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## Residential Life

The International University of Nursing (IUON) campus has a vibrant atmosphere, evoking a collegial environment. The students, faculty, and staff members are all dedicated to nursing education. Faculty maintain open office hours to support students. Campus facilities, such as the library and Learning Resource Center, are open for extended periods to provide quiet study areas.

### Events

#### New Student Orientation

Students coming to IUON for the first time are required to attend New Student Orientation. This occurs several days prior to class registration. New Student Orientation gives students an opportunity to learn about the campus, fellow classmates, student services, and island life.

#### Honors Program / End of Semester Celebration

#### Pinning Ceremony

IUON nursing students receive two pins at the pinning ceremony &ndash; their IUON pin and their pin from the affiliate nursing school they have attended. The ceremony is held by the affiliate nursing school.

This special ceremony, held at graduation, is an important step as it signifies the student&rsquo;s graduation and their beginning towards becoming a registered nurse.

Near the end of the ceremony, most affiliate schools ask the students and all nurses present to recite the Florence Nightingale pledge.

Florence Nightingale nursed sick and wounded British soldiers during the Crimean War and became known as the &ldquo;lady with the lamp.&rdquo; The lamp icon has since become symbolic of nursing. The Pinning Ceremony often includes a time when candles are lit by the new graduates to signify the lamp and the commitment made by nurses for the care they provide.

#### The Florence Nightingale Pledge

"I solemnly pledge myself before God and in the presence of this assembly to faithfully practice my profession of nursing. I will do all in my power to make and maintain the highest standards and practices of my profession.

I will hold in confidence all personal matters committed to my keeping in the practice of my calling. I will assist the physician in his work and will devote myself to the welfare of my patients, my family, and my community.

I will endeavor to fulfill my rights and privileges as a good citizen and take my share of responsibility in promoting the health and welfare of the community.

I will constantly endeavor to increase my knowledge and skills in nursing and to use them wisely. I will zealously seek to nurse those who are ill wherever they may be and whenever they are in need.

I will be active in assisting others in safeguarding and promoting the health and happiness of mankind."

## Housing

Student housing is off campus. The University Housing Department assists students, faculty, and staff members in locating and securing appropriate housing accommodations.

The Housing Department maintains a database of housing accommodations to fit every need and budget.

IUON recently entered into a contract with the St. Kitts Marriott Resort for room rentals for students. These are rooms normally rented to Marriott staff. The Housing Department can provide accepted students with the rental details.

## Campus Safety and Security

Student security is of great importance to IUON. There is a security office on campus to assist with any questions or concerns. Security can be contacted 24 hours a day, 7 days a week.

Students are required to obtain a University identification card when they first register for classes. Students must show their identification card to enter the campus, and the card must be visible on the student at all times while on campus.

Although according to the Ministry of National Security in St. Kitts-Nevis, the islands are relatively crime-free, IUON students should exercise normal precautions just as they would in their home town or while visiting another city. It is important to be aware of local surroundings and not to leave valuables unattended.

## Support Services

On-campus support services at IUON are available to help support issues that confront students, including academic concerns, poor health, stress, or other problems that might negatively impact a student's educational process. The St. Kitts community also offers a host of resources to support student needs.

## Academic Support

Besides having a faculty dedicated to student academic success, IUON has an academic assistance program to help build and develop effective study skills. Faculty regularly meet one-to-one with students to assist them with the course

work. Faculty are also available to work with students individually with test taking, note taking, reading, listening, or study skills. There is also individualized, interactive computer software available to support students academically.

## Health and Wellness

There is a full-time nurse on campus who assists students with minor health needs and acts as a facilitator between the student and medical facilities on the island. Counseling is available on campus to support students' daily needs or in an emergency situation.

St. Kitts has community health centers staffed with mostly U.S. trained physicians. There also is a hospital in Basseterre. There are several on-island dentists as well.

Two local health clubs offer memberships at a reduced rate for IUON and UMHS students, and there are several exercise and yoga groups in various locations across the island.

## Technology

The information technology department provides support to interface students' personal computers with the IUON campus-wide wireless network. They will also assist students with basic and advanced computer programs.

There are two separate computer labs available, with well over 60 computers for student use. The Anne Ross Library provides access to many online databases and journals for student use. IUON maintains a database of histological images for instructional purposes. Students have access to faculty presentations and lectures for review or further study.

## Transportation

IUON provides morning bus service for those students who live outside the public transportation area and evening service for all students. There are public buses running continuously between campus and town, and town and other parts of the island. Local bus fare is just under \$1 U.S.

Some students choose to purchase a used car from students leaving the island. The student must already have a valid driver's license from their home state or country, and they must have car insurance.

Because some roads are narrow, it is not recommended that students ride on scooters or motorcycles. Any person using a bicycle as a means of transportation must wear a helmet when riding on campus. St. Kitts requires that bicycles have lights if they are to be ridden at night.

## Food

IUON does have food service available on campus; however, there is no pre-paid meal plan. Food is available for

breakfast, lunch and snacks until 7:00 PM. You can anticipate breakfast costs to be \$2.00-\$5.00 U.S. and lunch to be \$5.00-\$7.00 U.S. Food offerings include breakfast sandwiches, coffee, juices, sandwiches and salads, entrees, and desserts.

There is also a grocery store within easy walk of campus, which is the only grocery store on the island open late and on Sundays. There are also grocery stores in three key locations around town: downtown, Birdrock (south of town) and Wellington Road (east of town). The two major grocery store chains on the island (IGA and Rams) both offer memberships to students, which provide discounts and cash-back programs.

## Daily Needs

In many ways, St. Kitts offers much that is similar to parts of the United States. There are hotels, grocery stores, gas station/convenience stores, restaurants, clubs, laundromats, public transportation taxis, and banks. Within an easy walk from campus, a new multiplex movie theater recently opened as well.

## Banking

The Royal Bank of Canada has an ATM machine on campus and two branches in town. There are several ATM machines at key spots around the island, including the Marriott. The local banks are open 8:00 AM to 2:00 PM Monday through Thursday and 8:00 AM to 4:00 PM on Friday.

The safest way to bring money to St. Kitts is with traveler's checks or credit/debit cards. A debit card that functions as a Visa or MasterCard is an excellent way to transfer money from your bank account in the United States to your bank account in St. Kitts. Banks process it as a cash advance on a credit/debit card.

Another way to deposit money is via wire transfer. It may, however, take several days for the transfer to occur, and the fees to wire money may be steep.

Personal checks can be deposited into your account, but the funds might not be accessible for 3-4 weeks until the check has cleared. Cashier's checks from US banks are considered personal checks.

Credit cards are accepted at some, but not all, businesses in St. Kitts.

## Weather

Although hot and tropical, St. Kitts weather is tempered by trade winds throughout the majority of the year. Temperatures usually range between 78 and 88 degrees Fahrenheit. January to April is the driest period of the year. Rainfall increases during the summer and near the end of the year. The average annual rainfall is about 50-80 inches per year. Hurricane season runs from August through October.

## Basseterre Weather Forecast

National Weather Service -- National Hurricane Center

St. Kitts and Nevis

More information about what St. Kitts offers IUON students and their families are available on the IUON web site, Campus Life, St. Kitts Community.