

Illinois Scholars at Risk Program

Resource Guide

2023 – 2024



WELCOME to the University of Illinois Urbana-Champaign!

On behalf of the Illinois Scholars at Risk (ISAR) Program, I would like to formally welcome you to the University of Illinois Urbana-Champaign (UIUC). I hope that you will have a productive and rewarding experience here.

Academic freedom is essential to the advancement of scientific knowledge. The ISAR Program is committed to protecting its members whose academic freedom and/or well-being are at risk anywhere in the world due to war, political turmoil, natural disasters, or as a consequence of an identity or activity that puts one at risk. ISAR is proud to be a Commitment Partner with the Institute of International Education's Scholar Rescue Fund (IIE-SRF) and a member of the Scholars at Risk (SAR) Network.

UIUC's commitment to ISAR furthers our land grant mission to enhance the lives of people in the state of Illinois and globally through our leadership in learning and discovery. Your presence at UIUC enriches our departmental and campus communities and enhances public education by contributing to greater awareness of the risks facing scholars globally.

This ISAR Resource Guide is meant to be a reference as you acclimate to life in Urbana-Champaign, Illinois. Not all resources may be applicable in all cases. As questions around housing, health care, grocery shopping, and transportation arise, this guide can provide a helpful introduction and overview.

We hope you find a safe haven at UIUC to pursue your research and scholarly, professional, and/or artistic interests. Your work matters and we are here to support you along the way. Please reach out should you require any additional assistance.

Thank you for your presence.

Sincerely,



Colleen Murphy

Chair, Illinois Scholars at Risk Committee

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DISCLAIMER

The resources listed in the Illinois Scholars at Risk (ISAR) Resource Guide are not exhaustive. They are meant to be a starting point for seeking assistance. The information provided in this resource guide does not, and is not intended to, constitute health, academic, professional, business, or legal advice. Instead, the guide should be used only for general information purposes. ISAR is not responsible for the content of these resources and websites. While we endeavor to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, sustainability, or availability with respect to the resources or websites mentioned herein. Therefore, please use these resources, services, and websites at your own discretion and after reviewing their content and understanding their terms and conditions.

ACKNOWLEDGMENTS

The Illinois Scholars at Risk (ISAR) Program is grateful for the units and organizations on and off campus contributing to the ISAR Program during the 2023-2024 academic year by hosting scholars, providing administrative support, contributing financially and/or through in-kind contributions. All entries are at UIUC except for starred (*) items.

- Office of the Provost
- Illinois Scholars at Risk Committee
- Illinois Global Institute
- Center for African Studies
- Center for Latin American & Caribbean Studies
- Center for South Asian and Middle Eastern Studies
- Department of Agricultural & Biological Engineering, College of Agricultural, Consumer and Environmental Sciences
- Department of Biochemistry, College of Liberal Arts & Sciences
- Department of Classics, College of Liberal Arts & Sciences
- Department of Economics, College of Liberal Arts & Sciences
- Department of Latina/Latino Studies, College of Liberal Arts & Sciences
- Department of Microbiology, College of Liberal Arts & Sciences
- Department of Pathobiology, College of Veterinary Medicine
- Department of Physics, The Grainger College of Engineering
- Department of Spanish & Portuguese, College of Liberal Arts & Sciences
- Fairlawn Real Estate*
- Institute of International Education Scholar Rescue Fund*
- Intensive English Institute, Illinois International
- International Student and Scholar Services, Illinois International
- The Program in Arms Control & Domestic & International Security
- The Program in Jewish Culture & Society, College of Liberal Arts & Sciences
- Russian, East European, and Eurasian Center
- Scholars at Risk Network*
- School of Literatures, Cultures & Linguistics, College of Liberal Arts & Sciences
- Women & Gender in Global Perspectives Program

KEY PHONE NUMBERS

- **Emergencies: 911**
- **CampusTown Urgent Care:** 217-344-9909
- **Carle Hospital emergency room:** 217-383-3704
- **Fairlawn Real Estate:** 217-239-4300
- **International Student and Scholar Services:** 217-333-1303 extension 2
- **McKinley Health Center:** 217-333-2700
- **SafeWalks (walking escort):** 217-333-1216
- **University Police/Public Safety:** 217-333-1216

RESOURCES TO HELP PREPARE FOR YOUR ARRIVAL

<https://union.illinois.edu/pfpresources>

This compilation of videos and links will help you prepare for your journey at University of Illinois Urbana-Champaign. It addresses the questions and concerns that occur most frequently as students, staff, faculty, and affiliates join UIUC campus.

THE ILLINOIS APP

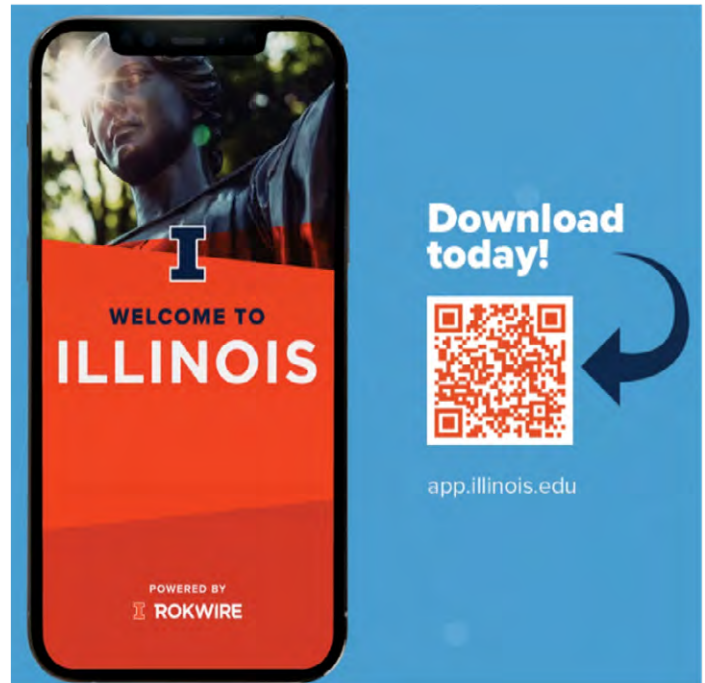
<https://app.illinois.edu/>

The Illinois app is the university's official campus app. The app is built here at the University of Illinois for the whole university community: students, faculty and staff, alumni, and visitors. On the Illinois App, you can get information about university facilities, services, resources, and events; you can also use the app as your bus pass on any Champaign-Urbana Mass Transit District bus and as your Illinois ID, in the same way you would use your i-card.

CAMPUS MAPS

<https://map.illinois.edu/view>

Use the Google map of campus to browse and navigate directly to your destination. Find other useful maps through the links, including metered parking and other parking lot details in the campus parking map, accessibility information, bus routes, bike routes and more.



UNIVERSITY IDENTIFICATION

Your UIN

Your University ID number (UIN) is a nine-digit number beginning with a six that the university assigns for identification purposes. Your UIN is unique and will never change. Your UIN is located on the bottom of your i-card. You can also find your UIN by visiting: <https://icard.uillinois.edu/public/uin-find.cfm>

Your i-card

An i-Card is the official ID for the University of Illinois. To get an i-Card, visit the Urbana ID Center at the Illini Union Bookstore, 809 S. Wright St., Champaign. For more information, visit: <https://icard.uillinois.edu/public/get-card.cfm>

Your NetID

Your NetID is a name assigned to you that is unique across all University of Illinois campuses. It serves as your login for many university computing and networking services and also determines your university email address, which is netid@uillinois.edu. For more information, call 217-244-7000 or email consult@uillinois.edu



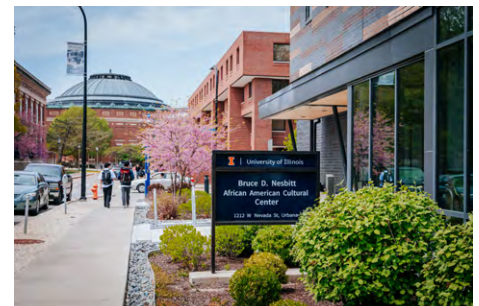
UNIVERSITY UNITS AND PROGRAMS

Major Academic Units

- Carle Illinois College of Medicine: <https://medicine.illinois.edu/>
- College of Agricultural, Consumer & Environmental Sciences: <https://aces.illinois.edu/>
- College of Applied Health Sciences: <https://www.ahs.illinois.edu/>
- College of Education: <https://education.illinois.edu/>
- College of Fine & Applied Arts: <https://faa.illinois.edu/>
- College of Law: <https://law.illinois.edu/>
- College of Liberal Arts & Sciences: <https://las.illinois.edu/>
- College of Media: <https://media.illinois.edu/>
- College of Veterinary Medicine: <https://vetmed.illinois.edu/>
- Division of General Studies: <https://dgs.illinois.edu/>
- Gies College of Business: <https://giesbusiness.illinois.edu/>
- Graduate College: <https://grad.illinois.edu/>
- Grainger College of Engineering: <https://grainger.illinois.edu/>
- School of Information Sciences: <http://ischool.illinois.edu/>
- School of Labor and Employment Relations: <https://ler.illinois.edu/>
- School of Social Work: <https://socialwork.illinois.edu/>

Area and Global Studies Centers and Thematic Programs

- Illinois Global Institute: <https://igi.illinois.edu/>, igi-info@illinois.edu
- Center for African Studies: <https://afirst.illinois.edu/>, african@illinois.edu
- Center for East Asian & Pacific Studies: <https://ceaps.illinois.edu/>, ceaps@illinois.edu
- Center for Global Studies: <https://cgs.illinois.edu/>, global-studies@illinois.edu
- Center for Latin American & Caribbean Studies: <https://clacs.illinois.edu/>, clacs@illinois.edu
- Center for South Asian and Middle Eastern Studies: <https://csames.illinois.edu/>, csames@illinois.edu
- European Union Center: <https://europe.illinois.edu/>, eucenter@illinois.edu
- Lemann Center for Brazilian Studies: <https://lemann.illinois.edu/>, lemann@illinois.edu
- Program in Arms Control & Domestic & International Security: <https://acdis.illinois.edu/>, acdis@illinois.edu
- Russian, East European, and Eurasian Center: <https://reeec.illinois.edu/>, reec@illinois.edu
- Women & Gender in Global Perspectives Program: <https://wggp.illinois.edu/>, wggp@illinois.edu



Inclusion and Intercultural Relations

The Office of Inclusion and Intercultural Relations (<https://oiir.illinois.edu/>) seeks to improve campus climate by providing transformative learning experiences to the Illinois community that result in an appreciation for diversity and cross-cultural engagement. OIIR includes:

- **Asian American Cultural Center:** Promotes cross-cultural understanding of Asian American and Asian international experiences. <https://oiir.illinois.edu/aacc>, aacc@illinois.edu
- **Bruce D. Nesbitt African American Cultural Center:** Provides student development activities designed to enhance the campus experience for students of African descent and exposes all students to the rich cultures of the African Diaspora. bnaacc@illinois.edu, <https://oiir.illinois.edu/bnaacc>
- **Diversity and Social Justice Education:** Coordinates credited courses, workshops, and professional development to improve the campus climate and promotes critical thinking both within the university community and in the greater society. <https://oiir.illinois.edu/diversityed>, diversityed@illinois.edu
- **Gender & Sexuality Resource Center:** Works with campus units to increase awareness and affirmation of LGBTQIA+, queer, non-binary, and GNC students, faculty, and staff and to reduce discrimination and harassment based on gender identities/expressions and sexual orientations. <https://oiir.illinois.edu/GSRC>, lgbtrc@illinois.edu
- **International Education:** Enhances opportunities for students to engage with cultures around the world through supporting international students, enhancing the global competencies of all students, and creating a meaningful cultural exchange between international and domestic students. <https://oiir.illinois.edu/cultural-resource-centers/international-education>, oiir-ie@illinois.edu
- **La Casa Cultural Latina:** La Casa Cultural Latina promotes a welcoming and dynamic atmosphere through the development of educational, cultural, sociopolitical, and social programs that lead to greater recruitment, retention, advancement, and empowerment of Latina/o students. <https://oiir.illinois.edu/la-casa-cultural-latina>, lacasa@illinois.edu
- **Native American House:** Supports and empowers Indigenous students and communities through facilitating opportunities for cultural and academic support, engagement, and advocacy. <https://oiir.illinois.edu/native-american-house>, nah@illinois.edu
- **Women's Resources Center:** Works to identify personal, social, economic, and political issues that adversely affect women-identified people and offers support through advocacy, education, financial awards, and social actions. <https://oiir.illinois.edu/womens-center>, womenscenter@illinois.edu

INFORMATION TECHNOLOGY

Tech Help: Visit help.uillinois.edu to receive mobile-friendly information and help with the university's information technology services. You also can contact the Help Desk for free support services; use the service request form at <https://help.uillinois.edu/TDClient>, call 217-244-7000, or email consult@illinois.edu.

Free Software: To download software that is freely available to members of the university community, visit <https://webstore.illinois.edu/shop/category.aspx?zcid=129>

Illini Union Tech Zone: Illini Union Tech Zone is an authorized Apple Campus Store and is the official computer store of the University of Illinois. techzone.illinois.edu, southwest corner of the ground level of the Illini Union, 1401 W. Green St., Urbana.

ACADEMIC AND CAREER RESOURCES

ON CAMPUS

The Career Center: The Career Center helps University of Illinois faculty, staff, and students from all disciplines plan their future while offering guidance and support for job search preparation through resume and cover letter review, mock interviews, networking opportunities, career coaching, and a calendar of career programs and events. careercenter.illinois.edu, 715 S. Wright St., Champaign.

Center for Innovation in Teaching & Learning: CITL uses leading pedagogical approaches, research-based methodologies, innovative instructional technologies, and comprehensive assessment practices to strengthen teaching efforts and improve student learning outcomes. <https://citl.illinois.edu/>, 505 E. Armory Ave. (Suite 156), Champaign.

Disability Resources & Educational Services: DRES provides University of Illinois faculty, staff, and students with disabilities academic adjustments, accommodations, and support. dres.illinois.edu, 1207 S. Oak St., Champaign.

Illini Union Bookstore: The Illini Union Bookstore, 809 S. Wright St., Champaign, is the university's official bookstore. Bookstore.illinois.edu. For a list of workspaces near the bookstore where you can work alone or with friends, visit: union.illinois.edu/studyspaces.

Intensive English Institute: International language learners can gain proficiency in English for academic, professional, or other purposes. IEI offers full-time and part-time curriculum options. ISAR Fellows can enroll in courses at no cost, subject to availability. For more information, contact: Matthew Rosenstein (rosenstn@illinois.edu) or visit <https://iei.illinois.edu/>, 910 S. Fifth St., Champaign.

International Student and Scholar Services: ISSS serves international population and campus units at UIUC through advising, immigration services, programming, advocacy, and outreach. iss.illinois.edu, 910 S. Fifth St., Champaign.

Libraries: UIUC has approximately 30 subject libraries, area studies centers, and special collections across campus. The university libraries have a variety of study and meeting spaces, including reservable group study rooms, digital scholarship and media creation spaces, and reading rooms. <https://www.library.illinois.edu/>.

- To schedule a library tour, visit <https://www.library.illinois.edu/tlas/library-tours/>.
- A list of links to suggested library websites for specific majors is available at <https://www.library.illinois.edu/using-library-spaces/bycollege/>

Writers Workshop: Writers workshop provides free writing assistance for University of Illinois faculty, staff, and students from all disciplines and at all stages of the writing process. writersworkshop.illinois.edu, 100b Main Library, 1408 W. Gregory Dr., Urbana.



COMMUNITY

Champaign Public Library, 200 W. Green St., Champaign. 217-403-2000 | champaign.org

Parkland College Adult Education: Provides free multicultural English as a second language (ESL) classes. parkland.edu/Main/Academics/Departments/Adult-Education/Programs/English-Language-ESL

Scholars at Risk: An international network of institutions and individuals whose mission is to protect scholars and promote academic freedom. Provides advisory services for scholars and helps arrange temporary visits at member universities and colleges. <https://www.scholarsatrisk.org/>

University YMCA: A list of other ESL, conversation, and tutoring classes available in the community is available at <https://universityymca.org/welcome/oasis/adult-education/>

Urbana Free Library, 210 W. Green St., Urbana | 217-367-4057 | urbanafreelibrary.org

FELLOWSHIPS AND SCHOLARSHIPS

The following programs and fellowships may be suitable for at-risk scholars. Some are specifically designed for at-risk individuals, while others are more general programs that may accommodate the personal and professional needs of at-risk individuals. Each has its own criteria, application process, and deadlines.

- Bank of Ireland Fellowship in Human Rights at NUI – Galway: <https://www.universityofgalway.ie/about-us/news-and-events/news-archive/2003/june2003/bank-of-ireland-fellowship-in-international-human-rights-law-1.html>
- Carr Center for Human Rights Policy Fellowships at Harvard University: <https://worldwide.harvard.edu/carr-center-human-rights-policy-fellowship-program>
- Chevening Scholarships: <http://www.fco.gov.uk/en/about-us/what-we-do/scholarships/chevening/>
- Eric Abraham Academic Visitorships at University of Cape Town: <https://www.sigrid-rausing-trust.org/grantee/university-of-cape-town-trust/>
- The Harvard Academy for International and Area Studies Scholars Program: https://academy.wcfia.harvard.edu/programs/academy_scholar
- Human Rights Watch Hellman/Hammett Grants: <https://www.hrw.org/human-rights-watch/hellman-hammett-grants>
- Institute of International Education Scholar Rescue Fund: <https://www.scholarrescuefund.org/>
- International Cities of Refuge Network: <https://www.icorn.org/>
- John S. Knight Journalism Fellowships at Stanford University: <https://jsk.stanford.edu/>
- Knight Science Journalism Fellowships at MIT: <https://ksj.mit.edu/>
- Knight-Wallace Fellowships at University of Michigan: <https://wallacehouse.umich.edu/knight-wallace/2023-2024-fellows/>
- National Endowment for Democracy's Reagan-Fascell Fellowship Program: <https://www.ned.org/fellowships/reagan-fascell-democracy-fellows-program/>
- Nieman Foundation for Journalism at Harvard Fellowships: <https://nieman.harvard.edu/fellowships/>
- RFK Center Human Rights Award: <https://rfkhumanrights.org/awards>
- University of Notre Dame Kellogg Institute Visiting Fellowships: <https://kellogg.nd.edu/opportunities/visiting-researchers/about-our-visiting-fellowships>
- The University of York Center for Applied Human Rights Defenders Fellowship: <https://www.york.ac.uk/cahr/human-rights-defenders/protective-fellowship/>
- Woodrow Wilson International Center for Scholars Residential Fellowships: <https://www.wilsoncenter.org/fellowships-grants>

HEALTH RESOURCES

Before we share information about on and off campus health resources, we would like to begin with a general overview of health insurance in the United States. This information was compiled by the Illinois International Student and Scholar Services (ISSS).

DIFFERENT TYPES OF HEALTH INSURANCE PLANS

There are three main types of health insurance plans available in the U.S.

- **Indemnity plan.** Under this type of plan, you pay a premium for the insurance and a fixed percentage of covered expenses, plus any deductibles and co-payments. You may choose your physician and refer yourself to specialists.
- **PPO (Preferred Provider Organization).** A PPO is similar to an indemnity plan. However, you pay less for care received through one of the plan's preferred physicians or facilities.
- **HMO (Health Maintenance Organization).** Under an HMO, you pay a premium for the insurance and a fixed co-payment for covered services. You must select a "primary care physician" approved by the HMO. All treatment, including that rendered by specialists and at facilities outside the HMO network, must be done on the basis of a referral by your primary care physician and must sometimes be pre-approved by the HMO. The HMO may refuse to pay for services that were not recommended by your primary care physician.

CHOOSING THE RIGHT INSURANCE PLAN

When choosing an insurance plan, cost is just one consideration. You should also understand the features of each plan. Ask questions like:

- Which treatments are covered, and what is excluded?
- How much must you pay toward a deductible or copayment?
- Will the insurance pay for any medical conditions that existed at the time that you purchased the insurance?
- Is it important that you have access to specialists?
- In the case of HMO and PPO plans, is there a wide selection of primary care physicians, specialists, and hospitals or clinics affiliated with the insurance?
- Is there a maximum amount that the insurance will pay for each problem annually or over the lifetime of your coverage?
- How quickly does the company process claims?

To select the best insurance, you must consider your situation and that of any dependents. For instance, if you suffer from a chronic health condition, you should avoid purchasing insurance that exempts pre-existing conditions. If you choose an HMO or PPO, find out if there is a specialist in the network who can provide treatment. Some insurance plans have very low premiums, but have high deductibles, copayments, and many exemptions. These "catastrophic" plans provide little or no benefit for most medical problems.

UNDERSTANDING INSURANCE TERMINOLOGY

As you evaluate insurance plans, it is helpful to understand some common insurance terminology. Once you choose a plan, it is vital that you read the policy carefully to understand how your health insurance company defines these terms and any others.

- **Premium** is the amount that you must pay to purchase insurance coverage.
- **Deductible or co-payment** is the portion of your medical bill that you must pay.
- **Out-of-pocket maximum** is the highest amount that you must pay before the insurance covers 100% of the cost of treatment.
- **Aggregate maximum or lifetime cap** is the maximum dollar amount that your insurance will pay for benefits over your lifetime or that of your insured dependents.

- **Usual and customary** is the average fee that a health care provider charges for any given service in your geographic area.
- **Exclusions and limitations** are benefits that are not paid for by your insurance company.
- **Pre-existing condition** is any medical problem that was already diagnosed or that existed prior to purchasing the health insurance. Many plans exclude pre-existing conditions from coverage. The Student Health Insurance plan does not exclude pre-existing conditions.
- **Pre-authorization** is the approval that you must obtain from your insurance provider prior to treatment for non-emergency care.
- **Claim** is a formal request for payment of benefits covered under the insurance program, after service is rendered and expenses are incurred.

FILING A CLAIM

Read your insurance brochure to find out how and when claims for benefits should be filed with the insurance company. Also ask your health care provider or hospital if they will file the claim on your behalf. If not, will they require payment for services immediately or wait for your insurance to first pay the portion of your bill as provided under your plan? Be prepared to show your insurance card to your provider at the time of service. If you purchase insurance from a source other than an HMO, ask the company to give you a claim form when you buy the insurance. Keep copies of all bills and papers related to claims for at least one year.

USING INSURANCE WISELY

Once you select your health insurance, it is important to use it wisely. Use the hospital emergency room (ER) only in the case of a true emergency. Read your insurance policy carefully before you need to use it. Your insurance company may refuse payment if you receive treatment for an excludable condition, or if you do not follow insurance protocol for treatment. Ask your health care provider for a cost estimate for any treatment you might receive, especially prior to surgery or hospitalization. Then consult with your insurance company about the coverage you might expect. By taking these measures, you can keep your health care costs down.

Remember: Health insurance coverage is required for all J-1 exchange visitors and their dependents. The U.S. Department of State has established minimum requirements for insurance coverage in order to protect J-1 participants and their family members in case of illness or accident. These requirements include:

- Maximum coverage for medical benefits cannot be less than \$100,000 per accident or illness.
- If you should die in the United States, your insurance must provide at least \$25,000 to send your remains to your home country. This is called “repatriation of remains.”
- If, because of serious illness or injury, you must be sent home on the advice of a doctor, the insurance must pay up to \$50,000 for the expenses of your travel. This is called “medical evacuation.”
- The deductible cannot be more than \$500 per accident or illness. This is the amount you would have to pay before the insurance company pays anything. Many policies have a much lower deductible, which is good for you.
- The insurance must pay at least 75% of covered medical expenses. After you have paid the deductible, an insurance policy usually only pays a percentage of your medical expenses, and you pay the rest. The percentage you pay is called co-insurance or a co-payment.
- The policy may establish a waiting period before it covers pre-existing conditions (health problems you had before you bought the insurance), as long as the waiting period is reasonable by current standards in the insurance industry.
- The policy must be backed by the full faith and credit of your home country government or the company providing the insurance must meet minimum rating requirements established by the State Department (an A.M. best rating of A- or above, and Insurance Solvency International Ltd. (ISI) rating of A- or above, a Standard and Poor’s Claims-paying ability rating of A- or above, or a Weiss Research, Inc. rating of B+ or above).

- Most insurance policies exclude coverage for certain conditions. The J-1 regulations require that if a particular activity is a part of your exchange visitor program, your insurance must cover injuries resulting from your participation in that activity.

All J-1 visitors will need to show that they have obtained insurance coverage before starting their program, and again before making certain changes to their program (adding dependents, travel, or program extension).

The Counseling Center: The Counseling Center, Turner Student Services Building, 610 E. John St., Champaign, provides individual, couples, and group counseling. To schedule an appointment, go to <http://counselingcenter.illinois.edu/counseling/counseling-center-services/your-first-appointment/make-appointment> or call 217-333-3704. If you are in crisis and need immediate help, walk into the Counseling Center and inform the staff that you are experiencing a crisis. They will help get you connected to support as soon as possible. In case of emergency services after-hours, call the Crisis Line at 217 359-414. For more information, [visit: counselingcenter.illinois.edu](http://counselingcenter.illinois.edu).

- **Emergency resources:** <https://counselingcenter.illinois.edu/emergency-0>
- **Self-help brochures:** The Counseling Center provides self-help brochures on a variety of topics, including academic difficulties, adjusting to college life in the U.S., alcohol/drug abuse and addictions, stress and anxiety, depression, diversity and cultural differences, eating and body image concerns, family difficulties, grief and loss, LGBTQIA+ concerns, recovering from trauma, relationship problems, self-awareness and self-care, and much more. <https://counselingcenter.illinois.edu/brochures>

Faculty/Staff Assistance and Well-Being Services: FSAWS, 1011 W. Springfield Ave., Urbana, provides quality, confidential assistance to employees and their families who may be experiencing difficulties that impact their lives. This includes assessments, short-term counseling, crisis services, and referrals to appropriate resources. For more information, visit: <https://humanresources.illinois.edu/fsaws/about/index.html>, call (217) 244-5312, or email fsas@illinois.edu. Crisis line: 217-244-7739

McKinley Health Center: McKinley Health Center, 1109 S. Lincoln Ave., Urbana, serves faculty, staff, and students. Services provided by McKinley include: 24-hour dial-a-nurse, primary care providers, pharmacy, travel exams and inoculations, women's health clinic, health resource centers, health education unit, and more. For more information, visit: mckinley.illinois.edu 217-333-2700

The Mental Health Clinic: The Mental Health Clinic at McKinley provides evaluations, consultations, and recommendations for subsequent treatment for a variety of emotional and behavioral difficulties. mckinley.illinois.edu/medical-services/mental-health 217-333-2700



MEDICAL ASSISTANCE

Walk-In medical clinics (no appointment required)

Campustown Urgent Care: A walk-in no-appointment health clinic. Services include treatment of: colds, flu, pneumonia, illnesses of all types, earaches, headaches, etc. <http://campustownurgentcare.com/>
631 E. Green St., Champaign, | 217-344-9909

OSF OnCall Urgent Care (multiple locations; Catholic).

https://www.osfhealthcare.org/practices/search/?adv-practice_type=3

2043 S Neil St., Champaign | 217-337-3852

2718 N. Prospect Ave., Champaign | 217-337-3852

Hospitals

in case of emergency, open 24 Hours

Carle Foundation Hospital

<https://carle.org/locations/carle-foundation-hospital>

611 Park St., Urbana | 217-383-3311

OSF Heart of Mary Medical Center (Catholic)

<https://www.osfhealthcare.org/heart-of-mary/>

1400 W. Park St., Urbana | 217-337-2000

24-Hour Emergency/Crisis Resources

Champaign County Crisis Line: 217-359-4141

Pavilion Behavioral Health: No-cost, confidential assessment 24 hours a day, 7 days a week. <https://pavilionhospital.com/>

809 W. Church St., Champaign | Call 800-373-1700

Rosecrance Crisis Line: Rosecrance offers a 24-hour mental health crisis hotline and provides a range of prevention, intervention, and behavioral health treatment services for individuals and families. <https://rosecrance.org/central-illinois/>

801 N. Walnut St., Champaign | 217-398-8080 (mental health) | 217-373-2430 (substance use)

Free Clinics

Avicenna Community Health Center: (open Sundays 1 p.m.-4 p.m.)

<https://www.avicennahealth.org/>

201 W. Kenyon Rd., Champaign

309-306-1358 | info@avicennahealth.org

Champaign County Christian Health Center: Champaign County Christian Health Center is a not-for-profit health center founded in 2003 to provide holistic, free, and quality health care services. You do not need to be Christian to access their services. Available the 2nd and 4th Tuesday and Wednesday of each month from 5:30 to 8:30 p.m. <https://www.ccchc2003.org/>

1401 S. State St., Suite #B, Champaign | 217-398-2914

Local Health Care Systems

Champaign County Health Care Consumers: Offers free assistance in getting health insurance, dental care, and prescriptions. Provides online resources guides in English (www.healthcareconsumers.org/resource-guides-2/) and Spanish (www.healthcareconsumers.org/guias-de-recursos/). www.healthcareconsumers.org/
44 E. Main St., Suite 208, Champaign | 217-352-6533 | cchcc@cchcc-il.org

TaiAn International Health Insurance: <https://taianfinancial.com/student-scholar/>

Family Planning, Reproductive Health, Women's Health

Champaign-Urbana Public Health District

<https://www.c-uphd.org/family-planning.html>

201 W. Kenyon Rd., Champaign | 217-531-5365

Planned Parenthood of East Central Illinois

<https://www.plannedparenthood.org/health-center/illinois/champaign/61820/champaign-health-center-3283-90430>

302 E. Stoughton St., Champaign | 217-359-8022

Dental Services

Parkland College Dental Hygiene Clinic (by appointment)

<https://www.parkland.edu/Main/Academics/Departments/Health-Professions/Dental-Hygiene-Clinic>

217-351-2221 | 2400 W. Bradley Ave., Room L48, Champaign

Promise Healthcare (by appointment)

<https://www.promisehealth.org/frances-nelson-health-center/smilehealthy-dental/> 217-403-5477

VISION, SPEECH, AND HEARING SERVICES

On Campus

Audiology Clinic

<https://ahs.illinois.edu/audiology-clinic>

217-333-2205 | shsclinic@illinois.edu | 2000 S. Oak St., Suite B, Champaign

Speech-Language Pathology Clinic

<https://ahs.illinois.edu/slp-clinic>

217-333-2206 | shsclinic@illinois.edu | 2001 S. Oak St., Suite B, Champaign

Off Campus

All About Eyes

<https://allabouteyes.com/locations-2/champaign/>

217- 531-5393 | 525 W. Town Center Blvd., Champaign

Bard Optical

<https://www.bardoptical.com/eye-doctor-champaign/>

217-351-8822 | 907 W. Marketview Pl., Champaign

Carle Eye Care

www.carle.org/services/optometry

217-383-3311 | 602 W. University Ave., Urbana

Champaign Lions' Club (financial assistance for glasses and hearing aids)

<http://www.champaignlions.org/>

309-863-5335 | 1406 Regency Dr. W., Savoy

The Eye Center

www.2020eyecenter.com/

217-352-2020 | 2151 S. Neil St., Champaign

Illini Hearing

<https://www.illinihearing.com/>

217-434-4141 | 1801 W. Kirby Ave., Champaign

Jones Optical

www.jonesoptical.com

217-359-2390 | 1711 S. Neil St., Champaign

Walmart Vision Center (Urbana)

www.walmart.com/store/5403/urbana-il/details

217-344-6203 | 100 S. High Cross Rd., Urbana

Walmart Vision Center (Champaign)

www.walmart.com/store/1734/champaign-il/details

217-352-1812 | 2610 N. Prospect Ave., Champaign

ANIMAL CARE

On Campus

Veterinary Teaching Hospital

www.vetmed.illinois.edu/animal-care/vth/

Small animals: 217-333-5300 | 1008 W. Hazelwood Dr., Urbana

Large animals: 217-333-2000 | 1102 W. Hazelwood Dr., Urbana

Off Campus

St. Joseph Animal Hospital

www.stjosephanimalhospital.net/

217-469-2220 | 811 N. Fourth St., Saint Joseph

FAMILY RESOURCES

Chambana Moms: Online resource for families in the Champaign-Urbana area. chambanamoms.com

CHILD CARE

On Campus

Childcare Resource Service: Provides childcare referrals, information on evaluating quality childcare, resources on various parenting issues, and assistance in paying for childcare (for income-eligible families). ccrs.illinois.edu
314 Bevier Hall, 905 S. Goodwin Ave., Urbana | 217-333-3252

Off Campus

Champaign Early Childhood Center: CECC is run through the state-funded Preschool for All grant at no cost to parents/guardians. Children in the CECC program are ages 3-5. Children must turn 3 by Sept. 1 of the current school year, unless they qualify for special education services. Once the student is kindergarten eligible (age 5 by Sept. 1) they may no longer attend pre-K. There is a morning and afternoon session, each running 2.5 hours Monday through Friday. <https://www.champaignschools.org/o/cecc>

Crisis Nursery: Crisis Nursey provides short-term care in cases of emergency and is the only emergency-based childcare facility in Champaign County that is open 24 hours, 365 days a year for the entire community to access with no fees or income eligibility. crisisnursery.net
1309 W. Hill St., Urbana | 217-337-2730 (24-hour crisis line) | 217-337-2731 (business hours)

Urbana Early Childhood School: At UECS, every classroom is made up of 3-, 4-, and 5-year-old students who work and play in blended classrooms with students of all abilities. UECS children attend school 2 1/2 hours daily throughout the school year. Morning sessions are from 9-11:30 a.m. and afternoon sessions are 1-3:30 p.m. Transportation is provided to most children. <https://uecs.usd116.org/about/>

Private Daycare Facilities

- The Caring Place: <https://caringplace.carle.org/>
- Chesterbrook Academy: <https://www.chesterbrookacademy.com/preschools/central-il/champaign/>
- KinderCare: <https://www.kindercare.com/our-centers/champaign/il/301068>
- La Petite Academy: <https://www.lapetite.com/your-local-school/champaign-il-7010/>
- Little Hearts and Hands: <https://www.littleheartsandhandsearlylearning.com/>
- Next Generation STEAM Studio: <https://www.nextgenerationschool.com/steam-studio>

K-12 SCHOOLS

K-12 (kindergarten through 12th grade) public schools are open to all students, domestic and international. Public schools are free. Parents/guardians usually pay a small fee at the beginning of each school year. For example, for students attending Urbana Early Childhood School, all elementary schools, Urbana middle schools and high schools, there is a \$100 registration fee. If your family qualifies for free/reduced lunch, this fee may be reduced or waived.

Champaign School District: Champaign Unit 4 Schools consists of 11 elementary schools, three middle schools, two high schools, and an alternative school. Residents of Champaign have the option to choose where their child(ren) will attend public school. For more information, visit: <https://www.champaignschools.org/>

- Family and Community Engagement Center: <https://face.champaignschools.org/face>
- Enrollment Information: <https://www.champaignschools.org/page/enrollment-information>

Urbana School District: Urbana School District 116 has six elementary schools, one middle school, and one high school. In Urbana, children usually attend the public school nearest their place of residence. Toward the end of summer (typically the last week of July), USD116 hosts an all-schools registration event for NEW families. <https://usd116.org/newfamilies/>

Before/After School Programs

Many local schools, including Champaign Unit 4 and Urbana District 116, have before- and after-school programs, which have a cost that comes with enrollment and/or attendance. All programs have strict on-time pickup policies.

Kids Plus (Champaign): Kids Plus is offered at Unit 4 Elementary Schools. The student must attend Kids Plus at the school they attend. Kids Plus serves students in grades kindergarten through fifth grade. All before-school programs start at 7 a.m. and run until the school day starts. All after-school programs begin at the end of the school day and run until 6 p.m. <https://www.champaignschools.org/page/kids-plus>

The Before & After School Child Care Program (Urbana): The Before & After School Child Care Program provides a safe, supervised place for children in grades K-5 before school from 6:45 a.m. until school begins and after regular school hours until 6 p.m. It uses space at Leal, Dr. Williams, Thomas Paine, and Yankee Ridge elementary schools. Any child enrolled in an Urbana School District elementary school may be enrolled in the program. Children may join Before School, After School, or both. <https://usd116.org/beforeafterschool/>

FOOD

GROCERIES

Aldi: one of the cheapest grocery stores in town
aldi.us

801 W. Interstate Dr., Champaign
3102 E. University Ave., Urbana

Costco & Sam's Club: Members-only warehouse stores selling a huge variety of items, including bulk groceries.

Costco: 2002 N. Neil St., Champaign
Sam's Club: 915 W. Marketview Dr., Champaign

County Market

mycountymarket.com

331 E. Stoughton St., Champaign

Meijer

meijer.com

2401 N. Prospect Ave., Champaign
2500 S. Philo Rd., Urbana

Schnucks

schnucks.com

109 N. Mattis Ave., Champaign
200 N. Vine St., Urbana
1301 Savoy Plaza Ln., Savoy

Urbana Farmer's Market

<https://urbanamarket.org/>

Corner of East Illinois and South Vine, Urbana
(Saturdays 7 a.m. to noon)

Walmart Supercenter

walmart.com/cp/food

2610 N. Prospect Ave., Champaign
100 S. High Cross Rd., Urbana

World Harvest International Market

worldharvestfoods.com

306 W. Springfield Ave., Urbana

SOUP KITCHENS AND HOT MEALS

(In case of food insecurity)

Daily Bread Soup Kitchen: Serves a hot meal of soup, salad, entree, dessert, and beverage to those in need in a safe, respectful, and inviting environment. dailybreadsoupkitchen.com

116 N. First St., Champaign

Jubilee Café: Offers freshly cooked, made-from-scratch meals and non-perishable pantry items to community members who struggle with food insecurity. Takeaway meals provided on Mondays from 5 to 6:30 p.m. <https://community-ucc.org/jubilee-cafe/>

217-344-5091 | jubilee.cafe@community-ucc.org
805 S. Sixth St., Champaign

University Place Christian Church: Community dinner Wednesdays at 6 p.m. www.uniplace.org/

403 S. Wright St., Champaign
217-352-5118

FOOD PANTRIES

(In case of food insecurity)

Campus Food Assistance & Well-Being Program: The Food Assistance & Well-Being Program is a shopping style pantry. Food is set up on shelves by food groups. Shoppers walk through the space and select food according to pantry guidelines. campusrec.illinois.edu/food-assistance-and-well-being-program

201 E. Peabody Dr. (Suite 1430, MC-556), Champaign
217-333-3806 | campusrec@illinois.edu

Eastern Illinois Food Bank: Provides free and very low-cost food to more than 220 food pantries and other agencies and programs serving individuals and families struggling with hunger. There are pantries in the campus area and surrounding communities. eifoodbank.org/help/champaign

2405 N. Shore Dr., Urbana | 217-328-3663

NUTRITION

Budget-friendly recipes

- [Bon Appetit](#)
- [Budget Bytes](#)
- [Taste of Home](#)



TRANSPORTATION

AIRPORTS

- Central Illinois Regional Airport (Bloomington): <https://cira.com/>
- Chicago Midway International Airport: <https://www.flychicago.com/midway/home/pages/default.aspx>
- Chicago O'Hare International Airport: <https://www.flychicago.com/ohare/home/pages/default.aspx>
- Indianapolis International Airport: <https://www.ind.com/>
- Willard Airport (the closest airport to UIUC, operated by the university): <https://iflycu.com/>

BUSES

Champaign-Urbana Mass Transit District: With frequent campus and community routes, CUMTD buses can get you to nearly every part of Urbana, Champaign, and Savory for **free with your I-Card (or the Illinois app)**. Other fare information:

- Children 46 inches (1.1 meter) or less in height ride free when accompanied by a fare-paying adult (or an adult with an I-Card).
- Without an I-Card, the fare is one dollar (\$1) per ride; transfers are free.
- An annual bus pass (\$60) may be purchased at Illinois Terminal, 45 E. University Ave., Champaign, for those who don't have an I-Card.
- A monthly bus pass which starts on the first day of the month (\$20) may also be purchased at Illinois Terminal for those who don't have an I-Card.
- An all-day pass for Saturday or Sunday can be purchased for \$2 from any driver for unlimited riding on the day of the purchase.
- Seniors 65 and older can get a DASH pass from Illinois Terminal to ride for free any time.

Schedules, routes, and the latest CUMTD news are available at www.mtd.org/ | 217-384-8188

Other Buses/Shuttles

- Burlington Trailways: <https://burlingtontrailways.com/>
- Greyhound Services: <https://www.greyhound.com/>
- Megabus: <https://us.megabus.com/>
- Peoria Charter Coach Co.: <https://peoriacharter.com/>

A one-way trip from Champaign to Chicago O'Hare International Airport, Chicago Midway International Airport, or the Chicago suburbs costs approximately \$35.

BIKES

Bikes on Campus

UIUC's bike website has a wealth of information: <https://bike.illinois.edu/>

UIUC campus features 16 miles of marked bikeways flowing into the surrounding community and more than 400 bicycle parking locations. Bicyclists are welcome on buses. Every CUMTD bus is equipped with a bike rack on the front.

All bicycles on campus must be registered in the University's National Bicycle Registration system. Your bicycle is not protected until you attach the registration tag (529 Shield) to your bike. There is a one-time \$10 registration fee per bicycle. <https://bike.illinois.edu/register-your-bike/>

Bike Purchase and Maintenance

The Bike Project: The Bike Project offers a non-commercial do-it-yourself space, tools, and a community to repair bikes, share knowledge, hold classes, and advocate for bikes in Urbana-Champaign, Illinois. www.thebikeproject.org/
202 S. Broadway, Room 24, Urbana

The Campus Bike Center: A collaboration between the University of Illinois and The Bike Project of Urbana-Champaign is dedicated to empowering individuals with knowledge about how to repair and maintain bicycles. <https://campusrec.illinois.edu/programs/campus-bike-center/>

Chambana Bike (bike rental & free maintenance):
www.chambanabike.com/ 624 S. Fifth St., Champaign

Durst Cycle & Fitness (bike shop): www.durstcycle.com/ 1112 W. University Ave., Urbana

Neutral Cycle (bike repair & rental): www.neutralcycle.com/ 624 S. Fifth St., Champaign

BikeLab: 624 S. Fifth St., Champaign | <https://bikelab.shop/>

BR Bikes and Repairs: <https://brbikesandrepairs.com/en/>

Champaign Cycle: 506 S. Country Fair Dr., Champaign www.champaigncycle.com

Itty Bitty Bike Shop: 303 W. Griggs St., Urbana www.ittybittybikeshop.com

TRAINS

AMTRAK: The national train system that provides national rail service from Illinois Terminal to Chicago, Memphis, and New Orleans, with many Midwest connections. www.amtrak.com/stations/chm.html
217-384-8188
45 E. University Ave., Champaign

TAXI CABS

You can request a taxi in advance by contacting the taxi services directly via phone. An updated list of taxi services and their phone numbers can be found online at: https://search.yahoo.com/local/s?p=taxi+services&addr=urbana,+il&fr=local_lyc_lsyc_rd

CARS

If you want to drive a car in the U.S., you must have a car registration, car insurance, and a valid driver's license.

Driver's Education

- JR's Driving School: www.jrsdriving.com/home.html
- M&M'S Driving School: <https://www.mandmdrivingschool.com/>

Car Rental

For a flat daily fee plus mileage and fuel costs, it is possible to rent a vehicle. An updated list of local car rental services can be found online at <https://www.yellowpages.com/urbana-il/car-rental>

Here are a few car rental services that have locations at Willard Airport:

- Alamo (<https://www.alamo.com/>)
- Avis (<https://www.avis.com/>)
- Enterprise (<https://www.enterprise.com/>)

Care Share Services

- **Lyft:** A car service provider that allows you to request rides using the Lyft app on your phone. <https://www.lyft.com/>
- **Uber:** A car service provider that allows you to request a ride using the Uber app on your phone. <https://www.uber.com/>
- **ZipCar:** With a small membership fee, you can use a Zipcar by the hour or day. Yearly membership is also available. www.zipcar.com/illinois

Driver's Licensing

Department of Motor Vehicles: A department of motor vehicles is a government agency that administers motor vehicle registration, driver licensing, and identification cards (IDs). In Illinois, these services are provided by the Office of the Illinois Secretary of State: <https://www.ilsos.gov/>.

For information about temporary visitor driver's licensing, go to <https://www.ilsos.gov/departments/drivers/TVDL/>.
2012 Round Barn Rd., Champaign | 217- 278-3344

Parking

UIUC does not have free parking; campus parking lots and structures require paid permits. For commuters, UIUC offers low-cost monthly parking at the State Farm Center with MTD service to campus every 10 minutes during peak hours. <https://parking.illinois.edu/> | parkingcomments@illinois.edu

- **Visitor permit:** <https://parking.illinois.edu/permits-forms/visitor-permits>
- **Faculty and staff permit:** <https://parking.illinois.edu/permits-forms/faculty-staff-permits>
- **Rates:** <https://parking.illinois.edu/campus-parking/parking-rates>
- **Parking Map:** <https://parking.web.illinois.edu/maps/campus-parking-map>

There is metered parking on some streets. Both Urbana and Champaign use the parking app MobileMeter.

CLOTHING

(Low-cost or free clothing, shoes, jewelry, and more)

- **Connections, the Courage Connection Store**
www.courageconnection.org/about-our-store/
201 Lincoln Sq., Urbana
- **Goodwill**
www.goodwill.org/
912 W. Anthony Dr., Champaign
1201 Savoy Plaza Ln., Savoy
- **His Kid's Closet**
www.facebook.com/HisKidsCloset/
201 W. Kenyon Rd., Champaign
- **Restoration Urban Ministries**
www.restorationurbanministries.org/programs-services/clothing-pantry/
1213 Parkland Ct., Champaign
- **Salt & Light Ministries**
www.saltandlightministry.org/
1512 W. Anthony Dr., Champaign
1819 S. Philo Rd., Urbana
- **Warm-A-Kid Drive (Champaign Unit 4 School District)**
703 S. New St., Champaign

MONEY AND BANKING

CURRENCY

American currency is based on the decimal system with 100 cents (¢) to each dollar (\$). Currency is issued in coins or bills. The names and values of the coins are as follows:

- Penny: 1 cent. The only copper colored coin.
- Nickel: 5 cents. Larger than a penny; silver colored.
- Dime: 10 cents. The smallest coin (although not the lowest value); silver colored.
- Quarter: 25 cents. Larger than a nickel; silver colored.
- Half-dollar: 50 cents. Larger than a quarter; silver colored; rarely used.
- Silver dollar: 100 cents. The largest coin; silver colored; rarely used.

BANK ACCOUNTS

There are two basic types of bank accounts: checking accounts and savings accounts. When you go to open your account, take your passport and immigration documents with you to serve as identification.

- **Checking account:** With a checking account you can deposit your money in the account and access those funds with a debit card or by writing a personal check. The bank will provide you with a debit card and a few checks to get you started; additional checks can be ordered for a fee. Some checking accounts have a minimum balance requirement. If you go below the minimum, you will be charged a fee. Be sure to ask about any requirements when you go to open your account.
- **Savings account:** If you have money that you do not need to use immediately, you may want to open a savings account. The advantage of a savings account is that money in the account earns a small amount of interest. As with checking accounts, there is normally a minimum account balance requirement. If your account balance falls below the minimum requirement, the bank will deduct a monthly fee from your account.

ATMS & DEBIT CARDS

A debit card can be used to purchase goods and services in stores and online. They are given with most new checking accounts. They can be used anywhere credit cards are accepted. Unlike a credit card, however, the funds are immediately deducted from your account balance when you make a purchase. A debit card allows you to get cash, make deposits, transfer funds, or check your account balance at any time of the day or night from a bank ATM (automated teller machine). You may be charged a fee for using an ATM from another bank. Never give your personal identification number (PIN) or card information to anyone.

LOCAL BANKS

Busey Bank: Busey Bank is headquartered in Champaign, so it's not surprising that they have over five branches in the Champaign-Urbana area. <https://www.busey.com/>
201 W. Main St., Urbana | 217-365-4500

JP Morgan Chase Bank: While there are no Chase branches on campus, there are ATMs in the area. Chase is best known for their quick-pay feature. Checks can be deposited with just a quick picture on your smartphone and money can be sent between Chase customers almost instantly.
201 W. University Ave., Champaign | 217-353-4234

PNC Bank: PNC is the bank of the University of Illinois at Urbana-Champaign. They have locations on both Green and First streets, and they also have ATMs in the Illini Union Bookstore, the Union, and Grainger Library. <https://www.pnc.com>
Illini Union, 809 S. Wright St., Champaign | 217-974-7401

MOBILE/CELL PHONE SERVICES

Contract Phones:

- Most phone companies only require Social Security numbers for contracted plans. Without a Social Security number many will require a deposit for contracted plans.
- It is common practice that the provider will take photocopies of your passport and visa. Be sure to bring these documents with you.

Pre-pay/Pay-as-you-go phones:

- Many companies offer a pre-paid cell phone, which does not require a contract. You can purchase the phone and minutes at each store, or you can visit major supermarkets for more pre-paid options. You will not be required to provide your Social Security number.

Things to consider when choosing a cellular company:

- How long are you going to stay inside the United States?
- Are you going to call or receive international calls?
- Can you use your current phone in the United States?
- Does the company offer discounts to University of Illinois students and employees?

AT&T

att.com | 217-801-3654
2033 S. Neil St., Champaign

Best Buy

bestbuy.com | 217-352-8883
2117 N. Prospect Ave., Champaign
(multiple options for providers and service plans in one place)

Boost Mobile

boostmobile.com/ | 217-355-5300
1104 N. Prospect Ave., Champaign

T-Mobile

t-mobile.com | 217-607-5968
110 E. University Ave., Suite F, Urbana
(*prepaid plans start at \$15/month here!*)

MAIL SERVICES (US AND INTERNATIONAL)

United States Postal Service (USPS)

(Post Office, domestic and international mail) www.USPS.com
302 E. Green St., Champaign | 217- 328-5200

United Parcel Service (UPS)

(Package shipping and receiving, domestic and international; DHL delivery) www.UPS.com
Champaign: <https://locations.ups.com/il/champaign/>
Urbana: <https://locations.ups.com/il/urbana/>

FedEx

(special deliveries, packages, important documents, domestic and international) www.fedex.com
Champaign: <https://go.illinois.edu/FedExChampaign>
Urbana: <https://go.illinois.edu/FedExUrbana>

RELIGIOUS AND COMMUNITY CENTERS

African Methodist Episcopal, Bethel AME Church

401 E. Park St., Champaign | 217-356-0323

All Souls Presbyterian Church

www.allsoulspca.org

202 W. Illinois St., Urbana | 217-766-2006

Bible Baptist Church

4001 W. Kirby Ave., Champaign | 217-359-3021

Calvary Baptist Church

2106 E. Windsor Rd., Urbana | 217-367-2262

Central Illinois Mosque & Islamic Center

www.cimic.org/

106 S. Lincoln Ave., Urbana | 217-344-1555

Chabad Center for Jewish Life and Living at UIUC

<https://www.jewishillini.org/>

209 E. Armory Ave., Champaign | 217-355-8672

Champaign Church of the Brethren

www.cubrethren.org

Neil St., Champaign | 217-356-3852

Champaign Faith (United Methodist)

www.champaignfaith.org

17190 S. Prospect Ave., Champaign | 217-359-3631

Champaign First United Methodist

www.champaignfumc.org

210 W. Church St., Champaign | 217-356-9078

Christian Science Service

www.christiansciencechampaign.org

109 S. Duncan Rd., Champaign

Church of Saint Mary

www.stmary-cu.org/

612 E. Park St., Champaign | 217-352-8364

Cohen Hillel at UIUC

<https://www.illinihillel.org/>

503 E. John St., Champaign | 217-344-1328

Grace Lutheran, ECLA

www.gracelutherncu.org

313 S. Prospect Ave., Champaign | 217-356-6232

Eastern Orthodox: Three Hierarchs Greek Orthodox Church

www.threehierarchs.org

2010 Three Hierarchs Ct., Champaign | 217-352-3452

Emmanuel Memorial Episcopal Church

www.emmanuelmemorialepiscopal.org

208 W. University Ave., Champaign | 217-352-9827

First Baptist Church, Rantoul

401 Glenwood Dr., Rantoul | 217-892-2667

First Baptist Church of Urbana

3311 S. Philo Rd., Urbana

First Presbyterian of Champaign

www.firstpres.church

302 W. Church St., Champaign, IL 61820

First Presbyterian Church of Urbana

www.firstpresurbana.org

602 W. Green St., Urbana

Good Shepherd Lutheran Church, ELCA

www.gslc-cu.org

2101 S. Prospect Ave., Champaign | 217-352-1732

Immanuel Lutheran Church of Flatville, NALC

www.flatvillechurch.com

2498 County Rd., 2100 E, Thomasboro | 217-694-4156

Immanuel Lutheran Church of Osman, LCMS

www.osmanlutheran.org

942 Grape Ave., Fisher | 217-897-6170

McKinley Presbyterian

www.mckinley-church.org

801 S. Fifth St., Champaign | 217-344-0297

Mahomet United Methodist Church

www.mumc.org

1302 E. South Mahomet Rd., Mahomet | 217-586-2147

Midwest Believers Church (non-denominational)

www.midwestbelieverschurch.org

1802 S. Duncan Rd., Champaign | 217-328-5080

Muslim American Society Community Center

www.midwestbelieverschurch.org

2011 Brownfield Rd., Urbana | 217-298-2155

Pennsylvania Avenue Baptist Church

(Southern Baptist)

www.pabcurbana.org

Pennsylvania Ave., Urbana | 217-367-5924

Salaam Middle East and North Africa Cultural Center

700 S. Gregory St., Suite E, Urbana

Sinai Temple

www.sinaitemplecu.org/

3104 W. Windsor Road, Champaign | 217-352-8140

St. John the Divine

www.chapelsjd.org

1011 S. Wright St., #6286, Champaign | 217-344-1924

St. John Lutheran Church & School, LCMS

www.stjohn-lcms.org

509 S. Mattis Ave., Champaign

St. Matthew Lutheran Church

www.stmatthewurbana.org/

2200 S. Philo Rd., Urbana | 217-367-1189

St. Patrick Catholic Church

www.stpaturbana.weebly.com/

708 W. Main St., Urbana | 217-367-2665

St. Peter's United Church of Christ

(United Church of Christ)

www.stpetersucc.com

905 S. Russell, Champaign | 217-356-3635

Stone Creek Church

www.sccwired.com/

2502 South Race Street, Urbana | 217-344-5455

Tolono United Methodist Church

301 N. Bourne St., Tolono | 217-485-3610

Trinity Lutheran Church, LCMS

www.trinity-urbana.org

701 E. Florida, Urbana | 217-367-8923

Unity Baptist Church

404 S. Duncan Rd., Champaign | 217-378-5278

Unity Church & Spiritual Center

www.cunity.org

1206 E. Main St., Urbana | 217-328-6964

Urbana First United Methodist Church

www.fumc-urbana.org

304 S. Race St., Urbana | 217-367-8384

Webber Street Christian Church

107 S. Webber St., Urbana | 217-328-3497

Wesley United Methodist Church at the U of I

1203 W. Green St., Urbana | 217-344-1120

Westminster Presbyterian

1700 Crescent Dr., Champaign | 217-352-3387

IMMIGRANT LEGAL AND FINANCIAL RESOURCES

ON CAMPUS

Extension Financial Wellness Program: The U of I Extension Financial Wellness program provides outreach education including: one-on-one financial management assistance, financial education resource center, and referrals to related financial community and university services. <https://extension.illinois.edu/cfiv/financial-wellness-college-students>
Illinois Extension, 111 Mumford Hall | 1301 W. Gregory Dr., Urbana

International Student and Scholar Services (ISSS): The information included on these pages pertains to J-1 and H-1B visa holders at the University of Illinois Urbana-Champaign. This is important to read through and understand at the beginning of your stay.

- J-1 Status: <https://iss.illinois.edu/scholars/j1/index.html>.
- H-1B Status: <https://iss.illinois.edu/scholars/h1/index.html>
- Scholars forms: <https://iss.illinois.edu/scholars/scholarforms.html>

New American Welcome Center: Works to co-create a community where all immigrants can thrive and flourish. <https://nawc.webflow.io/>

OASIS, Immigrant Resource Center: A virtual guide, built by Hack4Impact, that promotes information access to Champaign resources and curates recommendations based on cost, language offerings, and more. <https://universityymca.org/welcome/oasis/>

University YMCA: Provides Immigration Legal Assistance such as; free consultations on immigration legal matters and help with preparing applications for DACA renewal, asylum, work authorization, legal permanent residence, citizenship, and other immigration benefits. To make an appointment, call/text: 217-417-5897 or email legal@universityymca.org | 1001 S. Wright St., Champaign

OFF CAMPUS/COMMUNITY

Immigrant Services Champaign-Urbana: Helps immigrant families overcome their adversities and build a future where their assets and talents fulfill their hopes and dreams. Their support includes groceries, health supplies, household goods, baby & toddler items, transportation, and rent and utility assistance. Their staff and volunteers also help families navigate to find resources, including securing medical care and available benefits, housing, jobs, English-as-a-second-language classes, legal assistance, and more depending on their needs. <https://www.isc-u.org/>
201 W. Kenyon Rd., (Suite 4a), Champaign
217-800-5725 | ISCU2DAY@GMAIL.COM

The Refugee Center: Provides commonly needed services to newly arrived refugees and helps them acclimatize to American culture. Provides social services (case management and counseling, tutoring and socialization opportunities to help children prepare for school, health education programs, etc.), mediation services (accompany you to your job, doctor visits, court hearings, school appointments, landlord meetings, applying for government benefits, etc.) and language assistance (translation services in English, Spanish, French, Vietnamese, Russian, Cantonese, Mandarin and other languages at request and help with paperwork for citizenship, asylum, residency, and family reunification). <https://www.therefugeecenter-cu.org/>
201 W. Kenyon Rd., Suite 4D, Champaign
217-344-8455 | admin@ecirmac.org

Social Security Administration, Local Office

877-819-2593 | <https://www.ssa.gov/>
101 S. Country Fair Dr., Champaign

RECREATION, CULTURAL, AND ARTS RESOURCES

CHAMPAIGN-URBANA GENERAL INFORMATION

- **Champaign County:** visitchampaigncounty.org
- **Smile Politely:** Champaign-Urbana's culture magazine. smilepolitely.com

ON CAMPUS

Activities and Recreation Center Reflection Room: Located on the concourse level of the ARC next to the entrance to the instructional kitchen. This is a place to rest, relax, and reboot. Use the calming space for both structured and unstructured meditation. Included in the space is a sound machine, light machine, coloring sheets, comfortable chairs, prayer pillows, yoga mats, and yoga blankets.

Campus Recreation: Offers active learning and self-discovery opportunities to UIUC community members. With the Activities and Recreation Center (ARC), the Campus Recreation Center (CRCE), and the Ice Arena, there is approximately 500,000 square feet of state-of-the-art recreation space, along with 50 acres of outdoor recreation space at the Outdoor Center, Complex Fields, and Illini Grove. Campus Recreation offers diverse programs and services including group fitness classes, personal trainers, intramural activities, climbing clinics, aquatic activities, ice skating, hockey programs, and over 40 club sports. campusrec.illinois.edu | campusrec@illinois.edu

CampusWell: This online platform provides articles and videos about topics ranging from body image, nutrition, and mindfulness, to time management, substance abuse, finances, and much more. campusrec-wellbeing.com

Illini Union: Provides a hotel, bookstore, art gallery, restaurants, and food court (on the lower level), Courtyard Café, Starbucks, and more. The Illini Union Recreation Room is a multi-activity recreation area offering bowling, billiards, a snack counter, a lounge area with big screen TV, and arcade games. union.illinois.edu/
1401 W. Green St., Urbana | 217-333-0691



Japan House: Japan House features Japanese gardens, tea ceremonies, and classes and lectures in Japanese aesthetics and philosophies. japanhouse.illinois.edu
217- 244-9934 | japanhouse@illinois.edu | 2000 S. Lincoln Ave., Urbana

Krannert Art Museum and Kinkead Pavilion: The Krannert Art Museum is the second largest fine arts museum in Illinois. kam.illinois.edu
217-244-0745 | kam@illinois.edu | 500 E. Peabody Dr., Champaign

Krannert Center for the Performing Arts: Krannert Center presents over 350 performances each year including classical music, ballet, opera, theatre, jazz, folk, world music, modern dance and family events. krannertcenter.com
217-333-6280 | kran-tix@illinois.edu (Ticket Office) | 500 S. Goodwin Ave., Urbana

Spurlock Museum of World Cultures: The Spurlock Museum is a museum of world history and culture with approximately 45,000 artifacts. The museum's permanent galleries celebrate the cultures of Ancient Mediterranean, Africa, Europe, the Americas, Asia, and Oceania. spurlock.illinois.edu
217-333-2360 | 600 S. Gregory St., Urbana

OFF CAMPUS / COMMUNITY

Allerton Park: This park is approximately 20 miles west of Champaign off I-72 near Monticello. The park includes formal manicured gardens with sculptures and hiking paths. www.allerton.illinois.edu

Champaign County History Museum: champaigncountyhistory.org
217-356-1010 | President@ChampaignCountyHistory.org | 102 E. University Ave., Champaign

Champaign Park District: www.champaignparks.com/
217-398-2550

Curtis Orchard: A 8-acre apple orchard, pumpkin patch, and entertainment farm offering activities including a petting zoo, country store, mazes, pony rides, and live entertainment. Open mid-July to mid-December. <http://www.curtisorchard.com/>

Station Theatre: Offers a wide variety of live theatre by local actors, featuring musicals, dramas, comedies, and experimental performances in an intimate setting. <http://www.stationtheatre.com/>

Urbana Park District: www.urbanaparks.org/
217-367-1544

Virginia Theatre: Home to the annual Roger Ebert's Overlooked Film Festival and is also used for monthly film series, live concerts, and theater. <http://www.thevirginia.org/>



SAFETY RESOURCES

ON CAMPUS

Campus Belonging Resources: Designed to focus on behaviors that negatively affect the climate of inclusion and belonging on campus. Campus community members – including students, staff, faculty, and community members – are invited to submit any reports of behaviors that negatively affect their own or other’s sense of belonging and inclusion on campus. Members of the Office of the Vice Chancellor for Diversity, Equity & Inclusion staff will follow up individually when requested to provide resources and response. diversity.illinois.edu/diversity-campus-culture/belonging-resources

To report an incident: <https://diversity.illinois.edu/report-an-incident/>
217-300-9580 | campusbelonging@illinois.edu

Illini-Alert: Get notified when emergencies happen. Illini-Alert is used for incidents that present an imminent threat to life, health, or safety to the general campus population. These messages provide emergency information and instructions for personal protective actions. Illini-Alert sends email and text messages, posts to Twitter, and displays on digital signs across campus.

- Email: All current students, faculty, and staff will receive Illini-Alert messages through their NetID@illinois.edu email addresses. Those with campus email addresses may enroll up to three alternative email addresses at emergency.illinois.edu.
- Text Messages: All current students, faculty, and staff will be prompted to provide a cell phone number to receive emergency text messages and may register up to three cell phone numbers. Those prompted may opt out, but everyone is strongly encouraged to enroll at emergency.illinois.edu.

Safe Walks: A free nightly service provided to students, faculty, and staff. Trained Student Patrol officers will come to meet you and walk with you to your destination. To request a Safe Walks escort, call 217-333-1216. You can also use an emergency phone to contact a dispatcher. Please give at least 15 minutes notice. <https://police.illinois.edu/services/safewalks/>

University of Illinois Police Department: UIPD provides all the same services as a traditional police department with additional programs tailored to a campus environment – like around-the-clock police patrol, emergency response, investigations, and crime prevention services. police.illinois.edu

To request a service or report a crime: <https://police.illinois.edu/contact/>
1110 W. Springfield Ave., Urbana
217-333-1216 | police@illinois.edu

We Care – Sexual Misconduct Support & Reporting: This comprehensive resource includes information and resources to address sexual assault, stalking, and harassment, explaining what to do, where to go for support, and more. wecare.illinois.edu

OFF CAMPUS / COMMUNITY

Champaign County Children's Advocacy Center: The Center provides crisis intervention services, case management, and medical referrals. www.co.champaign.il.us/CAC

201 W. Kenyon Rd., Suite 1, Champaign
217-384-1266

Courage Connection: Courage Connection provides housing and supportive services to individuals and families who face domestic violence. They believe in the right of every person to safety and the potential of every person for success. All services are free and confidential. They include: 24/7 hotline, shelter services, legal advocacy, therapy and counseling services, including eye movement desensitization and reprocessing (EMDR) therapy, and housing assistance. <https://courageconnection.org/about/>

Domestic violence hotline: 217-384-4390 OR 877-384-4390
1304 E. Main St., Urbana

Family Service of Champaign County: The Family Service of Champaign County provides adult protective services and counseling (Spanish interpretation available). www.famservcc.org/

405 S. State St., Champaign | 217-352-0099

Rape, Advocacy, Counseling & Education Services (RACES): A community-based rape crisis center which provides free, confidential services to anyone affected by sexual assault, abuse, or harassment. Services include counseling, medical and legal advocacy, public education and training, and a 24-hour Rape Crisis Hotline 217-384-4444.

www.cu-races.org

301 S. Vine St., (Suite 211), Urbana | 217-344-6298

Safe Rides: The Champaign-Urbana Mass Transit District offers limited Safe Rides at night (between dusk and 6 a.m.) by request by calling 217-265-7433. <https://mtd.org/maps-and-schedules/routes/saferides/>

Other National and Local Resources for Domestic Violence Survivors

- National Domestic Violence Hotline
<https://www.thehotline.org/> | 800-799-7233
Phone and online hotlines 24 hours/day, 365 days/year
- Love Is Respect
<https://www.loveisrespect.org/> | 866-331-9474
Phone and online hotlines 24 hours/day, 365 days/year
- Illinois Coalition Against Domestic Violence (ICADV)
<https://www.ilcadv.org/> | 217-789-2830
- Illinois Coalition Against Sexual Assault (ICASA)
<https://icasa.org/> | 217-753-4117
- National Coalition Against Domestic Violence
<https://ncadv.org/>
- National Sexual Violence Resource Center (NSVRC)
<https://www.nsvrc.org/>
- National Stalking Resource Center
<https://victimsofcrime.org/stalking-resource-center/>

ONLINE SAFETY RESOURCES

- **Access Now:** Provides guidance on protecting one's identity while using the internet and mobile phones. It provides a list of top 10 internet security tips as well as links to videos that teach you how to surf the internet anonymously, how to create a safe and secure password online, and how to recognize phishing attempts. <https://www.accessnow.org>
- **Freedom House's Freedom on the Net reports:** For information on the degree of internet freedom in your own country, find the latest edition of Freedom House's Freedom on the Net report on this website: <http://www.freedomhouse.org/>
- **Security in a Box:** Developed by Tactical Technology Collective and Front Line, this website offers guidance and practical suggestions on how to improve internet security when facing threats, intimidation, and attacks. It includes information on setting up secure email accounts, keeping secure passwords, protecting computers from hackers, destroying sensitive information, and using proxy servers. The website is accessible in several languages. <https://securityinabox.org/en/>
- **The Official Google Blog:** Offers advice on protecting and improving security while using Google products, such as Gmail. It provides a list of security recommendations and a video with tips on how to stay safe across the web. <http://googleblog.blogspot.com/2011/06/ensuring-your-information-is-safe.html>

CREDITS

The ISAR Resource Guide was drawn from materials created by the following campus units and programs. We are grateful for the work that has been put into these sources.

- Campus Recreation, CampusWell, <https://campusrec-wellbeing.com/>
- Campus Recreation, Well-Being Resources, <https://campusrec.illinois.edu/programs/student-wellness/student-wellness-resources/>
- Champaign School District: <https://www.champaignschools.org/>
- EUC Visiting Scholar Handbook (2022)
- Illini Union Parent and Family Programs Office, 2022-2023 Illini Family Resource Guide, https://issuu.com/illiniunion/docs/pfpo_abridged_resource_guide_2022-2023
- Illinois Global Institute, Resources for Current Illinois Visiting Scholars at Risk, <https://igi.illinois.edu/public-engagement/illinois-scholars-risk-program/resources-current-illinois-visiting-scholars-risk>
- International Student and Scholar Services, J-1 Status info and scholar forms, <https://iss.illinois.edu/scholars/j1/> & <https://iss.illinois.edu/scholars/scholarforms.html>
- International Student and Scholar Services, Pre-Arrival Overview: <https://www.iss.illinois.edu/students/incoming/>
- Office of the Dean of Students, Campus Resources, <https://odos.illinois.edu/community-of-care/resources/campus/#belonging>
- Rosecrance Brochure, <https://www.rosecrance.org/wp-content/uploads/2017/10/rcu-factsheet.pdf>
- Scholars at Risk Network, How to Host Handbook
- Student Affairs, Illini Union Resources, <https://union.illinois.edu/pfporesources>
- The Counseling Center 24-Hour Emergency/Crisis Resources, <https://counselingcenter.illinois.edu/sites/default/files/MentalHealthResources.pdf>
- The Counseling Center Self-Help Brochures, counselingcenter.illinois.edu/brochures
- The News Gazette, Church Directory: https://www.news-gazette.com/church_directory/
- UIUC Human Resources, Community Resources, <https://humanresources.illinois.edu/fsaws/resources/community-resources.html>
- Urbana School District: <https://usd116.org/>
- We Care, Resources for Employees, <https://wecare.illinois.edu/resources/employees/>
- YMCA, Oasis, Immigration Resource Center, <https://universityymca.org/welcome/oasis/>