



PRE-ARRIVAL INFORMATION FOR EXCHANGE STUDENTS

WHAT TO BRING

Try not to bring more than you can carry, as it will be difficult to transport baggage by yourself as you make connections between flights. There will be several opportunities early on in the orientation to go shopping for materials that you are not able to bring with you.

Clothing: Because of the seasonal variations in the climate, you should bring both lightweight and heavyweight clothing as well as rain apparel, (or bring enough money to purchase needed items here.) Temperatures here may begin dropping in late September. The coldest temperatures generally come in January and February (0°C to -5°C). Warm, winter clothing can be found in shops in Greenville if you do not own any. In September and October the temperature may be quite warm during the day (32° to 35°C.) and cool at night (16° to 20°C.).

Most students (both men and women) wear casual clothing, often jeans, pants, or shorts (in warmer weather). On a few occasions you might need more formal attire for special events such as concerts or functions. Overall, however, informal and comfortable clothing is practical for everyday use.

Linens, bedding, and room furnishings: Students must provide items such as sheets, pillowcases, pillows, bedspreads, blankets, towels, and room furnishings (desk lamps, area rugs, etc.); all of these items can be purchased cheaply in Greenville. When you first see your dorm room, it will be furnished with two beds with mattresses (XL twin), two dressers, two desks, two chairs, two closets, and one mirror for you and your roommate. You will also have to purchase a phone that can be used to make calls to other rooms on campus as well as within Greenville. If you plan to bring electrical appliances (computer, hair dryer, etc.) you should note that current in the U.S. is 110-112 volts, 60 cycles and that outlets require two flat-pronged plugs.

Food: While you are not permitted to enter the U.S. with many food products (See www.aphis.usda.gov/travel/ for further information), you may want to bring some permissible foodstuffs or spices with you. You will eat most of your meals in the campus dining halls but you will have access to kitchen facilities in your residence hall. We encourage you to bring special ingredients and recipes with you for times when you miss the flavors of home and for sharing in "pitch-in" meals at the International House.

Miscellaneous: You are encouraged to bring several items of cultural interest with you. Such items might include traditional dress, spices or special ingredients for cooking, small musical instruments, photos, games, or taped music. In addition, it would be worth your while to bring several items, for example photos, posters, or something special that will make you feel comfortable in your room and make your room feel more like home.

Money: Before coming to the U.S.A. you should familiarize yourself with procedures for transferring funds to Greenville from your home country. In addition, you should be prepared to meet your initial expenses for books, immunizations, additional class fees if applicable and personal items. There are a few ATMs on campus as well as a few US banks within walking distance of the ECU campus. For security reasons, it is not advisable to carry large quantities of cash.

SENDING ITEMS PRIOR TO YOUR ARRIVAL

You may ship boxes or other items to yourself prior to your arrival on campus. Please address packages with:

Your Name, c/o East Carolina University
Office of International Affairs
306 East Ninth Street
Greenville, NC 27858,
United States of America

and mark "New exchange student, your expected arrival date. Hold until arrival". Note: items shipped before your arrival are sent at your own risk.

CHECKLIST OF WHAT TO DO BEFORE ARRIVAL

- I have a passport valid for at least 6 months into the future.
- I have the DS 2019 from East Carolina University or ISEP
 - I have mailed all Immunizations records to Student Health Services or will be bringing them
- I have e-mailed the Airport Pick Up form with my arrival information
- I have copied all of the above documents for safekeeping.

CHECKLIST OF WHAT TO BRING

- 2 or 3 pairs of jeans
- T-shirts
- Casual shirts, pants
- 2 or 3 sweaters
- One dressy outfit (guys – remember a tie and appropriate shoes)
- Shorts
- Swimsuit (beach is nearby, indoor/outdoor pool at ECU)
- Comfortable shoes (tennis shoes-student rec center is open to all students, sneakers)
- Dress shoes
- Water repellent jacket or coat
- Winter jacket
- Socks and underwear
 - List of all traveler's checks and numbers, airline ticket numbers, emergency phone number. Photocopy of passport photocopy of birth certificate, address and phone numbers for your contact person at ECU, copies of all prescriptions (glasses, contacts, medicine) – keep in mind that some medicine might not be available in the U.S.
- Gift items to present to people who you meet abroad
- Photographs of friends and family
- Electrical adapter if you plan to bring your own electrical appliances
 - A camera (disposable cameras are available in most convenience stores and gas stations)
- Laptop (if you have one)

ARRIVING AT EAST CAROLINA UNIVERSITY

ARRIVAL AT THE AIRPORT OR OTHER PORT OF ENTRY OF THE U.S.

Plan to arrive to Greenville, one day prior to the orientation but do not enter the U.S. more than 30 days prior to the report date on your DS -2019. When you arrive at the airport in the U.S., your luggage will be inspected, as will your passport and DS-2019. The following documents should be carried with you and NEVER left with your baggage: your passport, DS-2019, copies of your financial support documentation, your admission letter, TOEFL score record (if applicable), East Carolina University phone numbers and this booklet which contains travel instructions. As part of the regular inspection, the U.S. Citizenship and Immigration Services (USCIS) officer will stamp your DS-2019 with information about your arrival. Review the documents returned to you to make sure that the USCIS officer stamped your date of entry on your DS-2019.

TRANSPORTATION FROM THE AIRPORT

The Office of International Affairs is located in the International House at 306 East 9th Street. Our office is the first place you should go to when arriving in Greenville. Our staff will welcome and assist you with your initial needs. Let us know your travel plans as soon as you make them. Simply email your travel plans to mallettw@ecu.edu before August 1, 2014.

Plan to arrive in Greenville, NORTH CAROLINA (not South Carolina) no later than Wednesday – August 20, 2014. There will be a one-day orientation session starting at 8:30 am on Thursday, August 21, 2014 for new international students. Orientation will address a wide range of topics; including immigration regulations, health insurance, finances, campus facilities, student services, etc. It is mandatory that you attend this orientation!

We recommend you reserve your airline tickets for the Greenville, North Carolina Airport (PGV), as your final destination. This airport is only a few miles from ECU. The closest international airport, Raleigh-Durham Airport (RDU), has no flight connections to Greenville. Greenville (PGV) pick-up service is on August 19 & 20.

There will be a special pick-up service at RDU on Tuesday, August 19 and Wednesday, August 20 by our office between 9 AM and 7 PM. These are the ONLY pick-up days at RDU so please plan accordingly.

TEMPORARY HOUSING

If you require temporary housing when you arrive, it is best to reserve a room well in advance. Make the reservation directly at the hotel. For a list of available hotels please visit: <http://www.visitgreenvillenc.com/lodging.asp>

HEALTH INSURANCE

As a member of the University of North Carolina (UNC) system East Carolina University requires that all international students obtain the state mandated medical insurance. Health care in the United States is very expensive. It is required that all ECU students have health insurance and our office will help you receive this—if you do not already have an acceptable policy.

ORIENTATION

There will be a one-day orientation session starting at 8:30am on Thursday, August 21 for new international students. Orientation will address a wide range of topics including immigration regulations, health insurance, finances, campus facilities, student services, etc. It is mandatory that you attend this orientation!

CHECKLIST OF WHAT TO BRING TO ORIENTATION

International Student Orientation is mandatory for all new international students.

- \$10 in cash for an ECU card
- DS-2019
- Passport

THE NEW I-94 PROCESS

The I-94 number is the Arrival/Departure Record issued by the CBP whenever you enter the United States. Since a valid I-94 card and entry status is required to ensure that you maintain your J-1 status, please pay close attention. The OIA recommends that you download and print out your I-94 record EVERY TIME you re-enter the United States.

- Check Your Passport for an Entry Stamp
 - Each time you re-enter the U.S. through Customs you speak to a CBP officer. Before you continue on through the customs area, it is important to look at your passport to make sure that the officer gave you a new ink entry stamp. If you do not have a stamp, request that the CPB officer give you one. If you already left the officer, you may need to go to the Deferred Inspection section of the airport.
- Download & Print Your I-94
 - When you can get to a computer, log into the I-94 on-line system (www.cbp.gov) and download/ print your I-94 record and keep it with your

passport. It is a good idea to save the PDF to your phone as well to have on you at all times.

The direct I-94 Retrieval Link is here -

<https://i94.cbp.dhs.gov/I94/request.html;jsessionid=hdgnRdwLTlh59mT0tWtk0CBv3vrjLpSCNLVV6pv2JsD11kIF36dp!-1737567978>

IF YOUR PLANS CHANGE

We certainly hope you enroll at East Carolina University, but if for some reason, your plans change, please contact:

F-1 students, arrival, housing and housing related questions:

Dr. William Mallett at mallettw@ecu.edu or (252) 328-1939

East Carolina University Language Academy (ECULA) students:

Ms. Julie Williams at williamsjul@ecu.edu or (252) 328-1938

J-1 students:

Katie Erickson at ericksonk@ecu.edu or 328-1937

Office of International Affairs
East Carolina University
306 East 9th Street
Greenville, NC 27858
USA

East Carolina University is committed to equality of educational opportunity and does not discriminate against applicants, students or employees based on race, color, national origin, religion, gender, age, creed, sexual orientation or disability. An equal opportunity/affirmative action employer that accommodates the needs of individuals with disabilities. All students must be in good academic standing and in compliance with ECU judicial code at the time of application and during the study abroad program.

We would like to thank Deirdre Sato from Purchase College/SUNY for her generosity in sharing the pre-arrival information with us.

REVISED: May 2014