

## Resources for International Graduate Students

*These are resources generated by leaders and participants of International TA Orientation (August 2017 & August 2018). These are not representative of all resources available.*

### MSU & East Lansing Web Sites:

- COGS (Council of Graduate Students) Resource Page (<http://cogs.msu.edu/resources/>)
- OISS (Office of International Students and Scholars) (<https://oiss.isp.msu.edu/>)
- East Lansing Welcome Page, International Residents (<https://www.cityofeastlansing.com/538/International-Residents>)

RESOURCE CATEGORY	ADDRESS	NOTES
MONEY		
COGS	<a href="https://cogs.msu.edu/resources/funding/professional-development-award/">https://cogs.msu.edu/resources/funding/professional-development-award/</a>	\$500 for a professional development opportunity
COGS	<a href="https://cogs.msu.edu/resources/funding/conference-award/">https://cogs.msu.edu/resources/funding/conference-award/</a>	\$300 for a conference
The Graduate School	<a href="https://grad.msu.edu/emergency-fellowship-funding">https://grad.msu.edu/emergency-fellowship-funding</a>	Emergency funding
Michigan State University Credit Union  Bank of America	<a href="http://www.msufcu.org">www.msufcu.org</a>  <a href="https://www.bankofamerica.com/">https://www.bankofamerica.com/</a>	Bank
VITA  OISS	<a href="https://www.vita.msu.edu/appointments">https://www.vita.msu.edu/appointments</a>  <a href="http://oiss.isp.msu.edu/students/employ/tax.htm">http://oiss.isp.msu.edu/students/employ/tax.htm</a>	Taxes

FAMILY		
Parent Resource Center MSU WORKLife Office	<a href="http://studentparents.msu.edu/">http://studentparents.msu.edu/</a> <a href="https://worklife.msu.edu/family-care">https://worklife.msu.edu/family-care</a>	Family Care
FOOD BANKS		
MSU Food Bank	<a href="http://foodbank.msu.edu/distribution/index.html">http://foodbank.msu.edu/distribution/index.html</a> @ Olin (1st floor) 463 E Circle Dr, East Lansing, MI 48824	Starting in September every 2 weeks: Open Tues 2-4pm Wed 5:30 pm - 7:30 pm
Food Bank Council of Michigan	330 Marshall St, Lansing, MI 48912	Open Mon - Sat 8:30 - 5pm
Food Bank of Greater Lansing	2116 Mint Rd, Lansing, MI 48906	Open Mon - Fri 9am - 4pm
Our Savior Lutheran Food Bank 1515 Holmes Rd, Lansing, MI 48910	1515 Holmes Rd, Lansing, MI 48910	Open Tues, Thurs & Fri 12:30 - 2:30
GROCERIES		
A-market	16800 Chandler Rd #114	East Asian food Open Sat - Thurs 10:30 - 9pm Friday 10:30 - 10pm
Better Asian Mart	901 Trowbridge Rd	Korean food Open Sat - Thurs 10:30am - 8:30pm Friday 10am - 9:30pm

Don Pancho's	2120 S Cedar St	Latin Food Open Every day 8am - 9pm
International Supermarket	5324 S Pennsylvania Ave, Lansing, MI 48911	West Asian food Open Every day 9am - 8pm
La Frontera	5852 S Martin Luther King Jr Blvd, Lansing, MI 48911	Mexican Open Sunday 9am - 5pm Mon - Sat 9am-7pm
MSU Dairy Store	474 S Shaw Ln, East Lansing, MI 48824 <a href="https://www.canr.msu.edu/dairystore/">https://www.canr.msu.edu/dairystore/</a>	Ice cream, cheese Open Mon - Fri 9am - 8pm Sundays 12pm - 8pm
MSU Meat Lab	474 S Shaw Ln Room 1358, East Lansing, MI 48824 <a href="https://www.canr.msu.edu/fshn/facilities/meat_laboratory">https://www.canr.msu.edu/fshn/facilities/meat_laboratory</a>	Chicken, cow, lamb & pig meat Open Mon-Fri 1pm - 5pm
Oriental Market	2800 E. Grand River Ave	East Asian food Open Sun - Sat 10am - 8pm
Supermercado La Estrellita	2604 N East St	Latine food Open 8am - 9pm
Swagath Foods	1060 Trowbridge Rd Ste#3	Indian Food Open Sunday 12pm-7pm Mon - Sat 11am-9pm

RESTAURANTS		
The Creole	<a href="http://www.thecreolelansing.com/">http://www.thecreolelansing.com/</a>	Creole
Jose's Cuban Sandwich & Deli	<a href="http://josesclubansandwich.com/">http://josesclubansandwich.com/</a>	Cuban
Persis	<a href="http://www.persisokemos.com/">http://www.persisokemos.com/</a>	Indian
Sindu	<a href="http://swagathfoods.com/">http://swagathfoods.com/</a>	
Swagath	<a href="http://www.sindhurestaurant.com/">http://www.sindhurestaurant.com/</a>	
Kingston Kitchen	<a href="https://www.thekingstonkitchen.com/">https://www.thekingstonkitchen.com/</a>	Jamaican
Maru	<a href="http://www.marurestaurant.com/">http://www.marurestaurant.com/</a>	Japanese
Sansu	<a href="http://sansu-sushi.com/">http://sansu-sushi.com/</a>	
Charlie Kangs	<a href="http://charliekangs.com/">http://charliekangs.com/</a>	Korea
Choupli Wood-Fired Kabob	<a href="http://www.choupli.com">www.choupli.com</a>	Mediterranean
Zaytoon Mediterranean	<a href="http://www.Zaytoongrill.com">www.Zaytoongrill.com</a>	
Woody's Oasis	<a href="http://woodysoasis.com/">http://woodysoasis.com/</a>	
El Oasis	<a href="http://www.eloasistruck.com/">http://www.eloasistruck.com/</a>	Mexican
Aldaco's Taco	<a href="http://www.aldacosauthenticmexican.com">www.aldacosauthenticmexican.com</a>	
Pablo's Old Town Mexican Restaurant	<a href="http://www.pablosoldtown.com">www.pablosoldtown.com</a>	
La Señorita Mexican Restaurant	<a href="http://www.lasenorita.com">www.lasenorita.com</a>	
Famous Tacos	<a href="http://www.originalfamoustaco.biz/">http://www.originalfamoustaco.biz/</a>	
Thai Princess	<a href="https://www.yelp.com/biz/thai-princess-okemos">https://www.yelp.com/biz/thai-princess-okemos</a>	Thai
Leaf Salad Bar	<a href="https://leafsaladbar.com/">https://leafsaladbar.com/</a>	Vegetarian
Golden Harvest	<a href="https://www.facebook.com/goldenharvestrestaurant/">https://www.facebook.com/goldenharvestrestaurant/</a>	U.S.

Soup Spoon	<a href="http://soupspooncafe.com/">http://soupspooncafe.com/</a>	
Crunchy's	<a href="http://crunchyseastlansing.com/">http://crunchyseastlansing.com/</a>	
Hop Cat	<a href="https://hopcat.com/east-lansing">https://hopcat.com/east-lansing</a>	
Zoobies/Cosmos	<a href="http://www.thecosmoslansing.com/">http://www.thecosmoslansing.com/</a>	
<b>CAR INSURANCE</b>		
Meemic	Meemic Insurance Winston Agency 808 W Lake Lansing Rd #102  (517 337 8222)	Specifically for teachers (TA's too)
<b>SECOND-HAND /THRIFT STORES</b>		
Goodwill	2200 Coolidge Ct, East Lansing, MI 48823  6250 S Cedar St, Lansing, MI 48911	
MSU Surplus Store	468 Green Way, East Lansing, MI 48824	Open: Monday: 12-3:30PM Tuesday: 7:30AM-5:30PM Wednesday: 12-3:30PM Thursday: 12-3:30PM Friday: 7:30AM-3:30PM
Plato's Closet	2843 E Grand River Ave, East Lansing, MI 48823	
Salvation Army	2655 E Grand River Ave, East Lansing, MI 48823  525 N Pennsylvania Ave, Lansing, MI 48912	

Volunteers of America	430 N Larch St, Lansing, MI 48912 241 E Saginaw St, Lansing, MI 48912	
<b>MALLS/SHOPPING CENTERS</b>		
Eastwood Towne Center	US-127 & Lake Lansing Road, Lansing, MI 48912	Open Sunday 11am – 6pm Mon - Sat 10am–9pm
Lansing Mall	5330 W Saginaw Hwy, Lansing, MI 48917	Open Sunday 12am - 6pm Mon - Sat 10am–9pm
Meridian Mall	1982 W Grand River Ave, Okemos, MI 48864	Open Sunday 12pm – 6pm Mon - Sat 10am – 9pm
<b>ENGLISH LANGUAGE SUPPORT &amp; PRACTICE</b>		
MSU International TA Program	Two individuals are specifically assigned to supporting language learning and practice needs of international teaching assistants. Ms. Alissa Cohen (Cohenal@msu.edu) and Ms. Laura Ramm (rammbo@msu.edu). They are academic staff in the English Language Center ( <a href="http://elc.msu.edu/programs/program-overviews/">http://elc.msu.edu/programs/program-overviews/</a> ).	
CeLTA in Wells Hall	<a href="https://celta.msu.edu/">https://celta.msu.edu/</a>	
East Lansing Public Library	<a href="https://www.elpl.org/browse_program/practice-your-english/">https://www.elpl.org/browse_program/practice-your-english/</a> 950 Abbot Road	Wednesdays 7 - 8pm
Lansing Area English Language Services	<a href="https://vetp.isp.msu.edu/students/lansing-area-english-language-services/">https://vetp.isp.msu.edu/students/lansing-area-english-language-services/</a>	
<b>TRANSPORTATION</b>		
CATA	<a href="https://www.cata.org/">https://www.cata.org/</a>	Free on campus
Wanderu	<a href="https://www.wanderu.com/">https://www.wanderu.com/</a>	Buses and Trains

\*Resource list updated for 2018 by Alba Lamar

## MEETING NEW PEOPLE

- **Other International Students:**
  - COGS - International Graduate & Professional Student Coffee Hours (monthly)  
The Council of Graduate Students will be hosting regular coffee hours for graduate and professional students once a month throughout the academic year for networking and sharing of campus and community information.  
Location: Basement of Chittenden Hall (The Graduate School); Time: 4:30-5:30pm  
Dates: September 28, October 26, November 30, December 14, January 25, February 22, March 29, April 26
  - OISS - International Student (graduate and undergraduate) Coffee Hours (weekly)  
Spartan Room B and C International Center Food Court Fridays, 4-6pm
  - Graduate and Professional Student Groups  
(<https://michiganstate-community.symplicity.com/index.php?mode=list>)
  
- Members of the Broader East Lansing Community (and beyond)
  - Become Connected to Local East Lansing Residents  
<http://cvip.isp.msu.edu/programs/cvip-programs/>
  - LATTICE <http://education.msu.edu/international/ongoing/lattice.asp>

## SUPPORT

- **Support for Students with Minoritized Identities**
  - Lesbian, Bisexual, Gay, and Transgender (LBGT) Resource Center  
(<http://lbgtrc.msu.edu/>)
  - Office of Cultural & Academic Transitions (OCAT) (<http://ocat.msu.edu/>)
  - Resource Center for Persons with Disabilities (RCPD) (<https://www.rcpd.msu.edu/>)
  - Office for Inclusion and Intercultural Initiatives - <http://www.inclusion.msu.edu/>
  
  - *MSU's anti-discrimination policy covers discrimination on the basis of - age, color, gender, gender identity, disability status, height, marital status, national origin, political persuasion, race, religion, sexual orientation, veteran status, weight. File reports with the Office of Institutional Equity*
  
- **Support for International Students and Scholars**
  - Office of International Students and Scholars (<http://oiss.isp.msu.edu/about/>)
  - International Student Advising (<http://oiss.isp.msu.edu/about/staff.htm>)

## HEALTH AND WELLNESS

- Graduate Student Life and Wellness - including free classes just for graduate students <https://grad.msu.edu/wellness>
- Olin Health Center
  - Health Insurance - 517-353-4434
  - 24-hour health care at Olin - 517-353-5557
  - Appointments - 517-353-4660
  - Billing - 517-355-5100
  - Prescriptions - 517-353-9165

## GETTING AROUND - TRANSPORTATION

- Bus System - Capital Area Transit Authority (<https://www.cata.org/>)
  - #22, #23 (brings you to Walmart)
  - #1 (brings you downtown and to Meijer / Meridian Mall)
  - #30, 31, 32, 33 (campus)
- Bicycle
  - Rentals & Repairs - <http://bikes.msu.edu/>
  - Register your Bike - <http://police.msu.edu/.../parking-office/bicycle-information>
  - Lansing River Trail - <http://lansingrivertrail.org/>
- Automobile
  - Zip Car (short-term rental): <http://www.zipcar.com/universities/michigan-state-university>
  - Reasonably priced cars:
    - <https://www.carmax.com/>

## CLOTHES SHOPPING

- <http://www.shopeastwoodtownecenter.com/>
- <http://www.meridianmall.com/>
- <https://www.tangeroutlet.com/howell>
- <http://www.premiumoutlets.com/outlet/birch-run>