Dear International Student/Scholar:

Welcome to the University of Maine at Farmington (UMF)! As you make your plans for arrival, please refer to the enclosed information.

**IT IS IMPORTANT TO READ THIS ENTIRE PACKET AND REFER TO THE CHECKLIST BEFORE SCHEDULING YOUR VISA APPOINTMENT.**

**International Orientation** begins in Portland, Maine at 10:00 a.m. on Sunday, August 20, 2017. Please refer to the enclosed information titled “Arriving in the United States and at UMF” and the Arrival Form. If you are coming to UMF in the fall, you will participate in the mandatory International/NSE Orientation program. If you are coming in the spring, you will receive an individualized orientation upon arrival at UMF. Be sure to check your email on a regular basis for important messages from UMF! *January arrivals will have individual orientation programs with the Office of International Programs.

To study, teach or do research in the US you will require a visa. Students coming to earn a degree at UMF will need to obtain an F-1 Student visa. Exchange professors, scholars and students will need to obtain a J-1 visa. UMF has issued you an I-20 or a DS-2019 immigration document which you will need to obtain your visa. We have enclosed detailed information about obtaining your visa. The U.S. Immigration and Customs Enforcement has instituted a SEVIS fee. You must pay the SEVIS fee as soon as possible, before applying for your visa, or, if you are a Canadian citizen, before entering the United States. Please read the enclosed information very carefully and don’t hesitate to contact us if you have any questions.

As part of your orientation program, you will present your immigration papers to the Office of International and Exchange Programs for verification of valid entry into the United States. This procedure is required by law and will be completed very soon after your arrival. Among other things, the orientation program will provide you with important information about residing in the United States, leaving the country, and re-entering. It is important that you understand United States immigration regulations. Please read carefully all the information enclosed and especially note the section on *mandatory health insurance*.

The Office of International and Exchange Programs has primary responsibility for all issues regarding international students and scholars and we are trained to help with immigration questions. We will offer an orientation program about the University, U.S. education and U.S. culture and will help you successfully adjust to living in the United States.

I wish you a safe journey and I hope you will visit the office whenever you have a question about life in the U.S., about the University, or for any reason. We are here to help you make your educational experience rewarding.

Sincerely,

*Lynne Eustis*

Lynne Eustis
Assistant Director
International and Exchange Programs
Before you arrive at the University of Maine at Farmington

☐ Read this entire packet.

☐ Pay the SEVIS fee.

☐ Apply for your F-1 (degree seeking students) OR J-1 (exchange student/scholar) visa at the nearest U.S. consulate or embassy (not necessary for Canadian citizens).

☐ Activate your online accounts (refer to instructions).

☐ Read “Immunization Requirements.” Submit the completed, signed and stamped Immunization Form found in this guide to the Office of International and Exchange Programs.

☐ Read carefully “Arriving in the United States and at UMF” and schedule your flight to the U.S. Submit the Arrival Form to the Office of International and Exchange Programs so that we can make any necessary hotel reservations and schedule you for the pick-up of international students and scholars.

☐ On-Campus housing/Meal Plans:
  
  **F-1 Students:** You will receive instructions from Residence Life on how to apply on-line after you send your attendance confirmation. Apply for Housing and select your desired meal plan as soon as possible.

  **J-1 Students/Scholars:** On-campus housing will be arranged for you. Students who will live in shared rooms will be contacted by Residence Life to provide information and to receive their roommate information.

☐ Course enrollment: Refer to the “Registering for UMF Classes” section of this guide for detailed instructions and submit the enrollment form to the Office of International and Exchange Programs. Remember to provide an English translation for any home university transcripts and indicate clearly any course pre-requisites you have met.

☐ Health Insurance: All international students/scholars are required to have adequate medical insurance. Read the information in this guide very carefully, to ensure compliance.

After you arrive at the University of Maine at Farmington

☐ ATTEND MANDATORY INTERNATIONAL ORIENTATION!

☐ Apply for a social Security Number if you are going to work on-campus. An organized trip to apply during the second week of classes will be planned by the Office of International and Exchange Programs.

☐ Submit your Immunization records to the Student Health Center, if you did not provide them prior to arrival.

☐ Apply for your University of Maine at Farmington Student ID card at the Student ID office. Time for this will be scheduled during orientation.

☐ Check on your bill at the Student Accounts Office in Merrill Center. The first bill is usually sent to your home country. Don’t let this make you late in paying your bill.

☐ Work with your faculty advisor (F-1) or the Office of International and Exchange Programs (J-1) to make any necessary adjustments in your class schedule. You will have approximately one week to add a new course and two weeks to drop a course. **No further changes to class schedules will be made after the deadlines.**

Before you depart the University of Maine at Farmington

☐ Complete a Transcript Request Form at Merrill Center to have your official transcript sent to your home and/or school once the semester grades are complete.

☐ Give away, sell or discard any unwanted items that you will not take home with you. Please do not leave them behind in your residence hall room.
Fall 2017 – Arrival Form
Submit to Office of International and Exchange Programs

Deadline: July 1, 2017

First/Given Name: ___________________________ Last/Family Name: ___________________________

Current Email Address: ________________________________________________________________

U.S. ARRIVAL FLIGHT INFORMATION: If connecting in the US prior to arrival in Portland, indicate all flights

First flight into U.S.: Airline __________________________ Flight Number__________
Departure Date_________ Departure Time_________ Departure City__________________________
Destination City________________________ Arrival Date / Time____________________

Connecting flight within U.S.: Airline __________________________ Flight Number__________
Departure Date_________ Departure Time_________ Departure City__________________________
Destination City________________________ Arrival Date / Time____________________

If arriving by air in Boston, MA or another city other than Portland, ME:

- Bus Line you will take to Portland, ME: ☐ Concord ☐ Greyhound
- Arrival Date: _______________ Arrival Time: _______________ (no later than 10:00 a.m.)

IMPORTANT: August 19 Arrivals at 10:00 p.m. or earlier will be met at the Portland airport/bus station by International Programs Staff. Arrivals after 10:00 p.m. will need to call the hotel shuttle or take a taxi to the hotel.

NOTE: If taking bus to Portland on Sunday, August 20 – YOU MUST ARRIVE NO LATER THAN 10:00 A.M.

There will be one pick up date/time in Portland, ME for new international students and scholars on Sunday, August 20, 2017 at 10:00 a.m.

Students and scholars can be picked up at the Arrival Hotel, one of the bus stations, or at the Portland airport – provided your bus/flight is scheduled to arrive no later than 10:00 a.m.

Most international students and scholars will fly into Portland, ME and stay overnight in Portland, ME on Saturday, August 19. We can book a hotel room for you, if you like. Please indicate your needs below:

☐ I will ☐ I will not need to stay overnight in Portland, ME on Saturday, August 19.
☐ I am willing to share a hotel room with another person of the same gender and share the room cost.
☐ I prefer to have my own hotel room and pay the full cost myself.
☐ I am arriving earlier than August 19 and need to stay in Portland, ME for more than one night. I will need overnight accommodations for the following dates: ________________________________

The mandatory International Student/Scholar Orientation will begin on Sunday, August 20, 2017, when you are picked up in Portland, Maine.

Submit completed form via email to the Office of International and Exchange Programs by: July 1, 2017

WE LOOK FORWARD TO MEETING YOU!
Spring 2018 – Arrival Form
Submit to Office of International and Exchange Programs
**Deadline: December 1, 2017**

Please return this form by FAX: (207) 778-7879 – or email to leustis@maine.edu

First/Given Name: __________________________ Last/Family Name: __________________________

Current Email Address: ________________________________________________________________

**U.S. ARRIVAL FLIGHT INFORMATION:** If connecting in the US prior to arrival in Portland, indicate all flights
**First flight into U.S.:** Airline ______________________ Flight Number________________________
Departure Date __________ Departure Time __________ Departure City________________________
Destination City________________________ Arrival Date / Time __________ / __________ / __________

**Connecting flight within U.S.:** Airline ______________________ Flight Number________________________
Departure Date __________ Departure Time __________ Departure City________________________
Destination City________________________ Arrival Date / Time __________ / __________ / __________

If arriving by air in Boston, MA or another city other than Portland, ME:
- Bus Line you will take to Portland, ME:  ☐ Concord  ☐ Greyhound
- Arrival Date: ____________ Arrival Time: ____________ (no later than 10:00 a.m.)

The UMF Shuttle will pick-up students in **Augusta, Maine on Sunday, January 14, 2018 at 5:00 p.m.** at the Concord Coach bus station. Please be sure to schedule your bus from Portland to arrive in Augusta no later than 4 p.m.

Most exchange students will fly into Portland, ME and stay overnight in Portland, ME on Saturday, January 13, 2018. We can book a hotel room for you, if you like. Please indicate your needs below:

☐ I will  ☐ I will not need to stay overnight in Portland, ME on Saturday, January 13 *(provide details below)*
☐ I am willing to share a hotel room with another person of the same gender and share the room cost
☐ I prefer to have my own hotel room and pay the full cost myself
☐ I am arriving earlier than Saturday, January 13 and need to stay in Portland, ME for more than one night. I will need overnight accommodations for the following dates: _____________________________
☐ I am arriving on ____________________, will arrange my own transportation to UMF and would like to move into the residence hall on ____________________ *(no earlier than Sunday, January 14, 2018)*.

Submit completed form by fax or email to the Office of International and Exchange Programs by: **December 1, 2017.**

You will receive an email to confirm receipt of your arrival form.

WE LOOK FORWARD TO MEETING YOU!
The following information will help you prepare for your trip to the United States and for your arrival at the University of Maine at Farmington. **PLEASE READ THIS ENTIRE PACKET CAREFULLY.**

**PAYING THE SEVIS FEE**
Canadian citizens are required to pay the SEVIS fee before entering the U.S. **All other citizens** are required to pay the SEVIS fee before applying for a U.S. visa. Please read the SEVIS information page in this packet very carefully.

**OBTAINING A U.S. STUDENT/SCHOLAR VISA**
*Canadian citizens do not require a visa in their passport.* **All other citizens:** To obtain a United States visa, you must take Form I-20 or DS-2019 furnished to you by the University of Maine at Farmington, proof of payment of the SEVIS fee, documentation of your financial support, your letter of admission/invitation/contract, and your passport, valid for more than 6 months after you will begin your studies, to the nearest U.S. consulate or embassy and complete the application for the appropriate student visa. The basic U.S. visa application fee is $160. You may also be charged a “reciprocal fee.” This varies by country as does the amount of the fee. Please read the tips on applying for a non-immigrant visa. Should you experience difficulty in obtaining a visa the Office of International and Exchange Programs will try to assist you. To find the nearest embassy or consulate, please visit the website: [http://usembassy.state.gov/](http://usembassy.state.gov/)

*Canadian citizens* do not need a visa. They need only present Form I-20 or DS-2019, proof of payment of the SEVIS fee along with the financial documentation and letter of admission at the port of entry. If arriving through a land border you should be required to complete a Form I-94 (Arrival/Departure Record) at the point of entry. Arrivals by air or sea will generate an electronic I-94, which you can later access and print a copy from [www.cbp.gov/I94](http://www.cbp.gov/I94). *Please note:* Immigration regulations require a processing fee to be paid at all land border ports of entry.

**ENTERING THE UNITED STATES**
You cannot enter the United States as a student/scholar more than 30 days prior to the program start date on your I-20 or DS-2019. Please make your travel plans accordingly. To enter the United States as a student/scholar you must have your passport with an F-1 or J-1 visa stamp (not required for Canadian citizens), Form I-20 or Form DS-2019 issued to you by the University of Maine at Farmington, and proof of the SEVIS fee payment. You should also have your letter of admission/invitation/contract from the University and evidence of your financial support. **Be sure to hand carry these documents; DO NOT PACK THEM AWAY IN CHECKED LUGGAGE.** Please note: There is a processing fee charged at all land border ports of entry such as the Canadian border.

U.S. customs regulations allow you to bring into the country a reasonable amount of personal effects. Money in the amount of $10,000 or more and items of considerable value must be declared on entry. If you have questions regarding U.S. customs regulation, contact the U.S. embassy or consulate in your country before leaving or visit the U.S. Customs and Border Protection website at [http://cbp.gov/xp/cgov/travel/](http://cbp.gov/xp/cgov/travel/)

**LUGGAGE**
If you intend to bring expensive items of jewelry, camera, etc. with you and return to your country with them, you should check to see if they must be registered or declared in some manner with your government when you leave to avoid any questions about payment of duty upon your return.

Be sure to keep all of your important documents (passport, I-20/DS 2019) in your carryon bag. **Do not put these items in your checked luggage.** We recommend you use our office address and telephone number on your luggage name tags. This will make it easier for us to assist you if your luggage is delayed. If this happens, give the airline our office address for delivery. It is also a good idea to have this contact information inside your luggage, in case the luggage tag comes off.
NEW INTERNATIONAL STUDENT/SCHOLAR ORIENTATION
All new international students and scholars are required to attend International Orientation. Refer to the Arriving in the United States section for details. It will provide valuable information which will make your stay at the University and in the United States more rewarding. You will also learn important information to help you stay in lawful status. A comprehensive tour of campus and downtown will be included. You will be provided with a detailed Orientation schedule upon arrival at UMF.

FINANCES
You will need some U.S. currency for the first few days. If you need to exchange funds for U.S. currency, you should do so prior to arriving in Maine; you can also exchange money at a major U.S. airport. Currency exchange through local banks usually requires two to four weeks. You must have sufficient money to cover all expenses for yourself and family members accompanying you while you are a student/scholar at the University of Maine at Farmington. If you haven’t already wire transferred money to UMF to cover your account, you may set up a payment plan with the Student Accounts Office upon your arrival. Please refer to “Paying Your University of Maine at Farmington Bill” section of this guide for more details. You will be able to open a local bank account during your first week here at UMF. You must be prepared to meet your necessary expenses for the first month.

REGISTRATION FOR CLASSES
All international students must be registered as full-time students to remain in lawful immigration status. Undergraduate and exchange students must register for at least twelve (12) credits per semester; Students serving as Language Assistants must register for at least four (4) credits per semester, and may register for up to eight (8) credits per semester. Please refer to the “Registering for UMF Classes” section of this guide for details on how to search for and request classes. Actual course registration prior to arrival is handled for you by either your major department (F-1 students) or the Office of International and Exchange Programs (J-1 students/scholars).

IMMUNIZATIONS REQUIREMENTS
The University of Maine at Farmington requires immunization for measles, mumps, rubella, tetanus, diphtheria, and acellular pertussis. Refer to the “Immunization Requirements/History” section for specific details and instructions for providing proof of immunizations. You must either provide your medical immunization history on the required form or have and pay for the necessary immunizations at UMF before the first day of classes.

MEDICAL INSURANCE
American Health care is very expensive and you must have appropriate insurance coverage. All F-1 international students and J-1 exchange visitors at the University of Maine at Farmington, and their dependents present in the United States, must demonstrate coverage that meets required levels. Please refer to the “Required Health Insurance/UMF Student Health Center” section of this guide for more information including specific coverage requirements.

J-1 exchange visitors must have adequate coverage in effect the first day they arrive in the U.S. This means you will need to be enrolled in the appropriate insurance prior to your arrival in the U.S., with coverage effective for the duration of your stay.

Refer to the sections “Medical Care and Insurance” and “UMF Health Center/Health Insurance/Health and Wellness Fee” for details and requirements.

EMPLOYMENT
Regular off-campus employment is specifically prohibited for students/scholars in F-1 or J-1 status. While students are allowed to work part-time on campus, the number of jobs available is limited and should not be counted on for any financial support. You will be given more specific information about employment regulations during orientation.

DEPENDENTS
If you wish to have dependents (spouse, children) accompany you to the United States, you must indicate so on your Exchange Visitor Application and provide documentation of financial support for their estimated expenses ($4,500 per year for the first dependent and $1,200 per year for each additional dependent), name, relationship, date and place of birth, and request appropriate immigration documents from the Office of International and Exchange Programs. This must be done prior to arrival if you wish dependents to accompany you during the first semester. All dependents in the U.S. must have appropriate health insurance coverage. Dependents in J-2 status may apply for work authorization under certain conditions, but such employment may not be dependent upon basic financial support. Dependents in J-2 status are allowed to study.
MATHEMATICS AND WRITING PLACEMENT EXAMS
All F-1 students are required to take placements exams for mathematics and writing, unless you have submitted passing SAT scores taken during recent study in the U.S. at the high school level, or successfully completed the appropriate college courses. The Accuplacer® Arithmetic and Elementary Algebra and the Write Placer® exams will be administered to you during the International Orientation program. Once your placement tests results are finalized, you will be registered for the appropriate Math and Writing courses. Exchange students do not need to take these tests.

WHAT TO BRING WITH YOU
In addition to your clothing, personal items, books, etc., you should consider bringing with you any small items or pictures that will make you feel “at home” in your residence hall or apartment. We encourage students to bring their traditional national clothes, pictures, slides and handicrafts or items typical of their country. You will have opportunities to dress in your national clothes and to share information about your country and its culture with other students at international festivals and at school and community organizations. Most students bring a laptop; UMF is a wireless campus. However, if you do not have a laptop you will use our 24/7 computer lab for all your computing needs.

What kind of clothing is suitable to Maine? Most students dress informally on campus. You will need light weight clothes for summer and heavier clothes and boots for winter. Most of these items can be purchased economically after you arrive.

Many students find the four distinct seasons of Maine to be a most interesting experience. Fall lasts from mid-September through November with temperatures ranging between 30° and 70° Fahrenheit (-1° to 23° Celsius). Winter continues from December to April. Snow and icy rain are common and temperatures range from -25° to 40° F (-32° to 5° C). Winters are generally cold, but prolonged cold spells are rare. Average snowfall is 60 to 90 inches (152-228cm) yearly. January and February normally have the heaviest snowfall. Spring arrives in April and lasts until mid-June. The temperatures climb to a range of 45° to 65° F (8° to 18° C). Summer begins in mid-June and lasts until September. Temperatures ranging from 70° to 80° F (22° to 27° C) is most common. Occasionally the temperature reaches the 90° to 100° F (33° to 39° C) range. Storms such as tornadoes or hurricanes are very rare but thunderstorms do occur in the summer.

DRIVING IN THE UNITED STATES
Planning to drive while in the U.S.? If so, there are some minimum eligibility requirements which typically include: Age 21-23 or older and if under 25, additional fees apply; show valid driver’s license – if not in English, you must also show an International Driver’s Permit (obtained before departing your home country); use a major credit card for rental – no debit cards. It is recommended that you bring an International Driver’s Permit with you to the U.S.

ON/OFF-CAMPUS HOUSING
On-campus housing is available for all international students and scholars. NOTE: F-1 students receiving tuition scholarships are required to live on campus. On-campus housing is also required for J-1 students/scholars. F-1 students must complete the online housing application, which is accessed from the New Students page of myCampus. Information about logging into your myCampus account is sent to you via email from the Admission Office. Visiting exchange students will be assigned a room on campus, most likely with a UMF student, possibly one who has requested an international roommate. NOTE: Exchange visitors from the same school and/or country will not be housed together. On-campus residence hall housing contracts are for September to May and are binding. Residence hall rooms include a twin bed, bureau and desk. Bed linens, pillows and towels are not provided. There will be an opportunity to purchase linens and other items upon arrival to UMF. Cost for one set of sheets/comforter/pillowcase, pillow and towels ranges from $60-$80.

F-1 students not receiving a tuition scholarship are eligible to live off-campus. Arrangements for off-campus housing are made between students and the landlord. You may contact the Student Life Office for a list of local landlords. Rents range from $400 to $600 (per month) or more.

CULTUREFEST
Culturefest is a major cultural celebration held at The University of Maine, Orono, another campus in our University System. It is a day-long celebration of world countries and cultures held in late October or early November at the University of Maine (Orono), approximately 2 hour drive from UMF. UMaine international students put together exhibits of pictures, clothing, maps, artifacts, and more to tell about their home country. They also cook and sell foods made from traditional recipes. Throughout the event, a talent show is held where students sing songs, dance, or perform something typical of their culture. The day is finished with a style show of traditional clothing. More than 1,000 people attend every year. UMF Office of International and Exchange Programs and the Multi-Cultural Club will provide transportation to this event. Please bring traditional clothing to wear so that you can participate in Culturefest.
ARRIVING IN THE UNITED STATES AND AT UMF – FALL SEMESTER

All incoming international students and scholars will be required to arrive in Portland, Maine by 10:00 a.m. on Sunday, August 20, 2017. A chartered bus will pick up the group at 10:00 am, when International Orientation will begin with an outing to a famous Maine landmark, before arriving at UMF.

HOW DO I GET TO PORTLAND, MAINE?

1. You can fly directly into the Portland International Jetport (PWM)

2. You can fly into Boston, Massachusetts (BOS) and take the bus to Portland Maine.

If you fly directly into Portland, Maine, you will need to arrive on the night of Saturday, August 19, 2017 and stay overnight at the Arrival Hotel. We can make room reservations for all those staying overnight, and you will be responsible for paying for your hotel stay.

If you fly into Boston, Massachusetts, you have two options:

1. Stay overnight in Boston (you make all arrangements) on Saturday, August 19 then take the Concord Coach Lines bus to Portland, ME and then a taxi to the arrival hotel arriving no later than 10:00 a.m. Sunday, August 20.

2. Upon arrival in Boston, take the Concord Coach Lines bus, from Boston to Portland on Saturday, August 19 and then call the hotel shuttle to come and take you to the arrival hotel to stay overnight on the 19th.

*To ensure that you are ready to be picked up at 10:00 a.m. on Sunday, August 20, I highly recommend that you stay overnight in Portland the night of August 19. This is also a great way to meet the rest of the international students and scholars, as well as the International Office staff prior to coming to UMF.

Hotel Reservations: If there are multiple students arriving, we will reserve double rooms and as much as possible have people room together (same gender only) to share the costs. Please indicate on your arrival form, if you are open to this possibility, or if you require your own room, without a roommate. We will make the reservations and you will be responsible for paying for the hotel stay upon check-out. We will book rooms at the lowest price possible. Hotel rooms are typically $200.00 US Dollars per room for the night.

SPRING SEMESTER ARRIVALS – Please refer to the Spring 2018 Arrival form for specific details.

TRAVELING DURING SCHOOL BREAKS: HOME OR OTHER DESTINATIONS

During the academic year, UMF offers a shuttle service that takes students (domestic and foreign) and scholars to the nearest bus station (Concord Coach Lines) in Augusta, Maine, each time the residence halls close for a break. The shuttle will then return to Augusta to pick up passengers and bring them back to UMF when the residence halls re-open. You can take the bus from Augusta to Portland if you wish to fly out of Portland or you can take the bus directly to Boston and continue from there. It is extremely important that you plan your travels according to this shuttle service, as UMF cannot provide individual transportation to airports or bus stations. This shuttle service is coordinated by the Department of Public Safety. There will be a reservation procedure and this information will be provided to you in your orientation packet upon arrival at UMF.

DEPARTING UMF AT THE END OF THE SEMESTER/PROGRAM

Scheduling your return flight at the completion of your program at UMF to coincide with the UMF shuttle schedule is very important since UMF is located 2 hours from the Portland airport and bus terminals, with no other public transportation. Please be sure to consult the attached Shuttle Schedule BEFORE making any flight reservations. Ask questions if you are not sure.
The University of Maine at Farmington will make available to students shuttle transportation to and from Augusta**, Maine, surrounding the closings and re-openings of UMF residence halls for official breaks during the academic year.

**Please note that the shuttle does NOT run automatically; YOU MUST MAKE A RESERVATION in person at the Department of Public Safety, 112 Maguire Street, at least **5 business days** in advance of your departure/arrival. Shuttle questions should be directed to Leighann Palmer at 778-7400 or leighann.palmer@maine.edu.**

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**Fall 2017 / Spring 2018 Shuttle Schedule**

**20th August, 2017** (Sunday) **10:00 a.m.** bus arrives in Portland for pick up of **new incoming internationals**

**22nd November, 2017** (Wednesday) **6:45 a.m.** van departs UMF for **Augusta**

**26th November, 2017** (Sunday) **5:00 p.m.** van departs **Augusta** for Farmington

**15th December, 2017** (Friday) **3:00 p.m.** van departs UMF for **Augusta**

**21st January, 2018** (Sunday) **5:00 p.m.** van departs **Augusta** for Farmington

**10th March, 2018** (Saturday) **6:45 a.m.** van departs UMF for **Augusta**

**18th March, 2018** (Sunday) **5:00 p.m.** van departs **Augusta** for Farmington

**13th May, 2018** (Sunday) **8:00 a.m.** van departs UMF for **Portland** Jetport/bus/train stations (**Final Departure**) Departure flights from Portland must not leave any earlier than **1:00 p.m.**

**For initial arrival and final departure of international & NSE students, the shuttle will travel to/from Portland, Maine (airport and bus/train stations)**

Shuttles may be canceled due to lack of registered passengers and/or inclement weather.

In cases of inclement weather, or other conditions which delay departure or arrival of passengers or shuttle drivers, please call the Department of Public Safety 778-7400.
CANADIAN CITIZENS

While it is not necessary for Canadian Citizens to apply for a U.S. visa to enter the United States, they are required to pay the SEVIS fee prior to their entry in the U.S. It is highly recommended that you pay this fee as soon as possible after receiving your I-20 or DS-2019 and no later than a week before entering the U.S., so that you can present a receipt for the SEVIS fee when you arrive at the Port of Entry. Having proof of payment on hand will prevent delays at the Port of Entry. Dependents applying for F-2 or J-2 status do not need to pay the fee.

ALL OTHER FOREIGN CITIZENS

All students and exchange visitors must pay the SEVIS fee prior to applying for an F-1 or J-1 visa. It is highly recommended that you pay this fee as soon as possible after receiving your I-20 or DS-2019 as you will need to present a receipt when applying for your F-1 or J-1 visa. Having proof of payment with you will prevent delays during your visa interview. Dependents applying for F-2 or J-2 visa do not need to pay the fee.

PROCEDURES FOR CITIZENS OF ALL FOREIGN COUNTRIES

PLAN AHEAD! Pay the SEVIS fee as soon as possible since it is required that you provide proof of payment at your visa interview or at the Port of Entry. Visit this website for SEVIS Fee information and to view the tutorial for paying the SEVIS Fee: https://www.ice.gov/sevis/i901

For information about the SEVIS fee and how to pay it, please consult the “Frequently Asked Questions” section on the U.S. Immigration and Customs Enforcement website at http://www.ice.gov/sevis/i901/faq.htm
I-20  issued to F-1 Degree Seeking Students

DS-2019  issued to J-1 Exchange Visitors: Students, Professors and Research Scholars

- Read all pages carefully.

- Check to make sure all of your personal information is correct: spelling/order of names, date of birth, city of birth, country of citizenship. If anything is incorrect, please contact the Office of International and Exchange Programs at leustis@maine.edu or 207-778-7122 immediately.

- Sign page one where indicated.

- You will need to refer to your I-20 or DS-2019 in order to pay your SEVIS fee on-line prior to making your visa appointment at the U.S. embassy or consulate. **Refer to I-901 SEVIS FEE information on previous page**

- Use your I-20 or DS-2019 to apply for your F-1 or J-1 visa at the nearest U.S. embassy or consulate. Be sure to keep your document in a very safe place until it is time to depart your home country.

- **Travel to the U.S. with your DS-2019 or I-20, SEVIS Fee Payment Confirmation Receipt, Admission Acceptance Letter / Letter of Invitation, Contract, Passport and proof of financial resources on your person at all times.** Do not pack any of these items in your checked baggage. This is very important, as you will need to present these documents to the Port of Entry Official after de-boarding the airplane in the U.S.

- Present the I-20 or DS-2019 and other documents to an Immigration Official at the Port of Entry (border or airport). Increased security measures now require international students to go through inspection at the Port of Entry.

- **CANADIAN CITIZENS:** If you enter through a land border Port of Entry, you may be required to complete a Form I-94 (Arrival/Departure Record). Keep this with your passport. Arrivals by air or sea will generate an electronic I-94, which you will later access and print a copy from www.cbp.gov/I94.

- Keep your I-20 or DS-2019 safe. This document proves your lawful status in the U.S. You should never destroy or discard ANY I-20/DS-2019. You will likely need to produce a copy in the future when applying for another program or status.

- Present your I-20 or DS-2019, passport with visa and I-94 (paper issued or web print out of electronic version) to the Office of International and Exchange Programs upon your arrival at UMF so we may register you in SEVIS and make copies of your documents.
10 Points to Remember when Applying for a Non-Immigrant Visa

**TIES TO YOUR HOME COUNTRY**
Under U.S. law, all applicants for nonimmigrant visas, such as student visas, are viewed as intending immigrants until they can convince the consular officer that they are not. You must therefore be able to show that you have reasons for returning to your home country that are stronger than those for remaining in the United States. "Ties" to your home country are the things that bind you to your home town, homeland, or current place of residence: job, family, financial prospects that you own or will inherit, investments, etc. If you are a prospective undergraduate, the interviewing officer may ask about your specific intentions or promise of future employment, family or other relationships, educational objectives, grades, long-range plans and career prospects in your home country.

Each person's situation is different, of course, and there is no magic explanation or single document, certificate, or letter which can guarantee visa issuance. If you have applied for the U.S. Green Card Lottery, you may be asked if you are intending to immigrate. A simple answer would be that you applied for the lottery since it was available but not with a specific intent to immigrate. If you overstayed your authorized stay in the United States previously, be prepared to explain what happened clearly and concisely, with documentation, if available.

**ENGLISH**
Anticipate that the interview will be conducted in English and not in your native language. One suggestion is to practice English conversation with a native speaker before the interview, but do NOT prepare speeches! If you are coming to the United States solely to study intensive English, be prepared to explain how English will be useful for you in your home country.

**SPEAK FOR YOURSELF**
Do not bring parents or family members with you to the interview. The consular officer wants to interview you, not your family. A negative impression is created if you are not prepared to speak on your own behalf.

**KNOW THE PROGRAM AND HOW IT FITS YOUR CAREER PLANS**
If you are not able to articulate the reasons you will study/teach/conduct research in a particular program in the United States, you may not succeed in convincing the consular officer that you are indeed planning to study/teach/conduct research, rather than to immigrate. You should also be able to explain how studying/teaching/conducting research in the United States relates to your future professional career when you return home.

**BE BRIEF**
Because of the volume of applications received, all consular officers are under considerable time pressure to conduct a quick and efficient interview. They must make a decision, for the most part, on the impressions they form during the first minute of the interview. Consequently, what you say first and the initial impression you create are critical to your success. Keep your answers to the officer's questions short and to the point.

**ADDITIONAL DOCUMENTATION**
It should be immediately clear to the consular officer what written documents you are presenting and what they signify. Lengthy written explanations cannot be quickly read or evaluated. Remember that you will have 2-3 minutes of interview time, if you are lucky.
NOT ALL COUNTRIES ARE EQUAL
Applicants from countries suffering economic problems or from countries where many students have remained in the United States as immigrants will have more difficulty getting visas. Statistically, applicants from those countries are more likely to be intending immigrants. They are also more likely to be asked about job opportunities at home after their study/program in the United States.

EMPLOYMENT
Your main purpose in coming to the United States will be clearly defined in your invitation letter (study, teach, etc.). You must be able to clearly articulate your plan to return home at the end of your program. If your spouse is also applying for an accompanying F-2 visa, be aware that F-2 dependents cannot, under any circumstances, be employed in the United States. If asked, be prepared to address what your spouse intends to do with his or her time while in the United States. Volunteer work and attending school part-time are permitted activities.

DEPENDENTS REMAINING AT HOME
If your spouse and children are remaining behind in your country, be prepared to address how they will support themselves in your absence. This can be an especially tricky area if you are the primary source of income for your family. If the consular officer gains the impression that your family will need you to remit money from the United States in order to support themselves, your student/scholar visa application will almost certainly be denied. If your family does decide to join you at a later time, it is helpful to have them apply at the same post where you applied for your visa.

MAINTAIN A POSITIVE ATTITUDE
Do not engage the consular officer in an argument. If you are denied a student/scholar visa, ask the officer for a list of documents he or she would suggest you bring in order to overcome the refusal, and try to get the reason you were denied in writing.

NAFSA would like to credit Gerald A. Wunsch, Esq., 1997, then a member of the Consular Issues Working Group, and a former U.S. Consular Officer in Mexico, Suriname., and the Netherlands and Martha Wailes of Indiana University for their contributions to this document. NAFSA also appreciates the input of the U.S. Department of State.

Handout adapted from
NAFSA: Association of International Educators
1999 Annual conference session Consular Affairs Issues: View from the United States
Now that you have been accepted to the University of Maine at Farmington as a matriculated student or an exchange visitor, the next step is to make sure your online accounts are activated and working properly. The instructions below will guide you through the process of activating and using your University of Maine System (UMS) accounts.

**ACTIVATING YOUR UMS ACCOUNTS**

If you have already activated your UMS account you should check your access to the MaineStreet portal and your maine.edu email accounts. If you have not yet activated your UMS account, please do so now. Your UMS account grants you access to the MaineStreet portal and your maine.edu email account. This account should be activated as soon as possible. It will be used to communicate important information to you about campus housing, registration, and student services. Note: Some visiting professors/scholars will not have MaineStreet accounts.

To active your account:

- Go to [https://mail.maine.edu/um/ActivateAccount](https://mail.maine.edu/um/ActivateAccount)
- Enter your Student ID and Activation Code provided in your admission letter (F-1 students) / provided by the Office of International Programs (J-1 Students/Scholars).
- After you submit your activation, the activation website generates an acknowledgement. The acknowledgement contains your UMS User Name, password, and email address. This information should be kept private. Please save or print the information and keep it in a secure place.
- Once you have activated your account, you may use your new UMS User Name and password to check on the status of your application (F-1), or to update your personal information. Go to the MaineStreet portal at [http://mainestreet.maine.edu](http://mainestreet.maine.edu).
- Enter your User Name and password to access the portal.

**MAINE.EDU EMAIL ACCOUNTS**

Maine.edu is the University of Maine at Farmington’s official email system. The University will use your maine.edu email account to communicate important information to you about campus housing, registration, and student services. You are responsible for any information sent to you at this account. It is essential that you begin using this email account immediately. You can either check it regularly by going to [http://gmail.maine.edu](http://gmail.maine.edu) or you can forward it to an account that you use regularly.

- Go to [http://gmail.maine.edu](http://gmail.maine.edu)
- Log in using your UMS User Name and password

To Forward your email:

- Go to [http://mail.maine.edu](http://mail.maine.edu)
- Click on the link Change the destination of email sent to your @Maine.edu address
- Select the button next to Forward to the following address(es); enter the email address to which you want mail forwarded from maine.edu and then click the Change Forwarding button

If you have difficulty activating, logging into, or using your account please email technical support at [itshelp@umf.maine.edu](mailto:itshelp@umf.maine.edu).
Follow the directions below to search for the courses that will be offered at UMF

Do not look at the general UMF course catalog, as that lists all the courses that can be taught at UMF, and not the specific ones for the upcoming term.

1. Visit the following website http://mainestreet.maine.edu.
2. On the left side of the page, under Quick Links: No Login Required, choose Class Search.
3. Use the drop down arrows to select the Institution (University of Maine Farmington) and the Term (2017 Fall or 2018 Spring).
4. Next, click on the green Select the Subject button for an alphabetical list of subjects. Click on the corresponding alphabetical letter to find your desired subject code. Use the Select button to choose your subject.
5. You are now back on the Search for Classes page.
6. Select the Show Open Classes Only button.
7. Press the green Search button on the bottom right of the screen.
8. At the next page you will see the open classes in that subject area. If you click on the highlighted information next to Section (view details) you will be taken to the course description and details. You will need to go through these steps for each subject area.

Important:

- Make sure you pay close attention to class times to avoid any conflicts. Note: When a course indicates MoWeFr the course meets three times a week every Monday, Wednesday AND Friday.
- Be sure to check pre-requisites for the courses and specify which pre-requisites you have met and which requirements they fulfill.
- Identify courses in priority order on your form so there will be no delays in registration.
- You must include alternate choices for each course

You will be registered for (3) UMF courses for a total of twelve (12) credits during your first semester. The U.S. Educational system may be quite different from what you will be used to and most past participants have found this course load to be manageable, whereas four courses can be quite overwhelming.

INSTRUCTIONS TO BE ENROLLED IN COURSES:

Submit via email a completed Incoming Exchange Student/Scholar Course Registration Request Form to Lynne Eustis at leustis@maine.edu.

The International Office will process your course enrollments and you will be contacted via email for any questions and/or further discussion.

It is important that you complete this process as soon as possible, as courses will fill quickly throughout the registration period.
UMF Incoming Exchange Student/Scholar
Course Registration Request Form

First Name: ___________________________ Last Name: ___________________________ Home University: ________________________________

Major/Course of Study at Home University: ______________________________________________________ Current Grade Level: _____________

Exchange Term at UMF: ________________________ Email: _____________________________________ UMF ID Number: __________________

PREFERRED COURSES:

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Subject/Number</th>
<th>Section</th>
<th>Course Title</th>
<th>Enrollment Requirements and Pre-Requisite Courses*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>2115</td>
<td>BUS 340</td>
<td>0001</td>
<td>Managerial Finance</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>2115</td>
<td>BUS 208 and ECO 101S and ECO 102S</td>
</tr>
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<td>2</td>
<td></td>
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<tr>
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</tr>
</tbody>
</table>

ALTERNATE COURSES:

<table>
<thead>
<tr>
<th>Class Number</th>
<th>Subject/Number</th>
<th>Section</th>
<th>Course Title</th>
<th>Enrollment Requirements and Pre-Requisite Courses*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>2424</td>
<td>ECO 309</td>
<td>0001</td>
<td>Money and Banking</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>2424</td>
<td>ECO 101S and ECO 102S</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
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<td>6</td>
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</tr>
</tbody>
</table>

*List classes taken at your Home University and the Pre-Requisite Course requirements listed above that they fulfill:

List the classes you are currently enrolled in at your Home University that may not appear on your submitted transcript:
The University of Maine at Farmington’s Billing Process begins when you register for your courses and/or when you are assigned a room and meal plan on campus. A detailed invoice is mailed to the permanent address or billing address on your record, usually the address where you are in your home country. The Student Accounts Office accepts wire transfers, cash, and bank checks. Credit card transactions are not accepted in person at our Student Accounts Office. Students choosing to pay by credit card must do so online through their UMF student account and will incur a considerable fee of $2.75% per transaction.

Depending on the extent of your charges, you may find it easiest to pay your entire UMF bill before arriving at UMF in August/January. The easiest way to do this is via wire transfer (instructions below). J-1 visitors, who wish to pay their account in full before arrival, may contact the Office of International and Exchange Programs for assistance in determining their account balance. If you would prefer to pay your account in full after arriving at UMF you may still do so via wire transfer, but you must make the arrangements very quickly in order to have your account settled on time.

Another option is to set up a Payment Plan to pay your account balance over several months. **Before coming to UMF and no later than your first week after arrival:** If necessary, make arrangements with the Student Accounts Office to divide your total bill into several installments. For the fall semester, please plan to pay the first installment upon arrival in August. The subsequent installments would be due on the 15th of September, October, November and December. Spring semester first installment is due upon arrival in January. The subsequent installments would be due on the 15th of February, March, April and May.

For information on viewing and paying your account balance, visit http://merrillcenter.umf.maine.edu/pay-student-bill/.

**Wire Transfers to UMS:**

**Beneficiary Name:** University of Maine System

**Beneficiary Address:** 5709 Alumni Hall, suite 101
Orono, ME, 04469
United States

**Account No:** 000001004093

**ABA/Routing:** 026009593

**Type of Account:** Checking

**SWIFT Code:** BOFAUS3N

**Reference:** Student Name/Student ID/Campus

**IMPORTANT:** You MUST indicate your full name and your MaineStreet ID number on the wire information. You MUST also request that UMF be in the description when ordering the wire transfer. This will ensure prompt posting to your account. A delayed payment will result in additional charges on your account.

**NOTE:** If two different SWIFT numbers appear for Bank of America, New York, choose the one ending in XXX. The New York code is okay, as the money will be transferred to the Portland, Maine branch.
The United States government and the State of Maine may impose taxes on students who work and/or receive a scholarship while studying at the University of Maine at Farmington. Taxation is rather complex and involves filling out many forms, most of which must be completed every year. There are special forms and ways taxes are collected for “non-resident aliens” (i.e. international students/scholars).

In most cases, the University of Maine at Farmington estimates the amount of tax that should be collected from each student/scholar, and then must send that amount to the Internal Revenue Service (IRS). The manner of collection depends on the type of income. This process is called “withholding.”

**On-campus Employment**
The University withholds tax from your paycheck in a pay-as-you-earn system. For example, if you work 20 hours at $5.00 per hour, your gross income is $100.00. If the amount of tax you own is 15%, then your paycheck will be $85.00. The amount of withholding depends on the treaty with the U.S. government, if any. The University sends the tax withheld—in this example, $15.00—to the IRS.

**Scholarships, Fellowships and Grants**
Any portion of your scholarship, fellowship, or grant that is used for tuition or mandatory fees is not taxable. However, any portion that is not specifically for required educational expenses IS taxable. This might include portions used for room, board or other living expenses. The University calculates the tax on these portions and sends it to the IRS.

**Tax Returns**
Each spring by April 15th, all international students and scholars in F-1 or J-1 status who were present in the United States during any portion of the previous calendar year, must submit tax forms to the US federal government.

Which form(s) you must complete depends on whether you worked and were paid, or did not receive any income at all. In addition, there are two (2) different income taxes that may need to be filed - Federal (Internal Revenue Service - IRS) and State (Maine State Department of Revenue).

The International and Exchange Programs Office does not specialize in international tax law nor are we licensed to answer specific questions regarding your individual tax filing requirements. However, we will provide you with some basic information and resources that will help in filing your tax returns or seeking outside assistance.

# Fall Semester 2017

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes Begin</td>
<td>Monday, August 28</td>
</tr>
<tr>
<td>Fall break (Columbus Day)</td>
<td>Monday-Tuesday, October 9-10</td>
</tr>
<tr>
<td>Veterans’ Day Holiday</td>
<td>Friday, November 10</td>
</tr>
<tr>
<td>Thanksgiving Break</td>
<td>Wednesday-Friday, November 22-24</td>
</tr>
<tr>
<td>Classes Resume</td>
<td>Monday, November 27</td>
</tr>
<tr>
<td>Last day of classes</td>
<td>Friday, December 8</td>
</tr>
<tr>
<td>Final exams begin</td>
<td>Monday, December 11</td>
</tr>
<tr>
<td>Final exams end</td>
<td>Thursday, December 14</td>
</tr>
</tbody>
</table>

# Spring Semester 2018

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classes Begin</td>
<td>Monday, January 22</td>
</tr>
<tr>
<td>Presidents’ Day Holiday</td>
<td>Monday, February 19</td>
</tr>
<tr>
<td>Spring Break Begins</td>
<td>Monday, March 12</td>
</tr>
<tr>
<td>Spring Break Ends</td>
<td>Friday, March 16</td>
</tr>
<tr>
<td>Classes Resume</td>
<td>Monday, March 19</td>
</tr>
<tr>
<td>Patriots’ Day Holiday</td>
<td>Monday, April 16</td>
</tr>
<tr>
<td>Last day of classes</td>
<td>Friday, May 4</td>
</tr>
<tr>
<td>Final exams begin</td>
<td>Monday, May 7</td>
</tr>
<tr>
<td>Final exams end</td>
<td>Thursday, May 10</td>
</tr>
<tr>
<td>UMF Commencement</td>
<td>Saturday, May 12</td>
</tr>
</tbody>
</table>
Culturefest

A Celebration of Cultural Diversity

Held at the University of Maine, Orono

Culturefest is the largest international event at the University of Maine, Orono campus with activities designed to promote understanding, and to provide the community with opportunities to sample and enjoy the many cultures represented at the University of Maine.

Culturefest is usually held at the end of October or beginning of November.

Culturefest features exhibits displaying posters, maps, videos, music, art, clothing, games, etc.; an international food court where students will sell homemade food; a style show featuring students modeling traditional clothing; a talent show including performances of song, dance, and various other demonstrations, and a children’s exhibit with activities.

UMF International students and scholars may participate in Culturefest at the Orono campus. We encourage you to bring some traditional articles of clothing with you, and anything traditional from your home country, so that you may be a part of Culturefest!

Culturefest is sponsored by the University of Maine, Orono: Office of International Programs and the International Student Association
Immunization Requirements/History
for International/Exchange Students/Scholars

All students/scholars who will enroll in courses and/or live on campus at the University of Maine at Farmington, must provide documentation that they have received the required immunizations. If your immunizations are not up to date, or you cannot show documentation to prove that you have been immunized, you will be required to receive vaccination(s) at the UMF Student Health Center upon arrival at UMF. You will need to pay for vaccine(s) if it is not covered by your health insurance.

______________________________
First / Given Name
______________________________
Last / Surname / Family Name

______________________________
Date of Birth (MM/DD/YY)
______________________________
UMF ID Number

**REQUIRED IMMUNIZATIONS/VACCINATIONS:** Dates (MM/DD/YYYY)

**MMR:** Two doses of MMR (measles, mumps and rubella) vaccine administered on or after the first birthday and at least 28 days apart. **Tdap/Td:** Last vaccine no more than 10 years ago.

<table>
<thead>
<tr>
<th>Immunization/Vaccine</th>
<th>Dose 1</th>
<th>Dose 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>MMR (Combined Measles, Mumps, &amp; Rubella)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles</td>
<td></td>
<td></td>
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<tr>
<td>Mumps</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rubella</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tetanus-Diphtheria-Pertussis (Tdap)</td>
<td></td>
<td>NA</td>
</tr>
<tr>
<td>Tetanus-Diphtheria (Td)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Physician:**

Signature (Required) __________________________________________

Name ____________________________
(Please print clearly)

Address ____________________________

______________________________
Date _________________

Stamp or Seal
The United States does not have a national health care plan. This means that people living in the United States must purchase a medical plan, either at their own expense or through a plan sponsored by their employer, union or other organization. Since the cost of medical care and emergency health needs are not met by the U.S. government, they must be paid for by the individual.

If you have an emergency medical problem, you can be treated in an emergency room of a hospital. Federal U.S. laws require that both public and private hospitals provide services to anyone needing emergency medical care regardless of whether that person has medical insurance coverage or has the private funds to pay for the services.

Most international students and exchange visitors come to this country from homelands where costs are not a barrier to health care. In their own countries, national health care programs may offer a full range of services when needed. Many international students and exchange visitors are confused, sometimes shocked, by the financial barriers to health care which they encounter in the United States. Most medical insurance plans do not pay 100% of medical costs incurred and the amount owed by the individual can be quite costly at times.

All UMF students are required to be covered by a medical health insurance plan.

**F-1 International Student Insurance Requirements**

The UMF Student Health Insurance plan premium will automatically be applied to F-1 student bills.

F-1 students are required to either purchase the UMF Student Health Insurance plan or process an online waiver to certify proof of purchase of another medical insurance plan. Insurance waivers processed by the waiver deadline, will result in the charge being removed from the student account. No health insurance charges will be removed from student accounts after the waiver deadline has passed.

**J-1 Exchange Visitor Student Insurance Requirements**

The U.S. Department of State mandates that sponsors shall require each exchange visitor to have insurance in effect which covers the exchange visitor for sickness or accident during the period of participation in the sponsor’s exchange visitor program. Minimum coverage shall provide:

1. Medical benefits of at least $100,000 per accident or illness;
2. Repatriation of remains in the amount of $25,000;
3. Expenses associated with the medical evacuation of the exchange visitor to his/her home country in the amount of $50,000; and
4. A deductible not to exceed $500 per accident or illness

The UMF Student Health Insurance plan premium will automatically be applied to J-1 student bills. 

NOTE: The UMF Student Health Insurance plan is not designed to fully meet the J-1 requirements, therefore J-1 exchange students will need to purchase an additional supplemental insurance policy that helps to meet the above requirements and show proof of such to the Office of International Programs. Supplemental insurance to meet the above requirements can purchased at [https://buymembership.internationalsos.com/](https://buymembership.internationalsos.com/). Select the International SOS Visitor USA membership. Exchange students may also be able to purchase adequate supplemental insurance through their home university or government.

Insurance policies are permitted that include provisions for co-insurance under the terms of which the exchange visitor may be required to pay up to 25% of the covered benefits per accident or illness. Exchange visitors and any accompanying spouse and dependent(s), also may be subject to the requirements of the Affordable Care Act. Online full medical insurance policies to meet the above requirements can be purchased at [www.isoa.org](http://www.isoa.org). The Compass Silver Plan is the most affordable full medical plan.

**J-1 Exchange Visitor Language Assistants:** You will be covered by the UMF staff/faculty health plan. You will also need to purchase supplemental insurance to meet the above requirements. Visit [https://buymembership.internationalsos.com/](https://buymembership.internationalsos.com/) and select the International SOS Visitor USA membership.
UMF Student Health Center

Location: Scott Hall
**Hours:** Monday through Thursday 8 AM – 4:30 PM
Fridays 8 AM - 4:00 PM (Closed when classes are not in session)

**How to use the Student Health Center**
To see the nurse for colds and other acute illness and injuries, you can simply walk in and be seen on a first come, first served basis. Physician visits are by appointment; please call in advance to schedule pap smears, physical exams for sports or employment, or general health evaluations.

UMF’s Student Health Center provides a full range of primary health care services, including care for acute illness or injury, help in managing chronic health problems, and preventive health care.

All students with billable insurance can have up to three visits per semester without a co-pay charge. After three visits, you will be charged the co-pay amount associated with your insurance plan. Students with insurance that we cannot bill or who fail to present a health insurance card will be charged $20 for every visit. Students who have not met their annual insurance deductible or if your insurance company denies a submitted claim, will be charged $20 for the office visit. Students never have to pay up-front for services; they may have any charges added to their student account.

**Mandatory UMF Student Health Insurance**

Cost: $1,185.00 - academic year / $690.00 - spring semester only (estimated cost, subject to change)

NOTE: You will be required to complete online enrollment information. More information will be provided upon arrival at UMF. Students selecting another insurance provider must process an online waiver as proof of other adequate insurance.

The immigration laws of the US regarding exchange programs require exchange visitors to maintain health insurance with very specific requirements for the entire term of their programs. In some cases, schools or employers may pay your monthly premium. It is, ultimately, however, the responsibility of the individual, not the school or employer, to maintain insurance.