

I A E **S** T E

at NC State

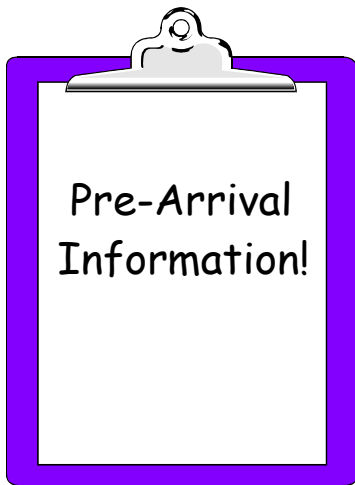
Pre-Arrival Information*

An Important Guide for
New International Trainees at
North Carolina State University

* Adapted from the Office of International Scholar
and Student Services at NC State

WELCOME TO NC STATE!

The members of the International Association for the Exchange of Students for Technical Experience (IAESTE) at NC State are looking forward to meeting you and we hope that all your preparations to join us go smoothly. The information in this brochure is provided to assist you as you make your travel arrangements and as you prepare for your stay at NC State University in Raleigh, North Carolina, United States of America. Please read it very carefully! This information and other important facts you should know before you arrive are available on our web site: http://www.ncsu.edu/stud_orgs/iaeste



BE SURE TO:

- Make airline reservations.
- Inform IAESTE of your airline schedule as soon as possible so that we can arrange for your pick-up from the airport.
- Make sure that you have obtained a US Visa (J-1 student Visa)
- Get copies of your medical history and immunization records before you leave your country and bring those copies with you.
- Make sure you have adequate funds for immediate expenditures upon arrival in the US (\$1800 in U.S. Travelers Cheques or more is recommended with \$200 in hard currency).
- Send the housing form and personal information sheet back to us so that we can secure your place to live and fun activities.
- Stay in contact with us throughout the time before you arrive. We can try to answer any questions for you. Let us know if you need help with these items.

Obtaining a Visa

IAESTE United States will help you in obtaining a U.S. Visa. You will be receiving a J-1 visa indicating student status. If there are problems with this process please let us know. You can also contact Ms. Kimberly Salabsky with IAESTE U.S. at ksalabsky@apit.org

Help with the Arrival Process

IAESTE at NC State is here as your resource for answers to questions or assistance with problems that you might face before, during, and after your internship. The contact names and information of your IAESTE leaders are listed on the page 8 in this Pre-Arrival envelope. Please do not hesitate to email your leaders with questions. We can answer most questions, or can direct you to someone that can help you more. Please respond promptly to any emails that you receive from IAESTE. We are here to provide a more personalized experience, to help you meet some new friends, and to provide a resource to assist you with your questions and concerns.

Entering the U.S. – What to do at the U.S. Airport



Carry (on your person - NOT in your checked baggage!) your passport with the U.S. Visa stamp. You will be issued a Form I-94 to process your entry into the U.S. Please keep the portion of this I-94, which will be given to you at the port of entry at the airport, with your passport. If you have a question or if there is a problem, it is much easier to take care of it there before you leave the Immigration area. NOTE: Everytime you temporarily leave the U.S. and return, you will need at least a valid passport and a valid visa stamp. You may also receive a new I-94 card on return.

Travel to Raleigh and NC State University

TRAVEL TO RALEIGH: Raleigh is located in the state of North Carolina about 400 miles from Atlanta, Georgia; 500 miles from New York City; 860 miles from Chicago, Illinois; and 600 miles from Orlando, Florida. Amtrak train and Greyhound bus service are available to Raleigh from various points of entry into the US. The nearest airport is called Raleigh-Durham (RDU) International Airport. It is about 15 miles away from the University. The nearest Amtrak and Greyhound bus stations are in downtown Raleigh (about 5 miles from the University). Please note that basic safety precautions need to be taken when at Raleigh train and bus stations as well as walking throughout the city. It is best to go places in pairs and always pay attention to your baggage, money, and personal belongings.

TRAVEL TO NC STATE UNIVERSITY: IAESTE provides an airport pickup service, solely supported by IAESTE members! Please include pertinent flight information on the Personal Information form accompanying this pre-arrival information packet.

Just so that you know, there are ways of getting to the University without someone to pick you up. A taxi ride to NC State from the Airport is around \$20. Besides taxis, there are shuttle services such as the Triangle Transit Authority (TTA) available from the airport to the University. Please inquire at the Airport Information Center (near the baggage claim area) for assistance. However, you should not need to use these services as there will be someone there to pick you up.



HOUSING

IAESTE at NC State has found you and the other trainees housing at University Towers, a privately owned dormitory on the campus of the university. Living at University Towers provides convenient access to shops and eateries on Hillsborough Street, about a 5-minute walk to the building in which you will be working, a cafeteria, phone and Internet service, and housekeeping services. All rooms are fully furnished, air-conditioned, and carpeted. University Towers' (also called U.T.) rooms are set up in a suite arrangement, with up to four people of the same gender sharing a toilet and a shower. You will likely have a roommate for the summer months.

Please fill out the University Towers Summer Application and return it to IAESTE at NC State in care of Logan Buck at 4905 Dana Dr. Apt 5-R, Raleigh, NC 27606, USA. DO NOT return it to the address listed for University Towers. We have arranged a special application process due to the fact that you are all international students. There is a non-refundable application fee of \$15 that you can pay when you arrive.

Cost of living at UT is \$740 per summer session or **\$1480** for the entire summer. You can pay by credit card (Visa/MasterCard/Discover) in advance or you can bring \$1480 in U.S. Traveler's Cheques or currency and pay once you arrive. *Please make arrangements to have these funds before you arrive, otherwise you will have no place to live! Contact us if there is a problem.* If you prefer to pay by credit card, please include the credit card number on the application form. This price is for double occupancy and includes 15 meals each week at the cafeteria (located in the same building) Monday through Friday. You will be on your own for meals during the weekend. There are no kitchens for student use in the building, but if you want to cook your own food on the weekends, we will find a kitchen for you to use.

Please refer to the brochures included for more information on University Towers Housing. Make sure that you return the Summer Application to us at IAESTE AS SOON AS POSSIBLE!

NOTE: If you will have family or friends visit you in the summer IAESTE at NC State can help you locate temporary housing (hotels, etc.) for them.

BASIC SURVIVAL TIPS



Weather: Raleigh has a generally pleasant climate; spring and fall are long and mild, and winter is short and not very cold (relative to many parts of the US). Snow in the winter is unusual! Summers are very hot and humid.

AVERAGE TEMPERATURES IN DEGREES CELCIUS/CENTIGRADE

	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr
High	30	32	34	35	27	22	16	11	10	11	16	22
Low	13	17	19	18	16	8	3	3	-1	-1	3	8

Clothing: Students in the US tend to dress quite informally. Blue jeans, T-shirts, shorts, and sweatshirts are all acceptable to wear around the campus and in the city. Your individual lab/work area may require you to dress a certain way (for example, no open-toed shoes or shorts) so please check with your new boss. You may need to bring one formal outfit for presentations, etc. If you plan to enjoy the nightlife at bars or discos (clubs) then pack accordingly. You may need a light jacket for evenings and a raincoat or umbrella. A bathing suit will be useful at the University swimming pool, the swimming pool at University Towers, and for trips to the beach/coast that we will take with the other IAESTE trainees. University Towers has a coin-operated laundry facility for your use. NOTE: Clothing and shoes are inexpensive to buy in the United States, so it will be possible to buy clothing items when you arrive.

Other Items to Bring: You may want to bring a few items from your culture/country including family photos, money, stamps, favorite music CDs. It is recommended to bring a few favorite personal items that remind you of home. You can bring your country's drivers license, but an international drivers license is not sufficient in North Carolina. Other items to bring: Travelers Cheques (we recommend \$1800), a limited amount of US currency including some coins (we recommend \$200 for food, taxi/bus costs, and initial needed items), recipes for your favorite foods, contact information for friends and family members, extra photocopies of your passport, a copy of your medical history, medical prescriptions, credit cards, and other important information in case your original documents are lost.

Shopping: Shopping is fairly accessible around NC State's campus as there are several grocery stores (Harris Teeter, Food Lion) within walking distance and on the bus route. There are also shopping malls and discount superstores accessible by the "Wolfline" (NC State's bus line) and by the Raleigh city bus line "CAT" (Capital Area Transit). Bus information and other transportation options and information will be given to you upon arrival. Some grocery and discount stores are open 24 hours which makes shopping very convenient. Normal shopping hours are 10am-6pm (10:00-18:00) downtown and 10am-9pm (10:00-21:00) for bigger stores. Business hours (for offices and small businesses) are usually 9am-5pm (9:00-17:00). The United States generally uses a 12-hour clock. There are also several ethnic grocery stores in Raleigh. Upon arrival, IAESTE will show you around to important places that you might need to visit.



Money: We recommend that you come with U.S. Travelers Cheques, which are more secure than cash, widely accepted, and replaceable if lost or stolen. Be sure to keep the serial numbers in a separate place from the checks.



- When you arrive we will help you set up a bank account. You can convert Travelers checks at the bank or at Raleigh-Durham International Airport when you arrive. You will be able to deposit your paychecks into your bank account and remove cash at 24 hour ATMs (Automatic Teller Machines) with a Debit Card (supplied by the bank).
- Be sure to bring with you a credit/debit card that is compatible with American ATMs. The Cirrus, Plus, MasterCard and Visa systems are generally the most widely accepted. ATMs are plentiful and can be found in most shopping malls, grocery stores, and around the University. There is usually a \$1.50 fee for using an ATM that is not affiliated with your bank.
- Credit cards and Debit cards are widely accepted at stores and restaurants.

U.S. Telephone: Local phone calls from a public pay phone cost \$0.35 and accept U.S. coins (no pennies) and calling cards. You can purchase a domestic calling card at grocery or drug stores. Shop around for good rates! Local telephone service is included at University Towers Housing. You may need to purchase an International Calling Card or use your credit card to call to your home country. If there is an emergency and you need to quickly reach someone outside of the country, you can contact the international operator at #00. This service is expensive but convenient in the case of an emergency. For emergencies in the U.S. (i.e. car accident, severe injury, major crime, fire, etc.) the emergency number is 911. Directory assistance inside the US can be reached by calling 411 and there is a small charge.



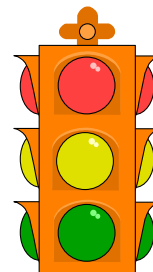
Healthcare and Prescriptions: Please bring a copy of your medical history and copy of any prescriptions including eyeglasses or medications that you need in English. There is a Student Health Center on the University campus for health needs and prescriptions.

Raleigh Transportation: There is a university bus line called the "Wolfline" that is free to NC State students and staff with a student ID. You will get a University ID soon after you arrive. Information about transportation at NC State University can be found at www2.acs.ncsu.edu/trans/. The "CAT" city bus is available and the fare is \$0.75. There are several CAT routes from the NC State campus to most parts of Raleigh. Without a car, this will be your primary mode of transportation unless you purchase a bicycle while you are in the US.



Traffic Rules: In the United States, people drive on the right side of the road, and the driver's seat is always on the left side of the car. Therefore, if this is different from your home country, remember to look both ways before crossing the street! This may take some time to get used to in the beginning.

- When crossing a major road at a crosswalk, look both ways before crossing the road, even if the pedestrian light indicates, "WALK." Cars can turn right on a red traffic light, so you must be aware of turning cars even if you have the right of way.
- Do not wait in the center lane to cross the road. Cars use this lane as a turning lane.
- Ride your bicycle with the flow of traffic and wear a helmet, which is required by law, and other protective gear. Many drivers are not accustomed to sharing the road with bicycle riders.
- It is not safe to cross the road without a crosswalk. Drivers in the US are not used to slowing for pedestrians if the driver has the right of way on a major road. We don't want you to get hurt!!
- It is a good idea for pedestrians and those riding bicycles to wear lighter colored clothes at night to be more visible to drivers.
- In general, BE AWARE of traffic at all times.



Access to University Services: For the most part, IAESTE interns have access to university services. For a fee of \$25 per summer session, or \$50 for the entire summer, you can have access to the Gymnasium, which has a running track, weights, exercise equipment, swimming pool and classes such as aerobics. You will also be able to use the University Library. You will need a Student Identification card to have access to most University services including the Gym and to check out books at the library. You will obtain a Student ID card soon after arrival. The cost of a student ID is around \$10. You will have internet access at University Towers Housing. Please make arrangements to have an email address that you can check from any computer. Domains such as hotmail.com or yahoo.com offer free email addresses. Please keep IAESTE informed of any changes in your contact information.



Entertainment:

- **Legal Ages for Alcohol and Tobacco:** Be aware that the age for legal consumption of alcohol in the United States is 21! This may be different than your home country, so be prepared that if you are under 21 years of age, you will not be able to legally buy, possess, or consume alcoholic beverages. The legal age for smoking cigarettes in North Carolina is 18 years old. If you plan on buying tobacco products, plan on showing photo identification with proof of age each time that you purchase these products. Likewise, if you buy alcohol you will need to show proof of age. The laws are very strict and have fines and consequences if you break them.
- **Dining out:** Many students and residents of the Raleigh area eat out at restaurants frequently. There are numerous restaurants and eateries along Hillsborough Street, the main street at NC State University. You may want to go out to eat on the weekends since your meal plan at University Towers does not cover weekends. There are also fast food restaurants on campus, but these places may not be open on the weekends. Average entree prices at most restaurants is \$5-\$10. Fast food prices are less expensive. Beer is usually \$2-\$5 a glass.

- **IAESTE Activities:** It is our pleasure at IAESTE at NC State to keep our trainees entertained during the time that you will be in the area. We are tentatively planning on going to the North Carolina mountains and beaches, Durham Bulls Baseball game, Paramount Carowinds Theme Park, Museums, Bars, Pubs, Discos (we call them "Clubs"), and picnics. These activities will be based on your interests so please let us know! For example, if you like Art and Art History, we can arrange a trip to the North Carolina Museum of Art (very close to campus). We will likely have a weekly meeting at a restaurant/bar to catch up and have a little fun. We will give you more details of the activities as you return the Personal Interest Form back to us. *Please send this along with the Summer Housing Application back to us as soon as possible!!*

HELPFUL WEBSITES

http://www.ncsu.edu/stud_orgs/iaeste
IAESTE at NC State website - check regularly for updates!

<http://www.aipt.org/iaeste.html>
IAESTE United States National Office

<http://www.ncsu.edu>
North Carolina State University

<http://www.ncsu.edu/oisss>
Office of International Scholar and Student Services. Lots of good information.

<http://www.universitytowers.net>
University Towers Housing

<http://www.triangle.citysearch.com>
Citysearch site for Triangle area (Raleigh-Durham-Chapel Hill) - entertainment info

<http://www.raleighchamber.org>
Raleigh Chamber of Commerce

<http://www.introRaleigh.com>
Raleigh Chamber of Commerce - Insiders Guide to Everything - Raleigh

<http://www.cat.nc.state.us>
CAT City Bus System

<http://www.northcarolina.com>
Information on the state of North Carolina, USA



IAESTE AT NC STATE CONTACT INFORMATION

Send Forms back to: 4905 Dana Dr. Apt. 5R, Raleigh, NC 27606, USA

President - Logan Buck - blbuck@unity.ncsu.edu - (919) 851-2018

Job-Raising Coordinator - Amara Lewchalermwong - jalewcha@unity.ncsu.edu - (919) 816-0347

Job-Raising Coordinator elect - Alex Belskis - albelski@unity.ncsu.edu - (919) 859-2302

Reception Officer - Patterson Calhoun - jpcalhou@unity.ncsu.edu - (919) 233-8038

Secretary - Hannah Saunders - saunder1@niehs.nih.gov - (919) 816-0347

CONTACT US WITH QUESTIONS! GOOD LUCK WITH EVERYTHING!

PERSONAL INFORMATION SHEET

*Please mail back to IAESTE at NC State in care of Logan Buck at:
4905 Dana Drive, Apt. 5-R, Raleigh, NC 27606, USA*

PERSONAL

Name: _____ Nickname: _____
Address: _____ Phone: _____
_____ Fax: _____
_____ Email: _____
_____ Other Email: _____

Emergency Contact Name, Address, and Phone: _____

Age: _____ Birthdate: _____ Gender: M F Marital Status: Single Married

ACADEMIC

University: _____ Area of Study: _____
Years of Study: _____ Career Goal: _____

FLIGHT INFORMATION FOR ARRIVAL AT RALEIGH-DURHAM INTERNATIONAL AIRPORT

Date of Arrival: _____ Time of Arrival: _____
Airline: _____ Flight Number: _____

BACKGROUND and INTERESTS

Are you an IAESTE member in your home country? Yes No If so, what were your duties? _____

Have you ever been to the U.S. before? Yes No If so, when and where? _____

Have you ever been to North Carolina? Yes No If so, when and where? _____

Please list your hobbies and/or interests: _____

Do you play any sports? _____

Please check the boxes of activities in which you would like to participate during your stay:

- | | | | |
|-------------------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Amusement Park | <input type="checkbox"/> Movies | <input type="checkbox"/> Discos | <input type="checkbox"/> Bars/Pubs |
| <input type="checkbox"/> Restaurants | <input type="checkbox"/> Art Museum | <input type="checkbox"/> History Museum | <input type="checkbox"/> Science Museum |
| <input type="checkbox"/> Trip to Chicago, IL | <input type="checkbox"/> Baseball Game | <input type="checkbox"/> Sport | <input type="checkbox"/> Concerts |
| <input type="checkbox"/> Trip to Mountains | <input type="checkbox"/> Trip to Beach | <input type="checkbox"/> Theatre | <input type="checkbox"/> Bowling |
| <input type="checkbox"/> Trip to Washington, DC | <input type="checkbox"/> Barbeques | <input type="checkbox"/> Shopping | <input type="checkbox"/> Fishing |
| <input type="checkbox"/> Trip to New York City | <input type="checkbox"/> Historic Sites | <input type="checkbox"/> Lectures | <input type="checkbox"/> Meet U.S. students |

Anything else you want to do while in the U.S.? _____

Anything else you want to tell us? What are your expectations for your IAESTE experience? -
Use additional sheets please.

If available, attach a recent photo