

# PRE-ARRIVAL GUIDE

for Canisius College New International Students

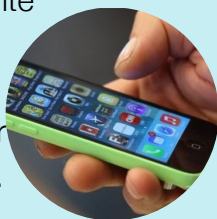


## Welcome, New International Students!

*In this guide, you will find information regarding your arrival to Canisius College for International New Student Orientation.*

We are looking forward to welcoming you to our international student community at Canisius College in Buffalo, New York. Please take some time and review this guide, created to answer a number of the questions you may have about your arrival to Canisius. You will be receiving a number of emails in the coming months, so please be sure to check both your personal email and Canisius Gmail account daily. Safe travels!

You may be asked for the college contact information at some point during your travels. Please write it down and be sure you have it accessible in your carry-on luggage.



### Canisius College Contact Information:

Office of International Student Programs  
2001 Main Street  
Buffalo, New York 14208  
Student Center, 003  
Phone: +1 (716) 888-2400  
Cell Phone (beginning August 15):  
+1 (716) 866-0561  
Email: [ispmail@canisius.edu](mailto:ispmail@canisius.edu)



**Page 2:**  
Important details on preparing for your arrival to Canisius.



**Page 3:**  
Tips on what to pack vs. what to buy once you arrive.



**Page 6:**  
Information on different services and international orientation.

## Preparing For Your Arrival

*Before you leave your home country, be sure you complete the following:*

### 1. Send ISP your travel itinerary.

Whether you will be arriving to Buffalo, New York from somewhere else in the United States or from somewhere else in the world, please send us your travel itinerary as soon as possible. **Plan your arrival to Buffalo for Sunday, August 18, 2019.** We will arrange a free pick-up service for you, as long as you arrive on this date and to one of the following locations: Buffalo-Niagara International Airport, Buffalo Amtrak train station (on Exchange Street), or the Downtown Buffalo bus terminal (on Ellicott Street). We will require your full travel itinerary so that we can watch for any updates, so please be sure to provide us with all of the airline details. If you will be arriving prior to August 18, you will need to arrange your own transportation and temporary housing off campus until that date. **Be sure to send us your arrival information no later than August 9 by emailing [ispmail@canisius.edu](mailto:ispmail@canisius.edu),** if you would like to take advantage of the free pick-up service. It is very important that you arrive on time so that you do not miss any mandatory orientation sessions and hold up your course registration.

### 2. Prepare necessary documentation for US Port of Entry.

Your current passport must have your visa stamp in it and your passport should be valid for at least the next six months at the time of your arrival. You received your Form I-20 via DHL from Canisius College. It proves that



you have been accepted to the college. If you are transferring to Canisius, please bring your I-20's from any previous US institutions you attended. Print or bring a copy of your acceptance letter to Canisius. If you have been sent your mailing address in your Canisius Gmail, have it written down and readily available. Lastly, bring a copy of your receipt for payment of the SEVIS I-901 fee that you paid online. This was a \$200 fee that you paid prior to attending your visa interview. Be sure that all of these documents are easily accessible in your carry-on luggage. Should you forget any of this documentation for any reason and you are issued an I-515 at the Port of Entry, please notify the ISP office immediately when you arrive to campus.

### 3. Update ISP of any travel delays.

If your arrival time is delayed or there are any changes to your travel plan, please notify us as soon as possible. You can email [ispmail@canisius.edu](mailto:ispmail@canisius.edu) or call/text our office cell phone + 1 (716) 866-0561 at any point. The cell phone will be on 24 hours a day beginning Thursday, August 15th. Please contact us as soon as possible!

## PREPARING FOR YOUR VISA INTERVIEW:

If you have not yet had your F-1 student visa interview, visit our website: [www.canisius.edu/global-education/international-student-programs/f-1-student-visa-information](http://www.canisius.edu/global-education/international-student-programs/f-1-student-visa-information). Here you will find information on typical visa interview questions and tips on how to prepare for your visa interview.

As we near the start of the academic semester, the amount of time for your visa interview and processing may increase. It is important that you do not wait until the last minute! To find out the most up to date wait time for the US Embassy or Consulate near you, visit:

<https://travel.state.gov/content/visas/en/general/wait-times.html>



## What to Pack vs. What to Buy?

*Sometimes determining what to pack with you for studying abroad can be stressful! Worry not and consider these tips on what to bring with you and what to purchase upon arrival.*

### Bedding for your room.

Often times, students do not realize that bedding is not provided. This is something that you will need to either bring with you or plan to purchase when you arrive. Our suggestion is to pack a small pillow and blanket with you. **We have our shopping trip planned for Sunday, August 18, so if you are arriving late that evening, you'll want to have a blanket and small pillow packed for the first night.** You may wish to purchase your bedding in advance and have it waiting for you in the ISP office. To order your bedding online ahead of time, visit:

<http://rhl.org/can>

You can have them shipped to the ISP office, in care of your name, to our address listed on page one of this guide. Please note that all beds in campus housing are size Twin XL.

### Electronics in the US.

If you choose to bring any electronics or small appliances from your home country, please remember that the electrical requirements are different in the US than abroad. The voltage is 110V and electrical prongs must have two flat prongs in order to function in the outlets available.

### Seasonal Clothing.

From December to May there will be a great shift in temperature. For this reason, we encourage you to pack different kinds of layers of clothing. Pack t-shirts, sweaters, shorts, pants, denim, both a heavy and a light jacket, hat, gloves and a scarf. Consider different types of footwear you will want with you, depending on your lifestyle activities. Be prepared for different social settings. Some events will require you to be more formal than others. For instance, we take you out to a nice restaurant during orientation. You will also want running shoes to workout at the gym or to walk around and explore the city!

## WHAT TO PACK WITH YOU:

Here are some suggested items to pack with you from home:

- ☐ Casual clothing for classes (denim, tops, sweaters, sweatshirts, t-shirts, button down shirts)
- ☐ Formal attire for an interview, class presentations, or events off-campus
- ☐ Light-weight jacket for fall months and a heavier jacket for late fall/winter
- ☐ Underwear, socks, loungewear
- ☐ Everyday shoes, formal dress shoes, warm boots and running shoes
- ☐ Hat, gloves, scarf for cooler temps
- ☐ Personal laptop or tablet with charger
- ☐ Small devices-cell phone, camera, etc
- ☐ Umbrella and rain jacket
- ☐ Toiletries (for immediate use)
- ☐ Photos and small decor for your room
- ☐ Any prescriptions you need- 6 mo. supply

## TOP ITEMS TO PURCHASE HERE:

Here are some items that students often purchase upon arrival in the US during our shopping trip:

- ☐ Cell phone SIM card for your phone
- ☐ Kitchen dishes, pots and pans, utensils
- ☐ Cleaning supplies for your room/or apartment and laundry detergent
- ☐ Small electronic devices (hair dryer, alarm clock, lamps, fan)
- ☐ Bedding for your room
- ☐ Groceries for your room or apartment
- ☐ Books for your classes
- ☐ School supplies

This is just a recommended list. Should you have any questions about what is included in your housing assignment, feel free to email us: [ispmail@canisius.edu](mailto:ispmail@canisius.edu).

## CANISIUS CAMPUS HOUSING INFORMATION:

College policy requires that all new international freshman, sophomore, and visiting students live on-campus in college owned residency. If you have not yet completed a General Housing Application, please complete the form (<https://www.canisius.edu/student-experience/student-life-and-housing/student-housing/housing-applications-forms>) and email it to us at [ispmail@canisius.edu](mailto:ispmail@canisius.edu). We will reach out to you via email if we have not yet received it.

You will receive your housing assignment and roommate information in your Canisius Gmail. To view the different housing layouts, visit: [www.canisius.edu/campus-life/residence-life/housing/](http://www.canisius.edu/campus-life/residence-life/housing/). Each room includes a bed, dresser, wardrobe to hang clothing (hangers not included), a desk and desk chair. All upperclass housing (except some rooms in Dugan Hall) have private bathrooms for each apartment. Other rooms must use the shared bathrooms. Freshmen will be assigned to either Bosch Hall or Frisch Hall only. Upperclassmen and Graduate students will be assigned to either Dugan Hall, Village or Delavan Townhouses. Questions about housing can be emailed to: [housing@canisius.edu](mailto:housing@canisius.edu).

## Personal Finances

*We highly recommend that you create a monthly budget for yourself prior to arrival. Here are some recommendations of what to consider when planning your budget:*

Your first month will be expensive. You will need to purchase items for your room or apartment, required books for your classes, pay your tuition bill, etc..

You can save money on your books by seeing if they are available to rent, instead of purchase. Both the campus bookstore and Amazon have college book rental programs. Compare costs of renting, buying used copies, and buying new copies. Once you have your course schedule completed, you can look up the required books for your courses on the campus bookstore website: <http://tiny.cc/jevzby>. Please keep in mind that your professors may not have updated their required books yet, so it may change as we near the start of classes. If you are considering buying your books from a third party website, be sure that you are ordering the correct edition of the book!

Think about what types of traveling you may wish to do during holiday breaks and long weekends. Consider what sort of transportation you will book (rent car with friends, train or bus ticket, airfare) and housing accommodations (hostel, hotel, stay with friends).

## SHOPPING DURING ORIENTATION:

We will be taking you shopping during International New Student Orientation on **Monday, August 19** in the afternoon. We have rented a bus to take you to Target the department store. We recommend that you make your shopping lists ahead of time, so that you do not waste time during the trip figuring out what you need. Visit their website below:

<http://www.target.com>  **TARGET**

In order to assist you with determining your monthly budget for food, toiletries, and personal items, use this website that will give you an idea of the costs of living in Buffalo, New York: <http://tiny.cc/0vvzby> (You will need to select another US city to do the comparison chart.)

Please note that many students are interested in obtaining a part-time job while attending Canisius. Your student visa permits you to work on-campus only and unfortunately there are not many jobs available to meet the demand of international students. Please spend some time creating a personal budget for yourself ahead of time. Consider downloading a free app, such as Mint or Spending Tracker, to budget and track your spending!

## Campus Dining Options

*Canisius offers many food options to suit everyone's preferences. Read through this section to learn about campus dining options.*

Freshmen students in Bosch or Frisch Halls and upperclass students in Dugan Hall are required to purchase on-campus meal plans. You will be enrolled in the meal plan automatically when your housing assignment is completed. Freshmen students will be enrolled in the Griffin Plan A automatically, but have the option to switch to plan B or C until the end of the first week of classes. Upperclass students in Dugan Hall will be automatically enrolled in the Mega Block plan.

If you will be living in the townhouses or off-campus (transfer students over the age of 21 or graduate non-exchange students only), you may wish to do some of your own cooking in order to save money. Your apartment does have a full-size kitchen that will permit you to do so. You may wish to add Griff Choice or Griff Bucks to your Griff Pass (student ID card), for convenient coffee or lunch purchases on-campus when you have classes.

We will have a presentation during International New Student Orientation that will help you to understand the different plans.



Your Griff Pass is your Griff Bucks debit card. Use it anytime, including between-meal or late night snacks on campus. Griff Bucks can be used for meal purchases at any Dine On Campus location and for food purchases in excess of the Griff Plan cash equivalence. Griff Bucks are provided with all Griff Plans each semester, and additional Griff Bucks may be purchased at any time with a minimum deposit of \$25. Purchases made with Griff Bucks are non-taxable and Griff Bucks will carry over from the fall to the spring semester. Any unused Griff Bucks remaining at the end of the spring semester are forfeited. Deposits are non-refundable.

**FOR DETAILS ABOUT DINING OPTIONS ON CAMPUS, VISIT:**

**[HTTPS://NEW.DINEONCAMPUS.COM/CANISIUS](https://new.dineoncampus.com/canisius)**



## PURCHASING GROCERIES IN THE NEIGHBORHOOD:

Many students wish to purchase some groceries for their room or apartment on-campus. There are multiple grocery stores for you to choose from to shop for your food items. Using the metro rail, you will be able to easily get from Canisius to Aldi or Tops, a local grocery market. Additionally, there is a Canisius shuttle that transports students to and from Wegmans on Sundays during the academic semester. Many international students prefer Aldi, due to the inexpensive produce options.

**ALDI** 3060 Main Street | Buffalo, NY | 9 AM - 8 PM\*

**Tops Friendly Markets** 3500 Main Street | Buffalo, NY | 8:30 AM - 9 PM\*

\*weekend hours may differ



## International New Student

### INTERNATIONAL NEW STUDENT ORIENTATION:

To prepare you for your time at Canisius, all new international freshmen, transfer, exchange and graduate students are required to attend International New Student Orientation from **August 19 - 21, 2019**. Please note that this is separate from the undergraduate New Student Orientation and from any required graduate orientation sessions.

We have worked around their schedules and included them in ours. Activities and meals will be planned for students beginning Sunday, August 18, but **all students must be in attendance beginning Monday, August 19**. The orientation includes a variety of academic sessions, important presentations regarding Canisius specific requirements for international students, and activities that will allow you to explore the great City of Buffalo!



### Orientation Schedule

*You will be provided with the full orientation schedule upon arrival. If you will be arriving before our pick-up services are available, we will email you a copy of the schedule the week prior.*

The orientation is designed for all new international students to Canisius College and attendance is required. This orientation will then lead into New Student Orientation for all new first year and transfer students, both domestic and international. International New Student Orientation does not replicate this program, but rather focuses on the specific needs of international students at Canisius. **Graduate MBA students will also have an orientation session that they must attend in addition to International New Student Orientation.** We ensure that the dates for these sessions do not conflict.

As part of the orientation schedule, we will need to copy your passport, F-1 student visa stamp, I-20, and SEVIS I-901 fee receipt. Once we have a copy of all of these documents, we will sign page 2 of your Form I-20. This signature will be valid for one full year, permitted you remain in status with your student visa. If you do not send us your Physical Health and Immunization document ahead of your arrival, please bring the document with you to our office.

### Canisius College New Student Orientation

All new international freshmen, transfer, and exchange students will then participate in New Student Orientation after completing International New Student Orientation. **You do not need to register for the orientation.** We realize that receiving information about both orientations may be confusing. Please let us know if you have any questions about communication that you may receive regarding your orientation schedule. The orientation folder that we will give you upon your arrival to Canisius will provide you with one clear, comprehensive schedule to follow for the week.

### Mandatory Orientation Dates for ALL New International Students:

**International New Student Orientation:**  
August 19- 21, 2019

**College-wide New Student Orientation:**  
August 22 - 25, 2019

**Graduate MBA Orientation Meeting\*:**  
August 22 | 6-7:30 PM | OM 423  
**OR** August 24 | 10-11:15 AM | OM 423  
**1 Year MBA: August 23| 9 - 3 PM |**  
**OM 423**

**\*All International MBA students must attend BOTH the International New Student Orientation and the Graduate MBA Orientation session.**

## HELPFUL TIPS FROM FELLOW INTERNATIONAL STUDENTS:

We ask international students each year what they wish they had known before arriving to the U.S. and to campus. Here are some of the tips and advice they have shared with us to pass on to you!

**1. Bring a blanket and pillow for the 1st night or order it online ahead of time.** Linen is not provided in your room. While we take you shopping on Monday (8/19), which means you will need a blanket and pillow for your first evening. Consider ordering it online (see page 3) ahead of time, so that it is waiting for you when you arrive!

**2. Some rooms have air conditioning, while some do not.** The upperclass apartment areas have air conditioning (Dugan Hall, Village Townhouses, and Delavan Townhouses), but the freshmen halls (Bosch and Frisch Halls) do not. Freshmen should plan to buy a fan for their room upon arrival.

**3. Take advantage of your 30 days prior to your program start date arrival, if you are able to.** Your visa permits you to enter the United States 30 days before your program start date. If you are an exchange student looking to travel beforehand or a graduate student who will need to look for off-campus housing, it was recommended that we remind students of this opportunity. Email ISP with any questions about this.

**4. International Student Orientation is all day Monday through Wednesday.** There is a lot of information to learn, which is why it is spread out over three days. It is really important to attend so that you feel comfortable attending classes the first day. You also get to know other international students- which is really helpful!



## GLOBAL HORIZONS

Looking for a way to connect with other international and American students at Canisius? Join one of the best student clubs on-campus and prepare for the fun and friendships that will follow!

Global Horizons is a student club that promotes awareness of the diverse cultures represented on campus, and assists international students with experiencing American life. The club offers activities such as apple picking in the fall, celebrating the Chinese New Year, promoting International Education Week at Canisius, and best of all- Global Fest in the spring semester!

If you are looking for a simple way to get connected with a great group of friends, let us know if you are interested in joining Global Horizons! The president of the club for 2019-2020 is Shamira Nawz.

Check them out on Facebook by searching **"Canisius College: Global Horizons"**!



## Get Involved on Campus

There are over 100 student clubs and organizations at Canisius for students to join- something for everyone's liking. During New Student Orientation, you will have the opportunity to attend the Student Club & Organization fair and learn about the different opportunities for you to get involved at Canisius. Whether you are looking to join a sports team, dance, or make music- there are extracurricular activities available no matter what you enjoy!



## EXCHANGE STUDENTS AND COURSES AT CANISIUS:

The term “exchange student” refers to any international student who will be completing a semester or year abroad at Canisius College.

We realize that many of our exchange students must select courses ahead of time and have them approved by their home institutions. We strongly encourage you to use the instructions that you will receive in the “CHOOSING COURSES” document, which will be sent to you electronically. This will allow you to see which courses will be offered for Fall 2019. The courses listed in the course catalog and on the website are not offered every semester, so it is imperative that you are using your log-in and checking in the system for availability for fall semester. Should you have any questions, please feel free to email us at any time ([ispmail@canisius.edu](mailto:ispmail@canisius.edu)). You will be meeting with an Associate Dean to register for classes when you arrive. Please note that class availability may change, so it is important that you check the listing regularly. If the seat count is at capacity, you will need to select a different course.

### Frequently Asked Questions:

*Here are some of the most common questions asked by the incoming international students. Should you have any question that is not listed below or answered in this guide, please send us an email and we would be happy to help! Email [ispmail@canisius.edu](mailto:ispmail@canisius.edu)*

When will I register for classes at Canisius?

The answer to this question will depend on whether you are an undergraduate or graduate student, and then which Associate Dean you will work with.

#### New Freshmen (First-Year Undergraduate) students:

It is asked that you complete the online Course Preference form in your myCanisius student portal. Use the log-in information provided on your acceptance letter to the college. Your schedule will be created once this form is complete.

#### New Transfer (Undergraduate) students:

You will meet with your Associate Dean during International New Student Orientation to create your schedules. The ISP office will make this arrangement and we will provide you with your meeting date and time.

#### New Exchange students:

Depending on your major, you may be contacted by your Associate Dean via Canisius Gmail. Please be sure that you are checking this daily. Some students will need to meet with their Associate Dean during International New Student Orientation to complete their schedule. Please bring the list of courses you have discussed with your home institution to that meeting.

#### New Graduate students:

You will work with your Program Advisor to complete course registration.

When will I be notified of my housing assignment?

All freshmen, sophomore and exchange students are required to live on-campus, per college policy. If you completed your General Housing application, your housing information will be sent to your Canisius Gmail account sometime during the summer months. Please be sure to check this regularly. Should you have any questions regarding your housing assignment, please contact the Office of Student Life by emailing [housing@canisius.edu](mailto:housing@canisius.edu).

The Office of Student Life makes every effort to accommodate student requests for housing assignments, depending on the students' date of deposit and availability at that time. If you have any questions regarding your assignment, email [housing@canisius.edu](mailto:housing@canisius.edu)

## How do I pay my student bill?

**Your bill will not be complete until all items have been added** upon arrival: Tuition (with the exception of exchange students, who pay their home institution), mandatory student fees, mandatory international student health insurance, meal plans, and student housing. If one of those items is still missing, your bill will be updated once all of those items are added.

In order to pay your student bill, you can do so in three ways:

1. U.S. cash
2. U.S. bank account
3. International wire transfer using Flywire

Canisius has partnered with Flywire to help international students save money by eliminating hidden bank fees and saving on exchange rates. If you would like to set up a wire transfer to pay your student bill, visit the Flywire website:

[www.flywire.com/pay/canisius](http://www.flywire.com/pay/canisius)



## What do I need to do in order to enroll in the mandatory international student health insurance plan?

It is college policy that all Canisius international students must be enrolled in the mandatory health insurance program. You do not need to do anything in order to enroll. The ISP office will take care of that for you. We will provide you with your temporary health insurance card during International New Student Orientation.

We will provide you with a copy of the brochure, so that you understand the coverage and how the plan works.

## Which orientation session do I attend?

Depending on your student status, you will attend the orientation sessions listed below:

### Freshmen (First-Year) Undergraduate Students:

International New Student Orientation **AND** the college's New Student Orientation

### Transfer Undergraduate Students:

International New Student Orientation **AND** the college's New Student Orientation

### Exchange Undergraduate Students:

International New Student Orientation **AND** the college's New Student Orientation

### Exchange Graduate Students:

International New Student Orientation **AND** the MBA graduate orientation session (only if taking MBA courses)

### Graduate Students:

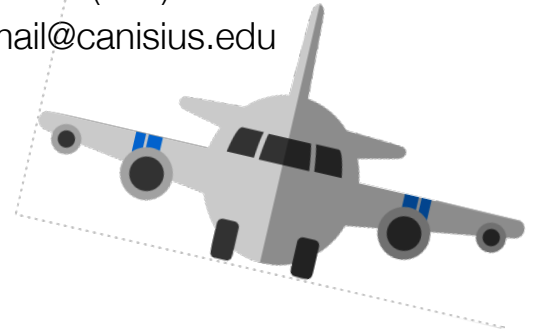
International New Student Orientation **AND** the MBA graduate orientation session (MBA students only)

## What do I do if there are changes to my flights or travel when arriving?

We understand that when traveling internationally, you may run into unforeseen changes to your itinerary. We ask that you contact us immediately, should you encounter any changes or delays from the itinerary you sent us. We will do our best to accommodate your changes, but in some circumstances this may not be possible and you may need to pay for a taxi service instead. Here is how you can reach us:

**Call or Text:** +1 (716) 866-0561

**Email:** [ispmail@canisius.edu](mailto:ispmail@canisius.edu)



## MEET THE STAFF:

### **Kathleen Brucato, Director**

SEVIS PDSO

Immigration advisor

Maintaining visa status

Academic concerns & Advisement

Student life issues

Orientation

OPT & CPT Applications

Exchange Partner contact



Kathleen is a native of Buffalo, NY and no stranger to Canisius College. She is a two-time graduate of Canisius with both a B.A. in Adolescence Education and an M.S. in College Student Personnel Administration. She began her professional career with Canisius in 2008. She is currently completing her PhD in Higher Education. She loves working with the international students and learning about their cultures. She is passionate about the city of Buffalo and all that it has to explore.

### **Donna Ortolani, Center for Global Education Assistant**

SEVIS DSO

Update student contact information

Form I-20 corrections or extensions

Visiting student application processing



Donna has been a part of the campus community at Canisius for over twelve years. Her attention to detail and enthusiasm are evident as she manages the day-to-day operations of our office and most especially when she works with our students to assist them with all aspects of their experiences while at Canisius. In her spare time, Donna enjoys cooking and spending time outdoors, especially when the sun is shining.

### **Vivian Klentos, Graduate Assistant**

International Student Admissions

International New Student Orientation

International Student Ambassador Program

International Education Week

OPT Workshop Leader



Vivian is a 2nd year Masters student in Higher Education and Student Affairs Administration at Canisius. She is a graduate of SUNY Oswego '16 where she earned her B.A. in Global and International Studies and Communication and Social Interaction. She enjoys connecting with her international students and planning fun events for them! In her free time she likes traveling, hanging out with her dog, and playing tennis.

### **Hannah Pruch, Graduate Assistant**

Global Horizons Advisor

International Student Activities

International Education Week

International Student Mentor

Visiting Student Advisor



Hannah is excited to be starting her second year in the Higher Education and Student Affairs Administration program! She has a B.A. in English Literature from SUNY Geneseo. After graduating, she taught English as a Second Language in Izmir, Turkey and in Brockport, NY. She loves working with international students, and her ESL students have inspired her to pursue her Master's at Canisius. She enjoys coffee, being outside, and traveling.