

Education

INTERNATIONAL
STUDENT SERVICES
University of Wisconsin-Madison
Where Campus Meets the World



Family Resource Guide

Education

Table of Contents

Education.....	1
K-12 Education.....	1
ESL - English as a Second Language	2
Safety.....	4
Child Safety	4
Transportation.....	8
Information especially for families and children	8
Driving a Car	9
Auto Insurance	10
Travelling with Children in a Car	11
Day Care Options	12
Day Care Centers	12
Unlicensed Child Care	12
Medical Information	13
Health Care.....	13
Basic Immunization Information for Children	14
Shopping	15
Children’s Clothing Sizes	15
Shopping malls and centers	16
Buying Used or Second-hand	17
Grocery stores	18
International Food Markets	19
Fun and Recreation Activities.....	21
Parks and recreation.....	21
Zoos	21
The Goodman Pool	21
Water parks.....	21
Lakes and Fun on the Water	22
County and State Fairs	22
Madison Public Libraries.....	22
Sightseeing and Tours	23
Museums.....	23
Volunteer Activities	24
Holidays and Traditions	24
Holidays.....	25
Traditions.....	26
Weather and Winter Clothing	26
Where to find winter clothing.....	27

Education



K-12 Education

If you are coming to the U.S.A with children, you need to consider which school your child will attend. In the US all children are required to go to school beginning the year the child turns 5 years old.

Most often children will go to school in the school district where they live. Transportation and tuition are free. In Wisconsin, children may attend a school outside of their district, however if you choose to send your kids outside of their district free transportation is not available. When registering your child for school you must have the child's birth record and immunization records (see immunization section). Each school district may require additional documentation. To find out which school district you live in, contact your city hall.

List of terms

Kindergarten – a school or class for children usually from 4 to 6 years old.

Elementary school - a school which includes Kindergarten through 4th, 6th, or 8th grades; each school is different.

Middle school - a school which usually includes grades 5th or 6th through 8th.

High school - a school which usually including grades 9th or 10th through 12th.

Public school - a free tax-supported school controlled by a local governmental authority.

Private school - a school that is established, conducted, and primarily supported by a nongovernmental agency. Tuition is not free and you may have to arrange your own transportation.

The following are options for schools in your area:

Madison Public Schools

For a list of Madison public schools and other basic information go to

www.madison.k12.wi.us

Education

ESL - English as a Second Language

ESL classes are a perfect opportunity to improve your English skills, meet new people and learn something new about the culture. As a spouse or dependent of an international student, you may choose from the following options:

ESL classes at Universities

University of Wisconsin

The University of Wisconsin provides a wide range of ESL classes. You may consider checking university classes and programs. To find a list of classes go to

<http://www.english.wisc.edu/esl/>

Courses are offered in all skills: speaking, pronunciation, listening, writing, grammar, and reading. These intermediate level classes for academic credit are designed to meet the needs of undergraduates, graduate students, and postdoctoral researchers who want to upgrade their English to be more effective. For more information, contact:

Program in English as a Second Language

5134 Helen C. White Hall

600 N Park St.

Madison, WI 53706

USA

Phone: (608) 263-3780

Fax: (608) 263-9305

Email: askesl@wisc.edu

ESL Conversation Programs in the Community

Madison Friends of International Students (MFIS)

MFIS offers informal English courses to students, staff, spouses, and family members. Registration for courses usually begins at the start of each semester. For more information, visit the website:

Madison Friends of International Students (MFIS) International
English Classes

(608) 263-4010

<http://www.iss.wisc.edu/mfis/index.html>

Education

University of Wisconsin Extension Service

University of Wisconsin Extension Service is committed to delivering high-quality, relevant educational programs and information. Their statewide network of researchers, educators, and volunteers addresses critical needs by focusing on issues where research-based education can make a difference.

The Wisconsin Extension Agency's website contains information on raising children. Please visit their website to see their extensive offerings:

<http://www.uwex.edu/ces/flp/parenting/>



Safety

Child Safety

Living in a new country may make your children feel uncomfortable or unsafe. On the other hand, a new place can be exciting, with lots of new things to see and do. Below are some tips for parents to help their children stay safe in the U.S. Safety at home



Children should know their full name, home phone number, and how to use the telephone. Post your contact information where your children will see it. Your contact information can include your office phone number, or your cell phone number.

Children should have a trusted adult to call if they are scared or have an emergency. This person could be a relative, such as a grandparent, a neighbor, or a close family friend.

Choose babysitters with care. Obtain references from family, friends, and neighbors. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was and listen carefully to their responses.

Safety in the neighborhood

Make a list with your children of their neighborhood boundaries, choosing significant landmarks.

Interact regularly with your neighbors. Tell your children whose homes they are allowed to visit.

Don't drop your children off alone at malls, movie theaters, video arcades, or parks. Teach your children that adults should not approach children for help or directions. Tell your children that if they are approached by an adult, they should stay alert because the adult may intend to harm them instead.

Never leave children unattended in an automobile. Children should never hitchhike or approach a car when they don't know and trust the driver. Children should never go anywhere with anyone without getting your permission first.

Safety

Safety at school

Be careful when you put your child's name on clothing, backpacks, lunch boxes or bicycle license plates. If a child's name is visible, it may put them on a "first name" basis with a stranger.

Walk the route to and from school with your children, pointing out landmarks and safe places to go if they're being followed or need help. Make a map with your children showing acceptable routes to school, using main roads and avoiding shortcuts or isolated areas. If your children take a bus, visit the bus stop with them and make sure they know which bus to ride.

General safety tips for parents

Make sure you know where each of your children is at all times. Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check in with you when they arrive at or depart from a particular location and when there is a change in plans. You should also let them know when you're running late or if your plans have changed so they can see the rule is for safety purposes and not being used to "check up" on them.

Never leave children unattended in an automobile, whether it is running or not. Children should never be left unsupervised or allowed to spend time alone or with others in automobiles, as the potential dangers to their safety outweigh any perceived convenience or "fun."

Remind children to never hitchhike, approach a car or engage in a conversation with anyone within a car they do not know and trust, or go anywhere with anyone without getting your permission first.

Be involved in your children's activities. As an active participant, you'll have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone's behavior, take it up with the sponsoring organization.

Safety

Listen to your children. Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.

General safety tips for parents (continued)

Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts. Take the time to talk to your children about the person and find out why the person is acting in this way.

Teach your children they have the right to say "No" to any unwelcome, uncomfortable, or confusing touch or actions by others and to get out of those situations as quickly as possible. If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell that the person is not their father / mother / guardian and then immediately tell you if this happens. Reassure them that you're there to help and it is okay to tell you anything.

Be sensitive to any changes in your children's behavior or attitude.

Encourage open communication and learn how to be an active listener. Look and listen for small cues and clues that something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, uncritical, and nonjudgmental. Listen compassionately to their concern and work with them to get the help they need to resolve the problem.

Check out references with other families who have used the caregiver or babysitter. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was and listen carefully to the responses.

Practice basic safety skills with your children. Make an outing to a mall or park an experience in which you can teach children about safety. They can practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who can help if they need assistance. Remember, allowing your children to wear clothing or carry items in public on which their name is displayed can bring about

Safety

unwelcome attention from inappropriate people who may be looking for a way to start a conversation with your children.

Remember there is no substitute for your attention and supervision. Being available and taking time to really know and listen to your children helps build feelings of safety and security.

Transportation

Information especially for families and children

On the bus

Children ages 4 and under ride free (limit 3 children) during all hours when accompanied by a paid fare. Youth (ages 5-17, or still in high school) qualify for a reduced fare. Please tell the driver before you pay your fare if you qualify for a reduced fare. Disabled, Senior Citizen, and Medicare card holders also qualify for reduced fare.

If you're traveling with children, make sure they stay seated for the whole trip. If you have a stroller and are riding the bus, please make sure that you fold it up before boarding the bus so it doesn't block the aisle. Folding your stroller not only makes it easier for other customers to get on and off the bus, but it also makes the ride safer for the child. A child in a stroller runs the risk of being injured as a result of sudden movements.

On a bike

Wisconsin Department of Transportation recommends always wearing a helmet when riding your bike. Remember that this includes children as well. Bicyclists are required to obey the same road rules as motorists.

Buying a new car

Look at several different cars and talk with many automobile dealers to find the best buy. If possible, bring someone with you who is knowledgeable about cars. Taking a test drive is also a good idea. Sometimes you can get a lower price on a new car at the end of the year when next year's model has come out for sale.

Buying a used car

Automobile dealers also sell used cars, as do private individuals. The price is somewhat negotiable. Find used cars for sale in the classified ads of newspapers or online under "Autos for Sale." Beware: buying an inexpensive old car or one in poor condition may actually cost you more money because repairs can be very expensive, especially if you have a large deductible on your car insurance.

Renting a car

Rental car agencies are listed in the Yellow Pages telephone directory under "Auto Renting." Agencies vary in types of cars available and in price, so it's a good idea to check several companies. Rental car agencies require customers to use a credit card to pay the rental charge.

Driving a Car



Checklist for driving in Wisconsin:

- All drivers must have a driver's license that is valid in Wisconsin
- All cars must be registered
- All cars must be insured
- All drivers must be covered on a car insurance policy

Driver's licenses

Anyone driving a car in the state of Wisconsin must have a valid driver's license. If your driver's license was issued in your home country, most international visitors may drive in Wisconsin with their valid home country driver's license for one year. After one year, drivers must meet Wisconsin driving requirements.

Visitors are recommended to also carry an international driver's license. The international driver's license is available only from the country that issued your driver's license; it cannot be obtained in the United States (unless you have a driver's license issued by a US state). If you do not have an international or US driver's license, you must get a Wisconsin driver's license. This requires both a written (rules-of-the-road) test and a behind-the-wheel driving examination. If you have a valid driver's license from another state in the U.S. or from Canada only the written test and eye exam are required. You have 60 days in which to get the Wisconsin Driver's License. You have to study for these tests, and you should get a copy of the Wisconsin Driver's Manual.

For further information, locations of examinations, stations, and for a Wisconsin Driver's Manual, view the Wisconsin Department of Transportation website at <http://www.dot.wisconsin.gov/>.

Vehicle registration

All vehicles (cars, trucks, vans, motorcycles) must be registered with the State of Wisconsin. There is a registration fee for this, and it varies depending on the type and age of the vehicle you own. You must register your car within 60 days of arriving in Wisconsin, or, if you buy a car in Wisconsin, you must register it within 10 days. The only exception to this law is if you expect to stay in Wisconsin for less than one year and have a valid driver's license issued to you from another state. When you register your car, you must provide proof that you have insurance. For information, visit the Wisconsin Department of Transportation website at <http://www.dot.wisconsin.gov/drivers/vehicles/index.htm>.

Transportation

Auto Insurance

It is Wisconsin state law that all drivers must have insurance coverage for Liability, Uninsured Motorist, and Personal Injury Protection. The following explains the various types of insurance available:

Liability: pays for injuries or damages to someone else if your car hits another person or the property of another person. It does not cover injury to yourself or your property.

Uninsured Motorist: pays for your injuries and car damages if you are in an accident with an uninsured motorist.

Personal Injury Protection: pays for your personal injuries if you are in an accident.
Collision: (optional) pays for damages to your car from an accident.

Comprehensive: (optional) pays for damage to your car from theft, fire, storm, damage, or hitting an animal.

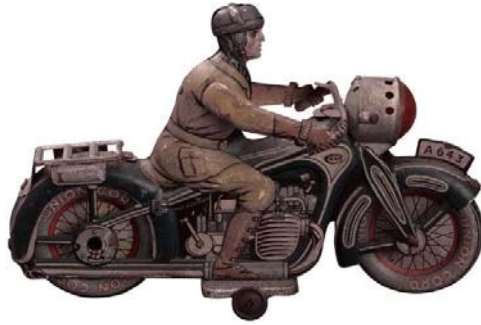
All types of insurance coverage have a “deductible”: an amount you are required to pay before the insurance company will pay anything. For example, if you have \$100 deductible coverage and damage from an accident is \$450, you will have to pay \$100 and the insurance company will pay \$350.

To buy insurance

Look in the Yellow Pages of the telephone directory under “Auto Insurance” and call insurance agents that do business in Wisconsin. Check with several agencies to see which has the best price for your situation. You may also search online for national insurance agencies whose coverage is accepted in Wisconsin.

Motorcycle insurance coverage and license

Insurance coverage is mandatory for all motorcycles, and special licenses are required for driving them. See the Wisconsin Department of Transportation website for further details.



Transportation

Travelling with Children in a Car

- Wisconsin's Child Passenger Restraint Law requires the following:
- Children under four years of age must be secured in a safety seat that meets federal safety standards.
- Safety seats must be installed and used according to the manufacturer's instructions.
- Child must be secured in the safety seat which is secured to the vehicle.
- Infants (under 20 pounds and under one year of age) must be in a rear-facing safety seat.

Babies under 1 year old and under 20 pounds

Use a car seat that faces towards the rear of the car. The baby should always ride in the back seat of the car. Use until the child outgrows the car seat (the baby's head comes within 1 inch of the top of the car seat's shell). When the baby is 1 year old and weighs 20 pounds or more, you can move the child to a forward-facing car seat.

Children 1- 4 years old and over 20 pounds

Use a car seat that faces forward (towards the front of the car). The child should ride in the back seat of the car. Use until the child outgrows the car seat (when ears reach the top of the seat, when shoulders are above the top slots, or when child reaches the upper weight limit, usually 40 pounds). Then move the child to a booster seat.

Children 4-10 years old

A booster seat makes an adult safety belt fit correctly. Most children under 8 years old are not big enough to fit the adult safety belt properly. Children using booster seats should sit in the back seat of the car. Use a booster seat until the child reaches the upper weight limit specified on the booster seat or until the child can sit comfortably without slouching on the vehicle seat. Most children do not fit the adult belt until ages 8 to 10.

Children 10-12 years old

Children can use an adult safety belt if they can sit comfortably without slouching on the vehicle seat. Test for proper fit by having the child slide their bottom on the back of the seat. Knees should bend comfortably over the edge of the seat and the child's feet should touch the floor. Children should continue to sit in the back seat of the car until they are 13 years old.

For more information on car seat safety, please visit the following website, which contains general information concerning the Child Passenger Safety Program:

<http://www.dot.wisconsin.gov/safety/vehicle/child/resources.htm>

Day Care Options

There are several types of day care options you can choose from:

Home Care- There are two types of home care options:

- Someone comes to your home (i.e. hire a nanny)
- You bring your child to someone else's home (day care in private homes)

Day Care Centers

If you have children and are looking for a day care, you might consider the following options:

Kinder Care Learning Centers

Kinder Care is a licensed child care provider with learning centers across the country and different high quality programs. To learn more visit www.kindercare.com

Child Care Services of Wisconsin, Inc.

This organization is a referral service for the Madison area. For more information, visit the website at <http://www.childcareservicesofwi.com/index.asp> or call them at (414) 476-8041.

University of Wisconsin Child Care Center

A Child Care Center is available at the University (608-890-0436). The University's Office of Child Care and Family Resources can offer more information: <http://ocfr.wisc.edu/>.

Day Care Options

Unlicensed Child Care

Unlicensed child care is also available but the government agency does not require these to adhere to its standards of size (# of children per adult), cleanliness, or meal programs.

Nannies

The following resources may help you to find the right nanny for your child. Nannies are usually hired long term and they come to your house to take care of your children while you are working or studying.

- E-Nanny Source www.enannysource.com
- Craig's list <http://Madison.craigslist.org/kid/index100.html>
- Nanny Professionals www.nannyprofessionals.com
- Nannies for Hire www.nannies4hire.com/index.asp

Baby Sitters

Going out for an evening? Need a baby sitter?

Baby sitters charge hourly fees and usually are hired on a daily or evening basis. Ask for references when you hire someone. There are different ways to find baby-sitters for short-term child care:

- Classified ads in newspapers: Wisconsin Daily, Wisconsin State Journal, The Badger Herald, or The Daily Cardinal
- Ask your neighbors
- Friends
- Bulletin boards on campus
- Websites can give useful information about US nannies
- Call for Sitters www.callforsitters.com



Medical Information

Health Care

At this time, the United States does not have a national health care system. The cost of medical care is considered each person's individual responsibility. The University of Wisconsin therefore offers Student Health Benefit Plans for international students and scholars. For questions about medical care you may contact University Health Services at 608-265-5600 or visit the Student Health Insurance Plan (SHIP) website:

<http://www.uhs.wisc.edu/ship/international.shtml>

It is recommended that you and your children go to the doctor for regular health “check ups”. Talk to your child’s doctor about how often you should bring your child into the clinic for regular check-ups, also known as “well-being visits”. Find out from your health insurance provider which clinics you may visit.

Basic Immunization Information for Children

Immunizations, also known as vaccinations, are recommended by the Department of Health. The Wisconsin Department of Health states that “immunizations are one of the best weapons we have against a number of serious diseases.”

The state of Wisconsin requires certain immunizations for children enrolled in child care, day care, school, and college. The following is a general guideline of the immunizations required. You need to consult with your doctor and the school district or child care center to verify which immunizations are required. For questions and concerns about immunizations, please talk to your doctor and your child’s doctor and visit the Wisconsin Department of Health’s website at <http://www.dhs.wisconsin.gov/immunization/index.htm>.

Required for enrollment in child care:

- DTP (diphtheria, tetanus, pertussis/whooping cough): 4 shots total, given at age 2 months, 4 months, 6 months, and 15-18 months.
- Polio: 3 shots given at age 2 months, 4 months, and 6-18 months.
- MMR (measles, mumps, rubella): 1 shot total, given at age 12-15 months.
- Hib (Haemophilus influenza type B): 4 shots total, given at age 2 months, 4 months, 6 months, and 12-15 months.
- Varicella (chickenpox): 1 shot total, given at age 12-18 months.
- PCV (pneumococcal vaccine): 4 shots total, given at age 2 months, 4 months, 6 months, and 12-15 months.

Medical Information

Required for enrollment in Grades K-12:

All immunizations required for enrollment in child care, except Hib and PCV.
Hepatitis B: 3 shots total, given at birth, 1-2 months after first Hepatitis B, and age 6-18 months. If child did not have these 3 shots previously, then he or she will be required to have them before enrollment in grades K-12.

Recommended shots:

Hepatitis A: 2 shots total, given at age 12-23 months. Doses are given 6-18 months apart.

MCV4 (meningococcal conjugate): 1 shot total, given at age 11-12 years.
Influenza (flu): shot given each fall, beginning at age 6-23 months. Children receiving the influenza immunization for the first time need 2 shots at least 4 weeks apart.

For more information on immunizations, please visit the following websites:

Wisconsin Department of Health: Immunization

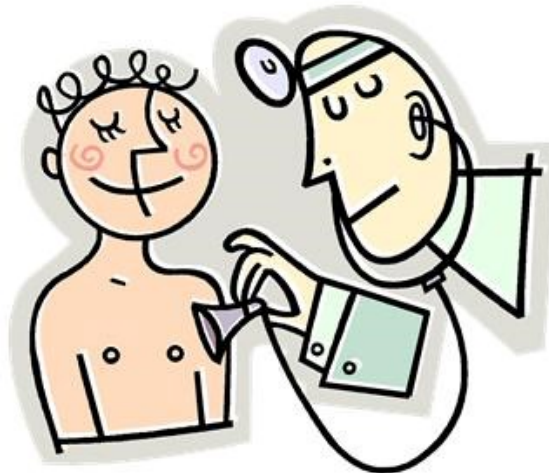
This website has information on immunizations in Wisconsin, including basic information on immunizations and a list of immunizations required for schools:

<http://www.dhs.wisconsin.gov/immunization/index.htm>

Wisconsin’s Immunization program:

This website includes information regarding the types of immunizations required for school and the timelines during which your child should be inoculated.

<http://www.dhs.wisconsin.gov/immunization/childhood.htm>



Shopping

Children’s Clothing Sizes

We offer these general sizing rules to provide you with general measurements to make your shopping more convenient. If you are having difficulty choosing a size, please ask the salesperson for help.

Helpful Hints:

For babies and toddlers, weight is the best size determinant.

For children, height is the best determinant.

Check for special sizing suggestions within each product description.

Height (inches)	Weight (pounds)	Clothing Size
-----------------	-----------------	---------------

0-22"	0-10 lbs	0-3 Months
22-24"	11-15 lbs	6 Months
24-25"	14-16 lbs	9 Months
25-27"	16-20 lbs	12 Months
27-30"	21-24 lbs	18 Months
30-33"	25-28 lbs	24 Months
33-34"	25-28 lbs	2T
35-36"	29-32 lbs	3T
37-38"	33-36 lbs	4T
39-40"	35-38 lbs	4
41-43"	39-41 lbs	5
44-46"	42-46 lbs	6
47-48"	47-53 lbs	6X
49-51"	54-57 lbs	7
52-53"	58-63 lbs	8
54-55"	64-72 lbs	10
56-57"	73-80 lbs	12
58-59"	81-90 lbs	14

Girl's Shoe Sizes

Europe	26	26.5	27	27.5	28	28.5	29	30	30.5	31	31.5	32.2	33	33.5
Japan	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19	19.5	20	20.5
U.K.	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5
U.S./Canada	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5	2	2.5	3

Boys' Shoe Sizes

Europe	29	29.7	30.5	31	31.5	33	33.5	34	34.7	35	35.5	36	37	37.5
Japan	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19	19.5	20	20.5
U.K.	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5
U.S./Canada	9.5	10	10.5	11	11.5	12	12.5	13	13.5	1	1.5	2	2.5	3

Shopping

Shopping malls and centers

Shopping malls and centers contain many different stores under one roof to avoid the problem of taking children in and out of the cold weather. Shopping malls are typically "American". A shopping center or "strip mall" is usually smaller and does not have an indoor plaza. The major malls in the Madison area include West Towne Mall, East Towne Mall, and Hilldale Shopping Center.

Department stores

Department stores sell shoes, clothing, appliances, furniture, fabrics, dishes, pots and pans, linens, towels, and toys. The major Madison department stores include JC Penney's, Kohl's, Boston Store, Macy's, and Sears and you can find them throughout Madison at the major shopping malls. Most mall hours are 10:00 a.m. – 9:00 p.m. Monday through Saturday and Sunday 11:00 a.m. – 6:00 p.m.

Discount department stores, such as Target and Walmart, sell fair or good quality items for discount prices. Below is a short list of stores that carry a wide variety of products, including baby and children's items.

Target

Target sells fair or good quality items for discount prices. Target offers clothing, household items (kitchen supplies, cleaning supplies, appliances, rugs, lamps, etc.), electronics, some furniture, sports equipment, toys, books, and CDs / DVDs. More information and store locations can be found at www.target.com.

Burlington Coat Factory, Baby Depot

Burlington Coat Factory has a Baby Depot inside their stores. Baby Depot offers clothing, furniture, bedding and gear at discounted prices. More information can be found at www.burlingtoncoatfactory.com.

Babies R Us/Toys R Us

Babies R Us offers a wide range of baby related items, such as clothing, bedding, linens, furniture, toys, supplies, and toys for infants and children. For more information, see the website: www.toysrus.com.

Kohl's

Kohl's offers mainly clothing, including adult and children's clothing. The store also has some items for the home, such as kitchen and bath supplies. More information can be found at www.kohls.com.

Marshalls/TJ Maxx

Marshalls and TJ Maxx are outlet stores that offer mostly clothing, but some household items, at discount prices. You can find more information for these stores at www.marshallsonline.com or www.tjmaxx.com

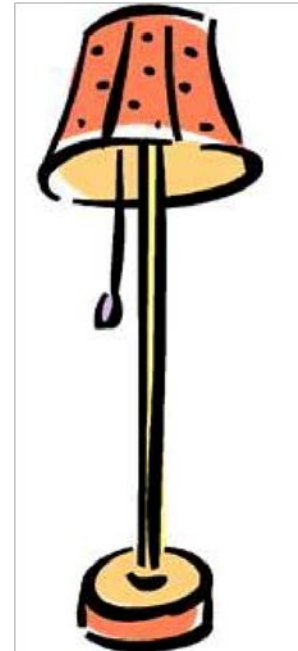
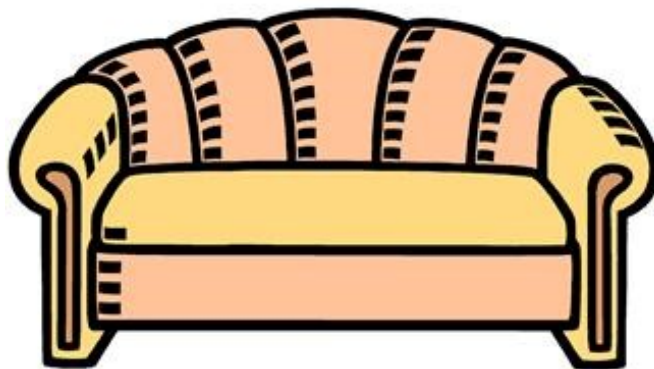
Shopping

Buying Used or Second-hand

Buying used or second-hand clothing and furniture is very common in the United States – especially among students, who are trying to reduce their costs. Some of the betterknown stores include Goodwill Stores, St. Vincent de Paul (St. Vinnie's) Ragstock, and Savers. 'Once Upon a Child' offers low-cost, used clothing, baby items, and furniture. Also, students often post notices of second-hand items to buy or sell in

newspaper classified ads, on bulletin boards, and list-serves. The following is a list of thrift stores that have information on the Internet.

- Goodwill Stores: <http://locator.goodwill.org>
- Once Upon a Child: www.ouac.com
- Ragstock: www.ragstock.com
- Salvation Army Thrift Stores: <http://www.salvationarmyusa.org/>
- Goodwill Stores: www.goodwill.org.
- Savers: <http://www.savers.com>
- St. Vincent de Paul Thrift Store: <http://svdpmadison.wordpress.com>
- Craigslist Madison: <http://madison.craigslist.org>



Shopping

Grocery stores

Grocery stores sell all types of food – fresh, frozen, and canned – “staples,” and spices. “Staples” are everyday food items, such as bread, milk, and eggs. Some grocery stores sell toiletries such as shampoo, toothpaste, and paper products such as toilet paper, paper towels, facial tissues, paper plates, and paper cups. Please check online for the grocery store nearest to you.

Supermarkets

Supermarkets usually include a bakery, pharmacy, and photo lab, and in some cases even sell gas. They offer a large variety of specialty foods. Because they stock larger varieties and quantities of foods, supermarket chains such as Copp's, Wal-Mart and Aldi are able to offer lower prices than other stores. Some higher end supermarkets, such as Whole Foods, offer specialty foods, but the prices are frequently higher.

These are the supermarkets closest to the University of Wisconsin campus:

- Fresh Madison Market: 703 University Ave, Madison, WI 53715. Web: <http://www.freshmadisonmarket.com/>
- Trader Joe's: 1810 Monroe St, Madison, WI 53711. Web: <http://www.traderjoes.com/index.asp>
- Whole Foods: 3313 University Ave, Madison, WI 53705. Web: <http://www.wholefoodsmarket.com>
- Copps: 3650 University Ave, Shorewood Hills, WI 53705; 1312 S Park St, Madison, WI 53715. Web: www.copps.com
- Walmart Super Center: 2151 Royal Ave, Monona, WI 53713. Web: www.walmart.com
- Target: Hilldale Shopping Mall @ University Ave. and Midvale, Madison, WI 53705; 201 Junction Road, Madison, WI 53717; 6321 McKee Road, Fitchburg, WI 53719. Web: www.target.com
- Aldi: 261 Junction Road, Madison, WI 53717. Web: www.aldi.com



Shopping

International Food Markets

Looking for food from your home country? This list below provides international specialty and ethnic markets in the Madison area:

African

African Market, 802 S. Gammon Rd., (608)441-0276

Asian

Asian Midway Foods, 301 S. Park St., (608)255-5864

Garden Asian Market, 6136 University Ave., (608)238-7889

Lee's Oriental Grocer, 3240 University Ave., (608)231-1593

Oriental Food Mart, 1206 S. Park St., (608)255-0326

Oriental Shop, 1029 S. Park St., (608)251-7991

Viet Hoa Market, 4602 Monona Dr., (608)661-1300

Yue-Wah Oriental Foods, 2328 S. Park St., (608)257-9338



European

Bavaria Sausage Kitchen, 6317 Nesbitt Rd., (608)845-6691

Clasen's European Bakery, 7610 Donna Dr., Middleton, (608)831-2032

Fraboni's Italian Specialties & Delicatessen, 822 Regent St., (608)256-0546; and

108 Owen Rd., (608)222-6632

Gino's Italian Deli, 4606 Verona Rd., (608)273-1981

La Brioche Bakery, 2862 University Ave., (608)233-3388

Indian

Asian Midway Foods (see above)

Maharaja's Indian Grocery Store, 1701 Thierer Rd., (608)246-2656

Yue-Wah Oriental Foods (see above)

India House, 709 S. Gammon Rd., (608)268-0240

Swagat Indian Grocery, 6717 Odana Rd., (608)831-4642

Mexican & Latin American

Tienda Los Gemelos, 6713 Odana Rd. #9, (608)441-0061

La Rosita Latina, 6005 Monona Dr., (608)221-2203

Mercado Marimar, 2102 S. Park St., (608)260-8924

La Concha, 3056 Fish Hatchery Rd., (608)276-9263

Sante Maria Grocery, 1326 S. Midvale Blvd., (608)277-7774

Middle Eastern

LuLu's Deli & Restaurant, 2524 University Ave., (608)233-2172

Fun and Recreation Activities

Parks and recreation

The regional parks system includes a number of regional parks and park reserves, trails and special recreation areas. The Madison Area Park division has a well-organized website with information on all the local recreation areas. Please visit the web-site at <http://www.cityofmadison.com/parks/aboutPark.html>.

Zoos

Madison is home to the Henry Vilas Zoo. It may be a perfect opportunity to have fun and learn more about different animals and areas of the world. The zoo sponsors many events and educational activities for children of all ages. Henry Vilas Zoo is open daily from 9:30-5:00. There is no admission fee to enter. Parking is also free, but limited. It's located at 702 S Randall Ave, Madison WI 53715. Please visit the website at <http://vilaszoo.org/index.php> for more information.

The Goodman Pool

The Goodman Pool is open daily during the summer. It is easy to get to the Goodman Pool with its central location and convenience to the Beltline, bike trails, and bus routes (Route 13). Visitors to the Goodman Pool will enjoy the 1000 person capacity, 2 waterslides, 8 lane 25meter lap area with diving boards, and a number of shallow water play features for pre-school aged children. The pool area is complete with a sand play area, concessions, changing rooms, deck chairs, umbrella tables and shade structures. It's a great place to spend your summer and it's right here in Madison! <http://www.cityofmadison.com/parks/pool/>

Water parks

If your children are fond of water slides, tub slides, and have fun in the water, local water parks offer exciting experiences for the whole family. Some of the parks are indoors and are open year round. You may consider the following options:

Crawdaddy Cove Water Park

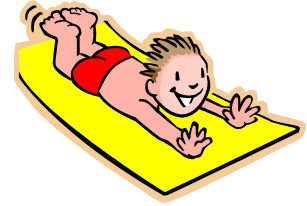
This indoor park is connected with the WISCO Hotel group. For pricing and details, visit <http://www.wiscohoteles.com/water-parks.php>

The Wisconsin Dells

The Dells, about 50 miles north of Madison, lays claim as the "Water Park Capital of the World." The area also has shopping opportunities for adults, with outlet malls – malls for major department and chain stores at discount prices. For a list of water parks near the Dells, visit <http://wisdells.com/>

Other Water Parks

For a listing of other water parks in Wisconsin, visit the website <http://themaparks.about.com/cs/waterparks/a/wiscwaterparks.htm>



Fun and Recreation Activities

Lakes and Fun on the Water

If you like water, beaches, and activities in the open air, Madison has a lot of possibilities to meet your desires. Visit <http://www.cityofmadison.com/parks/> to learn more about Lakes and recreation in the Madison Area.



County and State Fairs

Dane County Fair

Dane County Fair serves the Madison community and takes place late July every year. The Fair has a lot of attractions that may be interesting for the whole family. Services provided include assistive listening devices, sign language interpreters, accessible seating at all entertainment venues and curb cuts throughout the fairgrounds. For more information about dates, hours, admission, directions, other attractions, and phone numbers, visit <http://www.danecountyfair.com/>

Wisconsin State Fair

Wisconsin State Fair is held the first two weeks of August every year in West Allis, WI (near Milwaukee). The new fairgrounds feature a 6,000-seat Grandstand, a racetrack with four barns for racehorses and various exhibition buildings. For more information about dates, hours, admission, directions, other attractions, and phone numbers, visit <http://www.wistatefair.com/index.html>.

The Fair offers:

- Animal Barns: this is an opportunity to see dairy cows, sheep, pigs, chickens, ducks, turkeys, and geese.
- Judging Animals: Some animals will be shown and judged throughout the twelve days of the fair.
- Horse Shows: Expert and professional riders will showcase their skills in exhibition shows.
- Rides: children and adults can enjoy amusement park rides throughout the fair.
- Midway games: Arcade and skill games are stationed throughout the midway. See if you can win prizes!

Madison Public Libraries

If you, or your children, like books, you can visit Madison Public Libraries where you can borrow books for free. They not only offer a wonderful collection of books, but also have different activities for children and provide various services that might be

interesting for people of all ages, including knitting clubs, English conversation classes, and book clubs.

The Madison Public Library has nine branches open throughout the city. For location, hours, and activities, please visit the Madison Public Library Website at <http://www.madisonpubliclibrary.org/>.

Sightseeing and Tours

Madison Tours

For more information go to <http://www.madisontours.net>. To register for tours call 888-7613119

See the historical Capitol building of Madison up close and personal. For fewer than 10 people, no reservation is necessary. Tours operate daily except on holidays at no cost. The tour lasts about an hour. For more information, call 608-266-0382 or visit the Capitol Tours website at http://www.wisconsin.gov/state/core/wisconsin_state_capitol_tour.html

University of Wisconsin Campus Tours

The University of Wisconsin is another historical site in the area. Both daily walking tours and customized group visits are available. For more information, visit <http://www.vip.wisc.edu/tours.html>.

Museums

Madison is home to a variety of art, historical, and children museums. For an extensive list with links to information on each museum, visit <http://madisonmuseums.org>. A listing of some of the museums is below.

Madison Museum of Contemporary Art

Located at 227 State Street, the museum is open Tuesday through Sunday and has no admission fee. Visit <http://www.mmoca.org/index.php> for more info.

The Chazen Museum of Art

Located on the University of Wisconsin campus, the Chazen Museum of Art is home to permanent and temporary exhibits. Admission is free, and the museum is open Tuesday through Sunday. See the website for more information: www.chazen.wisc.edu

Madison Children's Museum

The recently opened Madison Children's Museum offers hands-on learning and lots of activities for children. Located at 100 N Hamilton Street, the museum opens daily from 9:30-5:00 and Thursdays from 9:30-8:00. Admission is \$6.95 for adults and children, with discount prices available for seniors and qualifying individuals. See <http://www.madisonchildrensmuseum.org> for more information.

Wisconsin Historical Museum

Part of the Wisconsin Historical Society, this museum holds rich information about Wisconsin and Madison's history. It is located on the Capitol Square at 30 N Carroll St, open Tuesday-Saturday from 9-4 and admission is by donation (payment isn't required but requested). See <http://www.wisconsinhistory.org> for more details.

Volunteer Activities

Dependents of F-1 students may **not** apply for work authorization in the U.S. as the F-2 visa does not allow it. **Dependents of J-1** students **are allowed** to work in the U.S. with proper authorization. This authorization can be applied for once the J-2 has entered the country. F-2 and J-2 dependents may participate in volunteer activities.

For information about volunteer opportunities, visit the Morgridge Center for Public Service in room 154 of the Red Gym or their webpage at www.morgridge.wisc.edu.

Below are other organizations offering volunteer opportunities. Please visit each website for more information.

Volunteering with the City of Madison

Madison's website offers a variety of year-round volunteer opportunities with different institutes and organizations. See <http://www.cityofmadison.com/employment/volunteer.cfm> for more details on who's looking for volunteer help today!

International Reach

International Reach is a unique volunteer program offered by the University of Wisconsin's International Student Services that places international speakers in schools, campus venues and community organizations for short presentations. It provides interesting opportunities for individuals to share perspectives on their home countries with teachers, students and area residents for the purposes of furthering global education and intercultural dialogue. Any UW-Madison international student, scholar **or family member** may participate in the program. For more information or lists of upcoming special events, view <http://iss.wisc.edu/reach/>.



Holidays and Traditions

One fun way to learn about a culture is to participate in its traditions. Also, in the days leading up to a holiday, schools will often have activities for their students to learn about the holidays. Ask your children what they are learning about the holidays and customs in the United States. Below are a few holidays that people in the United States often celebrate:

Holidays

The following days are considered holidays, and the majority of businesses and schools are closed on these days.

- January 1: New Year's Day: Welcome the New Year with parties starting the night before (New Year's Eve on December 31st).
- 3rd Monday in January: Martin Luther King, Jr. Day. Commemorate the birthday of the African-American civil rights leader who won the Nobel Peace Prize in 1964.
- 3rd Monday of February: President's Day. Honor past presidents such as George Washington (the nation's first leader) and Abraham Lincoln (Civil War president who helped abolish slavery).
- Last Monday of May: Memorial Day. Remember the men and women who died while serving in the U.S. Armed Forces.
- July 4: Independence Day. View public displays of fireworks as Americans mark the date in 1776 when thirteen U.S. states declared their independence from England.
- 1st Monday in September: Labor Day. Honor the contributions and efforts of hard workers throughout the country.
- 2nd Monday in October: Columbus Day. Pay tribute to Christopher Columbus, who is traditionally thought of as the discoverer of the Americas in 1492.
- Last Thursday in November: Thanksgiving Day. Feast on a traditional meal that commemorates the dinner of Pilgrims (first settlers of the thirteen colonies) and the Native Americans.
- December 25: Christmas Day. Celebrate the birth of Christ, leader of the Christian faith, by exchanging gifts with family and friends.

Holidays and Traditions

Traditions

The following days are usually celebrated in the United States, even though businesses and schools are **not** typically closed during these days.

- February 14: Valentine’s Day. This has become a day to celebrate love and romance. “Valentines” or tokens of love (cards, candy, or gifts) are exchanged.
- March 17: St. Patrick’s Day. Parades and parties mark this day honoring the patron saint of Ireland.
- April 1: April Fools’ Day. Harmless jokes or tricks are traditionally played on the unsuspecting person.
- 2nd Sunday in May: Mother’s Day. As the title suggests, many people choose to honor their mothers on this day with cards, gifts, or flowers.
- 3rd Sunday in June: Father’s Day. On this day, many people choose to honor their fathers with cards or gifts.
- October 31: Halloween. On the eve of All Saint’s Day, many people dress in costume (often scary ones!) for parties; children go door to door in their neighborhoods to receive candy. Children say “trick or treat” when you answer the door. You then usually give candy or treats to the children and say “Happy Halloween!” Some schools or churches will organize Halloween parties, which offer games, costume contests, and entertainment in a centralized location.



Weather and Winter Clothing

Where to find winter clothing

Winter clothing may be found at many stores beginning in the fall. Inexpensive new clothing is available at TJ Maxx, Burlington Coat Factory, Target, Wal-Mart, and factory outlets. More expensive but high quality clothing is available at REI, Eddie Bauer, Macy's and many other stores. Locations and store hours can be found online.

Dressing children for the winter

Dressing children in cold weather presents some unique challenges for parents. How do you keep your child warm and dry, without over-bundling or restricting movement?

The solution is to dress your child like an onion – in other words, in layers.

When you dress your child in layers, you allow buffer zones of warm air to get trapped between garments, providing superior insulation.

What is the best way to layer? Based on the recommendations of several cold-weather experts, including the National Ski Patrol, we recommend the following triple-layer strategy:

1. Start with a moisture-wicking under layer
2. Add an insulating middle layer
3. Top with a protective outer layer

Whether your destination is the local elementary school or the neighborhood sled hill, you can use this strategy to keep your child (and yourself) warm, dry and comfortable all winter. Here's how:

1. Start with a Moisture-Wicking Under Layer

Begin by dressing your child in long (thermal) underwear. Choose a quick-drying, moisture-wicking fabric, such as a polyester/raion blend. Surprisingly, you should avoid cotton because it absorbs perspiration and sticks to the skin. When it comes to cold weather, half the battle is what the experts call "moisture management."

Why is it so important to stay dry? Because water conducts heat roughly 15 times faster than air. That means moisture rushes heat away from the body, lowering the body's core temperature. Ultimately, it can lead to hypothermia, a potentially lifethreatening condition. For children, a two-piece top-and-bottom set makes a better choice than a one-piece union suit, because it's easier to get on and off (especially for quick bathroom breaks).

Weather and Winter Clothing

2. Cover with an Insulating Middle Layer

Since the point of layering is to create insulating zones of warm air, it is important to choose the right mid-layer garments. And the experts agree: for efficient insulation, nothing beats polyester fleece. One advantage of fleece is that it offers “loft” – tiny pockets of space that trap and retain warm air. In addition, fleece is breathable, comfortable and “non-itchy.” It is also machine washable, stretchy, and available in a range of weights to suit various climates and activity levels.

We recommend two-piece fleece separates for children. Make sure the garments are loose fitting (so they won’t restrict movement) and light enough for layering. Avoid denim jeans, which can become quickly bogged down with water and snow.

3. Top with a Protective Outer Layer

The purpose of this outer layer (or shell) is to keep warm air in and wind and water out. Whether you choose a two-piece parka/snow-pants combination or a one-piece snowsuit, we recommend that you look for high-performance fabrics such as those designed for skiers. These fabrics are tightly woven to keep the inner layers of warm air from blowing away from the body. Then they’re coated or laminated on the outside to create a barrier against moisture. At the same time, they’re breathable, allowing moisture from inside to escape. In other words, when shopping for outerwear, you want to see these three terms: **wind resistant, water-repellant, and breathable.**

In addition, consider the following:

- Look for ribbing or elastic at the wrist and ankles. These help lock out snow and wind.
- Choose a high neckline that offers added protection.
- For safety’s sake, avoid garments that feature ties and cords.
- Full-length zippers (including leg zippers on pants) are the easiest to get on and off. Most kids have a hard time with over-the-head jackets.
- Make sure your child’s outerwear is roomy enough to accommodate layering.
- If choosing a two-piece jacket and snow pants combination, look for a longer jacket that hits mid-thigh. When children are engaged in physical activities like sledding, you want to make sure their backs are covered.



Weather and Winter Clothing

Choosing Accessories

When it comes to protecting little heads, hands and feet, choosing the right accessories can make all the difference.

Hats

According to the experts, you can lose up to 50% or more of your body heat through the top of your head. That's why it's so important to have one or more great hats. We favor synthetic fabrics (like fleece), which are warm, lightweight and breathable. No matter which style hat you choose, make sure it completely covers both of your child's ears.

How do you get a child to keep his or her hat on? First, include your child in the decision-making process. If your child loves her headgear, she is more likely to wear it. Second, make sure it's made of a comfortable fabric that doesn't itch.

Neck Warmers

Scarves come and go in popularity, but they are never a safe choice for kids in action. Instead, elect stretchy neck gaiters that your child can lift or lower as needed. Choose a fabric that won't irritate tender skin.

Mittens and Gloves

According to the experts, mittens provide better warmth than do gloves, because they allow more warm air to circulate around the fingers. When choosing mittens, be sure to look for elasticized wrists that keep out snow and wind. Also look for longer cuffs for added warmth. We like fleece mittens that offer a non-skid surface on the palms and thumbs – they allow children to turn doorknobs and keep a safe grip on sleds and such. Another mitten tip: keep extras handy...so when one pair gets wet, you can quickly offer a fresh, dry pair.

Socks and Shoes

How do you keep those tootsies toasty? Start with a good pair of winter sports socks. Experts recommend a blend of polyester (for wicking) and wool (for warmth). Remember, cotton tends to collect water and should be avoided for outdoor gear.

Choose waterproof boots with an insulating layer; rubber and leather are both good choices. Make sure boots are roomy enough for winter socks. We prefer Velcro® closures to laces: kids can manage them better independently, and they are easier to get on and off in a hurry. *Tip:* Look for boots that feature removable liners—and buy an extra pair of liners. That way, you’ll always have a dry pair ready and waiting!

Weather and Winter Clothing

Other Cold Weather Safety Tips

- Just because it’s winter, that doesn’t mean your child can’t get sunburned, particularly when sunlight is reflecting off snow. Don’t forget the sun block and lip balm! Also, consider sunglasses or goggles with UV protection.
- On a very cold day, you may want to apply petroleum jelly to your child’s cheeks, nose, forehead, and chin to provide a layer of protection against windburn.
- Make it a point to keep your child well hydrated. Active kids can become dehydrated in any weather. Offer a glass of water with each bathroom break.
- Examine your child periodically to make sure he is not cold or wet. It’s not enough to ask – he may be having too much fun to realize he’s chilled. Check for whitening of the skin (a sign of frostbite), as well as shivering and loss of coordination (indications of hypothermia).
- Follow our head-to-toe cold-weather strategy...and create some warm and wonderful winter memories!

*This information was taken from www.leapsandbounds.com

Temperature

In the US temperature is measured according to the Fahrenheit scale.

- To convert Celsius (Centigrade) to Fahrenheit, multiply by 1.8 (or 9/5) and add 32.
- Conversely, to convert Fahrenheit to Celsius, subtract 32 and divided by 1.8.
- Normal Body Temperature: 98.6° F or 37° C

C°	F°	C°	F°
43	109.4	5	41
40	104	2	35.6
38	100.4	0	32
35	95	-3	26.6
32	89.6	.5	23
30	86	-8	17.6
28	82.4	-10	14
25	77	-13	8.6

23	73.4	-15	5
20	68	-18	-0.4
18	64.4	-20	-4
15	59	-23	-9.4
13	55.4	-25	-13
10	50	-30	-22
8	46.4	-35	-31

$$C = \frac{5}{9}(F - 32)$$

Weights and Measurement

Weights

In the US weight is expressed in terms of “ounces” (oz.) and “pounds” (lbs.).

<i>Metric System</i>	<i>U.S. System</i>
30 g	1 oz.
450 g	16 oz. or 1 lb
1000 g or 1 Kg	2.2 lbs
900 Kg	2000 lbs or 1 Ton

U.S. Length/Distance Measurements

<i>Term</i>	<i>Abbreviation</i>	<i>Symbol</i>	<i>Equivalents</i>
Inch	in.	“	1”
Foot	ft.	‘	12” or 1’
Yard	yd.	None	36” or 3’ or 1yd
Miles	mi.	None	5280’ or 1 mi.

Cooking Measures

Measurements for recipes in the US are in terms of volume rather than weight for dry as well as liquid ingredients. The standards of measure such as “teaspoon” or “cup” refer to cooking utensils you can buy at any supermarket. The terms do not refer to the common household teaspoon or cup.

Abbreviations used in cookbooks

<i>Abbreviation</i>	<i>Unit of Measurement</i>
tsp. (or t)	teaspoon
tbsp. (or T)	tablespoon
C.	Cup
oz.	ounce

pt.	pint
qt.	quart
lb.	pound

Liquid Measurement

<i>Spoons and Cups</i>	<i>Liquid Ounces</i>
1 tsp	1/6 oz
1 tbsp	½ oz
6 2/3 tbsp	3 ½ oz
1 C (16 tbsp)	8 oz
2 C (1 pt)	16 oz (1 lb)
4 C (1 qt)	32 oz (2 lbs)
4 1/3 C	2.2 lbs

Weights and Measurement

Volume Conversion for Ingredients

<i>U.S System</i>	<i>Metric System</i>
1 liquid qt	0.95 liter
1.06 liquid qt	1 liter
.091 dry qt	1 liter
1 dry qt	1.1 liter

Oven Temperature

	<i>Fahrenheit</i>	<i>Celsius</i>
Cool	200	93
Low or very low	225	107
Slow	300	149
Moderate	350-375	177-191
Hot	400 or above	205 or above



Family Resource Guide

Many thanks go out to the University of Minnesota International Student & Scholar Services for the use of much of this material.