



THE UNIVERSITY OF
MAINE



WELCOME TO UMAINE

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umaine.edu/international



Dear new UMaine student,

The Office of International Programs (OIP) extends a warm welcome to you, and looks forward to your arrival.

We are very happy that you decided to join our university. More than 500 students of the University of Maine's more than 12,000 students come from abroad, representing 83 different nations. International students play an active role in both the intellectual and cultural life of our campus.

We designed this brochure to help you prepare for your move to Maine. Read it carefully and if you have any questions, do not hesitate to contact our office.

Best regards,
Office of International Programs staff



Pre-arrival to-do list

Information for the following steps is available online (umaine.edu/international/admitted) unless otherwise stated:

- Confirm your enrollment online.
- Activate your online accounts.
- Apply for on-campus housing after you confirm your enrollment. On-campus housing cannot be guaranteed if you apply after May 1.
- Read the pre-arrival packet.
- Pay the SEVIS fee (fmjfee.com) (including Canadians).
- Apply for your F-1 or J-1 (exchange students) visa at the nearest U.S. consulate or embassy. A visa is not necessary for Canadian citizens, but they must pay the SEVIS fee.
- Submit your Immunization records. For more information, visit studentrecords.umaine.edu/policies/immunizations/
- Submit your arrival information through the online arrival form even if you do not need a pick up.
- Book a room at a local hotel if you will arrive before the arrival date listed on your I-20 or DS-2019 or after 8 p.m. on the designated arrival date.
- Check your bill in MaineStreet and pay online or at the Student Business Services office in Wingate Hall by the due date to avoid late fees.
- Complete the Anticipated Resource link and Financial Responsibility Statement in your UMaine portal.
- Submit your MaineCard photo online. You will receive an email to your @maine.edu email, but for further information check out the official website umaine.edu/mainecard/photo-submission/

Before you leave

Visa process

- Pay the SEVIS fee. Print and save a copy of the receipt and take it to your visa interview appointment. Canadian citizens must pay the SEVIS fee prior to entering the U.S. and should carry the receipt with them.
- Once you receive your letter of admission with I-20 or DS-2019 form, then complete form DS-160 online to apply for your visa and schedule your visa appointment. Make sure the name on the I-20/DS-2019 form matches the name on your passport.
- Canadian citizens do not need a visa but they will need to show the following four documents at the U.S. Port of Entry: a passport; I-20/DS-2019 form; a copy of the SEVIS fee payment receipt; and proof of financial support.
- You must provide proof of financial support for your studies or program, and living costs at the visa interview and at a U.S. Port of Entry.
- When you make your initial entrance in the U.S., your visa stamp and I-20/DS-2019 form must be for UMaine. Students with a SEVIS Transfer I-20/DS-2019 may enter with the visa stamp for the previous school.

Travel plans

After securing a visa, make travel plans. You may arrive in the U.S. up to 30 days before the start date shown on your I-20/DS-2019 form; however, you should not arrive later than the date listed. Submit your arrival details to OIP at umaine.edu/international/admitted.

Luggage

Do not send luggage in advance of your arrival. The university does not have adequate storage. Attach tags or labels on all suitcases and hand luggage, with your name and OIP address: 300 Stodder Hall, Orono, ME 04469; phone: 207.581.3437. Include a copy of the address inside each suitcase in case the tag is lost or destroyed. If a piece of luggage is lost, immediately file a claim at the airport. Temporary loss of luggage is common, especially when making connecting flights in a short period of time. It is recommended to have enough clothing and personal items packed in your carry-on luggage to last for two to three days.

Travel documents

- Your passport must be valid for at least six months, with the appropriate visa.
- You must carry your printed I-20/DS-2019 form issued by UMaine.
- Border control agents will create your electronic (I-94) admission document. Be sure to access your I-94 as soon as possible after your arrival (cbp.gov/I94) to ensure it shows your visa type (F-1 or J-1).
- While traveling, carry all important documents, money and bank drafts with you. Guard them carefully. Do not place them in your suitcase.
- Carry emergency contact numbers. UMaine Police: 207.581.4040; Office of International Programs: 207.581.3437 (only Monday-Friday 8:00AM - 4:30PM)

Once on Campus

Post-arrival to-do list

Information for the following steps is available online (umaine.edu/international/admitted) unless otherwise stated:

- Check in at the Office of International Programs (OIP). **This is required by law.** Check-in is at 2 p.m. on Tuesdays and Thursdays if you arrive before the designated arrival day.
- Attend Orientation. A detailed schedule can be found online
- Complete the online check in process and upload required documents. Information on how to complete this process will be given at Orientation.
- Go to the MaineCard Service Center located at DTAV Community Center if you haven't gotten your MaineCard yet.
- Take your immunization records to the Student Records office in Wingate Hall, if not already submitted.
- Check your bill in MaineStreet and pay online or at the Student Business Services Office in Wingate Hall by the due date to avoid late fees, if bill is not already paid.

- ❑ Submit the Health Insurance Waiver Request if you have an alternative insurance plan and do not want the UMaine insurance. If you do not request a waiver by the deadline, you will be charged for the International Student Health Insurance plan.
- ❑ Print your class schedule and purchase your textbooks at the University Bookstore.

Office of International Programs

Visit the Office of International Programs (OIP). OIP staff will provide information on Orientation sessions and the date of your mandatory immigration check-in.

Orientation

All students are required to attend the New International Student Orientation, which provides essential details about the university, immigration rules, how to register for classes, social activities and recreational services.

Registration

During Orientation, students who have not already registered for classes will have time to register. You will need to connect to MaineStreet (umaine.edu/portal), which allows you to select classes, register and check your account. Some students may need to meet with an academic adviser or staff member before being able to register for classes in MaineStreet.

Academic books and technology

All course textbooks can be purchased on campus at the University Bookstore located in the Memorial Union. You can also purchase laptops, and other devices through the University Bookstore right on campus. Visit bookstore.umaine.edu.

However, if you don't want to purchase your textbooks most professors have copies of the textbooks needed on reserve at the circulation desk in Fogler Library to be used while in the library. You can also rent (for free with your MaineCard) laptops and tablets to use for short periods of time. Visit library.maine.edu/circulation/equipment.

Special notice

The University of Maine campus has been a smoke-free, tobacco-free campus since 2011. Smoking and use of tobacco products are not permitted anywhere on campus grounds. Areas near campus that permit smoking will be clearly designated.

Finance and work

Finance and banking

- ❑ Your I-20/DS-2019 form will list the estimated amount of money required for your studies or research at UMaine.
- ❑ The amount listed for undergraduate students is for two academic semesters and does not include summer months.

- ❑ The amount listed for graduate students is for 12 months, which includes summer enrollment.
- ❑ Tuition and fee estimates are based on six credits at the graduate level or 15 credits at the undergraduate level each semester. Tuition and fees are subject to modification at any time by the University of Maine System Board of Trustees.
- ❑ Your UMaine bill is due by Aug. 15 for the fall semester and Jan. 15 for the spring semester. Arrange payment by the deadline to avoid late fees. For undergraduate students, this should be equal to half of the annual amount indicated on your I-20/DS-2019. You may choose to pay prior to your arrival by wire transfer or with a credit card. Local banks often require a waiting period of up to two weeks to honor international bank drafts or out-of-state checks. For a list of payment options, visit umaine.edu/bursar.
- ❑ During your travels, it is not wise to carry large amounts of cash. It is recommended that you carry only \$200–\$300 to cover your travel expenses.
- ❑ If you have a graduate assistantship, be aware that you will receive your first paycheck on Sept. 30 for fall arrival; Jan. 31 for spring arrival. The January paycheck will be smaller than normal, because it will include payment only for days worked in January.

Working in the U.S.

Federal law regulates working in the U.S. International students are not allowed to work off-campus except with special permission. Most students are not eligible for off-campus work authorization until they have completed two semesters. Other regulations apply, so seek advice from OIP if considering an off-campus internship or practical training experience. Student employment on campus is allowed without additional permission from the U.S. Citizenship and Immigration Services (USCIS); however, it is limited to 20 hours per week during the academic year. You can work full time during spring, summer and winter breaks. J-1 students need a letter from an OIP adviser before beginning work. Visit OIP for further information and advising.

Health and insurance

Immunizations

Maine law requires proof of immunization against certain diseases for all students. Immunizations must be verified on a validated record or on medical history record by a physician or health agency, translated into English, showing the exact dates immunizations were given. These records should be submitted prior to your arrival to avoid enrollment delays. We recommend you keep a copy of your immunizations records. If you have additional questions regarding the immunization requirements, contact the Office of Student Records, 207.581.1288; um.immunizations@maine.edu.

Healthcare, health insurance

Cutler Health Center with partnership through Northern Light provides general medical services for all enrolled students. UMaine requires all international students to enroll in the International Student/Scholar Health Plan or to enroll in an adequate alternate insurance plan. If you decide to enroll in an alternate insurance plan,

it must cover these minimum requirements:

- Medical benefit of at least \$100,000 per accident or illness
- \$50,000 to cover expenses associated with medical evacuation
- \$25,000 for the repatriation of remains
- Deductible cannot exceed \$500 per accident or illness

Most U.S. health insurance policies do not cover 100% of medical expenses incurred by illness or accident. This includes dental care, eye exams, and prescription medications. We recommend that you visit your doctor and dentist in your home country before leaving and fill prescriptions to bring with you. Due to the nature of U.S. health insurance, be sure to make a plan to cover costs should anything happen. The student is responsible for payment in any situation where the cost of medical treatment is not covered by insurance.

Housing

Residence halls

UMaine requires all first-year undergraduates to live on campus in the university's residence halls.

Exchange and visiting students are encouraged to live on campus. A variety of meal plans are available.

You should apply for housing before May 1. On-campus housing is not guaranteed after this deadline and is assigned on space available basis. Select *continuous housing halls*, which do not close for the winter and spring breaks.

Once you have signed a contract for the academic year (or semester for spring arrivals, exchange and visiting students), you will be charged a fee if you move to off-campus housing.

Early move-in to your residence hall room is available during Orientation. Arrangements must be made through OIP. The cost is approximately \$40 per night but for current rates please email Housing Services at um.housing@maine.edu

Most students share a double room with another student. Single rooms may be available for an additional fee. All rooms have closets, single beds, desks and chairs. You must supply your own bed linens, pillow, blanket, bedspread and towel. You don't need to bring these items with you, as you can purchase them at local stores.

Family and graduate housing

Affordable family housing is available close to campus for married couples and families (umaine.edu/housing/family-housing).

We recommend that you apply early, as there is often a waitlist.

We recommend that married students with a family secure housing prior to arrival. Family housing accommodations do not include furniture or appliances other than stove and refrigerator. We recommend that families arrive a few days early and secure a hotel for one or two nights to allow time for furnishing the apartment.

On-campus graduate housing is also available. Most rooms are single occupancy, but there are a limited number of double rooms. Graduate housing is open during breaks. Apply for graduate housing online (umaine.edu/housing/graduate-housing). Families with children cannot live in graduate housing on campus.



Off-campus housing options

Apartments and houses are available for rent in the area surrounding UMaine in Orono and Old Town. Rent for one student, including utilities, can range from \$700–\$1,200 per month. Students planning to live off campus should check the Commuter and Nontraditional Student Programs website for more information (umaine.edu/cntsp). Plan to arrive early to search for housing. Hotel accommodations will need to be secured until an apartment is found.

Transportation and temporary housing

Airports

Bangor International Airport, which is only 10 miles / 15 kilometers from campus, serves the University of Maine. OIP will provide free transportation from Bangor International Airport and Bangor bus stations (Concord and Greyhound), between 8 am and 9 pm, on the designated arrival date each semester to students who submit arrival details in advance (umaine.edu/international/admitted).

Temporary housing

If you are living in an on-campus residence hall and plan to arrive before it opens, the Office of Residence Life will allow you to move in to attend Orientation. The earliest you can move in is the start date listed on your I-20/DS-2019 form (early arrival housing fees may apply). If you arrive earlier, you will need to secure a hotel room. If you prefer to live off campus, you will need to stay in a hotel until you locate an apartment. Early move-in is arranged by OIP based on your submitted arrival information. More information on local hotels can be found online (umaine.edu/international/admitted).



Life and climate

Orono, Old Town and Bangor

The University of Maine is located in the town of Orono. Orono's downtown features several restaurants, breweries, coffee shops. Old Town is another small town near campus. Old Town has two pharmacies, local restaurants and is on the route of the Community Connector (UMaine's public transportation system). The city of Bangor is 5 miles/8 kilometers from UMaine. Bangor offers a large shopping area with stores, restaurants and cinemas.

Public Transportation

Black Bear Orono Express (BBOE)

This bus is free and runs Monday-Friday from early morning until 6pm. The bus routes run within the University, the town of Orono, and surrounding areas. For more information, visit the BBOE website at umaine.edu/shuttle/

Community Connector

This bus system runs all over the Greater Bangor Area and is not affiliated with the university. These buses are free to use when you present your UMaine ID (MaineCard) to the driver. For more information about the Community Connector, including hours of operation and routes, visit the website at bangormaine.gov/communityconnector.

Weather and clothes

The climate in the area ranges from an average of 10 degrees Fahrenheit/-12 degrees Celsius in the winter to 80 F/26 C degrees in the summer. Due to the variable weather conditions, people in Maine tend to dress casually and informally for work and school.

FALL SEMESTER ARRIVAL

In August and early September, the average temperature is typically 70 F/25 C, with high temperatures of 88 F/31 C or above. Early morning and evening temperatures are cooler; a light jacket might be necessary. In October and November, it will be colder, with temperatures ranging from 30 F/0 C to 50 F/10 C; heavier jackets, gloves and sweaters will be needed.

SPRING SEMESTER ARRIVAL

December, January and February, temperatures can be very cold, with snow and ice. Average temperatures are 20 F/-7 C. Since UMaine is a pedestrian campus, you should bring a warm winter coat, boots, gloves, hat and scarf. Generally, cold weather lasts an average of three months. Public buildings and housing all have central heating systems. You will be able to buy boots and other appropriate outerwear during the Orientation shopping trip.

LATER SPRING AND SUMMER WEATHER

In March and April, temperatures are similar to those in October and November. May is a rainy month, with warm and cool days. June is also rainy, with warm to hot days. July and August are hot, with little rain. Temperatures range from 75 F/24 C to 90 F/32 C.

English language support

Intensive English Institute

The Intensive English Institute (IEI) offers oral communication and academic reading & writing courses to all students who need to improve their language skills. IEI students are fully integrated in the campus community through activities and housing. IEI offers intensive English classes with native instructors for all levels. Fees for IEI courses are charged separately from your UMaine tuition. For more information visit umaine.edu/iei/

Literacy Volunteers of Bangor

The Literacy Volunteers of Bangor is a program that matches native English speakers with people who are looking for assistance in learning to read and write. The program is free but you need to apply on their website to be matched with a tutor. To learn more about this great opportunity visit lvbangor.org/

Writing Center

The Writing Center provides free assistance with academic writing assignments and much more. The Writing Center is staffed with ESL specialists specifically trained to work with international students. They provide one-on-one tutoring and a variety of workshops throughout the year. More information about the program can be found online (umaine.edu/wcenter).

Office of International Programs Services and Events

Office of International Programs

The Office of International Programs (OIP) is responsible for the general welfare of international students at UMaine — from admission through graduation and post-graduation authorized work experience. OIP provides support services, consultation and liaising with other UMaine departments for both undergraduate and graduate students. The office assists in the reception and orientation of international students, scholars and faculty, integration into the



International Dance Festival



Culturefest

university and community, interpretation of immigration regulations and laws, and responding to other individual needs that may arise. Important services offered by OIP include pre-arrival assistance, arrival assistance, general advising and immigration advising.

Culturefest and International Dance Festival

International students and scholars on campus join together for UMaine’s annual Culturefest and International Dance Festival. During Culturefest, held in the fall, students from each country decorate a booth and share traditional music, handicrafts, native dress, photographs and food. About 1,500 people from the community attend this event each year. The International Dance Festival is held each spring. Students of all nationalities perform a variety of traditional dances at UMaine’s Collins Center for the Arts. To prepare for these events and other international celebrations, you are encouraged to bring a national costume and other items typical of your country.

International Student Association

The International Student Association (ISA) strives to involve international and U.S. students in a variety of cross-cultural activities. The purpose of the organization is to build friendships and community of the world through social gatherings and field trips.

Office of Diversity and Inclusion

The Office of Diversity and Inclusion (ODI) provides a gathering place for multicultural students from the U.S. and abroad. The knowledgeable staff can answer general questions about campus life. A list of multicultural student groups housed at ODI can be found online at umaine.edu/diversity-and-inclusion/

Essentials to bring

- Valid passport with appropriate visa
- I-20 or DS-2019
- Plane ticket
- Cash for travel
- Health records, including immunizations records.
- Health insurance records (if applicable)
- Smartphone and laptop
- Medical prescriptions and medical supplies (if applicable)
- Contact information for family, doctor and school in home country
- Bilingual dictionary
- Towel, washcloth
- Sweater, jacket, boots (note: winter clothes are easily found for purchase in Bangor)
- Photos of family and friends
- Preferred toiletries
- Items representing your culture
- Traditional clothes (if applicable)
- Spending money for additional local activities enjoyed by students

Questions?

International Programs

5775 Stodder Hall, Suite 300 | Orono, ME 04469
 +207.581.3437 | umaine.edu/international | international@umaine.edu

Important Phone Numbers

Office of International Programs | +207.581.3437 | international@umaine.edu

Intensive English Institute | +207.581.3821 | um.iei@umaine.edu

Office of Student Records | +207.581.1290 | umrecord@umaine.edu

Residence Life | +207.581.4801 | um.reslife@umaine.edu

Housing | +207.581.4580 | um.housing@umaine.edu

Cutler Health Center | +207.581.4000

Student Business Services Office | +207.581.1324 | um.sfs@umaine.edu

Bangor International Airport +207.992.4600

Campus Police 911 (emergency)
 +207.581.4040 (non-emergency)

Taxi +207.947.8294 (Airport River City Taxi)
 +207.942.6403 (Dick’s Transportation Services and Logistics)

Uber and Lyft available – Check app for availability



THE UNIVERSITY OF MAINE

OFFICE OF INTERNATIONAL PROGRAMS

5775 Stodder Hall, Suite 300 | Orono, ME 04469

207.581.3437 | umaine.edu/international | international@umaine.edu

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine System does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender, gender identity or expression, ethnicity, national origin, citizenship status, familial status, ancestry, age, disability physical or mental, genetic information, or veterans or military status in employment, education, and all other programs and activities. The University provides reasonable accommodations to qualified individuals with disabilities upon request. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 Boudreau Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).