

Community Resource Handbook for International Students at UW Bothell

Dear Students,

Welcome! ISS is here to help you get over some of the hurdles that you may face as you settle into the campus and Bothell community. The handbook is one of many of our efforts to assist you during your studies at UW Bothell. The handbook provides information to get you acquainted with some of the basic services and resources in Bothell.

The Community Resource Handbook is available at: www.uwb.edu/iss/resources, and includes various topics such as banking, grocery stores, safety, religious services, transportation, U.S. laws, child care services, and more! While ISS does not make any endorsements or recommendations, the handbook includes information that you might want to check out.

In addition, ISS offers a variety of workshops and activities to help you explore the community and meet other international students. Recent activities have included volunteering at a local food bank, touring Boeing's Future of Flight, snowshoeing in Leavenworth, and dining in downtown Bothell. A listing of upcoming workshops and activities is available at: www.uwb.edu/iss.

We hope you have an enjoyable experience at UW Bothell!

Sincerely,

Krista Garg
International Student Services Coordinator

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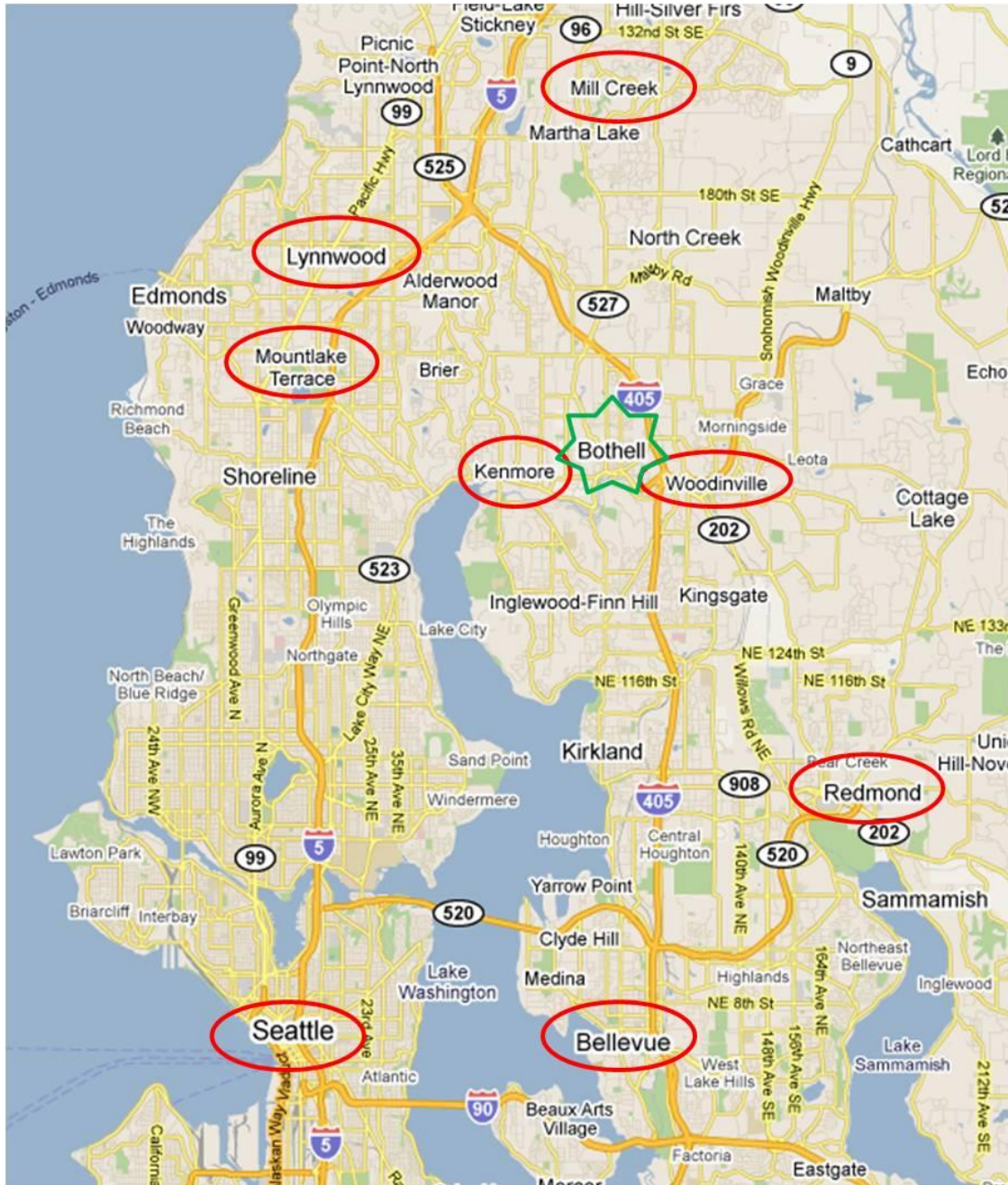
Bothell & Neighboring Areas

Bothell:

- City of Bothell www.ci.bothell.wa.us Bothell Visitors Center www.explorebothell.com
- Live Bothell www.livebothell.com Bothell Chamber of Commerce www.bothellchamber.com

Neighboring Areas:

- Bellevue www.bellevuetourism.org Kenmore www.ci.kenmore.wa.us
- Lynnwood www.lynnwoodtourism.com Mill Creek www.cityofmillcreek.com
- Mountlake Terrace www.ci.mountlake-terrace.wa.us Redmond <http://redmondchamber.org>
- Woodinville www.woodinvillechamber.org Seattle www.seattle.gov





Emergencies & Safety

ALWAYS CALL 911

If you or others may be in danger

REPORT THREATS

425-352-SAFE (7233)
For advice and resources

DON'T WALK ALONE

425-352-5359
Safety Escort Program

Emergency - Dial “911”

In the case of a sudden illness or injury, crime, fire, natural disaster or other emergency that requires immediate assistance, dial 911. Make sure to inform the call-taker what type of emergency you have and do not hang up until help has arrived.

Blue Emergency Phones

Blue call boxes with the words “EMERGENCY” on them are located around campus. With the touch of the red button, you will get you instantly in contact with Bothell police. These phones are to be used in emergency situations only.

Security & Campus Safety Office

www.uwb.edu/safety **Emergencies 425-352-5222** **Non-Emergencies 425-352-5359**

Provides professional security and campus safety services by monitoring local and campus crime, reporting to you on security threats, offering a comprehensive plan for disaster preparedness and providing service numbers for personal health and safety issues, such as domestic violence. Call to report any suspicious behavior.

Safety Escort Program

www.uwb.edu/safety/escort **Dial 425-352-5359 to request a Safety Escort**

For your safety, the University of Washington Bothell encourage students to use the campus Safety Escort Program. The service is free of charge. During busy periods, we may ask you to meet in a common location so as to facilitate the escorting of multiple persons.

UW Alert

www.washington.edu/alert/index.php

UW Alert shares official information during inclement weather emergencies or crisis situations by sending email and text messages, giving subscribers access to up-to-the-minute information. Sign-up online is required, and can easily be done online.

UW Bothell Emergency Procedures

<http://www.uwb.edu/getattachment/admin/emergency/emergency-procedures-poster.pdf>

The emergency procedures document provides detailed instructions for responding to specific campus emergencies, and is posted in prominent locations across the campus.

General Safety Practices:

- Never leave valuables out of your sight in public places, such as the classroom or library
- Don't carry a lot of cash or your immigration documents if you don't need them
- Never accept rides from people who you do not know
- Never walk alone in dark streets or areas



Pharmacies & Medical Services

Before receiving medical attention or purchasing medicine at a pharmacy, it is best to know which places are covered by your health insurance. The places covered by your health insurance are called “in-network providers”. A listing of the in-network providers for the UW Student Health Insurance is available online from UW Bothell Student Services website at: www.uwb.edu/student-services/insurance

Pharmacies:

Bartell Drug Co

22833 Bothell Everett Highway, Bothell, WA
(425) 481-7810 · bartelldrugs.com

QFC (Pharmacy Inside)

18921 Bothell Way Northeast, Bothell, WA
(425) 485-7548 · qfc.com

Rite Aid

19107 Bothell Way Northeast, Bothell, WA
(425) 489-1814 · riteaid.com

Safeway (Pharmacy Inside)

18221 Bothell Way NE, Bothell, WA
(425) 486-5652 · local.safeway.com

Medical Services:

Bothell Women's Health

18323 98th Ave NE, Ste. 3, Bothell, WA
(425) 806-4600 · bothellwomenshealth.com

Canyon Creek Clinic

19125 North Creek Pkwy # 204, Bothell, WA
(425) 424-2201 · canyoncreekclinic.com

Eastside Medicine

18920 Bothell Way NE # 203, Bothell, WA
(425) 318-1692 · eastsidemedicine.net

Group Health Northshore Medical Center Bothell

11913 Northeast 195th Street, Bothell, WA
(425) 489-3100 · ghc.org

Lakeshore Clinic-Bothell

10025 Northeast 186th Street, Bothell, WA
(425) 486-9131 · lakeshoreclinic.com

Primary Care Clinic For Adults

19110 Bothell Way NE # 206, Bothell, WA
(425) 806-8360 · primarycare.com



Postal Services

U.S. Post Office

10500 Beardslee Blvd, Bothell, WA
(800) 275-8777 usps.com

U.S. Post Office

17610 Woodinville Snohomish NE, Woodinville, WA
(425) 487-0995 usps.com

Safeway (Purchase Stamps Only)

18221 Bothell Way NE, Bothell, WA
(425) 486-5652 local.safeway.com

QFC (Purchase Stamps Only)

18921 Bothell Way Northeast, Bothell, WA
(425) 485-7548 qfc.com



Transportation Services

Public Transportation & the U-PASS:

The U-PASS provides UW Bothell students **unlimited travel** on the following transportation carriers: Community Transit, Everett Transit, King County Metro, Kitsap Transit, Pierce Transit, Sound Transit, and Sounder Commuter Train. The U-PASS is a popular option for students, and can be purchased each quarter at the Cashier's office (UW1-160).

	<u>Bus Routes to UW Bothell:</u>	
Community Transit	105, 106, 120, and 121	http://www.commtrans.org/
King County Metro	238, 251, 312, and 372	http://metro.kingcounty.gov/
Sound Transit	522 and 532	http://www.soundtransit.org/

Zimride & Rideshare Programs:

Bothell Campus Zimride is a fun and easy way to find friends, classmates and colleagues who are going the same way you are. Zimride makes it easy to share the seats in your car or catch a ride. You save money, protect the environment and have more fun when you share the ride. Membership is free and easy. All UW Bothell students, staff, and faculty are eligible to sign-up at: www.zimride.com/bothellcampus

The Rideshare Program is another alternative for smart commuters. If you would like to sign up for this program or learn more about it please visit <http://rideshareonline.com>.

Bicycling:

Bicycling plays a big role in Washington's transportation. In fact, Washington State was named the nation's number one "Bicycle Friendly State" by the League of American Bicyclists for the fourth year in a row! There are many bicycle trails in the area. Direct access between the [Sammamish River Trail](#) and the UW Bothell campus is available via the [Burke-Gilman Trail](#). For trail details and maps, visit www.kingcounty.gov/recreation/parks/trails.aspx.

Bicycles can be carried onto public transportation (bus and train). Additional information is available at: www.soundtransit.org/Rider-Guide/Bringing-your-bike.xml. Bicycle laws, safety, trail maps, etc all can be found at: www.wsdot.wa.gov/bike/

To/From the SEA-TAC International Airport:

It can be expensive (about \$80 USD) to take a taxi from Bothell to the airport, so there are a few alternatives you can consider:

Shuttle Express: Shuttle Express can take passengers directly to/from the airport to the UW Bothell campus. Reservation information can be found online at: www.shuttleexpress.com/

Public Transportation: Take Sound Transit Bus 535 from UW Bothell, and then change to Bus 560 from the Bellevue Transit Center. Route timetables can be found at: www.soundtransit.org/



Grocery Stores

In the summer months, you can also find Farmers Markets in the area that sell fresh produce. The Farmers Market in Bothell is held at Country Village (www.countryvillagebothell.com/farmersmarket/)

Safeway (General Grocery)
18221 Bothell Way NE, Bothell, WA
(425) 486-5652 local.safeway.com

QFC (General Grocery)
18921 Bothell Way Northeast, Bothell, WA
(425) 485-7548 qfc.com

Costco (General Grocery)
24008 Snohomish Woodinville Road, Woodinville, WA
(425) 806-7700 costco.com

Halal Meats (Halal)
14625 NE 24th Streets #-6, Bellevue, WA 98007
(425) 213-1120

H Mart (Asian)
184th Street Southwest, Lynnwood, WA
hmart.com

Uwajimaya Inc (Asian)
699 120th Avenue Northeast, Bellevue, WA
uwajimaya.com

Apna Bazar (Indian)
20710 Bothell Everett Highway, Bothell, WA
(425) 485-9900

Mayuri Foods & Video (Indian)
2560 152nd Ave NE # A, Redmond, WA
(425) 861-3800 mayurifamily.com

JDs Market
(Indian, Pakistani, Middle Eastern, Mexican)
4419 200th Street Southwest, Lynnwood, WA
(425) 672-3497

Colonia Hispana (Mexican)
10410 Beardslee Boulevard, Bothell, WA
(425) 572-6175



Banking

Opening a checking account with a bank in the U.S. is a great way to manage your money, and keep it safe. You will receive a checkbook and check card when you open a checking account, which are used as a form of payment for bills, rent, shopping, etc.

You must always be aware the current balance in your checking account, because if you spend more money than you have in your account the bank will charge you fee. You can use your checking account to make tuition payments at UW Bothell (www.uwb.edu/tuition/paying).

Banner Bank
10125 Main Street, Bothell, WA
(425) 398-0559 bannerbank.com

Washington Federal Savings
10015 Northeast 183rd Street, Bothell, WA
(425) 486-2721 washingtonfederal.com

Chase Bank
18925 Bothell Way Northeast, Bothell, WA
(425) 489-2500 chase.com

Wells Fargo Bank
10210 Main ST, Bothell, WA
(425) 486-7124 wellsfargo.com

Union Bank
10304 Main Street, Bothell, WA
(425) 485-2265 unionbank.com



Restaurants & Cafes

Alexa's Café

10115 Main Street, Bothell, WA
(425) 402-1754 · alexascafe.com

Bonefish Grill

22616 Bothell Everett Highway, Bothell, WA
(425) 485-0305 · bonefishgrill.com

Elizabeth & Alexander's English Tea Room

23808 Bothell Everett Highway, Bothell, WA
(425) 489-9210 · elizabethandalexander.com

Hillcrest Bakery

10010 Main Street, Bothell, WA 98011
(425) 486-5292 · hillcrestbakery.com

Pen Thai

10107 Main Street, Bothell, WA
(425) 398-7300 · penthai.com

Subway

18827 Bothell Way NE, Bothell, WA 98011
(425) 487-1420 · subway.com

Three Cups of Tea

18104 102nd Avenue NE, Bothell, WA, 98011
(425) 877-1385 · threecupsoftea.biz

Bella Pizza & Pasta

2020 Maltby Rd # 6, Bothell, WA
(425) 806-8300 · bellapizzapasta.com

Canyons Restaurant

22010 17th Avenue, Bothell, WA
(425) 485-3288 · canyonsrestaurant.com

Grazie Ristorante Italiano

23207 Bothell Everett Highway, Bothell, WA
(425) 402-9600 · grazierestaurant.com

Papa John's Pizza

18107 Bothell Way NE, Bothell, WA 98011
(425) 483-3333 · papajohns.com

Starbucks

18931 Bothell Way NE, Bothell, WA 98011
(425) 485-7377 · starbucks.com

The Lyons' Den

10415 Beardslee Blvd, Bothell, WA 98011
(425) 398-9792 · the-lyonsden.com



Shopping & Entertainment

Target (Woodinville)

www.target.com

Alderwood Mall (Lynnwood)

www.alderwoodmall.com

Redmond Town Center (Redmond)

www.redmondtowncenter.com

AMC Theater (Woodinville & in Lynnwood)

www.amctheatres.com

Northshore Performing Arts Center (Kenmore)

www.npacf.org



Religious Services

You can find additional listing of various religious services in the Bothell community online at: <http://wa.allpages.com/bothell/community-services/religious-organizations/>

Bothell United Methodist Church
18515 92nd Avenue NE, Bothell, WA

Center for Peace West
16823 28th Dr SE Bothell, WA 98012
(425) 743-6370 <http://cfpw.com/>

**Christian Science – Bothell First Church
of Christ Scientist**
18301 102nd Avenue NE, Bothell, WA

Eastside Baha'i Center
16007 NE 8th Street, Bellevue, WA 98008
<http://eastsidebahaicenter.org>

First Lutheran Church
10207 NE 183rd Street, Bothell, WA

Gurudwara Sikh Center
20412 Bothell Everett Hwy, Bothell, WA 98012
Phone: (425) 487-4878

Hindu Temple & Cultural Center
3818 212th Street SE, Bothell, WA 98021
<https://www.htccwa.org>

Islamic Center of Bothell
10130B Main Street, Bothell, WA 98011
<http://bothellmosque.org>

Northwest Community Church
11715 North Creek Parkway S, Suite 110, Bothell, WA



Recreational Activities

Parks in Bothell:
*Blyth Park; Cedar Grove Park; Bothell Skate
Park; North Creek Sports fields; and
Park at Bothell Landing*

www.myparksandrecreation.com/ParksTrails/

Farmers Market (Bothell)

www.countryvillagebothell.com/farmersmarket/

Burke-Gilman Trail (Bothell)

www.kingcounty.gov/recreation/parks/trails/regionaltrailssystem/burkegilman.aspx

Frisbee Golf in Blyth Park (Bothell)

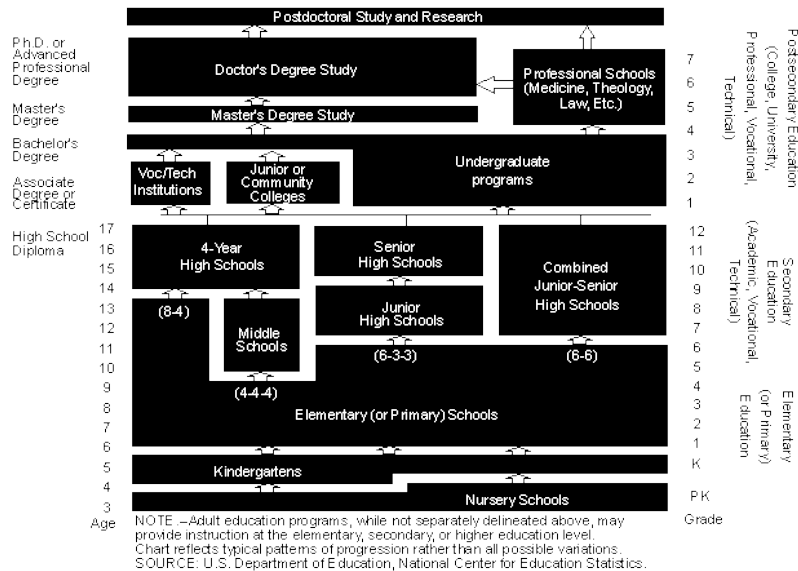
www.dgcoursereview.com/reviews.php?id=4111

Lynnwood Ice Center (Lynnwood)

www.lynnwoodicecenter.com



Education & School Districts



Northshore School District
 3330 Monte Villa Parkway, Bothell, WA
 (425) 408-6000 · nsd.org

Shoreline School District
 18560 1st Avenue NE # 5, Shoreline, WA
 (206) 361-4223 · shorelineschools.org

Edmonds School District
 20420 68th Avenue West, Lynnwood, WA
 (425) 431-7000 · edmonds.wednet.edu

Lake Washington School District
 16250 Northeast 74th Street, Redmond, WA
 (425) 936-1200 · lwsd.org



Child Care Services

Washington State has a licensing system to set basic standards of safety and quality in child care programs – including school age care programs. The state issues licenses through the Department of Social and Health Services' (DSHS) Division of Child Care and Early Learning. It is advised that you seek licensed child care services

- Child care in King County: www.childcare.org
- Washington State Laws on Child Care: <http://www.del.wa.gov/laws/rules/licensing.aspx>
- Child Care Resources for Parents: <http://childcareaware.org/parents-and-guardians>
- Child Care Services in Bothell: www.daycareresource.com/washingtonbothell



Important U.S. Laws & Regulations

A complete listing of Washington state laws (called Revised Code of Washington (RCW)) can be viewed at: <http://apps.leg.wa.gov/RCW/default.aspx>

Driving

- www.dol.wa.gov
- <http://public.findlaw.com/traffic-ticket-violation-law/state-traffic-law/washington-traffic-law.html>
- http://depts.washington.edu/booster/anton_skeen_bill.html
- It is mandatory to have a valid driver's license (you may be able to use your license from home for a temporary period) and automobile insurance if you are operating a vehicle
- "Click-it or Ticket": *Everyone* in the vehicle is required to wear their seat belt
- Booster Seat Law:
 - Children less than eight years old must be restrained in child restraint systems (i.e. child seat or booster seat), unless the child is four feet nine inches or taller.
- Driving Under the Influence: It is illegal to drink alcohol and then drive a vehicle
- It is illegal to drive through a red light or stop sign
- It is illegal to leave the scene of an accident that you are involved in
- You must immediately drive to the side of the road and stop your vehicle if a police car is behind you with their lights on (as they are pulling you over for a violation)
- Pull Over Law: You must move out of the way to allow emergency vehicles to pass by you
- Move Over Law: You must change lanes or lower your speed when passing by officers who are on the side of the road.

Biking

- www.wsdot.wa.gov/bike/Laws.htm
- A cyclist must conform to traffic laws when riding on the roads.
- Some cities and counties do require helmet use with bicycles. King County requires the use of a helmet (Bothell is located in King and Snohomish counties).

Alcohol, & Drugs

- <http://alcoholaws.org/washingtonalcoholaws.html>
- **You must be 21 or older to drink, sell, transport or serve alcohol**
- It is illegal to purchase alcohol for people under the age of 21
- Open Container Laws:
 - Previously opened bottles of alcohol must be transported in a car's trunk
 - It is illegal to be outside with an open container (for example, walking down the street)
- It is illegal to sell or be in possession of drugs, such as marijuana, cocaine, heroin, etc.

Smoking

- www.smokefreewashington.com/laws/smokinginpublic.php
- You must be 18 years or older to purchase or smoke cigarettes
- It is illegal to smoke in a public place (i.e. University buildings, restaurant, bar, hotel rooms, etc.)
- Smoking is prohibited within 25-foot (7.6 meters) outside of buildings.

It is also illegal to:

- Hitchhike (standing on the side of the road to ask for a ride)
- Bribe an officer
- Urinate or expose yourself in public areas



Social Security Number (SSN)

A Social Security Number (SSN) is used to track an employee's wages for benefits eligibility and tax-reporting requirements. As an F-1 international student, you are required to obtain a SSN if you become employed on or off campus in the U.S. If you are a student who has been awarded an on-campus fellowship, stipend, or assistantship, you should apply for a SSN as soon as possible upon your arrival at the University (see below for more details and suggested timing for your application).

According to U.S. law, a SSN is *required* only for employment and tax-reporting purposes. However, many institutions – including banks, cell phone companies, the Department of Licensing, utility companies, landlords, and other businesses – are in the practice of requesting a SSN as a means of establishing identity or credit history, before they agree to provide their services. It is not mandatory to have a SSN to obtain a driver's license, cell phone, credit card, insurance, admission to an academic institution or other "non-work" reasons.

You can apply no earlier than 10 business days after initially arriving in the U.S. and must apply *in person* at a local Social Security Administration office. There is a Social Security Administration office in Lynnwood, Bellevue and Seattle. The office locations, hours and directions for these three offices can be found at: <https://secure.ssa.gov/apps6z/FOLO/Controller>.

You must bring the following documents with you to the Social Security Office to apply:

- 1. Social Security Verification Form** (obtain from International Student Services)
You and your employer must complete this form. You must then submit your completed Social Security Verification Form to International Student Services to review and sign the bottom of the form. The form will be ready for pick-up after 24 hours from submission.
- 2. SSN Application Form (SS-5)**
The SS-5 form is available at: <http://www.socialsecurity.gov/online/ss-5.html>
Line item #1: Applicant's name must be spelled as listed in the passport.
Line item #5: Check box: "Legal alien allowed to work".
- 3. Immigration Documents: Passport, Visa, I-20, and I-94 card**
- 4. EAD Card** (only required for students with Optional Practical Training authorization).



Driver's License & WA State Identification Card

A Washington state driver's license or state ID can be obtained from the Department of Licensing (DOL). For current information, please visit the DOL website at: www.dol.wa.gov

Department of Licensing (DOL) Office Locations

➤ <https://fortress.wa.gov/dol/dolprod/dsdoffices>

The Department of Licensing locations near Bothell are:

Lynnwood

18023 Hwy 99 N Suite E
Lynnwood, WA 98037-4492
Phone: (425) 672-3406

Bellevue

13133 Bel-Red Road
Bellevue, WA 98005
Phone: (425) 649-4282

Washington State Identification Card

➤ www.dol.wa.gov/driverslicense/gettingidcard.html

It is highly recommended that students use a WA state identification card as official identification, rather than always carrying their original passport with them.

It is pretty easy to obtain a state identification card. You must visit a local Department of Licensing office and bring with your payment and acceptable forms of identify. Current information on fees and acceptable identification documents can be found on the website listed above.

Washington State Driver's License

➤ www.dol.wa.gov/driverslicense/gettingalicense.html

In general, you must visit a local Department of Licensing office and bring your payment and acceptable forms of identification (www.dol.wa.gov/driverslicense/idproof.html). If you do not have a Social Security number, it is not a problem -- you will just need to sign a form.

These instructions are for people who have never had a driver's license before and are over 18. For current instructions, visit the DOL website: www.dol.wa.gov/driverslicense/18over.html . In addition, you will need to:

- Complete an application for a license (given at the DOL office)
- Pass a vision test
- Pass a knowledge test (you must pass the knowledge test before you can schedule a driving test; knowledge test review information is available at: www.dol.wa.gov/driverslicense/guide.html)
- Pass a driving test (If you plan to practice for your driving test, you must get an instruction permit)
- Have your photograph taken for your license

Automobile Insurance Requirement

➤ www.dol.wa.gov/driverslicense/insurance.html

When you drive in Washington, you must have automobile insurance. Additional information regarding this requirement and the minimum insurance coverage can be found on DOL website listed above.