

**Consulate General of India
Seattle**

Dos and Don'ts for Indian Students in the United States

Before you arrive

- **Credentials of Universities:** Perform due diligence and thoroughly check the credentials of Universities / Institutions online and with peer groups before taking admission.
- **Traveling to the US:** Ensure you possess adequate financial resources to meet your needs while traveling to the United States. Pay University fees and tuition deposits (if required) and carry documented proof of these transactions along with accommodation confirmations before entering the country.

After reaching in the US

- **Student registration:** The Consulate of India, Seattle urges Indian students to complete registration on the Consulate's website at https://www.indiainseattle.gov.in/Indian_Students_Registration to ensure close engagement with the Consulate. The consular jurisdiction of Embassy/Consulates are available here at <https://www.indianembassyusa.gov.in/pages/MTk>
- **Abide by the local law:** Take general precautions and abide by local laws and regulations including while driving or undertaking recreational activities (For example – wearing seatbelts even if sitting in the rear; not driving/swimming in inebriated condition; using life jackets during boating; dressing adequately to avoid hypothermia etc.) Avoid substance abuse.
- **Know your surroundings:** Familiarize yourself well with local socio-cultural norms. Know the safe areas in the city where you are residing or traveling to. It is important to know neighborhoods that are not well-lit and places that locals address as “shady”. Avoid such neighborhoods. Do not venture out late at night. If feasible, travel in groups. Regularly inform your friends and family about your whereabouts.
- **Buddy system:** Try to move around in groups and keep your friends informed when you move outside alone.

- **Remain connected:** Students are advised to be in touch with the Embassy/ Consulate, local mentors, guardians, Indian community organizations and may seek their guidance.
- **Keep your Personal Information and Documents Safe:** Keep your personal details safe, including your bank account and credit card details, since they can be easily misused.
- **Exercise caution in Sharing Information:** Be very careful about storage of your documents. Documents carried to the United States from your home country such as passport, identification, visa documents, and immigration forms should always be stored in safe places.
- **Know the University/Institution:** Know the services offered by your university and avail them. Generally, most of these services are funded from your tuition fees; enquire about them at the International Student Services Office.
- **Security Code:** Most universities let one engrave a security code on bicycles and other belongings. You may get it done for their records and easy identification.
- **Beware of Money Mules/ Financial Scams:** Anyone can be approached by money mules, but criminals often target students. Beware of such people, social networking scams, and telephone calls requesting for your personal information and/or bank account details for money transfer.
- **Seek help if depressed/anxious:** It is natural to feel lonely, while being in a new environment, away from home. Share your feelings with family, fellow students and teachers and feel free to connect with the Embassy/Consulates. Do not hesitate to call professional help or seek university services if you are feeling depressed or having anxiety attack.
- **Medical insurance:** Make sure you have valid medical insurance during your stay in the United States, preferably recommended by the University.

Working in the US

- **Work authorization:** It is advised that students while on F1 visa status should follow the rules and regulations scrupulously regarding internship/employment. All permissions required may be obtained in advance from appropriate authorities before engaging in any type of internship/employment. The following is a useful link in this regard: <https://studyinthestates.dhs.gov/2016/06/f-1-students-learn-rules-summer-employment-and-training>. Avoid working in unsafe environments.

In case of Emergency while in the US

- **US Authorities:** Dial 911 immediately and use the city's 311 info line. In case of any untoward incident, report to the administrative division and International Students Office at the University immediately.

- **Consulate:** Please note the Consulate's emergency number +1 (206) 939-9975 (Mr. Suresh K. Sharma – Consul/Head of Chancery: hoc.seattle@mea.gov.in). In case of any difficulty, please reach out.

