Global Gateway Program

 Arrival & Orientation Information – Pre-Master’s Program 2017

Your pre-departure checklist

Before you depart, please make sure you:

• Sign up for your UVM email account.
• Receive your required immunizations and upload immunization documents to https://mywellbeing.uvm.edu.
• Complete and submit housing application.
• Send your official transcripts and English test results to UVM Graduate College by August 4.
• Send your arrival information to uvmadmissions@studygroup.com at least 2 weeks before arrival.
• Bring your immunization records, official university documents, and payment receipts to UVM.

Please use your official name (name on your passport and what you used to apply to the University of Vermont) on all forms and correspondence with the University of Vermont and the Graduate College.
Welcome to the University of Vermont Global Gateway Program

Dear Student,
Welcome to the Pre-Master’s Program (PMP) at University of Vermont's International Study Center!

We understand that this is a very exciting and busy time in your life. To help your arrival go as smoothly as possible, we have put together some useful information to help you prepare now.

This guide contains information on Burlington and UVM, as well as important tasks for you to complete. Please read it carefully. Many more details will be shared with you during orientation.

The entire team looks forward to meeting you very soon.

Safe travels!

Sincerely,
Sue Ann Miller, Ed.D.
Associate Director, Global Gateway Program
Meet the PMP Team

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To Do List

- Sign up for UVM email account.
- Receive required immunizations.
- Complete immunization form and upload to https://mywellbeing.uvm.edu.
- Complete and submit Spinner Place Housing application by July 16.
- Mail original and translated transcripts, English tests scores to the Graduate College by August 4.
- Bring original and translated official university transcripts, English test scores, and immunization records to UVM.
- Pay your tuition & fees according to your invoice.
- Bring receipts/confirmation of payment for your deposit & tuition fees.
- Send your arrival information at least 2 weeks before you arrive to uvmadmissions@studygroup.com.

Key Dates

<table>
<thead>
<tr>
<th>Semester</th>
<th>Arrival Day</th>
<th>Orientation</th>
<th>Semester End Date</th>
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<tbody>
<tr>
<td>Fall 2017</td>
<td>August 11</td>
<td>August 15 - 18</td>
<td>December 15</td>
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Important Dates

<table>
<thead>
<tr>
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<th>Event</th>
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<tbody>
<tr>
<td>August 28</td>
<td>First Day of Classes (Fall)</td>
</tr>
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<td>September 4</td>
<td>Labor Day (no classes)</td>
</tr>
<tr>
<td>October 9</td>
<td>Fall Recess (no classes)</td>
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<tr>
<td>November 20 – 24</td>
<td>Thanksgiving Recess (no classes)</td>
</tr>
<tr>
<td>December 15</td>
<td>Last Day of Classes (Fall)</td>
</tr>
<tr>
<td>January 15</td>
<td>MLK Day (no classes)</td>
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<tr>
<td>January 16</td>
<td>First Day of Classes (Spring)</td>
</tr>
<tr>
<td>February 19</td>
<td>President’s Day (no classes)</td>
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<tr>
<td>March 6</td>
<td>Town Meeting Day (no classes)</td>
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<tr>
<td>March 12 – 16</td>
<td>Spring Recess (no classes)</td>
</tr>
<tr>
<td>May 11</td>
<td>Last Day of Classes (Spring)</td>
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<tr>
<td>May 21</td>
<td>First Day of Classes (Summer)</td>
</tr>
<tr>
<td>May 28</td>
<td>Memorial Day (no classes)</td>
</tr>
<tr>
<td>July 4</td>
<td>Fourth of July (no classes)</td>
</tr>
<tr>
<td>August 10</td>
<td>Last Day of Classes (summer)</td>
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Useful Links

Current GGP student Facebook Group: https://www.facebook.com/groups/UVM.GGP/
International Community Facebook page: https://www.facebook.com/UVM-International-Student-Community-149016411853787/
University of Vermont ISC Facebook page: https://www.facebook.com/UniversityofVermontGGP
Immigration Information

Global Gateway Program Pre-Master's Program students usually come to UVM as F-1 international students. The University of Vermont will issue your I-20. You can then apply for a visa to study in the U.S.

You can read the details about how to apply for your visa and travel to the U.S. [here](#). Some additional information is summarized below.

What are the steps to come to the U.S.?
1. Receive your I-20 from the University of Vermont (review it carefully).
2. Pay the SEVIS fee online at fmjfee.com.
3. Complete the form DS-160 to begin your visa process. Read details here.
4. Schedule and prepare for your visa interview. You will need to gather several support documents.
5. Attend your visa interview at the U.S. Consulate or Embassy.
6. Wait for your F-1 entry visa.

Common Questions

**What is a visa?**
A visa allows a foreign citizen to travel to the U.S. and request permission from the immigration officer to enter the United States. It does not guarantee entry to the U.S.

**When should I apply for a visa?**
You should apply as soon as you have your I-20. You will not be issued a visa more than 120 days before your I-20 start date. Notify Admissions ([uvmadmissions@studygroup.com](mailto:uvmadmissions@studygroup.com)) when your visa decision is made.

**What do I need to do once I arrive at UVM?**
Once you arrive on campus, the University of Vermont's Office of International Education (OIE) will help you with your immigration questions. You are required to check in with OIE during orientation. During orientation, the OIE will also present information about immigration and how to stay in good status. If you want to read ahead, check out the OIE website.
Pre-Arrival Tasks

Set up UVM accounts
You will need to set up your UVM NetID and email before you come to UVM.

Set up your NetID
Go to http://www.uvm.edu/account and click on “Set up your NetID.” Enter your UVM student ID number (starts with “95” from your admissions letter and your date of birth.

Set up your UVM email
Once you have your NetID, follow the instructions on the same website to open your student email account.

Remember your NetID and password and keep them private! Begin checking your UVM email once a day at least once a month before you arrive. You will receive many important emails.

There are two main IDs you will need to remember during your time at UVM:
• NetID (for example – jpsmith2) – Allows you to access UVM online services (email, course registration)
• 95 Number (for example – 951234567) – UVM ID number (put this number in your cell phone for easy access)

Complete Housing Application
All students must complete a Housing Application for their apartment at Spinner Place. Completed applications are due by July 16 and should be emailed to uvmadmissions@studygroup.com.

You will learn about your final apartment and suitemate assignment when you arrive.

Complete Health Care Tasks
Immunizations: Review immunization requirements for UVM and get your immunizations before arrival. Vaccines in the U.S. can be expensive.

Upload the immunization form and a copy of your immunization book/record to your myWellBeing account (https://mywellbeing.uvm.edu). The website will be open after August 1. Documents must be signed by a doctor. You must also bring your original documents to the U.S.

Immunization Form: http://www.uvm.edu/~chwb/forms/immunizationform16.pdf

Health Check-up: A physical exam is not required, but it is a good idea to have a medical and dental exam before you travel. Please note that the UVM student health insurance plan does not cover dental care.

Prescriptions: Bring any prescription medications you may have (with copies of your prescriptions translated into English). If you can bring the chemical/medical name of the drug with you, it may be easier to find medicine when you are in the U.S.

Provide official transcripts and exam results
English test scores need to be send to UVM directly from the testing centers:
• The code for the TOEFL scores is 3920
• The IELTS will need to be mailed to the UVM office of Graduate Admissions (see below)

UVM requires official transcripts and graduating certificates be sent in sealed envelopes directly from the university. You have two options: send these documents directly to the Graduate School or send them electronically.

English test scores, official transcripts, and degree and graduation certificates when applicable, should be sent directly to the Graduate College from the institution electronically or by mail. Transcripts must be obtained from each of the post-secondary educational institutions you have attended including your current institution, if applicable.
At this time, we accept electronic transcripts from the following services:

• Direct from your institutions registrar’s office
• eScripts
• National Student Clearinghouse
• Parchment Exchange
• World Education Services

Electronic transcripts can be sent to: graduate.admissions@uvm.edu

Paper transcripts and English test scores can be sent to:

The Graduate College Admissions Office
The University of Vermont
330 Waterman Building
Burlington, Vermont 05405-0160

In case you are not able to request your official transcripts and diploma from your previous university to be sent to UVM, UVM will accept those originals in sealed and stamped envelopes when you arrive on campus for Orientation.

Please, for more detailed information about UVM’s requirements go to their website: http://www.uvm.edu/graduate/international_students

A university seal or president’s signature must appear on the original documents. A copy of the documents must be translated into English if the original is in another language. Both the original and English versions must be submitted. Translations must be authenticated as a true copy by a notary public or similar official. Your university may be able to send these documents directly to UVM before you arrive.

All documents will be collected during Orientation at University of Vermont. Any missing documents must be turned into Admissions within 10 business days from your arrival date.

If your diploma or certificate will not be available until after you begin the Global Gateway Program, you must notify the Graduate College.
Plan Your Arrival

Travel
Send Arrival Information: Send your flight information, including arrival date and time to uvmadmissions@studygroup.com as soon as your travel plans are confirmed (at least 2 weeks before arrival day).

Arriving by air
Several major airlines serve Burlington International Airport (BTV) through other major American cities. UVM does not provide airport pickup. However, you can take a taxi from the airport to the UVM campus for about $15.00 USD (plus $2.00-$3.00 tip). It is a small airport and easy to get a taxi for the short ride to campus.

Airport Taxi Information: http://www.btv.aero/index.php/ground-transportation/taxi

Arriving by bus
Greyhound (www.greyhound.com) offers regular bus service between Boston/New York/Montreal and Burlington. Megabus (www.us.megabus.com) also runs frequent and inexpensive trips from Boston/New York to Burlington.

Arriving by train
Amtrak trains travel from New York, Washington, DC, and Montreal. All trains arrive in Essex Junction, Vermont, about 15 minutes from campus. For more information on schedules and fares, visit www.amtrak.com. You will need to take a taxi from the train station to UVM campus.

Hotels and Temporary Housing
UVM does not offer temporary housing if you arrive before your move-in date. You will need to stay at a hotel if you arrive before Arrival Day (or too late in the evening on Arrival Day).

There are several hotels in the area that offer discounts to UVM students. Some hotel recommendations are listed here: http://www.uvm.edu/admissions/undergraduate/visit_us/directions_and_lodging.

Three hotels are very close to campus and offer free shuttles from the airport: Best Western Plus (802-863-1125), DoubleTree Hotel (802-658-0250), and the Sheraton Burlington Hotel & Conference Center (802-865-6600).

The Sheraton is located across the street from your new residence hall and has a special rate for UVM students. You can reserve your room online at the following website: http://www.sheratonburlington.com/university-of-vermont-hotels.

If you would like help booking a room at a hotel where GGP has special rates, contact us at uvmadmissions@studygroup.com. We will need your full name and dates you need housing. You will pay your own bill with a credit card or cash when you check in at the hotel. Rooms will not be reserved unless requested.

Items to Bring
Prepare well in advance. Last-minute packing will only add more stress, so plan ahead and worry less during your actual travel to UVM. Only pack what is necessary, and make a list of things to buy once you reach UVM.

Packing List
✓ Original health records
✓ Final official transcript and diploma/graduation certificate (and English translations)
✓ All necessary immigration documents (passport/visa, I-20, ID)
✓ Payment confirmation/receipts for tuition
✓ Prescription medications (if necessary), with prescriptions translated to English
✓ Power adaptor for electronics (voltage in the U.S. is 110V)
✓ Items that remind you of home (photos, music, etc.)
✓ Bilingual dictionary or electronic translator
✓ Spending money (for taxi from airport, items for your room)
✓ Clothes and shoes for a variety of weather (warm winter coat, gloves, hat, boots and scarf)
Buy after Arrival
- Computer
- Full-size toiletries (shampoo, soap, toothpaste, etc.)
- Bedding (Twin XL sheets, blanket, pillow)

Arriving to Burlington

Moving In
Tell your taxi driver to bring you to Spinner Place apartments, 25 Winooski Falls Way, Winooski, VT.

You will be able to move into your room between 9:00 AM and 7:00 PM on Arrival Day. Please check in at the leasing office to get your key. You will report to the UVM campus on August 15. If you are arriving on the weekend, you will check in with a PMP staff member. It is important that you send your flight information so that we can help you check in to your apartment.

Orientation
The Global Gateway Program (GGP) and the Office of International Education (OIE) provide orientation for all international graduate students. You will receive an orientation schedule a few weeks before arrival to your UVM email address. Orientation covers information on: immigration, UVM student life, cultural adjustment, the PMP curriculum, and health and safety. Participating in orientation is mandatory.

The first few days of orientation will include fun and interactive workshops, presentation and activities to start your success at UVM. You will have a chance to:
- Set up a bank account* and cell phone service.
- Shop for essential items for your apartment.
- Take your English Placement Test
- Go over important rules and regulations
- Make friends before classes begin
- Get settled before classes begin
- Explore your new home!

*Students should have a minimum of $25 to open a new bank account. DO NOT carry large amounts of cash with you or keep large amounts of cash in your room.

Meals
Meals will not be provided during orientation. You are responsible for purchasing your own meals. There are a few on-campus cafes open during orientation, including the Marche Café in the Living/Learning building, Henderson's in the Davis Center, and Harvest Café in the UVM Medical Center.

Housing
PMP students live in Spinner Place Apartments in Winooski. Students are in 4-bedroom/2-bath suites and have single bedrooms. Each bedroom has a bed, desk, and closet area. The shared living room and kitchen space includes a couch, dining table, chairs, refrigerator and stove.

Rent and most utilities have been included in your final bill for the semester. More information about Spinner Place is available here: http://www.spinnerplace.com/spinner-place-winooski-vt.

PMP students are not enrolled in an on-campus meal plan. If you would like to purchase points to use at the various cafes around campus, you can do so during orientation or during the semester.

Keep in Mind
- All apartments are non-smoking.
- Living with another person is a great way to start meeting new friends at UVM, but it can be challenging. Communicate with your suitemates, be respectful and keep your space tidy.
- You can easily access downtown Burlington and the UVM campus by foot, by bike, or by bus (free to UVM students with your CATcard).
About Burlington

Basic Information
University of Vermont’s campus is in Burlington, the largest city in Vermont. The city is located on Lake Champlain, between the Adirondack and Green Mountains. Burlington International Airport (BTV) is only 4.5 kilometers from campus and is served by many major airlines.

Population (city): 42,000
Population (metro area): 211,000

Distance to Major Cities
Montreal 90 minutes
Boston 3.5 hours
New York City 5 hours

Smoking & Alcohol
On August 1, 2015, UVM became a tobacco-free campus. This means you cannot smoke anywhere on the UVM campus. Smoking is also banned in many public places in the U.S.

The legal drinking age in the U.S. is 21. No alcohol is allowed in the UVM dormitories, regardless of a student’s age.

Popular Activities
Burlington is well-known for many outdoor activities. There are hiking and biking trails in and around the city. Smugglers Notch, Sugarbush and Stowe are popular ski areas within 45 minutes of campus.

Burlington also has an active theater and music community. The Flynn Theatre for the Performing Arts and other local theaters have regular performances. There are over 45 art studios and galleries in the city, as well as fun and lively music scene.

Church Street is the heart of downtown Burlington and is home to retail stores, coffee shops, restaurants, and cafes. The marketplace is only a 10 minute walk from campus and is open year-round.

Weather
Vermont has four distinct seasons, with very cold winters and warm, humid summers. It can snow as early as October, although it is more common for snow to begin in late November/December.

Below are average temperature ranges for the different seasons, but keep in mind that some days will be much colder or much warmer than this. Plan to bring clothing for a variety of weather conditions.

<table>
<thead>
<tr>
<th>Season</th>
<th>Temperature Range</th>
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<tbody>
<tr>
<td>Spring</td>
<td>-6°C – 20°C</td>
</tr>
<tr>
<td>Summer</td>
<td>13°C – 27°C</td>
</tr>
<tr>
<td>Fall</td>
<td>-1°C – 21°C</td>
</tr>
<tr>
<td>Winter</td>
<td>-12°C – 1°C</td>
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</table>
**Spiritual Centers**
You can find a welcoming spiritual community in the area for any religion. The UVM Interfaith Center provides a place for students to gather, pray, meditate, build community and learn more about spirituality and religion. UVM also has a number of student groups related to spirituality.

UVM Interfaith Center  
400 S. Prospect St. Burlington (Redstone Campus)

Cathedral Church of St. Paul (Episcopal)  
2 Cherry St. Burlington

Champlain Valley Unitarian Universalist Society  
2 Duane Ct. Middlebury

Christ Church Presbyterian  
2 Cherry St. (lower level) Burlington

Dormition of the Theotokos Greek Orthodox Church  
600 South Willard St. Burlington

First Church of Christ Scientist  
420 S. Union St. Burlington

Islamic Society of Vermont  
182 Hegeman Ave. Colchester

Ohavi Zedek Synagogue  
188 N. Prospect St. Burlington

Shambhala Meditation Center  
187 S. Winooski Ave. Burlington

The Catholic Center at UVM  
390 S. Prospect St. Burlington

**International Food**
Burlington and the surrounding towns have a number of international restaurants and grocery stores. A few are listed below.

**African**
Community Halal Store  
128 North St. Burlington

Mawuhi African Market  
160 N. Winooski Ave. Burlington

**Arabic/Middle Eastern (halal)**
Ahli Baba’s Kabob Shop  
163 Main St. Burlington

Istanbul Kebab House  
175 Church St. Burlington

Nadia International Market  
325 Main St. Winooski
Asian
Central Market Taste of Asia
242 N. Winooski Ave. Burlington

Gaku Ramen
144 Church St. Burlington

Hana Japanese Restaurant
150 Dorset St. South Burlington

Himalayan Food Market
97 North St. Burlington

HJ House
95 St. Paul St. Burlington

Hong’s Chinese Dumplings (food cart)
35 Church St. Burlington

Pho Hong
325 N. Winooski Ave. Burlington

Sherpa Kitchen
119 College St. Burlington

Thai Phat (grocery store)
100 North St. Burlington

European
Café Mediterano
17 Park St. Essex Junction

Euro Market – A Taste of Europe
1295 Williston Rd. South Burlington

Leunig’s Bistro
115 Church St. Burlington, VT

Campus Activities
UVM Bored – campus and Burlington events & activities:
Life in the U.S.

Cultural Adjustment
If this is your first time living in the United States, it is good to prepare yourself for the adjustment period that typically comes with an international move.

Tips for Cultural Success:
• Have a sense of humor. Being able to laugh when things don’t go as you expect helps ease the stress of the situation.
• Expect a different educational system from your home country. For example, American instructors expect students to actively participate in class. You will learn more about the American classroom during orientation.
• Get involved in your community and campus. You will feel more comfortable in your new living environment by developing relationships.
• Be patient and give yourself time to go through the process of adjusting to your new home.
• Take care of yourself. Eat well, exercise, and learn relaxation techniques.

U.S. Etiquette Basics
It is difficult to generalize any culture into universal “dos and don’ts”, but below are generally acceptable guidelines for being polite in the United States:
• Tipping is expected in many situations when you receive a service (for example, you usually tip a waiter at a sit-down restaurant, your taxi driver, and your hair stylist). There are a number of websites and mobile apps to help you calculate an appropriate tip.
• Talking about sensitive topics like money, politics, religion or personal issues is generally only done between close friends.
• Americans generally smile often, even at strangers. This is a basic sign of politeness and should not be misinterpreted as something more personal.
• Treat others as you would like to be treated. Be calm, respectful, and polite with anyone you meet.
• Staring is considered impolite. On the other hand, when you are talking with someone, it is important to maintain regular eye contact to show you are interested in the conversation.
• People generally greet each other with handshakes and do not touch during conversation unless they are close friends or relatives. This is especially important when men and women interact.
• Littering (not throwing away garbage) is very impolite. For example, if you smoke, you should put your cigarette ends in a trash can when you are done.

Health & Safety
You will learn much more about how to stay healthy and safe during orientation, but here is some basic information to help you prepare.

Insurance
All PMP students are covered under the UVM student health insurance plan (SHIP). You can find out about the plan here: http://www.uvm.edu/~chwb/insurance/?Page=UVMhealthplan.html&SM=uvmplanmenu.html

Campus Safety
UVM Police Services serves the UVM campus to ensure the safety of students, faculty and staff. Here are some general things you can do to keep yourself safe as well:
• Be aware of your environment: don’t walk alone late at night and always keep valuables out of sight.
• Do not leave your belongings unattended.
• Always lock your room.
• Keep your cell phone charged in case you need it during an emergency.
• CatAlert is UVM’s emergency notification system that immediately alerts students to any dangerous or emergency situations on campus. Pay attention to any CatAlerts you receive by email or text.
• Always follow the instructions of police officers.

Academics
Your program requirements will be slightly different from your classmates’ depending on your instructor(s) and degree program. However, all students will learn about the following basic policies at new student orientation:
Budgeting
A budget is simply a plan on how you will spend your money. We encourage you to prepare a monthly budget to avoid the risk of overspending. A budget will also help you save for the future. Saving money is important if you have an unexpected or emergency expense, or if you would like to make a larger purchase later.

Approximate prices in Burlington:
• Mobile phone service: $80-$100/month
• Mobile phone activation: $300-500 with national carrier (Sprint, AT&T, T-Mobile, Verizon)
• Movie ticket: $6.75-8.75 in town
• Dinner at a restaurant: $10-30/per person + tax + tip (It is common to tip your server 15% on top of bill)
• Coffee: $2/cup; $3-5 for specialty coffees

Online Budgeting Resources
These websites and applications will help you create, manage, and calculate your budget.
Mint: www.mint.com
Level Money: www.levelmoney.com
YNAB: www.youneedabudget.com
Power Wallet: www.powerwallet.com

We look forward to meeting you!