



International Study Center (ISC) Pre-arrival Guide Spring 2011



Welcome!

You will soon be joining us at the International Study Center (ISC) at Manhattan College in New York City. As you begin this impressive academic challenge you have set for yourself, our faculty and staff will steadily assist you. This guide will answer many questions you might have. For those questions that aren't answered, please feel free to contact us. Your instructors and I look forward to meeting you!

Peter Graves
Center Director
International Study Center
Manhattan College

Key facts

Head of ISC:	Peter Graves
Address of ISC:	International Study Center 4513 Manhattan College Pkwy Riverdale NY 10471, USA
Office:	Horan Hall 213
Telephone number of ISC:	+1 718-862-6144
Emergency number:	+1 877-394-6404

Useful Websites

Useful websites if you would like to learn more about the ISC, Manhattan College, and NYC:

Manhattan College	www.manhattan.edu
ISC at Manhattan College	http://www.studygroup.com/isc/manhattan/
International Essentials	http://www.manhattan.edu/student_life/isa/
Official New York City website	http://www.nyc.gov
New York City visitor planning guide	http://www.nycgo.com/basic-info



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What to pack/bring

Essential items to bring with you include:

- passport and visa
- your enrollment and accommodation documents
- passport sized photographs
- photographs of friends and family to brighten up your new room
- a towel
- essential toiletries and medications
- an alarm clock - for those early starts!

See the final page for a list of clothing and other items.

Arriving in the US

Please advise the International Admissions Center (IAC) of your expected arrival details at least 10 days prior to your departure. Contact them at +1 212-497-0050.

You should arrive at Manhattan College on **Sunday January 23, 2011** ready to begin classes on Monday January 24.

If there is any confusion upon your arrival, call the Study Group emergency phone number: +1-877-394-6404.

By plane from New York's John F Kennedy (JFK), La Guardia (LGA) or Newark (EWR) International Airports:

Mirage Limousine has been contracted to transport you from JFK, LGA or EWR airport to your on-campus residence. It is between a 30 and 90 minute car journey, depending on the airport you arrive at and the traffic conditions. The driver will meet you at baggage claim, holding a sign with your name on it.

For students living on campus, the driver will drop you off at your residence hall, where a member of the Residence Life Office staff will assist you in moving into your room.

Students not living on campus must communicate their housing arrangements to the International Admissions Center (IAC) in New York. Please contact the IAC with any questions at +1 212 497 0050.

Orientation

During your first week after arrival, we will help you settle into life in the US with an ISC orientation program.

This process will include:

- registration at the university
- registration with local/on-campus health services
- setting up a bank account
- becoming familiar with campus
- learning the bus system
- finding out your class schedule
- taking a placement test
- other activities

There is also a Manhattan College Orientation program on Wednesday January 26, at 4pm.

Medical information

There are medical facilities located on and near campus. Be sure to complete your Health Center Record form and send it in or bring it with you. Staff will ensure you are registered at the local Health Center, and will show you where the closest pharmacy is located and where you can get medicine.

Opening a bank account

If you are coming to the US for at least an academic year, it is recommended that you open a bank account. Before opening an account, you should have some cash with you to deposit into your new account. As part of the Orientation, ISC and Manhattan College staff will aid you in opening a bank account.

Warning: DO NOT carry large amounts of cash with you or keep large amounts of cash in your room at your residence hall.

The cost of being a student

You will need to budget carefully to cover all of your living costs, including clothes, transportation, books, and entertainment. If you live on campus, your fee to Study Group includes a meal plan. If you live off campus, a meal plan is not included in the fee. A meal plan can be added at an additional cost to the student.

It is very difficult to estimate how much money you will need over a year as this depends on individual lifestyles and circumstances. Remember, you will spend more money at the beginning of the semester as you will need to buy items such as room/bed supplies, books, and special equipment for your course. Small charges may also be made by some departments to cover supplementary materials or services.

More information about how to budget for your living expenses will be discussed during your first week.



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Living in the US

Social attitudes

Life in the US will almost certainly be different from what you are used to. It is difficult to say what is the American way of life as attitude and outlooks vary considerably according to where you are in the country. The US is a grand mixture of cultures, lifestyles, and landscapes. You will find similarities as well as differences between your home country/culture and the US.

Manhattan College is known for its friendliness and hospitality. You will find that people - even strangers - will look you in the eyes and smile as you pass by, possibly even offering a kind greeting. You will find Riverdale to be a quiet part of New York City.

Making the most of your time

Manhattan College offers you great resources. If you have a particular hobby, chances are someone has started a club that celebrates it. There are countless activities for your academic and social life and for you to become an enlightened citizen of the world.

Drinking

Alcohol is legal to anyone aged over 21. There are strict rules against underage drinking and severe consequences. Drinking is often associated with a party lifestyle and atmosphere for college students. For those over 21, it is acceptable to drink in moderation in public.

Smoking

Smoking is banned in many public places in the US. On campus at Manhattan College, there are restrictions about where students can smoke. It is advisable to refrain from smoking indoors at all times. If you are being hosted by friends, always ask if it is ok to smoke outside and where an acceptable place to smoke is located.

Homesickness

To start with, everything will be new, exciting and different, but as time goes by you may start to wish that things were the way they were back home. Don't despair as this stage will pass - and much more quickly if you talk to someone about how you are feeling.

Racism

Racism is a global problem and no society is perfect. The US isn't free from racism and while you may meet a little of it in your day to day life, it is hoped that it is very rare at Manhattan College. The ISC and Manhattan College are committed to equality and to ensuring that you do not face discrimination while you are studying.

Specialist and international foods

There are many shops and restaurants in the area which sell these types of foods. You may also find that some of the larger supermarkets stock some of the products that you need.

Things to bring

- Completed and signed Health Record Form
- A warm coat (normal winter temperatures are 30-40° Fahrenheit or 0° Celsius; there will be snow and ice during winter; it may get as cold as 10-20° F or -15° C)
- An umbrella
- Items that remind you of home (pictures, clothing, crafts, etc)

- Bed linens, pillows, blankets, and towels are not provided by the residence hall. You can bring these with you or purchase them after you arrive.
- Toiletries
- Clothing
 - Casual
 - Formal
 - Athletic
- Shoes
 - Casual
 - Formal
 - Athletic
 - Hiking
- Items to share or give to friends that symbolize your country

Manhattan College holidays

The residence halls close at Manhattan College for certain American holidays, such as Thanksgiving and Christmas. There is also a week-long break during March called Spring Break. During these times, students are not allowed to stay in their residence halls.

These times offer a good opportunity to travel to other parts of the US with friends or to stay at a home of an American family. If travel is not desired, arrangements can be made through the ISC for where to stay during residence closures.

All holidays and other dates can be found in Manhattan's online calendar:
<http://www.manhattan.edu/about/calendars.shtml>