

Pre-arrival handbook



Office of International Education and Development

APPALACHIAN STATE UNIVERSITY

**A resource for international students and
scholars at Appalachian State University**



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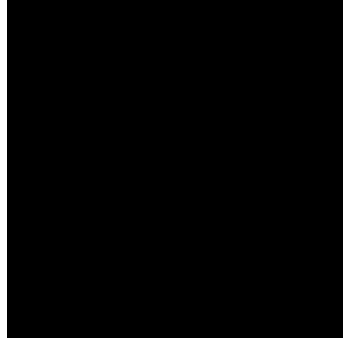
Welcome



The Office of International Education and Development is here to help you succeed professionally and personally during your time at Appalachian. We hope that you find the information in this handbook helpful. If you have any questions please feel free to contact our office at issso@appstate.edu.

International Student and Scholar Services
Appalachian State University
Plemmons Student Union
263 Locust Street, Suite #321
Boone, NC 28608-2083

The website <http://studyinthestates.dhs.gov/students>, may also be helpful as you prepare to study in the U.S.



Important Contact Information



Important Contact Information

Office of International Student and Scholar Services and Outreach

<https://international.appstate.edu/international-students>

Phone: 828-262-2046

E-mail: issso@appstate.edu

Office of Student Accounts

<http://studentaccounts.appstate.edu>

Phone: 828-262-2113

E-mail: cashiers@appstate.edu

Contact for: information regarding your tuition and housing bill as well as any other university related fees.

Office of the Registrar

<http://registrar.appstate.edu>

Phone: 828-262-2050

E-mail: registrar@appstate.edu

Fax: 828-262-3136

Contact for: information concerning your transcripts, class schedules and registration.

Education Abroad

<https://international.appstate.edu/education-abroad>

Phone: 828-262-2046

E-mail: studyabroad@appstate.edu

Fax: 828-262-4037

Contact for: exchange students for help with academic advising/course registration and for App State students interested in studying abroad.

Orientation

<http://orientation.appstate.edu>

E-mail: creesnt@appstate.edu

Contact for: information about new student orientation for degree-seeking students.

University Housing

<http://housing.appstate.edu>

Phone: 828-262-2160

E-mail: housing@appstate.edu

Fax: 828-262-2945

Academic Departments

University College Academic Advising Center

<http://advising.appstate.edu/>

Phone: 828-262-2167

Fax: 828-262-3877

Walker College of Business

<http://business.appstate.edu/>

Phone: 828-262-2057

E-mail: wcob@appstate.edu

Cratis D. Williams Graduate School

<http://www.graduate.appstate.edu>

Phone: 828-262-2709

E-mail: gradschool@appstate.edu

Other Important Phone Numbers

Emergencies: 911

University Police non-emergency: 828-262-2150

University Police emergency: 828-262-8000

Safe Ride: 828-262-SAFE

Immunizations & Health Care: 828-262-3100

Recreation: 828-262-2100

Career Planning: 828-262-2180

Community Involvement: 828-262-2193

Student Union: 828-262-3032

Post Office: 828-262-2242

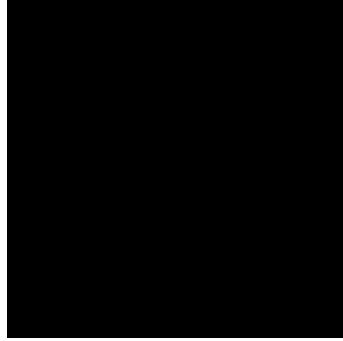
Food Services: 828-262-3061

University Library: 828-262-2186

Learning Assistance Program : 828-262-2291

Graduate School: 828-262-2130

Undergraduate Academic Advising (Not for Exchange Students): 828-262-2167



Important Dates



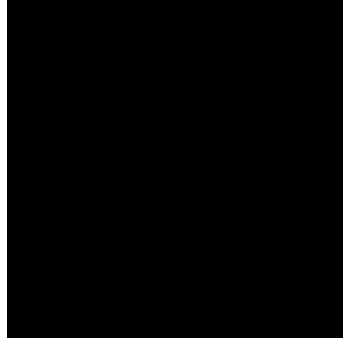
Academic Calendar and Important Dates



International Student Orientation

Spring 2018 Calendar

January 10-12	International Orientation
January 16	First day of classes
January 22	Last day to add a class and last day to drop a class with no academic penalty
March 5-9	University Break
March 26	Last day to drop a full semester class with academic penalty
April 2-3	State Holiday
May 2	Last day classes
May 3	Reading Day
May 4-10	Final examination period (excluding May 5-6)
May 11-12	Commencement Ceremonies
May 11-14	Faculty grading period



Visa Requirements



Visa Requirements



Once you have the admission letter and I-20/DS-2019, you may proceed with scheduling the visa appointment. **Do not schedule your visa appointment until after you receive the physical I-20/DS-2019.** If you do so, you will need to cancel or reschedule your appointment if you do not receive the I-20/DS-2019 on time. Be sure to have all required documents in order before attending the visa appointment. For any questions directly related to the student visa application, contact the US Embassy or Consulate near you, as the required documents vary depending on the country of citizenship. Please pay the required SEVIS fee at least three business days prior to your interview date. Also make certain that your passport is valid at least 6 months into the future. **Good luck with the visa interview process and** we look forward to meeting each of you at the International Student Orientation!

Document Checklist: Be sure to carry all of the following with you in your carry-on luggage when you travel to the United States

- Valid passport
- Valid F-1/J-1 Visa
- Original signed I-20/DS-2019
- Original financial documents used for obtaining visa
- Letter of admission to Appalachian State University
- Contact information for ISSSO

Once you go through immigration, you will claim your baggage and then proceed through customs. You will need to respond to the following questions on a form for customs: *Are you carrying more than \$10,000? Are you carrying fruits or vegetables?* Please answer these questions honestly. If you lie and such items are found, the penalty and punishment is much greater.

Arrival at Appalachian

Upon arriving at Appstate, all new student and scholars including transfer students, are required to bring the following documents to OIED at Plemmons Student Union within 15- days of arrival:

- Appstate SEVIS issued visa document and I-20's/DS-2019s from all previous schools attended
- Passport or I-20 with F-1/J-1 visa stamp
- Form I-797 (If you have been granted a change of status)

Please note that failure to check-in with ISSSO within 15-days of the begin date of classes will result in the termination of your F-1/J-1 student status. The transfer process is not complete until you check-in at ISSSO.



Transportation



Transportation



Traveling to Boone, NC

The closest airport to Boone is Charlotte Douglas (CLT). Appalachian will only pick you at the airport in Charlotte, NC.

If you provide International Student and Scholar Services with your arrival plan in advance, International Appalachian (INTAPP) will pick up new international students in the Charlotte Airport on Tuesday, January 9th any time after 9:00 am and before 11:00 pm. Look for a sign as you approach the baggage claim with “Appalachian State University” and your name printed on it. Please contact the representatives from the Office of International Education and Development, at 828-262-2046 or issso@appstate.edu as soon as possible if there are any flight delays or cancellations that may affect your ability to meet the Appalachian representative waiting for you at the airport. You can also post your flight delay on the Facebook page, Spring 2018 Appalachian State International Students.”

Hotel Reservations

IMPORTANT: You must make a reservation at the Best Western Plus Sterling Hotel and Suites for the night of January 9th. The bus for Boone will leave the following morning and all new students will travel to Boone together on January 10th. You can make a reservation online or via telephone. When you check in you will be given a discounted rate at the hotel. If you would like to share a room with another student, you can try to find a roommate by posting in the Facebook group Spring 2018 Appalachian State International Students.

Best Western Plus Sterling Hotel and Suites

242 E Woodlawn Road
Charlotte, North Carolina, 28217-2202, US
Phone: 704/525-5454

[Online reservations.](#)

Campus Map



Please see <http://www.registrar.appstate.edu/schedules/buildings.html> for a building abbreviation key.

Appalachian
STATE UNIVERSITY
WWW.APPSTATE.EDU
(828) 262-2000

NUMERICAL KEY

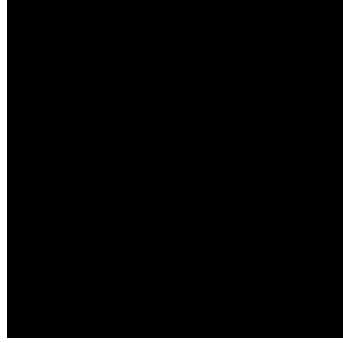
<ul style="list-style-type: none"> 1. Broyhill Ice & Conference Center 2. Beaver Field at Jim and Bette Smith Stadium 3. Administration Building 4. Mathematics/Computer Science/Physics Complex 5. Student Recreation Center 6. Walker Hall 7. Farthing Auditorium 8. Broyhill Music Center 9. Living Learning Center 10. Wey Hall 11. Bell Residence Hall 12. Frank Deacon Hall 13. Winger Residence Hall 14. Eggers Residence Hall 15. Dwyer Residence Hall 16. Appalachian House and Chancellor's Residence 17. Lackey Field 18. Sofeld Family Indoor Practice Facility 19. Track and Field Throwing Areas 20. University Tennis Courts 21. Appalachian Athletics Center and Kidd Brewer Stadium 22. Owens Field House 23. Quinn Recreation Center 24. Customs Building (Hill) 25. DeWitt Residence Hall 26. Twente Hall 27. Howard J. Riddick Hall 28. Tomlinson Park 29. Living Learning Center 30. Chemistry, Astronomy, and Physics Building 31. University Police/Traffic & Parking Department/Bus/Street Parking Deck 32. Katherine Harper Hall/W. Ken Scott Hall 33. John E. Thomas Hall (Administration/Student Center) 34. George M. Holmes Convocation Center/Siby Jones Arena 35. McKinney Alumni Center 36. Founders Hall 37. B.B. Dougherty Administration Building 38. Steam Plant 39. Central Dining Facility 40. Varsity Gymnasium 41. I.G. Greer Hall 42. Sanford Hall 43. East Tennessee Hall / Family Center 44. Lums Residence Hall 45. Cannon Residence Hall 46. White Residence Hall 47. Dougherty Residence Hall 48. Wood Residence Hall 49. Legends 50. Lane Residence Hall 51. Future Home of Honors College (under construction) 52. Future Theological Learning Center (under construction) 53. Lucy Brock Child Development Center 54. L.S. Dougherty Building 55. Pi Sigma Phi Student Union 56. Pi Sigma Phi Student Union & Seminar 57. University Bookstore 58. Psychology Research House 59. Anna Student Support Building 60. College Street Parking Deck 61. Bell Library & Information Commons 62. D.D. Dougherty Hall 63. Smith-Wright Hall 64. Anne Bell Hall 65. Rankin Science Annex 66. Rankin Hall 67. Edwin Duncan Hall 68. Chapel Wilson Hall 69. Raley Hall 70. Turchin Center for the Visual Arts 71. College of Education Building 72. University Hall 73. State Farm Fields Complex 	<ul style="list-style-type: none"> 70. U.S. 321 / 421 to Tennessee 71. U.S. 421 to Watauga 72. U.S. 321 to Bowling Rock, University Hall and State Farm Fields 73. U.S. 321 to Bowling Rock, University Hall and State Farm Fields
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Legend:

- P Visitor Parking
- T Ticket Box Office
- S Student Support Facilities
- R Residence Halls

Additional Information:

- ★ University Hall: Also known as University Hall or 7200 S. in Bowling Park, Box 3100 in University Hall City.
- ★ State Farm Fields Complex: Also known as State Farm Field or 7300 S. in Bowling Park, Box 3100 in University Hall City.



Conversions



Common Conversions



Length

1 centimeter (cm)	=	10 millimeters (mm)
1 inch	=	2.54 centimeters (cm)
1 foot	=	0.3048 meters (m)
1 foot	=	12 inches
1 yard	=	3 feet
1 meter (m)	=	100 centimeters (cm)
1 meter (m)	≅	3.280839895 feet
1 furlong	=	660 feet
1 kilometer (km)	=	1000 meters (m)
1 kilometer (km)	≅	0.62137119 miles
1 mile	=	5280 ft
1 mile	=	1.609344 kilometers (km)
1 nautical mile	=	1.852 kilometers (km)

Area

1 square foot	=	144 square inches
1 square foot	=	929.0304 square centimeters
1 square yard	=	9 square feet
1 square meter	≅	10.7639104 square feet
1 acre	=	43,560 square feet
1 hectare	=	10,000 square meters
1 hectare	≅	2.4710538 acres
1 square kilometer	=	100 hectares
1 square mile	≅	2.58998811 square kilometers
1 square mile	=	640 acres

Speed

1 mile per hour (mph)	≅	1.46666667 feet per second (fps)
1 mile per hour (mph)	=	1.609344 kilometers per hour
1 knot	≅	1.150779448 miles per hour
1 foot per second	≅	0.68181818 miles per hour (mph)
1 kilometer per hour	≅	0.62137119 miles per hour (mph)

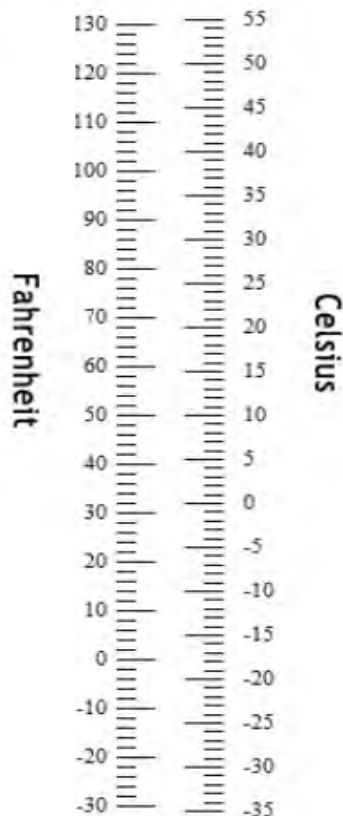
Volume

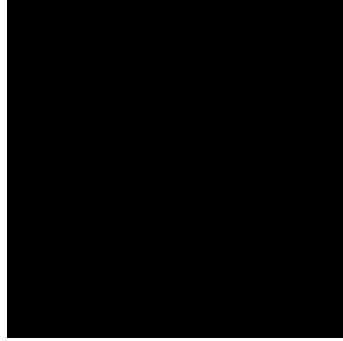
1 US tablespoon	=	3 US teaspoons
1 US fluid ounce	≅	29.57353 milliliters (ml)
1 US cup	=	16 US tablespoons
1 US cup	=	8 US fluid ounces
1 US pint	=	2 US cups
1 US pint	=	16 US fluid ounces
1 liter (l)	≅	33.8140227 US fluid ounces
1 liter (l)	=	1000 milliliters (ml)
1 US quart	=	2 US pints
1 US gallon	=	4 US quarts
1 US gallon	=	3.78541178 liters

Weight

1 milligram (mg)	=	0.001 grams (g)
1 gram (g)	=	0.001 kilograms (kg)
1 gram (g)	≅	0.035273962 ounces
1 ounce	=	28.34952312 grams (g)
1 ounce	=	0.0625 pounds
1 pound (lb)	=	16 ounces
1 pound (lb)	=	0.45359237 kilograms (kg)
1 kilogram (kg)	=	1000 grams
1 kilogram (kg)	≅	35.273962 ounces
1 kilogram (kg)	≅	2.20462262 pounds (lb)
1 stone	=	14 pounds
1 short ton	=	2000 pounds
1 metric ton	=	1000 kilograms (kg)

Temperature





Weather



Weather



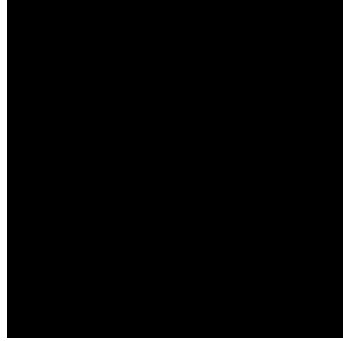
Boone Weather

Boone is located at 1,000 meters elevation. The climate is cooler than you might expect for a state in the Southern U.S. If you arrive in January, the daytime average temperature is 0°C. During the fall and spring you will need a sweater or light jacket most days. The temperature frequently drops significantly at night. During winter, heavy winter snowfall and ice is common. It will get very cold during the winter and the wind chill frequently pushes the temperature well below -17°C. Winter provides a great opportunity to ski and snowboard. If you do not know how to ski or snowboard, you can learn, for a very reasonable price at our local ski resort.

****FOR WINTER, BRING HEAVY, WIND-RESISTANT WINTER CLOTHING AND WARM STURDY BOOTS, OR BE PREPARED TO PURCHASE THEM HERE IN BOONE.****

“Ray’s Weather” is a good website to see the weather predicated for the day and week. See www.booneweather.com.

If it is snowing heavily and/or the streets are icy, your classes may be canceled. Check the university’s website at www.appstate.edu for notices about classes being cancelled. If classes are cancelled, it is likely that the Office of International Education and Development is closed.



Packing



Packing



Clothing

Weather in Boone is unpredictable. Most students find that they will use a light jacket year round and a heavy coat during the winter months. Bringing warm clothes and rain gear is helpful. In general, you will find that students at US universities dress casually (jeans and top). US students tend to dress more formally if they are going out to dinner or to a special event.



Electronics

The official voltage in the US is 120 volts and most electronic devices use a special two-pronged outlet that is different from the outlets in your home country. This means that your electronic devices (including your computers) will not work in the US without an adapter. It's a good idea to make sure you pack at least one adapter to use when you first arrive. The odds are that your computer's battery will die during your long journey. If you're relying on your computer to communicate with friends and family back home you might not be able to do so without a voltage adapter.

Packing



Important Documents

Because you may be asked to provide any of the following documents or information it is advised that you carry these documents on your person when you are traveling to the U.S. **Do not place these documents in a bag that you will check, keep them in a carry-on bag.**

- Valid passport
- Valid F-1/J-1 visa
- Original signed I-20/DS-2019
- Original financial documents used for obtaining visa
- Letter of admission to Appalachian State University
- Contact information for the Office of International Student and Scholar Services.

In addition, you might also find it helpful to bring copies of the following documents with you to the US:

- Other forms of identification such as your local identification or drivers license, birth and marriage certificates for you and your dependents (if applicable).
- A copy of the address of your final destination.
- Prescription information (brand name and generic) for any medicines you take, including prescriptions for eyeglasses or contacts.
- Medical and dental records including immunizations and vaccinations.
- Official transcripts from any secondary and post-secondary institutions you have attended.
- Any other documents you might need during your stay in the U.S.

Packing



Other Helpful Items

Even though you can purchase items after you arrive in the US there are some items that you might consider bringing with you for various reasons:

- Laptop. If you do decide to bring a laptop with you to the US don't forget to bring an adaptor so you can use the electrical outlets in the US!
- Toiletries, particularly items from your home country that you might not be able to find in the US.
- Sheets or towels for bathing. Depending on where you are staying when you first arrive, you might not have access to these items until you are able to purchase them. If you are planning on staying on campus you will most probably require extra –long twin sheets, which may not be available in your home country. You will have an opportunity to purchase them once you arrive.
- Camera and accessories. If you're bringing a camera with you to the US don't forget to bring any accessories such as memory cards and chargers that you might need.





Housing



Housing



Living on Campus

All first year Appstate undergraduate students are required to live on campus. You can choose to live in one of the Residential Learning Communities (RLC's) during your first and second years on campus. Past students have noted that living on campus is a great way to meet other students and make connections. Students who wish to live on campus must apply for housing and are encouraged to do so as early as possible. More information about the application and the types of housing that is available can be found on the Housing Office's website at:

<http://www.housing.appstate.edu>



Living off Campus

If you are a graduate student or undergraduate students who wishes to live off-campus, you should plan to secure housing well in advance of the start of classes. (All exchange students and freshmen must live on campus.)

If you visit www.offcampus.appstate.edu, you will find a variety of resources to help you. Efficiencies, one- or two-bedrooms are commonly listed. You should expect to pay between \$500 - \$600 per month plus utilities (electricity, water, telephone, cable TV) for an apartment shared between roommates.

If you arrive in Boone without having made arrangements for housing, please arrange to stay in a local hotel before you arrive. Boone is a tourist center. If you arrive to Boone on a weekend and have not made reservations in advance, you may find there are no rooms available in town. Those available may be quite expensive. Therefore, reserve a hotel room before you arrive.

Some apartments will ask for a "guarantee" from someone living in the U.S. stating that this person will pay your rent if you fail to pay your rent. This is a difficult requirement for some international students to meet. The staff in the Office of International Education and Development cannot make this guarantee for you. If an apartment complex requires a guarantee, but you have no-one in the U.S. to do this for you, you can ask the owner of the apartment if you can pay four months' rent prior to your moving in. This will give the owner assurance that you will meet your entire 12 month rental contract. Most contracts will be for 12 months.

Housing



Living off Campus Continued

If you choose to live off campus there are several websites that provide listings of apartments, houses and rooms for rent in Boone.

When searching for listings of available properties you might encounter a type of short hand used to describe the amenities at a specific property. The following list of common abbreviations might be helpful in your search.

AC: Air Conditioning	Avail: Available	BA: Bathroom	BR: Bedroom
Blks: Blocks	DR: Dining Room	DW: Dishwasher	Furn: Furnished
Gar: Garage	Incl: Included	Kit: Kitchen	/mo: Per Month
Pd: Paid	Util: Utilities	w/: With	W/D: Washer & Dryer



Housing



General Advice

You do not need a social security number to lease a room or apartment. Even though some landlords might insist that you have a social security number, it is not required by law.

Renting a room or apartment in the US can be difficult. You will want to follow a few general guidelines to make sure you avoid being scammed and to make the process as smooth as possible. According to the North Carolina Department of Consumer Affairs, you are afforded the following basic rights as a tenant in the state of North Carolina:

- Limits on the amount of the security deposit that the landlord can require.
- Limits on the landlord's right to enter the rental unit.
- The right to a refund of the security deposit, or a written accounting of how it was used after a tenant has vacated the property.
- The right to sue the landlord for violations of the law or the rental agreement.
- The right to repair serious defects in the rental unit and to deduct certain repair costs from the rent--under appropriate circumstances.
- The right to withhold rent under appropriate circumstances.
- Rights under the warranty of habitability.
- Protection against retaliatory eviction.

A complete list of the rights and responsibilities of you and your landlord can be found in the North Carolina Department of Consumer Affairs' document "North Carolina Tenants: A Guide to Residential Tenants' and Landlords' Rights and Responsibilities:

<http://www.ncdoj.gov/getdoc/65f98289-61ec-4d13-b2dc-133bb5c44999/landlord-tenant-booklet.aspx>

Housing



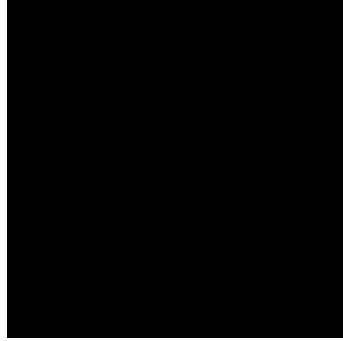
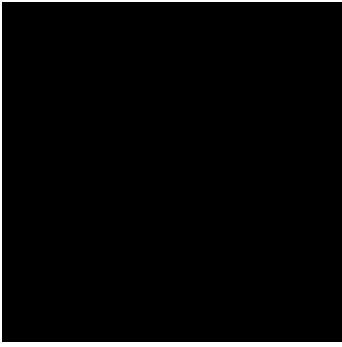
Avoiding Scams

Unfortunately, there are dishonest people who are far too eager and willing to steal your money. Many times, people will set up fake listings on websites such as Craigslist in an attempt to steal your money. According to Craigslist, most attempts to be scammed can be avoided if you follow a few simple rules:



- Always deal with people in person when possible. Be wary of conducting business with anyone who is not willing to meet you face to face.
- Never wire money via services such as Western Union, Moneygram or others to a person you are renting from, especially if you have never met them in person.
- Never give out financial information such as bank accounts or social security numbers to people you are renting from.
- Do not rent housing without first seeing the interior of the property. Things on the outside might be different than things on the inside.

If something seems like it's not right it probably isn't. It's better to be cautious than to be a victim of a scam.



Money Matters



Money Matters



Currency

In the United States paper currency is issued denominations of \$1, \$5, \$10, \$20, \$50 and \$100. Each bill is the same size and similar in color and design. Coins are primarily issued in 1, 5, 10 and 25 cent denominations. In order to determine the value of the goods and services you are paying for, you might find it helpful initially to convert the cost to the currency in your home country. You can do so at either of the following websites:

XE

<http://www.xe.com>

Bloomberg

Bartering

In the US bartering, or negotiating the price of something, is extremely uncommon. Prices of goods and services are fixed and cannot be negotiated with a seller or service provider.



Money Matters



Banking

Selecting and Opening a Bank Account

When you arrive in the United States you will want to open a bank account. There are several banks with locations near campus. **Please note, Appalachian does not endorse any of the following banks. Selecting a bank is your decision.**

Bank of America – 1800 Blowing Rock Rd, Boone, NC (828) 264-4711

<http://www.bankofamerica.com>

Wells Fargo –958 Blowing Rock Rd, Boone, NC (828) 262-4681

<http://www.wellsfargo.com>

PNC Bank – 1168 Blowing Rock Rd, Boone, NC, (828) 262-4800

<http://www.pnc.com>



Opening an Account

In order to open an account you will need:

- your passport
- your form I-20 or D2-2019
- one other form of photo identification

You do not need a social security card to open a bank account.

Money Matters

Choosing the Right Bank



In general, most banks offer similar services with just a few slight differences. When you select a bank it is important to choose one that fits your needs. Be sure to take the time to learn about the differences in rates and fees at each bank. When selecting a bank you will want to find out the answers to the following questions:

What does my bank do to protect me from identity theft and what are their policies about identity theft? Unfortunately identity theft, or the act of stealing someone's personal information, does happen. Most banks offer protections against identity theft. You'll want to find out what a prospective bank does to help protect you from identity theft. Additionally, it's important to know what their policies are if identity theft does occur.

What is the minimum amount of money I must deposit to open up my account and how can I make the first deposit? Some banks require you to deposit a certain amount of money in order to open your account. Though most will accept cash deposits, it is generally not advisable to carry large sums of money. You will want to make sure you will be able to make a deposit via wire transfer or check from a foreign bank.

What is the minimum amount I am required to keep in my checking or savings account at all times? Many banks require that you keep a minimum amount in your account at all times. Falling below that amount will result in being charged additional fees as a penalty. Be sure to find out how much you will be required to have in your account at all times before opening it.

What is the fee for using an Automated Teller Machine (ATM)? Most banks do not charge you a fee for withdrawing money from your account if you use their ATM's. However, most do charge you a fee for withdrawing money from your account using another bank's ATM. Be sure to find out how much you will be charged if you need to use another bank's ATM to withdraw money.

Will I be charged annual or monthly fees? Some banks charge you monthly or annual fees to have an account. Be sure to find out how much you will be charged for your checking or savings accounts.

What is the bank's overdraft policy? Some banks charge you a fee if you write a check or make a payment with money that is not in your account. You could be charged for each payment that is an overdraft, daily or even both. Be sure to find out what the bank's policy is.

How much will my checks cost? Not all banks provide checks for free. If you need checks to pay bills you will want to find out how much your bank will charge you to provide you with checks to use.

Money Matters



April 15th is the last day to file your taxes in the US!

Taxes

If you are employed in the United States or if you receive a scholarship that is greater than the cost of your tuition, your income will be taxed. Even if you are not employed you will be required to file a tax form with the Internal Revenue Service (IRS) by April, 15.

More information can be found online at the IRS website for Foreign Students and Scholars:
<http://www.irs.gov/Individuals/International-Taxpayers/Foreign-Students-and-Scholars>

and on our website at:
<http://payroll.appstate.edu/foreign-visitor-tax-guide>

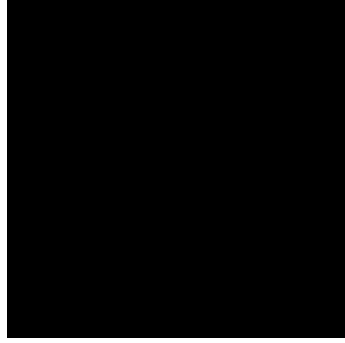


Social Security Numbers

In the United States Social Security numbers are used to report your wages to the government and determine eligibility for Social Security benefits. If you are not employed, you most likely will not need a social security number during your time at Appalachian. The closest Social Security Administration office is in Wilkesboro, NC approximately 45 minutes drive from Boone. ISSSO will organize a few trips to the office each semester and can assist you with the documents you need to prepare.

You can find more information from the Social Security Administration regarding international students and social security numbers in this pamphlet:

<http://www.socialsecurity.gov/pubs/10181.pdf>



Cell Phones



Cell Phones



Acquiring wireless service (other than pre-paid) in the US requires a credit application. You will need to provide a valid photo id (passport or drivers license), your date of birth, local address and a Social Security number. You do not have to provide an actual Social Security card, just the number. If you do not have a Social Security number you can still sign up for service with a deposit. The following is a list of service providers and their offices near campus:

AT&T Wireless

<http://www.wireless.att.com>

T Mobile

<http://www.t-mobile.com>

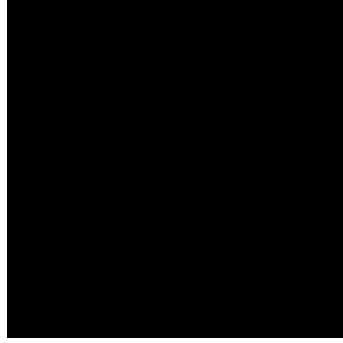
Sprint

<http://www.sprint.com>

Verizon Wireless

<http://www.verizonwireless.com>





Driving



Driving



Obtaining a Driver's License

If you wish to apply for a North Carolina driver's license you will need to complete the following steps.

1. Visit the Department of Motor Vehicles (DMV). You can visit any location during business hours but for faster services, appointments can be made online at <http://www.dmv.ca.gov> A list of local DMV offices is below.
2. Apply for the driver's license and submit the following documents:
 - **Either** your Social Security number **OR** your I-20/DS-2019 and passport. You do not need a Social Security number to obtain a driver's license.
 - **Important.** If you do not have a Social Security number tell the DMV that you "are not eligible" for a Social Security number. They will then verify your legal status using your I-20/DS-2019 and passport as well as by verifying that your SEVIS record is "active." Your SEVIS record should be active within 30 days of presenting your immigration documents to our office. In general, it is best to wait 30 days after your International Student Orientation session at Appstate.
3. Pass a vision test. This test is administered at the DMV during your appointment.
4. Pay the \$31 application fee.
5. Pass a written test. There are 36 questions on the test and you are given 3 opportunities to pass.
 - The DMV offers free, online practice-exams on their website at <http://www.ncdot.gov/dmv/driver/license/test/>. You will be applying for the Regular Driver (Class C License)
 - The Driver's License Handbook is available in PDF form on the DMV's website at <http://www.ncdot.gov/dmv/driver/license/test/>
6. Pass a behind the wheel driving test. This test requires a separate appointment. Appointments can be made here: <http://www.dmv.org/nc-north-carolina/appointments.php>
- 7.

Driving



North Carolina State ID Card

Even if you do not wish to drive, you may want to consider getting a North Carolina State ID card. An ID card can be presented as an official form of identification in any situation where your age or identity needs to be verified. You can apply for an ID card at the DMV by completing the following steps.

1. Visit the Department of Motor Vehicles (DMV).
You can visit any location during business hours but for faster services, appointments can be made online at <http://www.ncdot.gov/dmv/driver/>
A list of local DMV offices is below.
2. Apply for the ID card and submit the following documents:
 - **Either** your Social Security number **OR** your I-20/DS-2019 and passport. You do not need a Social Security number to obtain an ID card.
 - **Important.** If you do not have a Social Security number tell the DMV that you “are not eligible” for a Social Security number. They will then verify your legal status using your I-20/DS-2019, and your passport as well as by verifying that your SEVIS record is “active.” Your SEVIS record should be active within 30 days of presenting your immigration documents to our office. In general, it is best to wait 30 days after your International Student Orientation session at Appstate.
3. Pay the \$26 application fee.

Driving



DMV Locations

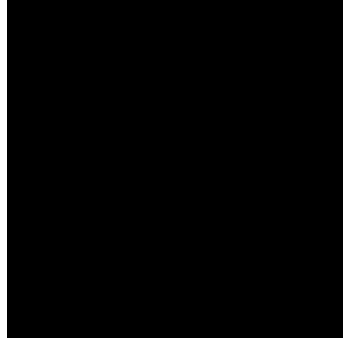
Driver's License Office:

4469 Bamboo Rd
Boone, NC
(828) 265-5384

License Plate Office:

311 Queen St #101
Boone, NC
(828) 268-2315





Academic Life



Academic Life



Life in the Classroom

Most international students find the general atmosphere and culture of their classrooms to be very different than what they are familiar with. In general, most students find their classroom environment in the US to be far less formal than what they are used to in their home countries. Even though it might seem informal, it is important to remember that informal does not mean lenient. You are expected to fulfill all of the requirements of the course.

While it is not uncommon to take a course that employs a more traditional teacher-centered approach, one that utilizes lecture as the primary means of instruction (especially in more scientific disciplines) you'll find that most courses in the US tend to utilize a more learner-centered approach. A learner-centered approach to teaching means that learning takes place through more cooperative and participatory means. Your participation in classroom discussion and debate is encouraged and you are expected to employ critical thinking when discussing the course's topics. Your professor's may randomly call on you in class to ask you a question or seek your input on the discussion. It is a good idea to always be prepared for class and actively participate in classroom discussions. No matter what, don't be afraid to raise your hand and ask for clarification if there is something you don't understand or want to ask about.



Interacting With Your Professors

In the US, most professors encourage their students to contact them outside of class. All professors will hold weekly office hours which are hours set aside for students to drop-in to meet with their professors for help. On the first day of class your professor's will provide the days and times of their office hours as well as their phone numbers and email addresses in your course syllabus. If the professor's office hours conflict with your schedule, most professors will be willing to schedule an alternative time to meet.



Academic Life



Academic Integrity

At Appstate University all members of the university community are expected to be honest in their academic endeavors. Any form of academic dishonesty or any acts deemed to be dishonest in an academic context are subject academic and judicial action. The entire Academic Integrity Code can be viewed online on the website of the Office of Student Life:

http://studentconduct.appstate.edu/files/documents/academic_integrity.pdf

Two of the most common forms of academic dishonesty that international students encounter are plagiarism and cheating. These often occur as a result of cultural differences that shape these concepts. The following information should help you define exactly what they are and help you avoid cheating or plagiarizing during your academic career.

Plagiarism

In the US, original ideas, knowledge and words are thought to be owned by the individual who created them. This means that if you choose to reproduce someone's original ideas, knowledge or words in your academic work, you must give them credit by citing them in your work. Many international students have difficulty avoiding plagiarism because the educational system in their home countries values memorization and repetition of information in academic writing and exams. In the US, doing so without properly citing the source of the information is considered plagiarism and is in violation of Appstate's Academic Integrity Code. Sometimes defining plagiarism can be very difficult. More information about avoiding plagiarism and how to properly cite information in your academic work can be found at Purdue University's Online Writing Lab:

<http://owl.english.purdue.edu/owl/resource/589/01/>

Cheating

In the US, cheating can refer to many practices but it most often refers to using unauthorized assistance or sources in academic work such as an exam or paper. This includes using the work of your fellow classmates or allowing someone else to use your work. For many international students who come from cultures where a more collectivistic mindset is valued and individualism and competition are discouraged, this can be a difficult concept to understand. In a more individualistic, learner-centered academic culture students are encouraged to express their own opinions free of the influence of others, including their friends and classmates.

Academic Life



Academic Writing

Much like communication in general, direct writing is valued in the US. The intention is for the author to write in a way that conveys his or her message directly and succinctly to the readers. The main thesis is stated and then supported with evidence before it is summarized. Becoming familiar with and proficient in US academic writing style is crucial to your success. There are lots of tips and resource can help you succeed.

Read ahead – At the beginning of the course you will be given a syllabus with the readings for the quarter. Take time at the beginning of the quarter to familiarize yourself with the readings before the day that they are due. Doing so will give you a chance to become familiar with not only the style of writing that is used in your subject but also the specialized vocabulary you will encounter.

Ask – Don't be afraid to ask your professors or even fellow classmates for help with your writing. They will be willing to look at your writing and offer feedback and suggestions.

Practice – As the expression goes, practice makes perfect. Take the time to practice your writing and you will notice an improvement. Don't be afraid to make mistakes but make sure you learn from them.

Academic Life



Writing Resources

There are lots of resources both online and here on campus that you can take advantage of to get help and improve your writing skills.



Writing Center

Appstate's Writing Center is home to a wealth of resources for students to improve their writing. Students can take advantage of the free peer tutoring service as well as various workshops throughout each quarter.

More information can be found on their website at:

<http://writingcenter.appstate.edu/>



OWL

Purdue University's Online Writing Lab (OWL) is a great free online resource for anyone interested in improving writing and knowledge of grammar. You can find everything from free online grammar tests to tutorials on how avoid plagiarism by properly citing your

Academic Life



Buying Textbooks



Appstate University Campus Bookstore

Most students choose to rent their textbooks from the campus bookstore located in the Plemmons Student Center. In the bookstore you will also find new and used textbooks for your courses available for purchase. Once you have registered for your classes you can even have your books prepared and waiting for you to pick them up using their online service. More information about this and other services can be found on their website:

<http://bookstore.appstate.edu/textbooks>

Amazon.com and Amazon Marketplace

Many students choose to order their textbooks online. Amazon.com is one of the more popular services and there you can find new and used versions of almost every textbook. www.amazon.com

Important Note: If you choose to purchase your textbooks from a source other than the Campus Bookstore it is important to make sure that you are getting the correct edition. In most instances your professors will specify a particular edition of the text that they wish for you to purchase. Many of the editions that you find online for a lower price are usually older editions.



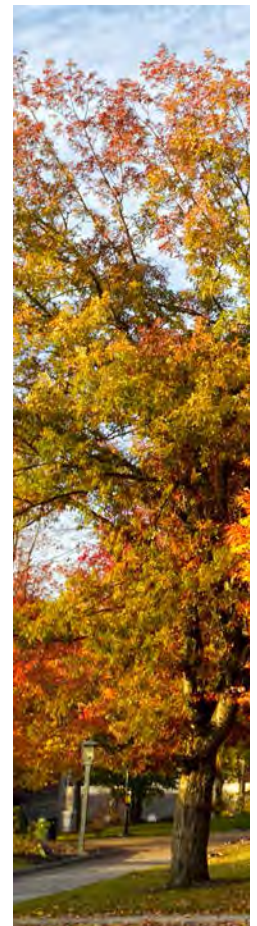
Academic Life

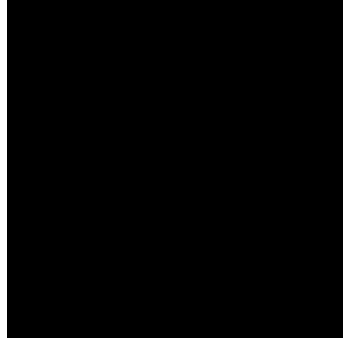


Paying Your Tuition

It is important to remember that the amount you had to submit proof of to secure your student visa was only an estimate of your first year of study. You will be required to pay fees and tuition for your entire course of study at Appstate University. The amount of fees and the cost of your tuition are different for undergraduate and graduate students and vary from program to program. The specific costs associated with each program can be found on the website of Student Accounts:

<http://studentaccounts.appstate.edu/tuition-and-fees>





Cultural Adjustment





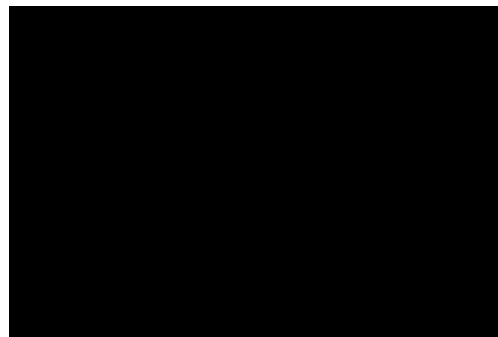
Cultural Differences

Adapting to life in your new environment can be a difficult process but it doesn't have to be too difficult. One of the best ways you can have a successful intercultural experience is by learning as much as possible about the culture of your new environment. Though not every culture fits neatly into simple categories, there are some elements of US culture that apply in most situations.



Individualism - In general, people in the US are very individualistic in nature. People view themselves first and foremost as individuals rather than as a member of a family, community or nation. They value being self-reliant and independent and tend to distance themselves psychologically and emotionally from others.

Time - Most people in the US view time as monochronic, meaning that specific things are done at specific times. Time is organized and set aside for certain tasks or purposes. Punctuality is valued heavily and arriving on time for appointments and starting tasks and events at a certain time is expected in US culture.



Cultural Adjustment



Cultural Differences



Communication – Communication in US culture is largely very direct. The emphasis is often on communicating something very specific in as a precise and direct manner as possible. Americans generally pay less attention to the information surrounding the words and pay more attention to the words themselves. Written communication is generally considered more important than verbal communication.

Friendship – The concept of friendship varies from culture to culture. In some cultures, friendship is seen as very deep and long-lasting relationship. It is based on love and respect and requires obligation. In US culture, friendship is often times a more casual relationship. Many international students have reported that American students are friendly and easy to approach but more difficult to really get to know.

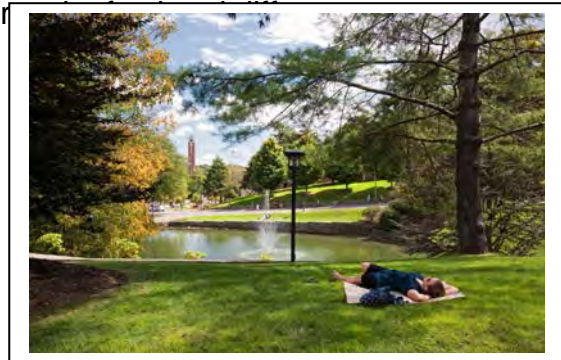
Domestic Violence – In the US, physical or verbal abuse towards your spouse is completely unacceptable. Not only is it unacceptable but it is illegal. Physically or verbally abusing your spouse can result in arrest and jeopardize your current and future visa status.

Cultural Adjustment

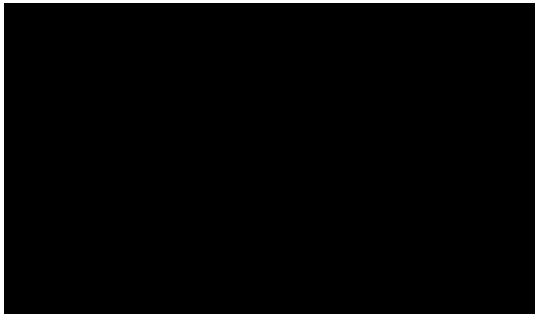


Coping With Cultural Differences

The following tips might help you cope with some of the difficulties you might be experiencing as a



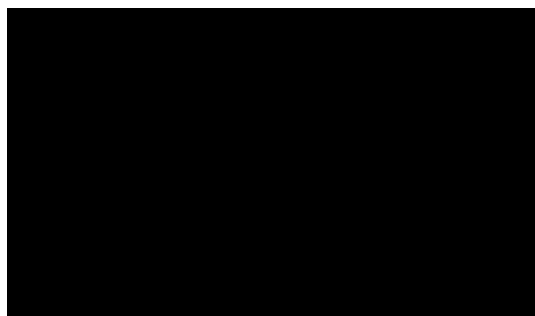
Forget “good” and “bad” – One important thing to remember when faced with cultural differences is that cultural differences are just that, differences. Try not to place a qualitative judgment on something just because it is different than how things are done in your culture. It’s not good or bad or better or worse, it’s just a difference.



Be curious, learn by doing – One of the best ways learn about a new culture is to experience it. Be open to doing and trying new things. Be curious about the ways things are done in your new culture. Ask questions.



Laugh! - Laughter is the best medicine. You will make mistakes trying to find your way in your new culture. One of the best ways to deal with your mistakes is to learn to laugh at them. It will help you learn and others will respond to your laughter with friendliness.



Cultural Adjustment



Coping With Cultural Differences



Get involved – The more effort you put in the more you'll get out of it. Make an effort to meet people, join clubs and participate in activities. It's one of the best ways to participate in local culture and make friends. A list of student clubs and organizations at Appalachian can be found at:

<http://campusactivities.appstate.edu/club-directory>



Frustration is normal – Learning to function in a culture you are not familiar with is extremely difficult. Anxiety and frustration are inevitable. Knowing that it's okay to be frustrated is half the battle as the expression goes. If you get too frustrated, refer to the other tips above.

Depression and Homesickness

It is common to suffer from depression and or homesickness during your time in the US. The tips above should help you, but if you feel that you are suffering from depression it is important to seek help. Counseling and Psychological Services (CAPS) offers free, confidential services to help you with your adjustment or any other difficulties you might be experiencing. More information about their services and how to schedule and appointment can be found on their website at: <https://counseling.appstate.edu/>

Cultural Adjustment

Student Clubs and Organizations

There are hundreds of organizations on campus, and involvement in them is an excellent way to experience American culture and meet a variety of people. For a complete list of student organizations at Appalachian go to <http://campusactivities.appstate.edu/>



INTAPP

International Appalachian (INTAPP) is an organization that works with the Office of International Education and Development to provide support for international students, to promote study abroad and to internationalize the university.

<http://www.intapp.appstate.edu>

Cultural Ambassadors.

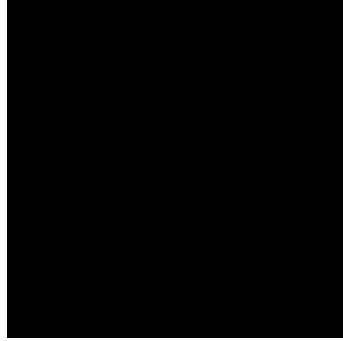
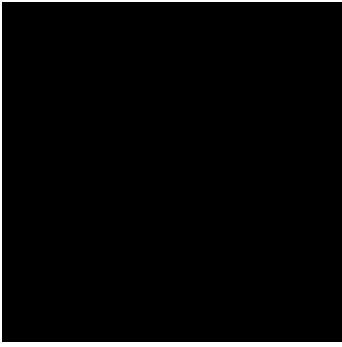
Students involved with Cultural Ambassadors show interest in developing their intercultural communication skillset and sharing their cultural experiences with others in structured settings. Through a series of regular workshops on interactive skill building, communication activities, and presentation preparation, participants build skills and learn about the campus and the community. All international students are welcome to participant! For more information about the program and participant requirements, visit

<https://international.appstate.edu/get-involved/cultural-ambassadors>

iPals

iPals matches new international students with current Appalachian State students for friendship and cultural exchange. iPals is a great opportunity to create new friendships, learn about different cultures, and create memories that will last a lifetime. This program also serves as an important resource for cross-cultural exchange and language. The goal of iPals is to promote cross-cultural understanding between new international and U.S. students at Appalachian. iPals is led by Appalachian students interested in providing a welcoming environment for new international students and cultivating friendships with students from other cultures. To apply for iPals and learn more information about the program visit <https://orgsync.com/91050/chapter>.

The Office of Multicultural Student Development manages many cultural groups on campus. Visit www.multicultural.appstate.edu for more information.

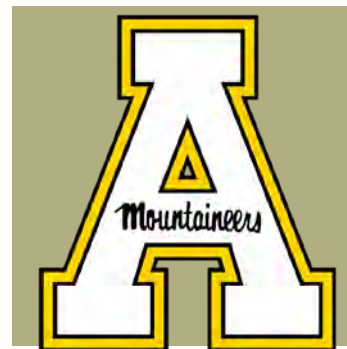


Your New Community



Your New Community

Though it is by no means an exhaustive list, here are some tips on some of the local restaurants, stores and services in your new community that will help you with your transition.



Post Office

There is a branch of the United States Postal Service located in the building adjacent to the Health Services. They are open from 9-4 Monday through Friday. Because they are a branch office, they are not able to ship international packages. More information about their services can be found on their website: <http://postoffice.appstate.edu/>

There is a full-service branch located here:

1544 Blowing Rock Rd
Boone, NC
(828) 264-3813

Grocery Stores

Earthfare: sells all natural and organic products): 178 West King Street

Stickboy: (sells fresh baked bread and sweets daily): 345 Hardin St.

Lowes Food: 267 New Market Ctr.

Ingles Market: 2575 Highway 105

Harris Teeter: 240 Shadowline Dr.

Food Lion: 350 Watauga Dr.

There is also an outdoor Farmers' Market, open every Wednesday and Saturday from May

Dry Cleaners and Laundromats

A Cleaner World

130 New Market Blvd, Boone, NC
828-265-1888

Invershield Dry Cleaners

207 Winklers Creek Rd, Boone, NC
828-264-0577

Drug Stores and Pharmacies

CVS

2147 Blowing Rock Rd, Boone, NC 28607
828 262-0900, open 24 hours

Walgreens

2184 Blowing Rock Rd, Boone, NC 28607
828-268-0727



Your New Community



Shopping

Boone Mall

With Belk, JC Penney, Old Navy, T.J. Maxx, Panera Bread and Sears

1180 Blowing Rock Rd E6, Boone, NC 28607

Tanger Outlet

With designer factory stores
278 Shoppes on the Parkway Rd, Blowing Rock, NC 28605

King Street

Antiques and thrift stores

Restaurants

There are many great restaurants in Boone. There are two free online services that provide user reviews and allow you to sort by the type of food, location, rating and price.

Urbanspoon

<http://www.urbanspoon.com>

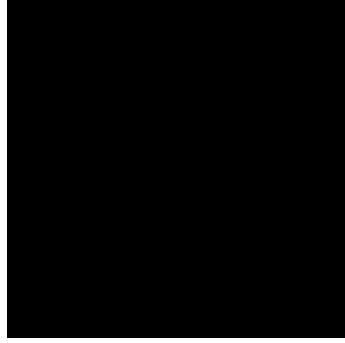
Yelp

<http://www.yelp.com>

Restaurants Near Campus

Restaurants on King Street are within walking distance and frequented by faculty and students.





Thank You!

