



**OISS**

# **PRE-ORIENTATION**

International Student Guide







# WELCOME TO THE US:

## Things to Keep in Mind

Everytime you travel to the US and internationally, you need to have all your immigration documents with you, including your I-20, visa, passport, and I-901 receipt. For domestic travel, your visa and passport are still important to bring as official identification; the other documents are not necessary. It would be a good idea to keep a folder with all these needed documents together. Make sure that your travel signature on your I-20 is no more than a year old at all times.

# Tables of Conversion

## HEIGHT CONVERSION CHART

<b>FEET</b>	4'9	4'10	4'11	5'	5'1	5'2	5'3	5'4	5'5	5'6	5'7
<b>CM</b>	145	147	150	152	154	157	160	162	165	168	170
<b>FEET</b>	5'8	5'9	5'10	5'11	6'	6'1	6'2	6'3	6'4	6'5	6'6
<b>CM</b>	173	175	178	180	183	185	188	191	193	195	198

## WEIGHT CONVERSION CHART

<b>STONE</b>	7'	7'3	7'6	7'9	7'12	8'1	8'4	8'7	8'10	8'13	9'2
<b>LBS</b>	98	101	104	107	110	113	116	119	122	125	128
<b>KG</b>	44.5	45.8	47.2	48.5	49.9	51.3	52.6	54.0	55.3	56.7	58.1
<b>STONE</b>	9'5	9'8	9'11	10'	10'3	10'6	10'9	10'12	11'1	11'4	11'7
<b>LBS</b>	131	134	137	140	143	146	149	152	155	158	161
<b>KG</b>	59.4	60.8	62.1	63.5	64.9	66.2	67.6	68.9	70.3	71.7	73.0
<b>STONE</b>	11'10	11'13	12'2	12'5	12'8	12'11	13'	13'3	13'6	13'9	13'12
<b>LBS</b>	164	167	170	173	176	179	182	185	188	191	194
<b>KG</b>	74.4	75.8	77.1	78.5	79.8	81.2	82.6	83.9	85.3	86.6	88.0
<b>STONE</b>	14'1	14'4	14'7	14'10	14'13	15'2	15'5	15'8	15'11	16'	16'3
<b>LBS</b>	197	200	203	206	209	212	215	218	221	224	227
<b>KG</b>	89.4	90.7	92.1	93.4	94.8	96.2	97.5	98.9	100.2	101.6	103.0

<b>Fahrenheit</b>	<b>Celsius</b>
0°F	-17.78°C
5°F	-15.00°C
10°F	-12.22°C
15°F	-9.44°C
20°F	-6.67°C
25°F	-3.89°C
30°F	-1.11°C
35°F	1.67°C
40°F	4.44°C
45°F	7.22°C
50°F	10.00°C
55°F	12.78°C
60°F	15.56°C
65°F	18.33°C
70°F	21.11°C
75°F	23.89°C
80°F	26.67°C
85°F	29.44°C
90°F	32.22°C
95°F	35.00°C
100°F	37.78°C
105°F	40.56°C
110°F	43.33°C

## Length Conversion

<b>English to Metric</b>				
	<b>Millimeters</b>	<b>Centimeters</b>	<b>Meters</b>	<b>Kilometers</b>
<b>Inch</b>	25.4	2.54	0.0254	
<b>Foot</b>	304.8	30.48	0.3048	
<b>Yard</b>		91.4402	0.9144	0.000914
<b>Mile</b>			1609.344	1.6093

<b>Metric to English</b>				
	<b>Inches</b>	<b>Feet</b>	<b>Yards</b>	<b>Miles</b>
<b>Millimeter</b>	0.03937	0.003281	0.001094	
<b>Centimeter</b>	0.3937	0.03281	0.01094	
<b>Meter</b>	39.37	3.2808	1.0936	0.0005214
<b>Kilometer</b>		3280.833	1093.611	0.6214

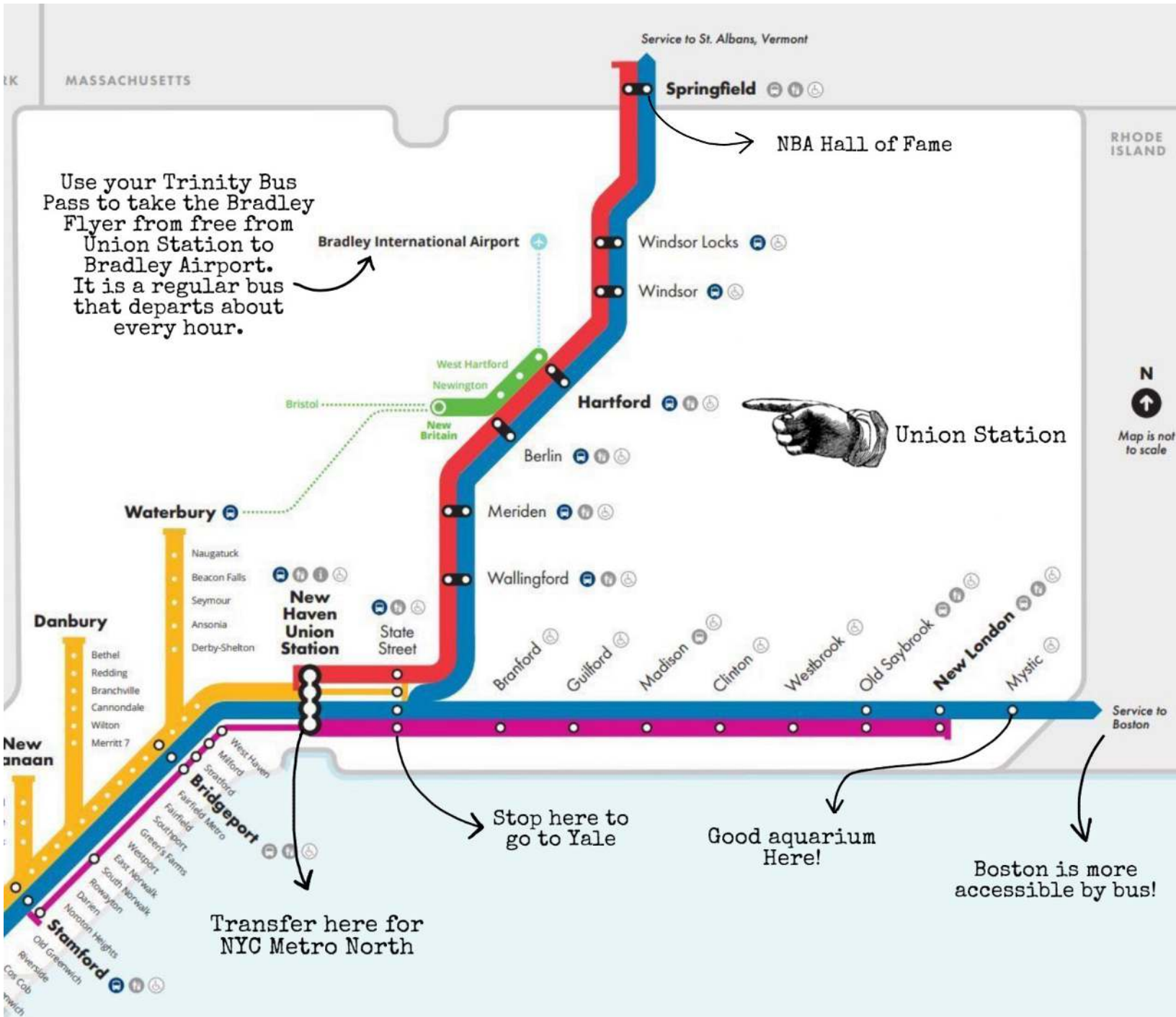


# WELCOME TO CONNECTICUT:

## Geographic Information

Connecticut is bordered by Rhode Island, Massachusetts, and New York, and is the third smallest state by area and the fourth most densely populated. From the beaches of New London to the cultural hub of New Haven, there is a great deal to explore in Connecticut and throughout New England. Be on the lookout for OISS day trips to nearby towns and major cities.

# Regional Transport System





# WELCOME TO HARTFORD:

## A Few Facts About the City

The capital of Connecticut, the home of America's oldest public art museum (The Wadsworth Atheneum), the oldest publicly funded park (Bushnell Park) and the oldest continuously published newspaper (*The Hartford Courant*), Hartford, or the "Insurance Capital of the World," was founded in 1635. This also makes it one of the oldest cities in the United States.

# Things to Do Every Month

September: LGBT Pride Fest (09/14); Trinity's Festival of Nations (09/28)

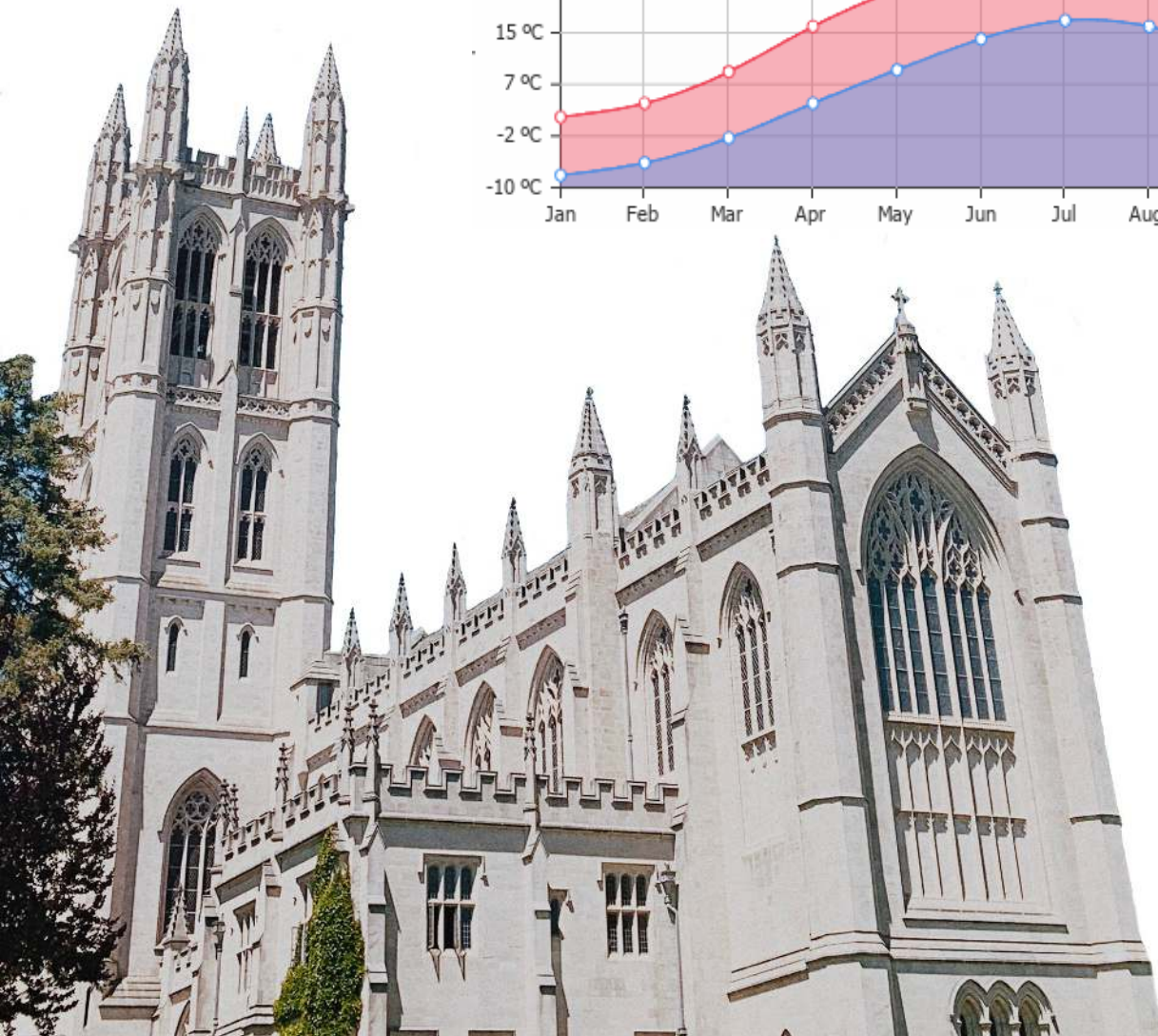
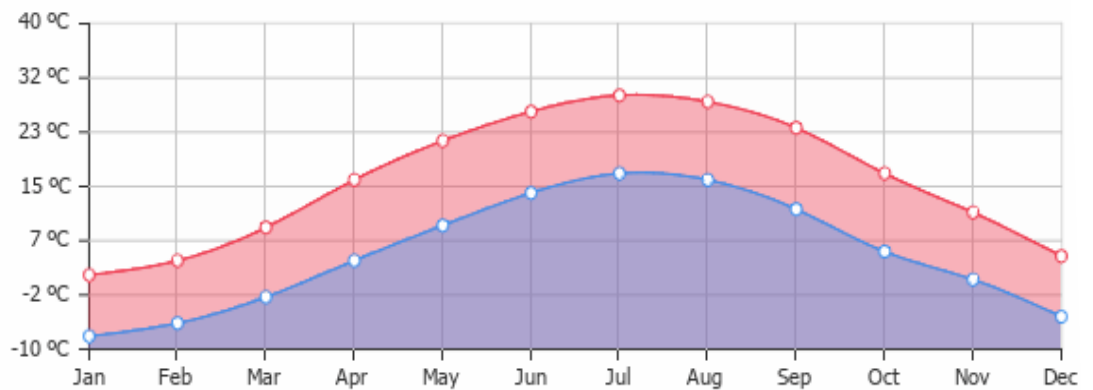
October: Nightfall (10/05)

November: Open Studio Weekend (date TBD)

December: Winterfest (date TBD)

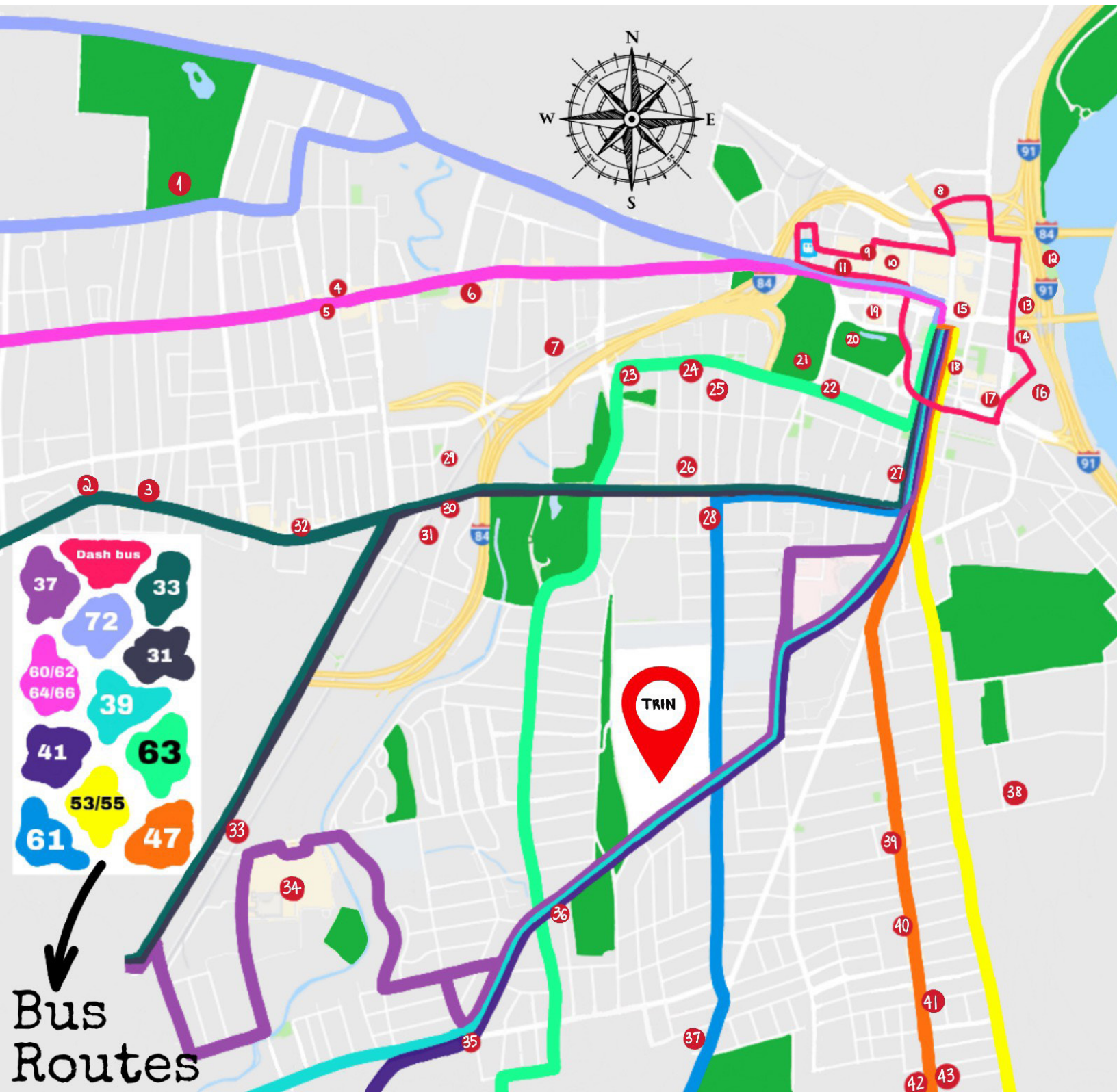
## Enjoy the sunshine while it lasts.

## It is often cold here...





# Remember to use your Bantam Bus Pass for free public transportation!



- 1 Elizabeth Park: beautiful roses! (pictured)
- 2 Pho 206
- 3 Plan B Burger: might be one of the best burgers around
- 4 Ichiban Korean and Japanese
- 5 Tisane Euro-Asian Cafe: great tea selection!
- 6 Mark Twain House and Museum: he lived in Hartford longer than anywhere else!
- 7 Piggy's Cafe
- 8 Dunkin' Donuts Park: check out their AA Baseball game dates. Go Yardgoats!
- 9 Agave Grill
- 10 XL Center: hockey rink, and site of many Hartford events (pictured)



- 11 Black-Eyed Sally's Southern Kitchen
- 12 Sculpture Walk and Riverside Park
- 13 ON20
- 14 Connecticut Science Center
- 15 State House Square: This is the last stop for most buses heading Downtown
- 16 Connecticut Convention Center
- 17 The Blind Pig Pizza Co., Ted's Montana Grill and The Capital Grille
- 18 Wadsworth Atheneum (pictured) Museum: Free entry for Trinity students
- 19 TheaterWorks
- 20 Bushnell Park: look out for events there!
- 21 State Governor Office: Trinity's previous location
- 22 The Bushnell Performing Arts Center



- 23 Fire-n-Spice Vegan Restaurant
- 24 Story and Soil: best coffee in town
- 25 The Kitchen at Billings Forge
- 26 El Mercado
- 27 Ashley's Restaurant: Neighbor's favorite brunch spot!
- 28 El Nuevo Sarape: excellent Mexican
- 29 Real Art Ways: hip, artsy events
- 30 Hog River Brewing Co.
- 31 Cafe at Fifty-Five: coffee shop + community engagement with it. Check it out!
- 32 Brazil Grill Pizza Churrascaria
- 33 Xi'an Noodle Factory
- 34 Charter Oak Marketplace: Home of your favorite Walmart
- 35 Coyote Flaco Mexican Restaurant
- 36 Piolin: Popular Chilean spot
- 37 First and Last Bakery Cafe
- 38 Hanging Hills Brewing Company
- 39 Mozzicato DePasquale Bakery
- 40 Piolin 2 Restaurant



- 41 The Rockin Chicken
- 42 Place 2 Be: great brunch at great prices
- 43 Carbone's: get to know our own Little Italy



# WELCOME TO TRINITY:

## Interesting Things About the College

Trinity College's original name was Washington College, and it is the second-oldest college in the state. Founded in 1823, it used to be located at the site of the current state capitol building in Bushnell Park.

As an international student, you are part of a long legacy of students from around the world attending this nearly two-hundred-year-old institution. From John Anistaki, who came to Trinity in 1837 by way of New York after leaving Greece in 1826; to Chambers Chow of Hankou, China, who chaired the mechanical engineering department of the Academy of Arts and Science, as reported in an issue of the American periodical *Chinese Students' Monthly* in 1911; as well as William Anthony Paddon, c. 1936, who served as governor of Newfoundland, Canada, and many others who came after them.

We are so excited to have you here, and hope that you come to love this place that so many before you have called home.

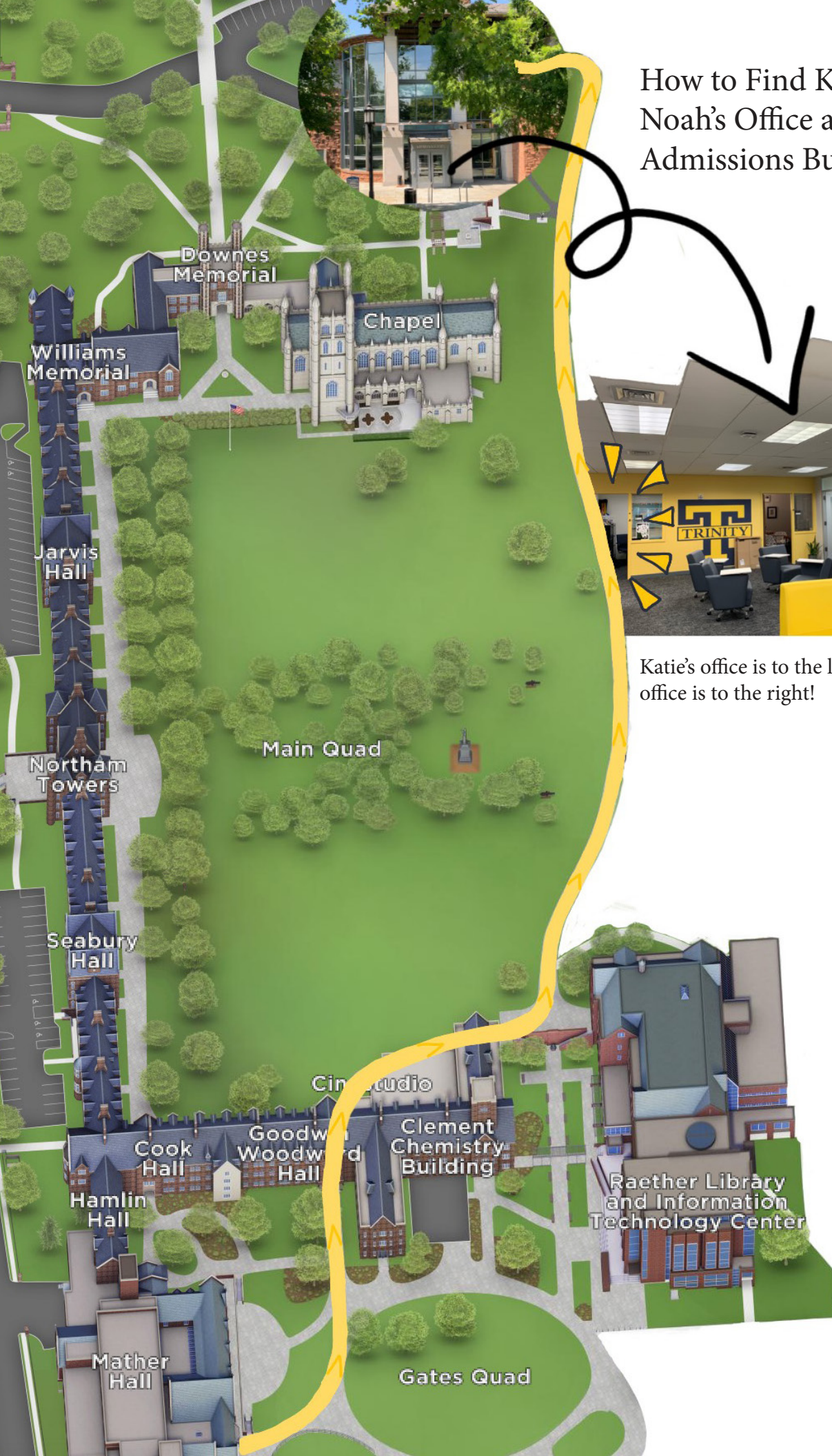


## Helpful Information

1. *Transportation:* There are off campus shuttles on weekends and some weekday evenings. There is also a campus shuttle that will be able to take students within a mile of campus.
2. *To get an on-campus job:*
  - Make an appointment with the Career Development Center to work on your resume and prepare yourself for interviews.
  - To find out about the positions that are opened for students, check the Joblist at <https://www.trincoll.edu/Admissions/finaid/joblist/>, Student Campus Jobs at Trinity Today on <https://www.trincoll.edu/trinitytoday/> and Handshake.
  - For internship opportunities during your studies, use CareerLink, the Liberal Arts Career Network, Indeed.com and talk to your professors.
  - Always remember about working hours regulations!
3. *Personal Safety:* Call campus safety if you have any concerns and learn about the blue light system on campus and beware of scams, by email and by phone. They will also be able to help you if you lock yourself out of your dorm: (860) 297-2222
4. *Academic Integrity:* All assignments submitted should be your own. Remember to accurately cite according to the requirements made by your professor, and if you are uncertain, always ask.
5. *Resources* (other than your professors, the deans, Katie and Noah):
  - Writing Center (at the English Building), Math Qualitative center (at MECC), Center for Academic Advising (Admissions Building) and the librarians
  - Career Development Center (Admissions Building)
  - Counseling Center (North of Vernon) and Health Center +Matha O'Brien
  - Office of Study Away (Vernon Street)
  - Office of Multicultural Affairs (Hamlin Hall, L2)
  - Spiritual and Religious Life (Charleston House)



# How to Find Katie's and Noah's Office at the Admissions Building (L1)



Katie's office is to the left, and Noah's office is to the right!



**For any questions, contact Katie Clair ([katharine.clair@trincoll.edu](mailto:katharine.clair@trincoll.edu))  
or Noah Weber ([noah.weber@trincoll.edu](mailto:noah.weber@trincoll.edu)).**



**Notes and things you would like to remind yourself of:**





**Welcome home, Bantam.**