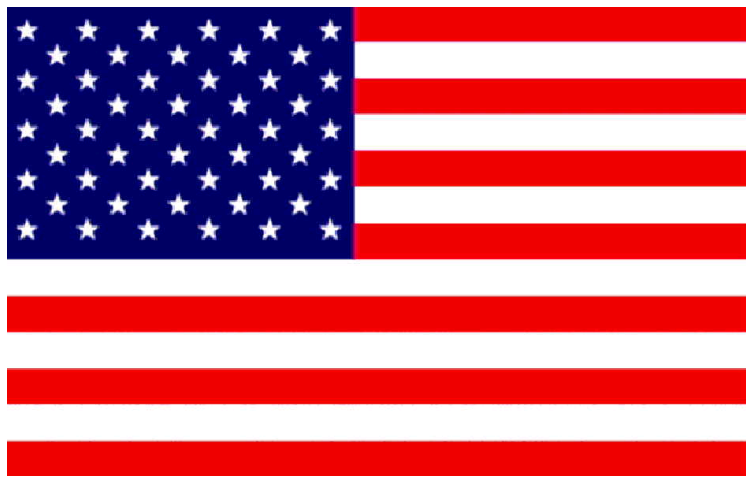


Welcome to Orlando!

奥兰多欢迎你！





大家好!

On behalf of your new American Friends, welcome to America.....and a special welcome to Orlando! We are excited that you have chosen the University of Central Florida to pursue more education and hope that this will be a wonderful time in your life.

Adjusting to life in a new country always takes time. This notebook contains some basic information you might need for everyday life. We hope this will help you learn more about Orlando.

China Friends Orlando has a WeChat group for announcements about special social events, parties, trips and other activities. To join our WeChat group, contact us personally or request to join at chinafriendsorlando.org.

Bridges UCF also sends an email eachweek to all our Chinese friends letting you know about our weekly English class, parties, and other activities in Orlando. To make sure you are added to Bridges' list, you can always register in our Bridges@UCF Online Guestbook at j.mp/BridgesUCF.

Lastly, there are Americans who would love to be of assistance to you as you get settled here in Orlando. They can help you with your English, with phone calls, with any questions you might have. We would love to connect you with an American family. Please do not hesitate to call any one of us for help.

We look forward to helping make your transition to America and into the Orlando community as easy and pleasant as possible.

Welcome to America!

Your Friends,
John and Susan McGee



Casey Liu and Thomas Kuang



Glenn and Teresa Ng Kenadjian



P.S. More information can be found in the International Student Survival Guide - please ask us if you want one!

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Restaurants & Tipping

What kinds of restaurants will I find?

Basically, restaurants are either fast food or full service. Fast food restaurants such as McDonald's or Kentucky Fried Chicken (KFC) usually cost less than \$5 per item. At fast-food restaurants you order at a counter and they give you your food at the counter. Some offer a "drive-through window" which allow you to order and pick up your food in your car. If you want to eat inside, you then seat yourself. You are expected to clean your table when you are finished.

Full-service, or "sit-down," restaurants offer may offer wider variety, usually at higher prices. They usually seat you at a table and a waiter or waitress takes your order, serves your food, and cleans your tables after you complete your meal. In the U.S., you normally do not join a stranger at a table. Prices can range anywhere from \$5 per meal to more than \$50 a meal, depending on where you go. If you are not familiar with a restaurant, ask to see a menu first. The menu will show you what foods they serve and at what price.

Will I be required to make reservations?

Most casual restaurants do not require you to make reservations. However, if you are not sure whether reservations are required, call the restaurant and ask.

Do I need to "tip"?

YES!!! A tip (cash left on the table for the server, or added to your credit card payment) is expected at any restaurant where a waiter or waitress serves you or when you get food through delivery. If you order at a counter and someone brings you the food you do not need to tip. If you are unsure, look at what other people are doing! The acceptable standard to tip is 15-22% of the total bill. Some restaurants automatically add 15-18%, called a "gratuity charge," to your bill if you have a certain number of people (for example, seven or more) at your table. Waiters and waitresses in the U.S. make almost all their money from tips (the restaurant does not have to pay them much) so it is very important to tip them. For example, if your bill is \$20 you should at least tip \$3 but it is nice to add a little more if the service is good. Foreigners have a bad reputation for not leaving good tips – you can change that!

Common tipping guidelines:

- waiters: 15-20% of bill before tax, 20-22% at a 5-star restaurant or for large parties
- taxi drivers: 15% of total bill, no less than 25 cents
- hairdressers: 15%
- pizza delivery person: \$1-2 for short distance, \$2-3 for longer distance

For more info, visit www.tipping.org/tips/us.html , a complete web guide to tipping

Restaurants near UCF

Most of these restaurants have take-out food and you can arrange delivery through services such as GrubHub, Uber Eats, DoorDash, Postmates, etc. (If you do pickup, sometimes it is cheaper to call the restaurant directly instead of using an app.)

Below are restaurants grouped by the type of food they serve. Under each restaurant name lists its average price range, location and the most notable restaurant features.

Estimated Price per Person \$ = \$5 - \$9 \$\$ = \$9 - \$12 \$\$\$ = \$12 - \$20+ (but lunches are cheaper)

Authentic Chinese Food 正宗中餐

- **Hong Kong Alleys Kitchen**
\$\$\$ Located at 10663 Colonial Ave, next door to Mei's Supermarket. Have lunch specials Mondays - Fridays.
- **Food court at Mei's Supermarket**
\$ Located at 10681 Colonial Ave. Have combo specials of three items, rice and soup for \$7.
- **Yummy Taste**
\$\$\$ Located in Waterford Lakes area, 504 N Alafaya Trail #113, Orlando.
(There are other authentic Chinese restaurants in downtown Orlando on Colonial Drive.)

PIZZA 比萨

- **Domino's Pizza**
\$ Located on campus in the Student Union, sells a variety of pizzas
- **Mellow Mushroom**
\$\$\$ Located on 50, known for its specialty pizzas with unique topping combinations
- **Pizza Hut 必胜客**
\$\$ Located at the Waterford Lakes Town Center, sells delivery pizza
- **Lazy Moon Pizza**
\$ Located across the street from campus on University, known for its giant sized pizzas
- **Papa John's Pizza 棒约翰**
\$\$ Located on Campus and on the corner of Alafaya and Colonial (50), sells delivery pizza
- **California Pizza Kitchen**
\$\$\$ Located at the Waterford Lakes, known for its innovative international flavored pizzas

HAMBURGERS 牛肉汉堡

- **Wendy's**
\$ Located on University, known for their square sized hamburger patties, Frosties and dollar menu
- **McDonalds 麦当劳**
\$ Located across the street from Campus on University, known for their Big Macs and Happy Meals
- **Five Guys**
\$\$ Located at the Waterford Lakes, known for hand cut fries and considered the best burger in town
- **Steak 'n' Shake**
\$ Located on University, known for steak burgers, shoe-string fries, and classic 1950s "Diner" feel

ITALIAN 意大利菜

- **Olive Garden**
\$\$\$ Located on Colonial Ave, known for their all you can eat salad and bread-sticks
- **Macaroni Grill**

\$\$\$ Located at the Waterford Lakes Town Center, known for their fine dining Italian experience

BBQ or BARBEQUE 美式烧烤

- **4Rivers**
\$\$\$ Located on University Blvd, probably the most popular BBQ in Orlando
- **Smokey Bones**
\$\$\$ Located at the Waterford Lakes Town Center, known for their BBQ and sports dining experience
- **Sonny's**
\$\$ Located on Alafaya, known for their all you can eat BBQ meals
- **Bubbalou's Bodacious BBQ**
\$\$\$ Located on Alafaya

SOUP, SALAD, & SANDWICHES 汤、沙拉、三明治

- **Panera**
\$\$ Located on University, known for its fresh bakery
- **Subway 赛百味**
\$ Located on campus and on Alafaya, known for its "\$5 Footlong" sub sandwiches
- **Quiznos**
\$ Located on Alafaya, known for their toasted subs
- **Pita Pit**
\$ Located across the street from Campus on University, known for their pita wrap sandwiches

MEXICAN 墨西哥餐

- **Chipotle**
\$\$ Located on University, known for its giant sized burritos
- **Qdoba**
\$\$ Located on campus, known for their variety of burrito/quesadilla flavors
- **Moe's**
\$ Located on Alafaya across from campus, known for their uniquely named combination meals
- **Habanero's**
\$\$ Located on University Blvd across from campus, known for authentic Mexican food.

AMERICAN DINING 美国传统餐

- **Ruby Tuesdays**
\$\$\$ Located on University, known for their burgers and extensive salad bar
- **TGI Friday's 星期五餐厅**
\$\$\$ Located at the Waterford Lakes Town Center, known for their appetizers
- **Applebee's**
\$\$\$ Located on University, known for their 2 for \$20 deals
- **Cheddar's Scratch Kitchen**
\$\$\$ Located on Colonial, known for a variety of good quality food at reasonable prices

CHICKEN 炸鸡/烤鸡

- **Chick-fil-A**
\$ Located on University Blvd and on campus, known for chicken sandwiches and waffle fries (closed on Sundays)
- **Magoo's**
\$ Located on Alafaya & McCulloch, known for their secret Magoo dipping sauce and chicken tenders

- **Buffalo Wild Wings**

\$\$ Located at the Waterford Lakes Town Center, known for their variety of flavored chicken wings and sports bar

SEAFOOD 海鲜

- **Red Lobster**

\$\$\$ Located at the Waterford Lakes Town Center, known for their lobster, crab and cheddar biscuits

- **Bonefish Grill**

\$\$\$ Located near the Waterford Lakes Town Center, known for their fresh fish

Shopping Near UCF

Grocery Stores

- Walmart: 11250 E *Colonial Dr*

- Aldi: 10537 E Colonial Drive Orlando, also on N Alafaya Trail in Oviedo (*Low cost groceries*)

- Walmart Neighborhood Market: 600 S Alafaya Trail and 4255 Alafaya Trail (*McCulloch Rd*)

- Target: Waterford Town Center, also on Red Bug Lake Rd in Oviedo

- Publix: 4250 Alafaya Trail #148 (Alafaya and McCulloch)

- Fancy Fruit and Produce: 10672 E Colonial Dr

Asian Grocery Stores

- Mei's Supermarket: 10681 E Colonial Dr, Union Park, FL 32817 meissupermarket.com/

- Eastside Asian Market: 12950 E. Colonial Drive (a small store) www.eastsideasianmarket.com/

- There are also Asian grocery stores in downtown Orlando, such as IFresh, and large Asian grocery stores farther West such as New Golden Sparkling Supermarket and First Oriental.

Do a web search for more information on these.

Pharmacies

Walgreens: 3000 N Alafaya Trail

CVS: 4974 N Alafaya Trail

Malls and Shopping Centers

Waterford lakes Town Center: 413 N. Alafaya Trail

Oviedo Mall: 1700 Oviedo Marketplace Blvd

Further Away Malls and Shopping Centers

Fashion Square Mall: 3201 E Colonial Dr.

The Mall at Millennia: 4200 Conroy Rd

Florida Mall: 8001 S Orange Blossom Trail

Premium Outlets: (2 locations) 8200 Vineland Avenue and 4951 International Drive

How to Buy a Used Car

Here are the steps to follow for buying a car:

- 1) Determine your price range and what type of car you are interested in.
- 2) Visit www.cars.com, www.ebaymotors.com, www.craigslist.org, and/or www.autotrader.com to find the car you are interested in.
- 3) Compare the cost of the car you want with others very similar to it that are within a 300-mile radius of Orlando.
- 4) If the value is ok, call the owner of the car to ask questions. See below for 15 Bad Car Elimination Questions.
- 5) From the phone interview, if the car is worth seeing, go see it. Take someone with you who is experienced at looking at cars that have problems.
- 6) Negotiate the price of the car and take it to a mechanic to see if there are any problems. Using the car's VIN (Vehicle Identification Number) check on www.carfax.com to see if it has been in an accident.
- 7) Buy the car if you determine it is worth the negotiated price. You will also need to pay to get the title, registration, and license plate put in your name.

You are now ready to start looking for a car

Good sites for car buying: cars.com, autotrader.com, ebaymotors.com, orlando.craigslist.org,
Reference also Blue Book values: www.kbb.com or www.nada.com

You may buy a used car from a car dealership that also sells new cars. If you buy a car from a car dealership (a business rather than a person) you may have to pay a dealer fee. A business may offer a guarantee or warranty on the car for a certain period of time, but an individual will not offer this.

15 Questions to Save Time and Eliminate Bad Cars

1. Are you the original owner of the car? If not, how long have you owned it? Did you know the original owner?
2. Who drove the car most of the time?
3. How many miles are on the car? How many of those were highway miles?
4. Has the car ever been in an accident? (VERY IMPORTANT QUESTION)
5. Do you have a file of all the maintenance and repair receipts on the car?
6. When the car needed maintenance, where did you take it?
7. If you were going to keep the car, what repairs would you expect to have within the next few month? years?
8. **May I take the car to my mechanic to have it checked out? (HIGHLY RECOMMENDED!)**
9. How much rust is on the body?
10. Why are you selling the car?
11. Was the car kept in a garage or carport?
12. How badly worn is the interior?
13. Is your asking price negotiable? If not, why?
14. What options does the car have?
15. What is the VIN (Vehicle Identification Number) so I can check www.carfax.com?

Contact John McGee at john.mcgee@bridgesinternational.com or Andy Huffman at huffman.andy@gmail.com if you would like an American to help you.

Personal Finance Information

The following are a few important financial terms to understand:

Afford – Being able to pay for something or pay back a loan

Annual – Yearly

Balance – Portion of a loan that needs to be paid back

Cash advance – Money that you borrow on a credit card. This is usually very expensive.

Checking – A bank account you use for day to day expenses

Co-sign – Guarantee the payment of a loan for someone else

Credit card – A card allowing you to borrow from a credit card company. It is important to see if there is an annual fee for the card (there are plenty without annual fees) and what the interest rate is. You can sometimes be charged a high amount of interest for the balance of your account. It is very wise to pay your entire balance every month.

Credit limit – The maximum you can borrow

Credit rating – A rating on how well you can pay back a loan in a timely manner. This is based on your history of paying bills on time. To obtain a loan and to receive a good interest rate (to buy a car or house), you must have a good credit score. Credit scores are scaled to range from about 300 to 850. A score above 713 is considered to be "good credit," and a score below 600 is considered to be "poor."

Debit card – A plastic card alternative to cash. Cash will be withdrawn directly from a bank account.

Default – Not pay back a loan

Fixed – Stays the same over time

Funds – Money

Gross income – Your income before you pay taxes

Interest – The cost of borrowing money

Mortgage – A loan to buy a house or property

Net income – Your income after you pay taxes and expenses

Prime – The basic interest rate that banks use

Savings – A bank account you use to save money. You earn a small amount of interest each month.

Variable – Changes over time



American Holidays

***New Years' Eve and New Years' Day** (December 31 and January 1)—This holiday celebrates the new year.

***Martin Luther King, Jr. Day** (the second Monday in January/January 16, 2012)—This holiday celebrates the birthday of a famous civil rights leader.

Valentine's Day (February 14)--A day for friends and lovers to give cards and gifts to one another. This holiday originally honored Saint Valentine.

***President's Day** (third Monday in February, February 20, 2012)--A holiday to honor the presidents of the United States, especially George Washington and Abraham Lincoln, both of whom were born in February.

Saint Patrick's Day (March 17)--This holiday is named after Saint Patrick, who brought Christianity to Ireland. Many people wear the color green on this day to represent Ireland.

Good Friday (a Friday sometime in March or April, depending on the lunar calendar/ April 6, 2012)--On this day, Christians remember the death of Jesus Christ.

Easter (the Sunday after Good Friday/April 8, 2012)--Many people celebrate Easter as the beginning of spring, following family traditions of coloring boiled eggs (called "Easter eggs") and attending church with family. For Christians, Easter is the day to celebrate the resurrection of Jesus Christ from the dead.

April Fool's Day (April 1)--A day when people often play practical jokes (funny surprises) on others.

***Memorial Day** (the last Monday in May/May 28,2011)--Honors Americans who have died, especially those killed in war.

***Independence Day** (July 4)--Also called the Fourth of July, celebrates the beginning of the United States as a nation.

***Labor Day** (first Monday in September/September 5, 2011)--Honors working people.

***Columbus Day** (second Monday in October/October 10, 2011)--Honors Christopher Columbus, who is credited with discovering the Americas in 1492.

Halloween (October 31)--A day when people emphasize scary things, wear colorful costumes, and have parties. Young children wear costumes and travel around their neighborhoods to collect candy from neighbors (known as "trick-or-treating").

***Veteran's Day** or Armistice Day (November 11)--Honors Americans who have served in the armed forces, and celebrates the ending of World Wars I and II.

***Thanksgiving** (fourth Thursday in November, November 24, 2011)--A holiday in which families gather for a big feast, usually with turkey as the main food. Christians celebrate by giving thanks to God for the year's blessings.

***Christmas** (December 25)--Most people celebrate this holiday by giving gifts to one another and enjoying a variety of family traditions. This is the day Christians celebrate the birth of Jesus Christ.

*U. S. Federal law establishes these as public holidays for Federal employees. Most Federal employees work on a Monday through Friday schedule. When a holiday falls on a Saturday or Sunday -- the holiday usually is observed on Monday (if the holiday falls on Sunday) or Friday (if the holiday falls on Saturday). Banks, post offices, schools, some businesses and all government offices will be closed.

Medical / Healthcare in Orlando

Healthcare in America is very expensive. **If you are sick with a minor illness (fever, cold, etc) DO NOT go to a hospital or emergency room (ER) - these are VERY expensive!** Instead, consider going to a **walk-in urgent care clinic**. They are able to handle any routine health problems. Here are a few in the area:

CentraCare UCF

11550 University Blvd
Orlando, FL
(407) 384-0080

CentraCare Oviedo

8010 Red Bug Lake Rd,
Oviedo, FL
(407) 200-2512

Also, the **Oviedo ER** (8300 Red Bug Lake Rd, Oviedo) is a true emergency room, meaning that it is just as expensive as a normal hospital. Do not go there unless you have a true emergency!

CentraCare Waterford

250 N Alafaya Trail #135
Orlando, FL
(407) 381-4810

NightLite Pediatrics

1500 Alafaya Trail
Oviedo, FL 32765
(407) 385-1790

Common Health Insurance Terms:

benefits: The health care items or services covered by an insurance plan. Your insurance plan may sometimes be referred to as a "benefit package."

claim: An itemized bill for services that have been provided to a subscriber, a subscriber's spouse, or dependents.

copayment: A fixed dollar amount you are required to pay for a covered service at the time you receive care.

deductible: A fixed amount of the expenses you are required to pay before reimbursement by your health plan begins.

co-insurance: The percentage of costs of a covered health care service you pay (20%, for example) after you've paid your deductible. For example, if a doctor's bill is \$500 and you have already paid your deductible, you pay 20%, or \$100 and your insurance pays \$400.

in-network: Covered services provided or ordered by your primary care physician (PCP) or another network provider referred by your PCP.

maximum annual benefit: The maximum dollar amount your health plan will pay for a particular health care service or for all health care services provided to you during one year.

out-of-network: Services not provided, ordered, or referred by your primary care physician (PCP).

preventive services: Routine health care that includes screenings, check-ups, and patient counseling to prevent illnesses, disease, or other health problems.

Free Medical Care for People without Insurance

Shepherd's Hope Health Centers

<http://www.shepherdshope.org>

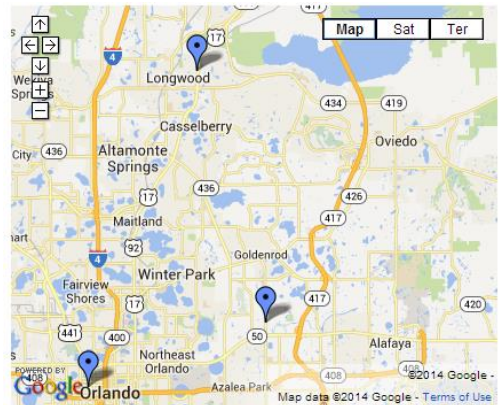
The closest location to the UCF area is:

Dr. Diebel, Jr. Memorial Shepherd's Hope Health Center

Located at Samaritan Resource Center
9833 E Colonial Drive, Orlando, FL 3281

Hours: Mon-Thurs, 6:00pm-9:00pm. Registration begins at 4:30pm

(Their Longwood, FL location also has Monday and Tuesday morning hours)



What Services Do They Provide?

Shepherd's Hope provides the kind of health care services you would expect to receive in a family practice setting. Examples of illnesses commonly treated are upper respiratory infections, skin disorders, gynecological concerns, and urinary tract infections.

Shepherd's Hope is not designed to serve as a permanent primary medical home for patients. Our goal is to provide basic, acute, non-emergency medical care, including some diagnostic testing for patients who do not have a regular source of care. Once patients have been treated, we help them find a permanent medical home, whenever possible.

Shepherd's Hope does NOT handle emergencies. Patients with medical emergencies should go to the nearest hospital emergency room. Shepherd's Hope does NOT provide obstetrical care or well baby care, such as child immunizations. Shepherd's Hope does NOT handle Workman's Compensation cases.

Who is Eligible to Receive Medical Care?

Men, women and children of all ages are eligible to receive medical care at Shepherd's Hope if they meet the following criteria:

- Patients must be uninsured
- Patients cannot receive Medicaid or Medicare assistance*
- Have family income at or below 200% of the Federal Poverty Level
 - Single person must make \$1,800 or less per month
 - Married couples must make a total of \$2,400 or less per month.

Trained volunteers at each health center meet individually with patients to determine if they meet the criteria. Patients who cannot be treated will be given a list of alternate providers and health centers. Patients are seen at Shepherd's Hope on a walk-in basis, although some follow-up visits may be scheduled. Patients should bring an identification card with them if they have one. No other special paperwork is required.

Less Expensive Medical Insurance:

Even though we have listed Free Medical Care for People without Medical Insurance, you may not qualify for their free service, their hours are limited, and most importantly, they do not cover many types of medical services. Medical care in America is very expensive. If you do not have medical insurance and you or a family member have a medical issue, you can end up paying thousands or even tens of thousands of dollars for something that would cost a fraction of that in China! Medical insurance is definitely needed in America.

Below are less expensive medical insurance for international students and scholars-- much cheaper than regular medical insurance.

ISO Medical Insurance <https://www.isoa.org/> (They cover international students, and scholars and family members. They have brochures in Chinese at the website too.)

PSI Health Insurance <https://www.psiservice.com/> (They only cover international students, not visiting scholars or family members)

When evaluating and comparing medical insurance plans, be sure to pay attention to copayments, deductibles, and coinsurance. (See page before for definitions.) Even with medical insurance, you will still need to pay some costs yourself, and the three terms above let you know how much you will need to pay. Sometimes it is better to pay more for insurance in order to get more coverage by the insurance.

UCF has medical insurance program for all of its students. If you are a student and want to change from a UCF plan to one of the plans above, you first need to contact the university about this. See <https://studenthealth.ucf.edu/payments/intl/>

Common Health Symptoms in English and Chinese

<http://cargene.com/blog/2011/07/66-common-symptoms-in-english-and-chinese/>

1. **Blister** (have a blister): 水泡
2. **Bloating** (feel bloated): 胃胀
3. **Blurred vision** (have blurred vision; be unable to see clearly): 视力模糊
4. **Burping** (burp; belch): 打饱嗝
5. **Cold** (to have a cold): 感冒
6. **Coma** (be in a coma): 昏迷
7. **Constipation** (feel constipated): 便秘
8. **Coughing** (cough): 咳嗽
9. **Coughing up blood**: 咳血
10. **Convulsion** (convulse; have a convulsion; have a fit [inf.]): 痉挛
11. **Cramp** (have a cramp): 抽筋
12. **Cyst** (have a cyst): 囊肿
13. **Dandruff** (have dandruff): 头皮屑
14. **Diarrhea** (have diarrhea; have the runs): 腹泻 ; 拉肚子
15. **Discharge** (have x-colored discharge): 分泌物
16. **Dizziness** (feel dizzy): 晕眩
17. **Double vision / diplopia** (see double): 重影 ; 复视
18. **Drowsiness** (be sleepy): 困倦
19. **Dry mouth / xerostomia** (have a dry mouth; feel one's mouth is dry): 口干舌燥
20. **Fainting** (faint): 晕倒 ; 晕厥
21. **Farting / flatulence** (fart; have flatulence; pass wind): 放屁
22. **Fatigue** (be fatigued): 疲劳
23. **Fever** (have a fever): 发烧
24. **Flu** (to have with the flu): 流感
25. **Hair loss** (lose hair): 脱发
26. **Hallucination** (have/experience hallucination): 幻觉
27. **Headache** (have a headache): 头疼
28. **Heart burn** (have heart burn): 烧心
29. **Hiccup** (hiccup): 打嗝
30. **Indigestion**: 消化不良
31. **Inflammation** (be inflamed): 发炎
32. **Ingrown hair** (have an ingrown hair): 毛发内生
33. **Insomnia** (have insomnia; have trouble sleeping): 失眠
34. **Itchiness** (itch; be itchy): 发痒
35. **Loss of appetite** (lose one's appetite): 食欲不振
36. **Migraine** (have a migraine): 偏头痛
37. **Nausea** (feel nauseated): 恶心
38. **Nosebleed** (have a nosebleed): 流鼻血
39. **Numbness** (feel or be numb): 麻木
40. **Palpitation** (have palpitations): 心悸
41. **Paralysis** (be paralysed): 瘫痪
42. **Pimples** (have pimples; break out [inf.]): 粉刺 ; 丘疹 ; 青春痘
43. **Pins and needles** (feel pins & needles; x-limb is asleep): 针刺感
44. **Rash** (break out in a rash): 红疹
45. **Runny nose**: 流鼻涕
46. **Seizure** (have a seizure): 突然发作
47. **Shivers** (shiver; shudder; shake; have chills): 颤抖
48. **Shortness of breath / dyspnea** (be short of breath): 气短 ; 喘不上气来
49. **Skin irritation** (have a skin irritation problem): 皮肤瘙痒
50. **Sneezing** (sneeze): 打喷嚏
51. **Snoring** (snore): 打鼾 ; 打呼噜
52. **Soreness** (feel sore; ache): 酸痛
53. **Stomach ache** (have a stomach ache; upset stomach): 胃痛
54. **Swallowing difficulties / dysphagia** (have difficulty swallowing): 吞咽困难
55. **Sweat** (be sweaty): 出汗 ; 盗汗
56. **Swelling** (swell; be swollen): 肿胀
57. **Tinnitus** (have tinnitus; feel one's ears are ringing): 耳鸣
58. **Tiredness** (be tired): 累
59. **Tumour** (have a tumour): 肿瘤
60. **Twitching** (have a twitch; have a tic; have a spasm): 抽动 ; 抽搐
61. **Ulcer** (have an ulcer): 溃疡
62. **Vomiting** (vomit; throw up): 呕吐
63. **Wart** (have a wart): 疣
64. **Weight loss** (lose weight): 减肥
65. **Weight gain** (gain weight): 体重增加
66. **Wheezing** (wheeze): 喘息

Hurricane/Disaster Supply Kit

Hurricane Season is June 1 – November 30. Be prepared!

Water - at least 1 gallon daily per person for 3 to 7 days. You can fill your tub with water and use it for cleaning or flushing toilets. Clean and fill with tap water all containers in the house.

Food - at least enough for 3 to 7 days

- non-perishable packaged or canned food / juices snack foods
- foods for infants or the elderly cooking tools / fuel
- non-electric can opener paper plates / plastic utensils

Blankets / Pillows, etc.

Clothing - seasonal / rain gear/ sturdy

shoes

First Aid Kit / Medicines / Prescription Drugs
elderly

Special Items - for babies and the

Toiletries - hygiene items and moisture wipes **Flashlight / Batteries**

Radio - Battery operated and NOAA weather radio

Keys

Tools - keep a set with you during the storm

Pet care items

Cash - Banks and ATMs may not be open or available for extended periods.

Friends, Toys, Books and Games – It is best not to stay alone during the storm. Gather with friends and enjoy the time to play together.

Important documents - in a waterproof container

- insurance, medical records, bank account numbers, Social Security card, etc.
- document all valuables with videotape if possible
- Visa, Passport
- Emergency numbers back in China

Vehicle fuel tanks filled and parked in an area where debris won't damage them.

Preparing for the Storm

1. Follow the instructions you hear on TV and radio
 - a. UCF Emergency Plan
 - b. Orange County Emergency Plan
 - c. State of Florida Emergency Plan
2. People are asked to evacuate when it is a large storm likely to hit their area. Safe public shelters will be made available for those who need them.
3. Make sure all windows are closed tightly. Keep doors and windows closed during the storm. Cover windows as much as possible with wood, tape, curtains, etc. to prevent broken glass.
4. Pick up all loose items outside your home: garbage cans, lawn furniture, bikes, grills, plants.
5. During the storm unplug your electronics. Keep a radio on so you know what is happening.
6. Pick up items on your floor. Prepare in case water comes into your apartment from flooding.
7. Take a shower before the storm, if the water is shut off it could be a while before your next one!

For more information about creating a family disaster plan visit:

http://www.floridadisaster.org/citizen_emergency_info.htm

Emergency Phone Numbers

Police/fire/ambulance 911

When you call this number they will ask, "What is your emergency?" You need to explain simply what the problem is and they will send the help needed. 911 is only for emergencies.

Florida Poison 800.222.1222

When you call this number be prepared to explain what was eaten or been exposed to. Keep the container with you as you talk to the center. If possible, have someone who speaks English fluently with you because many poisons and chemicals sound familiar.

Florida Abuse Hotline 800.962.2873

Calls to this hotline are confidential. If you are in a situation where you need to report abuse, you will be guided to a counselor who will help you with your situation.

Disaster/America Red Cross 407.894.4141

This organization helps with disaster relief and first aid classes. You can call this number when a hurricane is coming to find out what services are available for temporary shelter, supplies and help after the storm.

Orlando Emergency Information 407.246.4268

Community Service Line 211

This number will provide you with the kinds of services the local governments offer in the community.

Safety Information

In a new country you must learn about your new environment – this includes crime. America has more violent crimes than China. Do not live in fear, but be smart. Be aware of your surroundings and cautious with strangers. Contact UCF Police if you would like information about self-defense classes.

Do not hesitate to report anything suspicious to the police. The police are here to help you. UCF has a free Safety Escort Patrol Service available: Sunday-Thursday, 7pm-1am. Simply call (407) 823-2424 and someone will escort you to your car or bus from your lab, office, class. After 1am or on weekends, contact UCF Police at 407-823-5555. An officer will be dispatched to assist you if one is available.

UCF Safety Tips <http://police.ucf.edu/SafetyTips.html>

At home:

- Keep doors locked at all times, even if you are only away for a moment. Do not "prop open" doors.
- Be assertive and demand that any unwanted person in your residence leave, or leave yourself. Anyone who refuses to leave is a trespasser. Call the police.
- Make sure hallways, entrances, garages, and ground are well lit. Leave porch lights on all night. When you expect to return after dark, leave an interior light on with shades drawn.
- Know who is at your door before you open it.
- Make calls for strangers, who want to use your phone. Don't open your door or let them in.
- Get to know your neighbors. If you live off campus, join a neighborhood watch system.

Away from home:

- Walk or jog with a friend. Avoid jogging after dark. If you must, stay in well-lit areas, walk midpoint between curbs and buildings and away from alleys and bushes. Stay alert and do not keep music so loud that you cannot hear around you.
- Tell someone where are you going and when you will return.
- Don't fight back if your bag is snatched. Turn it over rather than risk personal injury, and call the police immediately.
- Be careful about when and where you use an Automatic Teller Machines (ATM). Accessing ATM cash in remote locations, particularly at night, could expose you to risk of robbery and injury.
- Avoid working or studying alone in a public-access building at night.

Your property:

- Don't lend your keys. Keys can be duplicated.

- Don't mark your key chain with your name, address or license number. Lost keys can lead to theft.
- Engrave or mark all valuable personal property with your name and phone number. Keep an inventory of items.
- Move valuable items out of easy sight of windows and doors. Keep valuables in the trunk of your vehicle, not on the seats.
- Lock your vehicle at all times.
- Copy all important papers and cards that you carry in your purse or wallet, including your driver's license. Keep the copies in a safe place - the information will be invaluable if they are stolen or lost.
- Copy your vehicle registration. If your vehicle is stolen, it cannot be entered into the nationwide law enforcement network without this information.
- Don't stop for stranded motorists. You are of greater help to them by calling police.
- Park your car in well-lit areas.
- Remove all keys from your vehicle. Thieves look for keys. Walk with your keys in your hand.

In your car:

- Check the back seat before entering.
- Keep your vehicle doors locked at all times, even when driving in daylight, so no one can jump in at a red light.
- Keep enough gas in your tank for emergencies.
- Don't offer rides to anyone you do not know, even if he or she claims to be a student.
- Honk your horn - a good deterrent - if someone suspicious approaches your vehicle. Criminals don't like attention.
- Lift the hood, put on the flashers, and wait inside for help with the doors locked if your car breaks down. Ask people who stop to call the police or AAA for you. Don't accept a ride with anyone you do not know.

Spiritual Life in America

Am I free to practice my own religion while in the United States?

The Constitution of the United States guarantees all residents the right to worship as they please, and states that the government cannot establish a national religion or give support to any church or sect (religious group). As long as you do not break any laws, you may worship as you would normally, or not worship at all. You can usually find ethnic churches (ex: Chinese language Christian churches), synagogues (for Jews), mosques (for Muslims), or temples for various religions in most large cities in the United States.

If the United States is a Christian nation, why is there so much crime, violence, and immorality?

The United States is not truly a “Christian nation.” Although many citizens of the United States profess (say they believe in) Christianity, only some are sincere followers of Jesus Christ. Many Americans have turned away from the Christian principles on which this country was founded. Thus, there often is a difference between the morals and behavior of a typical American, and Christian beliefs about what is right and wrong.

Why are there so many kinds of Christian churches in the United States?

When the people of Europe originally came to the United States, they brought many different kinds of churches, called “denominations,” and religions. For example, the Scottish brought the Presbyterian Church; the Germans brought the Lutheran church; the Irish and Spanish brought the Catholic Church; and so forth. Because the United States guarantees freedom of religion, these many different groups have grown. Many kinds of Christian churches exist and they have different traditions, but you will find that they all share the same key beliefs. Religions who call themselves “Christian” but do not share all of the key beliefs are referred to as cults.

Are places of worship open to visitors?

You do not need to be a member to visit a Christian church. However, you may want to go with a friend who is a member of the church and who can explain the service and traditions to you. Check a church’s website for more information.

Local Chinese Churches

奥兰多中华教会

Orlando Chinese Church

2230 Rouse Road | Orlando, FL 32817

servants@orlandochinesechurch.org

www.orlandochinesechurch.org

联系人: 易凡超 (407) 706-3404

奥兰多灵粮堂华人教会

Bread of Life Christian Church in Orlando

1498 Palomino Way | Oviedo, Florida 32765

minxianzhang1958@gmail.com

www.bolccorlando.org

联系人: 张牧师 (669) 333-1661

奥兰多华人福音教会

Orlando Chinese Evangelical Christian Church

2610 S. Hwy 17-92 | Casselberry, FL 32707

servants@ocecc.org

www.ocecc.org

联系人: 罗惠媛 (407) 583-7081

奥兰多基石教会

Living Stone Community Church

3100 S. Goldenrod Road | Orlando, FL 32822

(407) 929-0409 黄牧师

www.livingscc.org

奥兰多台福基督教会

Orlando Formosan Evangelical Christian Church

2818 S. Fern Creek Ave | Orlando, FL 32806

info@efcorlando.net

www.efcorlando.net

联系人: 黄欣雄 (404) 729-7171