



Global Gateway Program Arrival and Orientation Information

2016-2017

Your pre-departure checklist

Before you depart, please make sure you:

- Sign up for your UVM email account.
- Take the Math Readiness Placement Test.
- Receive your required immunizations.
- Send your official high school and any university credits to UVM Admissions before arrival.
- Complete your online Housing and Meal Contract.
- Send your arrival information.
- Bring immunization records, official high school 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.

Welcome

Welcome to the University of Vermont Global Gateway Program.

Dear Student,

Welcome to the Global Gateway Program (GGP) 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 GGP team looks forward to meeting you very soon.

Safe travels!

Sincerely,

Sue Ann Miller, Ed.D.
Associate Director, Global Gateway Program



Meet the GGP Team

				
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GGP Contact Information

Address

Global Gateway Program (GGP)
University of Vermont
Marsh Hall, Suite 006
31 Spear Street
Burlington, Vermont 05405

Email

uvmadmissions@studygroup.com

To Do List



- Sign up for UVM email account
- Take Math Readiness Placement Test
- Receive required immunizations
- Send your original high school transcripts and diploma to UVM Admissions by mail
- Complete immunization form and upload to <https://mywellbeing.uvm.edu>
- Complete online Housing and Meal Contract
- Bring original and translated official secondary school transcript and immunization records to UVM
- Bring receipts/confirmation of payment for your deposit and tuition & fees
- Send your arrival information to UVM at least 2 weeks before you arrive

2017 Key Dates

Semester	Arrival Day	Orientation	Semester End Date
Spring 2017	January 9	January 10 – 13	May 13
Summer 2017	May 16	May 17 – 19	August 12

Important Dates

January 16	MLK Day (no classes)
January 17	First Day of Classes (Spring)
February 20	President's Day (no classes)
March 7	Town Meeting Day (no classes)
March 13 – 17	Spring Recess (no classes)
May 12	Last Day of Classes (Spring)
May 22	First Day of Classes (Summer)
May 29	Memorial Day (no classes)
July 4	Fourth of July (no classes)
August 11	Last Day of Classes (summer)

Useful Links

University of Vermont ISC Facebook page: <https://www.facebook.com/universityofvermontisc>

Current GGP Student Facebook page: <https://www.facebook.com/groups/UVM.GGP/>

International Student blog: <http://www.internationalcommunityuvm.tumblr.com/>

International Community Facebook Page: <https://www.facebook.com/UVM-International-Student-Community-149016411853787/>

Immigration Information

Global Gateway 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. Get 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.
7. Enter the U.S. - you may enter the U.S. up to 30 days before your I-20 start date once you have your 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 into 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 your Admissions Manager 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 will be required to check in with them 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 set up your NetID, follow the instructions on the same website to open your student email account.

Remember your password and keep it private. Begin checking your UVM email once a day at least one month prior to arrival.

There are two main IDs you will need to remember during your time at UVM:

95 Number (for example - 951234567) - UVM ID number (put this number in your cell phone for easy access)

NetID (for example - jpsmith2) – Allows you to access UVM online services (email, course registration)

Take Math Placement Test

Instructions to take the test will be emailed to your UVM email address by the Math Department about one month before arrival. It is critical that you complete this test at least 2 weeks before you arrive in order for GGP to register you in the correct math course.

Complete Housing Contract

All students must complete a Housing and Meal Plan Contract, which will help us make your room assignment. After late November (spring), mid-February (summer), or early July (fall), you will be able to complete a contract by going to <https://myhousing.uvm.edu/studentWeb>

Enter your UVM NetID and password. You must complete the brief contract and agree to the rules of living at UVM. The contract will also ask you about your living preferences to match you with an appropriate roommate.

You will learn about your final room and roommate assignment when you arrive.

Complete Health Care Tasks

Immunizations: Review immunization requirements for UVM and get immunized before arrival. Vaccines in the U.S. can be expensive.

Upload the immunization form and a copy of your immunization book to your [MyWellBeing account](#). 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/health/student_forms/Prietable_IMM_FORM_20152016.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 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

During the application process, you provided scanned documents to the Office of Admissions. To finalize the process and confirm your admission, you must submit the following official documents to UVM Admissions when you arrive:

- Original Transcripts
- Original High School Leaving Examination results or Diploma

We strongly recommend that you send your official transcripts before you arrive, especially if you are bringing post-secondary (university-level) credits that may transfer to UVM.

A school’s seal or principal’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 school 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 examination results or diploma will not be available until after you begin the Global Gateway Program, you must notify the Admissions Office.

UVM Admissions
c/o Ms. Caitlin Hoffmann
International Admissions
The University of Vermont
194 S. Prospect Street
Burlington, VT 05401-3596
+1-802-656-4620 Caitlin.Hoffmann@uvm.edu

Plan Your Arrival

Travel

Complete Arrival Information Form. Email this form to uvmadmissions@studygroup.com as soon as your travel plans are confirmed, and at least 2 weeks before arrival day.

Arriving by air

Several major airlines serve Burlington International Airport through other major American cities. UVM does not provide airport pickup. However, you can take a taxi from the airport to 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 UVM.

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 (<http://us.megabus.com/>) also runs frequent and inexpensive trips from Boston/New York to Burlington.

Arriving by train

Amtrak trains arrive 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 the 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, please 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.

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 high school 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 conditions (a warm winter coat, gloves, hat, boots and scarf)

Buy after Arrival

- Computer
- Full-size toiletries (shampoo, soap, toothpaste, etc.)
- Bedding (Twin XL sheets, blanket, pillows)

Arriving on Campus

Moving In

Tell your taxi driver to bring you to UVM campus, Marsh-Austin-Tupper Hall (MAT Residence Hall), 31 Spear Street. Have the driver take you to the front of Marsh Hall, not the back entrance.

You will be able to move into your room between 9:00 AM and 5:00 PM on arrival day. Please check in at the MAT lobby to get your key.

Orientation

The Global Gateway Program (GGP) and the Office of International Education (OIE) provide orientation for all international 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 GGP curriculum, and health and safety. Participation in Orientation is mandatory.

The first few days of Orientation will include fun and interactive workshops, presentations and activities to start your success at UVM. You will have a chance to:

- Set up a bank account, and cell phone service, and shop for essential items for your room*
- 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 dorm room.

Meals

You will have meals provided throughout orientation week, beginning on arrival day for evening dinner. This will continue until your regular meal plan begins close to the start of classes.

Accommodation

Living on Campus

GGP students live in Marsh-Austin-Tupper (MAT) Residence Hall. You will be in a double room, most likely with another GGP student. Each person in the room will have a twin bed, desk, chair, dresser, mirror, towel rack, and small wardrobe. There are shared bathrooms, laundry, and a kitchen in MAT. Students may not request a single room. All rooms are doubles.

All accommodation fees have been included in your final bill for the semester. There is no additional payment required.

More information about MAT and the other residence halls is on the UVM Residence Life website:

<https://reslife.uvm.edu/halls>.

GGP students are automatically enrolled in an unlimited meal plan. This means you can eat as much as you want at any of the three UVM cafeterias. Other dining options on campus require points or cash.

Keep in Mind

- Residence halls have student leaders called Resident Assistants (RAs). Your RA is responsible for making sure students follow university policy, but he/she is also there to help if you have questions/issues.
- All residence halls at UVM are non-smoking and do not allow alcohol.
- Living with another person is a great way to start meeting new friends on campus, but it can be challenging. Communicate with your roommate, be respectful and keep your space tidy.
- First year students are not allowed to park on campus, so you should not plan on having a car during GGP. However, you can easily access downtown Burlington and the UVM campus on foot, by bike or by bus (free to UVM students with your CAT card).

About Burlington

Basic Information

University of Vermont's main 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 a 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.

Average Temperatures

Spring (Mar– May)	- 6C – 20C
Summer (Jun – Aug)	13C – 27C
Fall (Sep – Nov)	-1C – 21C
Winter (Dec – Feb)	-12C – 1C

Spiritual Centers

No matter your religion, you can find a welcoming spiritual community in the area. UVM also has a number of student groups related to spirituality: <http://www.uvm.edu/~spirit/>.

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/ethnic 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

Café Istanbul
175 Church St. Burlington

Nadia International Market

325 Main St. Winooski

Asian

Central Market Taste of Asia

242 N. Winooski Ave. Burlington

Gagan Asian Grocery Store (Indian)

1293 Williston Rd. South 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: <http://uvmbored.com>

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. Staff of the Global Gateway Program will talk about the various stages of culture shock at Orientation.

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 Global Gateway 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 program. However, all students will learn about the following basic policies at new student orientation:

- Attendance
- Academic integrity
- Immigration requirements
- General classroom expectations

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

Campus Map



We look forward to meeting you!