



PRE-ARRIVAL GUIDE

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Planning your arrival

We are excited you have chosen to enroll in Global Pathways and look forward to welcoming you to Salt Lake City and the University of Utah. The information contained in this booklet is designed to help you prepare for your trip and future as a student of the University of Utah. It will answer your questions about what to do before you leave your home country for the US and what you can expect when you arrive.

If you have any questions or require further information, please contact:
E-mail: utahpathways@kaplan.com

Or, check out the University of Utah website: www.utah.edu.

Remember to carry this Pre-Arrival Guide with you in your carry-on bag when you travel, as it contains important information and contact details.



Packing Reminders

- **Carry On:** Pack essential documents, medicine, contact lenses/glasses or anything you cannot do without in your carry-on bag. NEVER pack these things in your checked luggage. Pack a change of clothes in your carry-on bag and any toiletry items you may need or want in case your luggage is lost. See the “Carry-On Baggage Checklist” on the back cover for a list of documents you should carry with you.
- **Valuables:** Don’t carry everything in one place! Make a copy of the ID pages of your passport and keep it in a safe place (separate from where you carry your actual passport). Never carry large amounts of cash. A good rule to follow is: do not travel with it if you are not willing to lose it.
- **Toiletries:** Bring any special medication (prescriptions) you may need. Keep medicine in original containers. Take a copy of prescriptions, with generic names of the drug. Take extra glasses and prescriptions for lenses.
- **Clothing:** Pack enough essential clothing for 1-2 weeks. You will have access to laundry facilities and can buy any additional clothing you may need here. Utah has all four seasons; pack to accommodate all kinds of weather.

Planning for the Writing Placement Exam

All Global Pathways students who scored at or above a TOEFL PBT 500/iBT 61 or IELTS 5.0 can take the ESL Placement Test during orientation to be placed into the correct writing course. Every university student is required to take a writing course in order to graduate.

Individuals who speak English as a second language have the option of taking the ESL 1050 & 1060 combination as an alternative to Writing 2010. The ESL Placement Exam is used to see if a student is ready to take these two courses, or if they need to take ESL 1040 first. If a student scores well in this exam, they could place out of ESL 1040 and into ESL 1050. The TOEFL/IELTS exams do not place you into a writing class.

Preparing: The essay evaluators take into consideration such things as cohesion, expression, organization, and grammar. Anything that prepares a candidate in these areas would prove helpful. The exam asks students to write for approximately 45 minutes on a given topic. Topics are usually on personal experience and no specialized knowledge is needed.

One suggestion for preparation would be to do practice exams. Find a personal experience question online or have a friend write down a question, and then write on that topic for 45 minutes. After you have finished writing, review your work for cohesion and expression of your ideas, organization and structure of your essay, and grammar and editing mistakes.

Preparing for Travel

Prior to departure to the United States, international students should ensure that they obtain the proper non-immigrant visa at a United States Embassy or Consulate. Students who receive a Form I-20 issued by Utah will acquire an F-1 visa, provided they meet the criteria set by the visa-issuing consular officer (i.e. financial documentation, intent to return to the home country, etc.).

When you receive your visa, the consular officer will seal your immigration documents in an envelope and attach it to your passport. You should not open this envelope! The Customs and Border Protection Officer at the US port-of-entry will open the envelope. Students who present a valid I-20 at a US port-of-entry must attend the school named on that certificate of eligibility. Students should not enter the United States with a B-2 tourist visa as it may be impossible to change it to student visa status at a later date.

Upon Arrival

At the United States port-of-entry, an officer of the United States Immigration and Customs Enforcement (ICE) department will review your documents, including the passport, visa stamp, important letters, and the I-20. The visa eligibility document (I-20) will be processed by the ICE, with a page returned to you along with the I-94 card. **The entry date listed in item #5 of the I-20 is the last possible day to use this form for initial entry to the United States.** New students may enter the US up to 30 days before the indicated start date on the I-20.

Be prepared to answer the following questions:

- What and where will you study?
- Do you have family connections in the US?
- What are your plans for returning to your home country?
- Where will you be staying in Salt Lake City?

Insurance

When you book your flight, ensure that you have travel insurance in case your bags are lost or damaged on the journey to Salt Lake City.

Arrival Details

Once you have obtained a visa, you should contact us immediately with the following details:

Arrival Date	/	/	Arrival Time
Arrival Airport			Arrival Terminal
Airline			Flight Number
What is the last city from which this flight departs?			
Would you like Global Pathways to arrange your airport transfer (\$85)? Yes/No			

Airport Transfer

If you would like, transportation from the Salt Lake City International Airport to your housing can be arranged for you by Global Pathways. Homestay students will be picked up by their homestay family at the airport. Look for your family holding a sign with your name on it in the baggage claim area. If you do not see your host family at the airport or your flight has been delayed, cancelled or otherwise changed, please call your host family at the number provided to you on your housing confirmation document.

If you have elected to receive an airport transfer, it is your responsibility to contact the airport transfer company immediately via telephone (**Express Shuttle: 1-800-397-0773**) if your flight schedule changes, you miss your connection, or your flight is cancelled. If you do not call, they will not know when to meet you. Any changes must be made at least one hour prior to your original arrival time in Salt Lake City.

Finding Us When You Arrive

If your plane is coming directly from another U.S. city, it will arrive at Terminal 1 or 2. When your plane lands in Salt Lake City, you will be directed to the baggage claim area where you will pick up your luggage. If your plane has come from another country, it will land at the International Terminal. First you will be directed through customs and immigration. Then you should head to the baggage claim area.

If you have elected to receive an airport transfer, please look for someone holding a sign with your name on it as you approach the baggage claim area - this is your ride. If you do not see anyone holding a sign with your name on it, please do not leave. Go to the "Ground Transportation Desk" located in the baggage claim area of both terminals and look for the section with the "Express Shuttle" sign over it. Tell an employee at this desk your name and that you are with Global Pathways. They will help you find your ride and get you safely to your housing.

If you encounter any problems that cannot be solved by contacting your host family or Express Shuttle, you can call our **Emergency Hotline** toll-free from any phone in the US: **1-888-763-3382**.

Global Pathways Orientation Program

This program is mandatory and will help prepare you for life in Salt Lake City and for studying at the University. The program comprises a series of presentations, workshops, and activities particular to Global Pathways. In addition, you will take part in the International Student Orientation which addresses the needs of all newly arrived international students. Orientation serves as an excellent opportunity to become familiar with fellow classmates, the campus, Global Pathways and the University of Utah community.

During the Orientation Program you will:

- Obtain your Student ID Card
- Sign-Up for activities and excursions
- Learn about SEVIS regulations
- Meet other international students
- Receive training to access your e-mail
- Take a writing placement examination (if you have a TOEFL iBT 50/pBT 500/IELTS 5.0 or higher)
- Learn about the Global Pathways Academic Program
- Tour the campus and the library

Please note: All students are required to attend the Orientation Program, particularly the International Student Orientation and Academic Advising. If you cannot attend, you must contact Global Pathways prior to orientation. We cannot guarantee to hold your place in the program or your accommodation.

Please see the “Important Dates” insert for orientation time and place information.

A detailed outline of Orientation will be provided when you check in with Global Pathways staff.

Orientation Checklist

Please bring the following with you to Orientation:

- Original or certified copies and translations of academic certificates, transcripts and test scores from all high schools/colleges/universities attended (must be in sealed envelopes from those institutions)**
- Certified copy and translation of high school graduation certificate in a sealed envelope from the school**
- Original IELTS/TOEFL test score form**
- Passport**
- Form I-20 (Certificate of Eligibility)**
- Form I-94 (Arrival Departure Card)**
- A record of all immunizations you have received and the dates they were given to you.**
- Your US address**

Our Campus

Located in Salt Lake City, the Utah state capital, the University of Utah's 1,500-acre campus stretches into the foothills of the Wasatch Range of the Rocky Mountains. The University's campus has a park-like setting in the heart of Salt Lake City, which offers a diverse range of activities and served as the host of the Winter Olympic Games in 2002. The University of Utah is one of the nation's premier public institutions of higher education. The university has long attracted students looking for an inspiring backdrop to their educational experience. For those in the know, Utah offers stunning recreation choices: freshly powdered slopes, desert red rock, crystalline lakes. But the university offers much more than a great place to recreate; it is a powerhouse of academics, research, and service.



Campus Recreation

The Einer Nielsen Field House is a 60,000 square-foot facility at the University of Utah with a 211 meter track, free circuit weights, cardio machines, two indoor tennis courts, seven handball/racquetball courts, three squash courts, a table tennis court, a dance studio, locker room/showers, and saunas/whirlpools and equipment rentals. In addition the university's HPER Recreation Complex includes one diving and two swimming pools, eight basketballs courts, two weight rooms and fitness

research labs. Other recreational facilities on campus include three outdoor playing fields, 22 outdoor tennis courts, an indoor tennis stadium with eight courts, a 10 lane bowling alley and billiards. The University also has an Outdoor Recreation Program which offers unique opportunities for students to enjoy an array of outdoor and wilderness resources in the nearby Wasatch Mountains and throughout the state.

Marriott Library

The Marriott Library inspires the discovery, creation, and use of knowledge for Utah and the world. World-class resources, user-focused services, expert and responsive staff, and a technology-rich, inviting library will make us the knowledge provider of choice for life-long learning. Ranks 47 out of the 113 largest university libraries in North America.



Some other highlights of campus include:

- Students from over 114 different countries
- Ranked 3rd for "Top Wired School" by PC magazine
- More than 10 theaters and museums on campus with performing arts exhibitions
- Over 220 student organizations

Initial Expenses

The amount you need to bring will depend on your personal spending habits. We recommend that you bring \$500–\$750 in travelers checks and \$500 in cash to cover your expenses the first few weeks in Salt Lake City. You should buy traveler's checks before you leave your home country. Traveler's checks are much safer than carrying large amounts of cash and can be cashed at airports, exchange bureaus, and most banks. We recommend that you record the serial numbers of your traveler's checks and to keep them in a safe place in case you lose or misplace them.

If you are planning to use a credit or debit card from your local bank at home, check that you will be able to use the card in the US and what charges will be applied to your account. Visa, MasterCard, and American Express are widely accepted in the US. Also, in order to use it as a debit card, you will need to know your PIN—the 4 digit Personal Identification Number used to withdraw money from a cash machine (ATM). Without this, you may not be able to use your card to pay for purchases.

International Money Order (IMO)

IMOs can be bought from banks in your home country. You buy the order in your local currency and your bank issues a check in US Dollars. You can then deposit this check into a US bank account or exchange it for US Dollars.

Wire transfers

To make a wire transfer, you will need to have a US bank account already. Your bank at home will transfer money electronically to your US bank account. Wire Transfers are quick and safe, but do have service charges.

Banking

As a part of the Orientation Program you will receive information that will guide you through the process of arranging a new US bank account. In addition, you will learn about the different bank accounts and services provided. Please note it may take some time before the bank has your account set up and ready for you to access your money.

Opening a bank account

The following documents are usually required to open a US bank account:

- Your passport.
- Proof of US address. This could be your housing confirmation.
- Evidence of student status, e.g. I-20 or Letter of Acceptance.
- Evidence of bank account in your home country may be requested.

Health Insurance and Medical Care

Utah law requires students to maintain a medical care plan (including health insurance). All Global Pathways students enroll in the University of Utah's health plan which provides comprehensive health benefits at a very affordable rate. You may sign up for this health plan at Orientation. You may learn more about the health services and the University of Utah's health insurance by going to this website: <http://www.studenthealth.utah.edu/services/SHI.htm>

As a student at the University of Utah, you must provide the Student Health Center with proof of immunity to certain diseases. Please bring a record of all immunizations you have received and the dates they were given with you to campus. You will need to have the dates that you received 2 MMR vaccines OR 2 Measles, 2 Mumps and 1 Rubella vaccine. You may opt to pay for and receive the vaccinations at the Student Health Center. Also, be prepared to fill out a health history form once you have arrived on campus, including information about you and your family's health histories. All international students will be asked to fill in a questionnaire to see if your home country has a high prevalence of tuberculosis (TB) or if you have travelled to a high risk area. You may be required to receive a TB skin test for a small fee. Please note that the TB test and chest x-ray (if it is required) must be taken here in the United States within the last year.

Housing

Enclosed you will find **Your Housing Details** which presents everything you need to know about your new home. We will discuss the housing component of Global Pathways in more detail during orientation, including if you'd like to extend your stay or change your accommodation. Homestay students have been booked for four weeks while on-campus housing students have been booked for one semester (Spring or Summer terms) or two semesters (Fall term).

Student Services

It is our pledge to do everything possible to provide you with the best courses, programs, and student services to prepare you for a lifetime of achievement. Each Global Pathways student is assigned a Student Advisor — someone who will monitor your progress and answer the many questions that life in a new school and country can bring.

Your Student Advisor will meet with you regularly to discuss your classes, progress, housing, and cultural challenges to ensure that you meet your academic and professional goals. University of Utah teachers and faculty will also have "office hours"— times when they are available to meet with students to discuss academic development and provide assistance for further success.



The City

Salt Lake City, founded in 1847, is the capital and the most populous city of the US state of Utah. The name “Utah” comes from the Native American “Ute” tribe and means people of the mountains. Salt Lake City- often shortened to Salt Lake or SLC, offers the amenities of a large metropolitan area, including concerts, opera, ballet, theater, fine dining, museums and a wide range of sports. With seven ski resorts just thirty minutes away, the city was host to the 2002 Winter Olympic Games welcoming people from all over the world. With yearly events like the Sundance Film Festival there is always something new to discover!



Salt Lake city’s location makes it one of the major gateway cities to the West. Diverse cultures, religions, cuisine and customs bring an interesting flavor to the city. Much of the recent growth has been fueled by the biomedical, high technology and computer software industries.

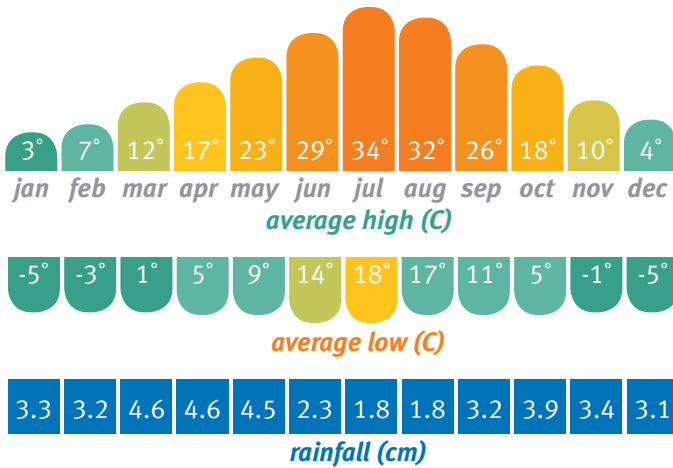
Five fun things to do in Salt Lake City & Utah

- 1) Visit one of the five national parks. Utah is America’s national parks capital. Parks include: Zion National Park, Bryce Canyon, Arches National Park, Canyonlands National Park, and Capitol Reef National Park.
- 2) Explore downtown Main Street, the Gateway and Trolley Square. There are many shops and boutiques!
- 3) Visit Historic Temple Square located in the heart of downtown Salt Lake City.
- 4) Catch the NBA’s Utah Jazz at the EnergySolutions Arena.
- 5) Enjoy popular summer concerts at Red Butte Garden.



Weather: Four Seasons of Fun

Utah is famous for its abundance of outdoor activities, which can be enjoyed during each of its four distinct seasons of the year. Summer is good for hiking, mountain biking and rock climbing as it is usually warm, dry and sunny with low humidity. Fall brings out vibrant colors in the foliage with cooler temperatures. Winter usually enjoys above freezing temperatures during the day and cool temperatures after dusk with powdery snow in the mountains. Utah's snow is some of the best in the world for skiing and snowboarding. Spring is usually warm in the valley, with snow lingering in the mountains. The average monthly temperatures and precipitation are as follows:



Utah's weather requires three types of clothing: light-weight for warm, dry weather; very warm, lined coats, protective footwear, gloves, and head covering for cold and snowy weather; and raincoats or medium-weight wool coats for chilly autumn and early spring days. In January, the temperature can reach as low as -20°C , so you will need warm clothing and a coat. Regardless, you will have plenty of opportunity to purchase any clothing or supplies you will need when you are in Utah.

Pre-Departure Checklist

Here's a checklist to help you plan for coming to the University of Utah.

- Check with your airline regarding limits for weight and size for baggage. In addition, check on restrictions for carry-on baggage.
- Ensure you have a valid passport with visa. Please make photocopies.
- Arrange cash and travelers checks to support yourself until you can open a bank account.
- Arrange for travel insurance.
- Inform Global Pathways of your arrival plans.
- Check the compatibility of any electrical equipment you are bringing. Depending on the appliance you might need an adapter to fit a US. electrical outlet. If you come from a country where 220/240 volts is used, most of your electrical appliances such as computers and mp3 players should work in the US.

Carry-On Baggage Checklist

- Airline tickets and passport
- Travel insurance documents
- Global Pathways documents, including I-20 and immunization record
- Evidence of financial resources
- Original academic certificates, transcripts and test scores
- Serial numbers for traveler's checks
- This guide