

Reminders

- Report your dependent's permanent departure from the U.S. by contacting isso@iastate.edu.
- Children in F-2 status must leave the U.S. or apply for a Change of Status before age 21.
- F-2 dependents cannot work.
- F-2 dependents can study part-time in a degree or non-degree program.
- Health insurance meeting U.S. government requirements is mandatory for all dependents. Visit University Human Resources, 3810 Beardshear Hall, for more information.
- CyRide passes can be purchased at ISU Bookstore.
- Get an affiliate university ID card through ISU Card Office.



IOWA STATE UNIVERSITY

International Students & Scholars Office

F-2 Dependent Resources

INTERNATIONAL STUDENTS & SCHOLARS OFFICE

4530 Memorial Union
2229 Lincoln Way
Ames, IA 50014

Telephone: (515) 294-1120
Fax: (515) 294-8263
isso@iastate.edu

isso.dso.iastate.edu

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Enjoy the Adventure.





Educational Resources

Ames Public School System

Gilbert Public School System

Child Care Center(s) – Daycares can be expensive. Do your research to find reputable daycare. Check out the following resources:

- > Childcarecenter.us/
- > lowaccrr.org
- > Childcare.hr.iastate.edu

Resources & Opportunities

ISSO Trips & Events

Ames Public Library

City of Ames Parks

Recreation & Exercise Activities

Parks and Recreation – City of Ames

Recreation Services – Iowa State University

English Language Classes

- > English as a Second Language – DMIACC
(Associated Cost)
- > Conversations in English – Ames Public Library
- > English Together – Iowa State University
- > Campus Baptist Church (Religiously Affiliated)
- > Memorial Lutheran Church (Religiously Affiliated)

Spouse's Resources

Friends of International Women

Informal gathering of international and domestic women for conversation and connections in homes and the community.

The People Place (Religiously Affiliated)

A resource for parents and children – The People Place offers a variety of programs including: After Baby Comes, Nurturing Parent Group, Home Visitation, a crisis childcare program, and Drop-In Days & Library for parents who need a few hours break.

Play Pals (Associated Cost)

City of Ames Play Pals is an open gym for toddlers and small children. The gym is equipped with a slide, teeter-totter, cycles, wagons, and more. There is a small fee for entry.

YWCA

A multicultural organization working towards eliminating racism and empowering women and families. Programs include Engaging International Spouses and Students, International Friendship Fair, GIRLS Power Mentoring Program, and child care.

