

International Dependent Support

Programs and Resources

one

There are many ways for students and their families to become involved in Rutgers Life and receive support. Some places to start:

- [New International Student Resources](#)
- [Rutgers Global Programming & Events](#)
- [Rutgers University Graduate Student Life](#)
- [Pregnant & Parenting Resources](#)
- [Supporting Parents & Caregivers at Rutgers](#)

two

International Women's Group

The International Women's Group (IWG) helps women, and their families, adjust to New Jersey and the Rutgers community. Some places to start for social opportunities:

- [Rutgers Global ISSS Dependents & Family](#)
- [IWG Meeting Sign-Up Form](#)
- [IWG Program Schedule](#)

three

Childcare

You will need to explore the childcare that best meets your needs and schedule. It helps to research early. Some places to start:

- [Supporting your Family](#)

four

Health Insurance

It is required for all international students, faculty, scholars, and their families to have at least a minimum level of health insurance coverage. You may opt for alternate coverage, however it is important to research this topic fully. Here are some places to start:

- [The Student Health Insurance Plan](#)
- [Rutgers Global Health Insurance](#)

five

English Help

Communicating in English can make daily interactions easier. Consider taking language classes, using language learning apps, or engaging on campus. Some places to start:

- [IWG English Conversation Sign-Up Form](#)
- [Rutgers English Language Institute \(RELI\)](#)
- [Rutgers Graduate Writing Program](#)