Get Ready for INTO OSU

2015-16
Checklist

Please make sure you have completed everything on this checklist before you leave home.

- **Passport and Visa:**
  Confirm your passport will not expire within six months after the date you enter the US. Pay the SEVIS I-901 Fee, then schedule your appointment at a US Embassy and submit your visa application.

- **Immunization and Health Forms:**
  Submit your required immunization and health forms via the OSU Patient Portal: [http://studenthealth.oregonstate.edu/new-students/new-international-students](http://studenthealth.oregonstate.edu/new-students/new-international-students)

- **Open Your OSU Email Account:**
  Go to [onid.oregonstate.edu](http://onid.oregonstate.edu) and follow the instructions to sign up for your ONID (OSU Network ID) email. Write down your password and bring it with you.

- **What to Bring on the Plane:**
  - Passport, visa, SEVIS I-901 fee payment receipt, I-20
  - INTO Oregon State University Offer Letter and Admission Letter
  - Documentation of finances
  - Health forms, test scores, transcripts, ONID password and all other important paperwork
  - A warm jacket or sweater for arrival at Portland Airport
“Congratulations on becoming an OSU Beaver! We are excited to welcome you to Corvallis and our wonderful university. Read this guide carefully and you’ll be ready for success at INTO OSU.”

Bob Gilmour
Executive Director
INTO Oregon State University

Arrange Airport Pick-Up:
If you would like to use the Airport Shuttle Service from Portland International Airport, submit your flight arrival details at: uhds.oregonstate.edu/into/arrival/information. This is available free of charge, but you must make a reservation.

Passport Photo:
If you will be living on campus, submit a passport photo so that we can have your student ID card ready for you at check-in: uhds.oregonstate.edu/into/arrival/picture/login

Admissions Documents:
Undergraduate and Graduate Pathway students must provide the following documentation to the Office of International Admissions via mail or at orientation:

- Official Documents: Sealed official high school or university transcripts and final certificate/diploma/degree certificates. English translations of these documents must also be submitted as official documents.
- Official TOEFL score submitted online via ETS directly to OSU (OSU College Code: 4586)
- Official results of any other English language tests

Check out our website with all you need to know before you come to the US: intohigher.com/osu/arriving
Find out all you need to know before beginning your studies at INTO OSU.

Have you scheduled your visa appointment? Visit: intohigher.com/osu/visa

Our Mission: INTO OSU provides international students with learning experiences and services that promote academic, professional and personal success.
What to Pack

Clothing and Weather
Students at OSU enjoy four distinct seasons in Oregon and dress very casually. Summer and fall are generally sunny and warm; students can be seen wearing shorts, jeans and T-shirts. The spring and winter seasons bring lots of rain. Occasionally, it will snow in the winter. You will need a good coat and shoes for the rain and other warm clothes like sweaters, scarves and gloves.

Tips
1. Share your culture! Bring recipes for your favorite food from home, cooking tools, national dress or other items of cultural interest.
2. US electrical outlets are 110 volts AC and use a NEMA electrical socket. You may need an adapter to use electronics from home.
3. Purchase appliances after you arrive. Rice cookers and electric teapots are not allowed in your room on campus, but are provided in the residence hall kitchens.
4. If you will live on campus, you will receive sheets, towels and blankets. If you need more bedding, you can buy it after you arrive to be sure it is the correct size for your bed.
5. Bring decorations for your room that will remind you of home and make you feel comfortable in a new place.

▲ Label your baggage clearly with your US mailing address.

Plan to bring some US dollars.
Getting a Student Visa

How to Get Your Visa
More detailed instructions can be found at: intohigher.com/osu/visa

1. Confirm your passport is valid. Your passport must be valid for at least six months into the future at all times while you are studying in the US.

2. Carefully read the instructions on the I-20 Certificate of Eligibility issued to you for your studies at OSU.

3. Pay the SEVIS Fee: www.fmjfee.com/i901fee/ and complete the SEVIS Form I-901. Your SEVIS ID number is above the barcode on the top right-hand side of your I-20 or DS-2019 form. The OSU school code is POO214F00002000. Pay the fee at least three days before applying for your visa. Print your receipt.

4. Schedule a visa interview at your nearest US Consulate or Embassy: www.usembassy.gov

5. Go to your visa interview. Bring your SEVIS fee payment receipt and your financial documents certifying the amounts and sources of financial support with you to the interview.

Visa Delays
Please notify the Office of International Admissions immediately if you are unable to obtain a visa before the start of the term for which you have been admitted: Intl.admit@oregonstate.edu

Transfer Students

Bringing Spouses and Dependents
http://international.oregonstate.edu/isas/resources/resources-family-members

Questions about visas?
Contact an OSU International Student Advisor at: ISASadvisor@oregonstate.edu or +1 541 737 6310
Arriving in the US

Booking Your Flight
As an F-1 student, you are allowed to enter the US no earlier than 30 days before the program start date listed on item #5 of your I-20. We recommend flying into Portland International Airport (PDX). Arrive in Corvallis at least one day before the program start date written on your I-20 or in your brochure. Report to INTO OSU by 8:00 am on your program start date or you may be charged a late fee.

Customs and Immigration Tips
• You will need to show the following documents at Immigration: Original I-20, passport, visa, SEVIS I-901 fee payment receipt, documentation of finances.
• An immigration officer may ask you some questions. Be prepared to answer: Why are you coming to the US? Where and what course are you studying? Where will you live during your studies? How are you going to fund your studies?
• Your I-94 arrival/departure form is now a paperless document. However, if you receive a paper copy, do not lose it. It costs more than $300 to replace a paper I-94.
• You will be given a customs form to complete on the plane. Keep this form to present to immigration and at customs.

Airport Shuttle and Greeting Service
The INTO OSU Airport Shuttle is included for all students arriving at PDX, however you must make a reservation at: uhds.oregonstate.edu/into/arrival/information to use it. If your arrival time is between 8:00 am and 8:00 pm on the Saturday or Sunday before your course start date (varies by term), you will be greeted at the airport by the INTO OSU Greeting Service. Look for the person wearing a bright orange OSU shirt at baggage claim #9. They will escort you to the shuttle.

For Help at the Airport
If you need help of any kind while you are at the airport, please go to the Information Booth outside the airport across from baggage claim #9. Or you can call the INTO OSU Arrivals Phone at: +1 541 224 2964.
Living on Campus
Living on campus offers a variety of benefits, including better academic performance and more opportunities to speak English and share your culture with US students. Students with Undergraduate Pathway in their study plan are required to live in on-campus housing for their first three consecutive terms of study.

Your move-in date will be emailed to you with confirmation of your housing reservation. The move-in date is usually 1-2 days before your program start date. If you arrive before your assigned move-in date, you will need to make arrangements to stay in a hotel at your expense.

Dining on Campus
Meal plans are automatically included for all students with on-campus or Graduate Pathway housing. The cash value of your meal plan will be loaded onto your OSU ID card. You will then use your OSU ID card as a debit card to pay for meals. OSU has three main dining centers, as well as many convenience stores, coffee shops and other cafés on campus.

More Information
For more information about living on campus, including privacy, special diets and prayer spaces, visit: http://oregonstate.edu/uhds/international-students

▲ Sample bedroom
▲ Common areas in the International Living-Learning Center
Global Village
The Global Village in the International Living-Learning Center is a community for international and American students who are passionate about cultural exchange and global experiences. The Global Village offers international-domestic roommate pairs, globally-themed hall programs, workshops with OSU faculty and hands-on service-learning experiences. Learn more about the benefits of this unique community and apply at: http://oregonstate.edu/uhds/globalvillage

Graduate Pathway Housing
INTO OSU provides an off-campus housing option for students in the Graduate Pathway program. This option features a furnished private bedroom with private bathroom, kitchen and living room shared with other Graduate Pathway students. These apartments are located within walking distance of the OSU campus. A 3-term contract is required.

Off-campus Housing
Students who are eligible to live off campus can find useful resources: www.oregonstate.edu/international/atosu/resources/housing. If you plan to live off campus, you should arrive 1-2 weeks before your program start date and bring enough money to cover the cost of setting up your new home, at least $2,500.

▲ Students enjoy lunch at the dining center.
Money and Banking

Money
The amount of money you will need varies with your living situation and lifestyle. Students living off campus will need access to more cash to pay monthly bills. You will need at least $500 or more for textbooks, cell phone and other living expenses when you first arrive.

Corvallis Living Costs
2. Cell phone plan: $60-$80 per month. A deposit may be required: $50-$300.
3. The bus is free, and it’s easy to bike around Corvallis. A used bike costs about $50, and a good bike lock costs $50. Driving is much more expensive, as you must buy a car, car insurance, gas and a parking permit. Most students bike or walk to and around campus.
4. Don’t forget to tip! To reward good customer service, Americans tip between 15-20% in addition to the total bill price. This is optional, but common for restaurant wait staff, taxi drivers, nail and hair salons, etc.

Banking Tips
1. Look for a bank with a good exchange rate and low transfer fees. You will get more information about banks after you arrive.
2. There are ATMs on campus for all the major banks in Corvallis. The ATMs are open 24 hours, but you can usually only take out $200 per day maximum.

If you want to exchange money, there is an office at the airport where you can do so. Only exchange a small amount initially, around $100, until you can learn the exchange rates.

▲ US dollars
Safety on Campus

Corvallis Safety Information
Corvallis and Oregon State University are very safe and welcoming places. However, it is important to be careful and smart. Take steps to help ensure the safety of your property and yourself. Follow these steps to stay extra safe:

Safety Tips
1. Lock up your bicycle whenever you leave it unattended. Bike theft is the most common crime in Corvallis.
2. Do not leave the door to your house, apartment or dorm room unlocked, ever.
3. Always lock your car. Do not leave valuable items in your car.
4. At night, use well-lit and well-traveled routes. Avoid dark, vacant areas. Travel with a friend or in a group.
5. Carry identification on you, like your OSU ID card. Keep your wallet and valuables safe.
6. Don’t leave your purse, backpack, laptop, textbook or other valuables unattended.
7. Save important numbers in your phone, such as your doctor and emergency phone numbers.

Oregon State Police and Public Safety are on campus to help keep students safe 24 hours a day.

▲ Blue Light Emergency Phone
Medical

Health Insurance
Oregon State University requires international students and their dependents to be covered by health insurance which meets requirements of the US Government, State of Oregon and Oregon State University. The OSU International Student Health Plan is automatically added to the invoice of students enrolled in INTO OSU programs. The cost of the Health Plan will be charged to your OSU student account each term upon registration.

Health Information Forms
Students must complete the International Student Health Information form and the Immunization Documentation form. These forms are available on the Patient Portal of the OSU Student Health Services (SHS) website: studenthealth.oregonstate.edu/patient-portal.

We recommend students complete and submit these forms at least two weeks before their program start date to avoid possible delays in class registration and late fees.
**Immunization Requirements**
The State of Oregon requires international students to provide proof of two (2) doses of measles, mumps and rubella vaccine (MMR) (either combined in the MMR vaccine or given as individual doses) before registering for classes. Complete vaccination requirements are explained on the health form. Please refer to the form or patient portal for up-to-date vaccination requirements.

Students will attend a Student Health Check-in during Orientation. At that time, students can submit medical records, and/or receive required vaccines if necessary. If you need to receive required vaccines upon arrival, the cost is covered by the OSU International Student Health Plan.

**Tuberculosis Screening**
Students from countries identified as high risk for tuberculosis (TB) are required to complete a tuberculosis screening after arrival in the US. You will get more information about this process during Orientation. The cost of this is covered by the OSU International Student Health Plan.

**Prescriptions**
Bring a copy of all prescriptions for medicines, eyeglasses and contact lenses with you to the US. The prescriptions should be written in English.

▲ OSU Student Health Services Patient Portal

For more information on medical services and requirements, insurance and dependent coverage, please visit: studenthealth.oregonstate.edu/international-students.
Bringing Your Family

Childcare and Family Resources
The Office of Childcare & Family Resources is your first stop for information about OSU and Corvallis resources for children. They host campus-wide events for student parents throughout the year, offer 16 lactation rooms, two free drop-off child care sites on campus and much more.

+1 541 737 4906
oregonstate.edu/childcare
familyresources@oregonstate.edu

Childcare
Childcare in Corvallis for children age 0-5 is very limited and expensive. It is important to get on the waiting list for those centers as soon as possible (even before you arrive in the US). For a list of childcare centers in Corvallis, please visit the Childcare & Family Resources website: childcare.oregonstate.edu/local-childcare-childrens-programs. It is important to bring enough money to pay for the cost of childcare, which costs $600-$1,000 per month per child, depending on age and type of care.

Health Insurance
You must apply for coverage for family members after you arrive. All dependents are required to have health insurance: http://studenthealth.oregonstate.edu/internationalplan

Children and dependents cannot receive medical care on campus. After arriving, you should find a local doctor for your children.
Orientation

Your First Day and Orientation
You should arrive in Corvallis at least one day before your program start date (refer to brochure or I-20 for start date). Orientation will begin at 8:00 am on your program start date. Do not be late. Orientation is required for all students. Students who arrive late may be subject to a late registration fee of $250.

You will have a chance to meet other students, learn your way around the OSU campus and Corvallis and learn about your visa regulations. You will also receive your OSU ID card and get all your questions answered.

Testing and Registration
At Orientation, you will be tested to determine your class level. You will be registered for classes and receive your class schedule. You will use your class schedule to purchase your textbooks from the OSU Beaver Store.

Bring to Orientation:
- Passport and all I-20s
- Your ONID email password.

You cannot register until you have submitted, either before you arrive or at Orientation:
- Admissions documents such as transcripts or test scores
- Health and Immunization Forms
- Payment, if needed

▲ Orientation sample schedule
Student Services

**Student Support**
INTO OSU aims to ensure students are personally and academically successful. Come by the Welcome Desk any time to get your questions answered or ask one of our Student Services team members for help.

**Language Advisors**
Language and Culture Advisors are available to assist students with a range of issues, including translation, adjustment to US culture, personal issues, navigating OSU and more.

**Academic Success and Student Support Advisors**
Academic Success Advisors help students make good progress in their INTO OSU classes, assist with course selection, advise on study plan, good study habits and more. A student with any questions about a class, instructor or program can make an appointment to speak with an advisor.

**Pathway Services**
Pathway students have additional support services to ensure success. They can make an appointment to speak with the Pathway Academic Success Advisor and use special resources in the Learning Center such as the Pathway Peer Mentor tutoring program. When you are ready to progress to OSU, the Pathway Progression Advisors will assist you with the process.
INTO OSU
intohigher.com/oregonstate

INTO OSU Email
INTO@oregonstate.edu

INTO Welcome Desk
+1 541 737 2464
The INTO OSU Welcome Desk is open
Monday-Friday, 8:00 am-5:00 pm

INTO OSU Arrival Phone
+1 541 224 2964
Use this phone number to contact INTO OSU
during your travel to and arrival in Oregon and
Corvallis. Please notify us immediately of flight
delays, lost luggage or if you cannot find the
airport shuttle service. Someone is always
available to assist you.

Useful Resources
For helpful information about OSU, Corvallis,
adjusting to life in the US and OSU’s cultural
organizations, please visit: oregonstate.edu/
international/atosu/resources

OSU Student Health Services (SHS)
+1 541 737 2721
Monday-Friday, 9:00 am-5:00 pm
Saturday 10:00 am-3:00 pm
studenthealth.oregonstate.edu/general/
international-students

Connect with Us!
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OSU Facebook
Search “New2OSU-International”

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INTO OSU Instagram
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@oregonstateuniv

Download the mobile app at: intohigher.com/oso/app
No Smoking
Smoking is not allowed anywhere on the OSU campus.
Learn more at: oregonstate.edu/smokefree
Download the INTO OSU mobile app

Prepare for living and studying abroad with the free INTO OSU mobile app. Learn about campus facilities, housing and dining, living and learning, activities and social events, weather and travel information, what to bring with you and much more. Download the app at: intohigher.com/osu/app

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