 201-6885

Dragon Express (Chinese)
6100 E 21st St N #190
Wichita, KS 67208
(316) 681-0333

Hana Café (Japanese)
325 N Mead Street
Wichita, KS 67202
(316) 267-3766

Latin American

Sabor Latin Bar & Grille (South American)
309 N Mead St
Wichita, KS 67202
(316) 201-4880

Middle Eastern/Mediterranean

MIF Deli
5618 E Central Ave
Wichita, KS 67208
(316) 684-7431

N & J Bakery (Lebanese)
5600 E Lincoln St
Wichita, KS 67218
(316) 681-3975

Bella Luna Café
2132 N Rock Rd #107
Wichita, KS 67206
(316) 634-0008

Meddy's Mediterranean Restaurant
2300 N Greenwich Rd
Wichita, KS 67226
(316) 425-6871

Recreation

Coffee/Tea & Cafes

Il Primo Espresso Caffè
6422 Central Ave
Wichita, KS 67206
(316) 682-4884

Wichita Hookah Café
6249 E 21st St N #124
Wichita, KS 67208
(316) 300-3025

Vagabond Cafe
614 W Douglas Ave
Wichita, KS 67203
(316) 303-1110

Reverie Coffee Roasters
2202 E Douglas Ave
Wichita, KS 67214
(316) 201-1144

Starbucks
4415 E 21st St N
Wichita, KS 67208
(316) 648-3641

Watermark Books & Café
4701 E Douglas Ave
Wichita, KS 67218
(316) 682-1181

Boba Zone Inc (tea)
2240 N Rock Rd #106
Wichita, KS 67226
(316) 425-3925

Breweries

River City Brewing Co.
150 N Mosley St
Wichita, KS 67202
(316) 263-2739

Central Standard Brewing
156 S Greenwood St
Wichita, KS 67211
(316) 260-8515

Hopping Gnome Brewing Co.
1710 E Douglas Ave
Wichita, KS 67214
(316) 708-3629

Wichita Brewing Company
535 N Woodlawn St #375
Wichita, KS 67208
(316) 440-4885

Bars

The Anchor
1109 E Douglas Ave
Wichita, KS 67211
(316) 260-8989

Emerson Biggin's
808 E Douglas Ave
Wichita, KS 67202
(316) 303-9800

Mort's Cigar and Martini Bar
923 E 1st St
Wichita, KS 67202
(316) 262-1785

The Monarch
579 W Douglas Ave
Wichita, KS 67213
(316) 201-6626

Pumphouse
825 E 2nd St N
Wichita, KS 67202
(316) 262-7867

Live

Kirby's Beer Store
3227 E 17th N (next to WSU)
Wichita, KS 67208
(316) 239-7990

Rock Island Live
101 N Rock Island
Wichita, KS 67202
(316) 303-9800

Loft 150
150 N Mosley St
Wichita, KS 67202
(316) 263-2739

The Brickyard
129 N Rock Island
Wichita, KS 67202
(316) 263-4044

Barleycorn's
608 E Douglas Ave
Wichita, KS 67202
(316) 866-6792

Wichita Symphony Orchestra
223 W Douglas Ave #207
Wichita, KS 67202
(316) 267-7658

Bowling

Shocker Sports Grill & Lanes
Wichita State Campus, RSC
(316) 978-3479

Northrock Lanes
3232 N Rock Rd
Wichita, KS 67226
(316) 636-5444

Movie Theaters

Regal Warren East
11611 E 13th St
Wichita, KS 67206
(316) 612-1697

Regal Warren Old Town
353 N Mead
Wichita, KS 67202
(316) 691-9700

Regal Warren West IMAX
9150 W 21st St N
Wichita, KS 67205
(316) 691-9700

AMC Northrock 14
3151 N Penstemon
Wichita, KS 67226
(316) 630-8222

Professional Sports

Wichita Thunder – Hockey
505 W Maple St Suite 100
Wichita, KS 67213
(316) 264-4626

Live Theaters

Mark Arts

1307 N Rock Rd
Wichita, KS 67206
(316) 634-2787

Music Theatre Wichita

Century II Concert Hall
(316) 265-3107

Wichita Community Theatre Inc.

258 N Fountain St
Wichita, KS 67208
(316) 686-1282

Roxy's Downtown (comedy)

412 E Douglas Ave
Wichita, KS 67202
(316) 265-4400

Mosley Street Melodrama

234 N Mosley St
Wichita, KS 67202
(316) 263-0222

Wichita Grand Opera

223 W Douglas Ave #207
Wichita, KS 67202
(316) 263-2126

Museums

Exploration Place (Science)

300 N McLean Blvd
Wichita, KS 67203
(316) 263-3373

Museum of World Treasures

835 E 1st St N
Wichita, KS 67202
(316) 263-1311

Wichita Art Museum

1400 Museum Blvd
Wichita, KS 67203
(316) 268-4921

Old Cowtown (living history)

1865 Museum Blvd
Wichita, KS 67203
(316) 219-1871

Miscellaneous

Sedgwick Country Zoo

5555 W Zoo Blvd
Wichita, KS 67212
(316) 660-9453

Tanganika Wildlife Park

1000 S Hawkins Ln
Goddard, KS 67052
(316) 794-8954

Great Plains Nature Center

6232 E 29th St N
Wichita, KS 67220
(316) 683-5499

Botanica, The Wichita Gardens

701 Amidon St
Wichita, KS 67203
(316) 264-0448

Wichita Ice Center

505 W Maple St
Wichita, KS 67213
(316) 337-9199

Wichita Library System

Advanced Learning Library

711 W 2nd St
Wichita, KS 67203
(316) 261-8500

Angelou Northeast Branch

3051 E 21st St N
Wichita, KS 67214
(316) 688-9580

Evergreen Branch

2700 Woodland N
Wichita, KS 67204
(316) 261-8500

Dr. Ronald Walters Branch

4195 E Harry St
Wichita, KS 67218
(316) 337-9125

Rockwell Branch

5939 E 9th St
Wichita, KS 67208
(316) 688-9361

Parks & Recreation Centers

Boston Recreation Center

6655 E Zimmerly St
Wichita, KS 67207
(316) 688-9301

Colvin Recreation Center

2820 S Roosevelt St
Wichita, KS 67210
(316) 303-8023

Edgemoor Recreation Center

5815 E 9th St
Wichita, KS 67208
(316) 688-9392

Evergreen Recreation Center

2700 Woodland N
Wichita, KS 67204
(316) 303-8036

Linwood Recreation Center

1901 S Kansas
Wichita, KS 67201
(316) 337-9191

L. Woodard Recreation Center

2755 E 19th St
Wichita, KS 67214
(316) 303-8015

McAdams Recreation Center

1329 E 16th St
Wichita, KS 67214
(316) 337-9222

Orchard Recreation Center

4808 W 9th St
Wichita, KS 67212
(316) 337-9244

Check out these websites

www.gowichita.com

www.kmuw.org/events

Holidays

Listed below are holidays that are generally observed in the United States. Those followed by (◊) indicate days when public schools are closed. Those followed by (◊◊) indicate the closing of public schools and WSU.

JANUARY

- New Year's Day: January 1 (◊◊)
Official holiday; all schools, offices, banks, post offices and stores are closed.
- Martin Luther King, Jr. Day: Third Monday of January (◊◊)
A day honoring Martin Luther King, Jr., an African American who championed civil rights and nonviolence in the U.S. during the 1960s.

FEBRUARY

- Ground Hog Day: February 2
According to American folk tradition the ground hog, a small burrowing animal that hibernates during winter, emerges from his underground home to check for his shadow. If he sees his shadow indicating a sunny day, he is frightened and returns underground for six more weeks of winter. However, if it is cloudy, an early spring is expected.
- Valentine's Day: February 14
Originally a day honoring St. Valentine, a Christian martyr, it has become a secular holiday celebrating love. People send cards and/or flowers and give candy in heart-shaped boxes.
- President's Day: Third Monday of February (◊)
A national holiday in honor of U.S. presidents; in particular, George Washington, the first U.S. President. Also Abraham Lincoln, president during the U.S. Civil War (1861-1865).

MARCH

- Time Change: Second Sunday of March
Daylight savings time begins. Turn the clocks one hour forward before going to bed.
- Saint Patrick's Day: March 17
In commemoration of Saint Patrick, the patron saint of Ireland. People celebrate by wearing green or displaying the shamrock (4-leaf clover symbolizing good luck).

APRIL

- April Fool's Day: April 1
Originally "All Fools' Day" customarily marked by playing practical jokes on friends.
- Easter: Date Varies (◊◊)
Like Christmas, this is a Christian holiday celebrated one Sunday in Spring, the date being determined by the lunar calendar. Also, traditional customs include coloring eggs bright colors, searching for hidden Easter eggs, and baskets filled with candies.
- Earth Day: April 22
Enacted on April 22, 1970, Earth Day was created to put the world's environment into the political spotlight. Environmentalists appalled by the condition of the Earth's atmosphere were struggling to be heard. Earth day is celebrated as a day to help our planet.

MAY

- Mother's Day: Second Sunday of May
A day for honoring mothers by sending them flowers, greeting cards, giving small gifts, taking them out for a meal or doing small tasks for them.
- Memorial Day: Last Monday of May (◊◊)
A day to remember Americans who died in the service of their country. Originating after the U.S. Civil War, families visit grave sites and decorate them.

JUNE

- Flag Day: June 14
Celebrates the significance of the American flag. People display flags outside their homes.
- Juneteenth: June 19
Commemorates the end of slavery in the U. S.
- Father's Day: Third Sunday of June
A day honoring fathers by giving them special attention, small gifts, and greeting cards.

JULY

- Independence Day: July 4 (◇◇)
U.S. national day commemorating the signing of the Declaration of Independence on July 4, 1776. Marked by parades, picnics, and community fireworks displays.

AUGUST

No holidays or observances are held this month.

SEPTEMBER

- Labor Day: First Monday of September (◇◇)
Established by Congress in 1894 to celebrate the contribution of the labor movement to the productivity of the country. Frequently viewed as the end of summer vacation, celebrated with picnics and outings. Public schools usually begin the following day.

OCTOBER

- Indigenous Peoples' Day: Second Monday of October (◇)
Celebrates and honors indigenous American peoples and commemorates their histories and cultures.
- Time Change: Last Sunday of October
Most regions in the U.S. switch back to standard time, having been on daylight savings time for the summer months. Turn clocks back one hour before going to bed.
- Halloween: October 31
An ancient Christian religious festival day commemorating departed souls; now primarily a secular holiday. Tradition calls for children dressing up in costumes and going door-to-door in the evening announcing "trick or treat" to receive candy; carving pumpkins into "jack-o-lanterns;" and adults attending costume parties.

NOVEMBER

- Election Day: First Tuesday of November
U.S. citizens vote for local, state and/or national officials and policies.
- Veterans Day: November 11 (◇)
A day of observance for those who served in the U.S. armed forces. It is marked by speeches, parades, and laying wreaths at the graves of soldiers and veterans.
- Thanksgiving: Fourth Thursday of November (◇◇)
Commemorates the thankfulness for surviving the harsh winter and having their first harvest of food by the Pilgrims in 1623 in Plymouth, Massachusetts. Today, families gather for a traditional meal usually consisting of turkey, sweet potatoes and pumpkin pie.

DECEMBER

- Christmas: December 25 (◇◇)
Christian holiday that has also evolved into a secular holiday marked by giving gifts and family gatherings. School vacations generally begin just before Christmas and extend until after New Year's Day.
- New Year's Eve: December 31 (◇)
The night before the first day of the year, usually celebrated with parties.