



University of Colorado  
Colorado Springs

# INTERNATIONAL STUDENTS & SCHOLARS PRE-ARRIVAL GUIDE

**Congratulations on your admission to UCCS!**  
Here is a quick guide for all information you will need  
to prepare for your travel to UCCS!

## I-20/DS-2019 and Visa

Please check your UCCS email about the visa application process, if you are studying at UCCS on a J-1 or F-1 visa.

If you have questions, please get in touch with your DSO Ms. Amy Shank at [intladms@uccs.edu](mailto:intladms@uccs.edu).

**IMPORTANT**

## International Orientation

Orientation is **mandatory** for all F-1 and J-1 new international students and scholars and students on other visa types are highly encouraged to attend. It is also open to student of any temporary visa type. It is a special event designed to provide you with the information and tools necessary to navigate your new home as smoothly as possible. We suggest that all international students arrive in Colorado Springs at least two days prior to the orientation date.

**REGISTER FOR YOUR ORIENTATION HERE:**

<https://orientation.uccs.edu/Internationalorientation>

## Course Registration

### Undergraduate Students:

You can schedule an online orientation appointment with our orientation office. During your virtual session, you will get help to finish your course registration process.

### Graduate Students:

Admitted graduate students are able to register now. Please work with your department advisor directly. Find your department advisor here:

<https://graduateschool.uccs.edu/graduate-programs/all-degree-programs>



## Important Dates

Important Registration and Advising dates can be found here:

<https://www.uccs.edu/admissions-aid/calendar>

# VISA TIPS & IMMIGRATION REGULATIONS

## Immigration and Visa Information

Applying for a visa can be very time consuming; thus it's important to apply as soon as possible. However, you may not apply for a student visa more than 365 days in advance of your program start date (as noted on item #5 of your I-20) at University of Colorado Colorado Springs (UCCS). (Information on the visa application process is available at: [http://travel.state.gov/visa/temp/types/types\\_1268.html](http://travel.state.gov/visa/temp/types/types_1268.html)).



## Immigration Regulations:

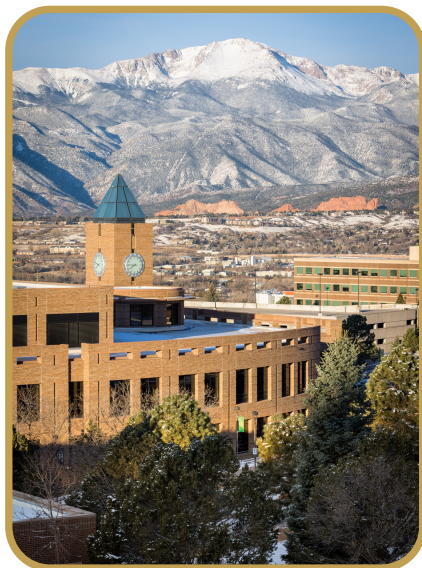
### General Information:

While studying in the United States, it is important to properly and carefully maintain your legal F or J student immigration status. Your status relates to the purpose, or reason for why you want to come to the United States. The U.S. Department of State issues you your visa based on your intended purpose.

**Information for UCCS F-1 Visa Students:** Students with F-1 or J-1 visa status based on documentation from UCCS should read the following information carefully and be aware of their responsibility for understanding it. Any questions about any of this information should be directed to your international student advisor in the International Affairs Office, [international@uccs.edu](mailto:international@uccs.edu).



Each fall and spring semester you are required by regulation/law to be a full-time student. This is also true in summer sessions if the summer is your first, or final, semester.



For **undergraduate students** at UCCS, this means taking at least 12 credit hours per semester.

For **graduate students** this means taking at least 5 credit hours per semester.

You also need to progress normally in your degree program according to the length of time given on your I-20, which may mean that you'll need more than the minimum number of credits in some or all semesters. Any exception to the full-time status rule must be applied for and approved by your international student advisor in the International Affairs Office in advance, or it is a violation of the F-1 or J-1 regulations.

# HOUSING & ARRIVAL INFORMATION

## Housing:

### On-Campus Housing:

Freshmen who are under the age of 20 and have less than 30 hours of completed college course work will be required to live in UCCS Residence Life and Housing's residence halls, unless they meet one of the exemption guidelines. Living on campus will help you enjoy and engage in college life.

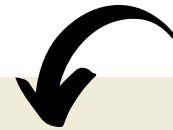
Housing application: <https://residence.uccs.edu/>.

### Off-Campus Housing:

UCCS offers a housing resource just for our community members. The database includes: off-campus housing listings, roommate listings/profiles, message boards, sublets, and additional resources!



**IMPORTANT!**



## Arrival Information:

**Plan to arrive to Colorado two days prior to your International Orientation.**



**By Plane to Colorado Springs:** If you will be flying to Colorado, we recommend that you fly directly into Colorado Springs.



**Getting to campus:** for your general information, the Yellow Cab Company operates a taxi service from the airport. The phone number for the Yellow Cab Company is (719) 777-7777. By Uber and Lyft to campus from Colorado Springs: You can also download the applications on your phone to schedule rides to campus.



**By Plane to Denver:** If you will be arriving in Denver and cannot take a flight to Colorado Springs, you may take a bus (coach) for the approximately 110-kilometer ride from Denver to Colorado Springs. This can be difficult if you have a lot of luggage, so we strongly encourage you to fly into Colorado Springs.



### By Bus from Denver International Airport:

There are different options for getting from Denver Int'l Airport to Colorado Springs. Groome Transportation provides a shuttle service that departs from Denver International Airport to Colorado Springs. Services are based on reservations, and the fare is roughly \$50. The Shuttle last stop is at the Academy Hotel, which is located 10 minute from campus. To schedule this service, visit the link below (then click "Colorado Springs").

<https://groometransportation.com/denver-airport/>

# HEALTH INSURANCE & IMMUNIZATIONS

## Health Insurance:

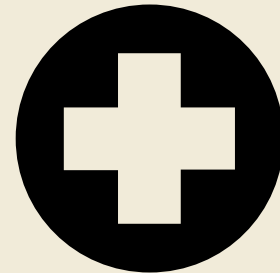
### UCCS Policy:

International students in F-1 status attending University of Colorado Colorado Springs are highly encouraged to have a medical insurance policy that provides coverage for their study in the U.S. J-1 students are required to have a health insurance policy that is compliant with U.S. Department of State requirements.

These insurance companies listed below are NOT endorsed by UCCS, not the International Affairs Office, BUT are meant as a resource and starting point for our international students who wish to acquire adequate health insurance, including some place with preventative care.

### Insurance Company Name:

- International Student Insurance ISO Insurance
- International Student Protection (ISP)
- PGHGlobal
- Compass Benefits Group



## Immunizations:

Students will need to turn in a copy of their immunization records to the UCCS Wellness Center. The State of Colorado requires that students have proof of immunity to Measles, Mumps, and Rubella (MMR) when attending classes at UCCS. In addition to the MRR, all incoming freshman living in on-campus housing, must provide proof of receiving the Meningococcal Vaccine or must sign a waiver prior to moving in. It is recommended that all other incoming freshman consider getting the Meningococcal Vaccine. For more information on these vaccinations or for forms, please visit: <https://recwellness.uccs.edu/health-services/immunizations>

Students may submit their immunization records to the UCCS Wellness Center:

### In Person

**via Email:** [wellness@uccs.edu](mailto:wellness@uccs.edu)

**via Fax:** 719-255-4446

### via Mail:

UCCS Wellness Center  
1420 Austin Bluffs Parkway  
Colorado Springs, CO 80918



# FINANCES AND BANKING

## Finances:

### How to pay for your tuition and fees:

Pay for your course in the myUCCS Student Portal.

Click on:

- "myUCCS Current Student Portal Access" and log into your account.
- Under "Student Financials (Bursar)", click on "Pay Your Bill".
- On the "Student Financial Services" page, click "Make Payment".



University of Colorado Colorado Springs has partnered with flywire to streamline the tuition payment process for our international students. With flywire, you can pay from any country and any bank. You are offered excellent foreign exchange rates, allowing you to pay in your home currency (in most cases) and save a significant amount of money, as compared to traditional banks. More information can be located here: <https://bursar.uccs.edu/payments>.

If you have questions regarding your bill or making a payment, please contact Student Financial Services Bursar Office at: [bursar@uccs.edu](mailto:bursar@uccs.edu)



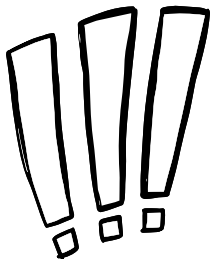
## Banking:

Banking can sometimes be confusing for International Students who are studying in the US. If you need assistance or resources, please reach out to International Affairs anytime at [international@uccs.edu](mailto:international@uccs.edu) or speak with our team at the required International Student Orientation.



## Important Note about Student Employment Payroll:

### PLEASE READ



In the US, payroll is typically processed on a monthly or bi-monthly basis, resulting in a delay between when you work and when you're paid. So, it is important to anticipate this delay and budget accordingly to cover expenses until your first paycheck arrives from your on-campus employment.



# CULTURAL ADJUSTMENTS

**Adapted from NAFSA's International Student Handbook – A Guide to University Study in the USA, Washington D.C.: NAFSA: Association of International Educators.**

**Being immersed in a different culture is a wonderful opportunity for growth! You will learn how to improve communication cross-culturally and become more appreciative of other cultures as well as your own. Living abroad is a fun and very rewarding experience. As you learn, you might make mistakes. Our advice for now: don't worry, relax, keep your humor and be informed of the adjustment process.**

## **Emerging Differences:**

As you become more involved in activities and gradually get to know the people around you, differences might become increasingly apparent to you. Over time, these differences may seem more irritating than interesting or quaint. Small incidents and difficulties may make you anxious and concerned about how best to carry on with academic and social life. As these differences emerge, they can be troubling and sometimes shocking. This emotional state is called "culture shock." Culture shock does not happen all at once. It is a feeling that grows little by little as you interact with others, faculty and people in the community.



## **Coping with Culture Shock:**

Students are sometimes unaware of the fact they are experiencing culture shock. There are ways to deal with this period of culture shock. Learning about culture shock before you arrive in the USA will help ease this experience. The most effective way to combat culture shock is to step back from a given event that has bothered you, assess it, and search for an appropriate explanation and response.

# CULTURAL ADJUSTMENTS

**Below are strategies you can use to ease the adjustment process:**



**Settle into your living space as much as possible.**

Put up pictures of your family, listen to music you enjoy, and try to get settled as quickly as possible.



**Get involved. Join a student organization, like iBuddy, play a sport, perform community service, or do anything else you enjoy doing.**

These activities will help you make friends and take your mind off of homesickness.



**Establish a routine.**

Try to keep regular eating and sleeping habits, and to do at least one activity you look forward to on a regular basis at the same time each week.



**Be physically active.**

This can improve your mental health and physical health. Many students find that participation in outdoor activities- hiking, biking, jogging, mountain climbing- can be an especially good way to get exercise, relieve stress and enjoy the beauty of Colorado.



**Talk to other international students.**

While international students who've been here sometime may seem very happy and well adjusted, they likely experienced some of the same things you are feeling. The International Affairs Office offers many different activities throughout the semester to get to know other International Students!



## Things to do in Colorado Springs:

There are many options for recreation in Colorado Springs and the surround areas. The Colorado Springs Visitor Bureau has current event information as well as discounts for area businesses. Visit: <http://www.visitcos.com/> for more info.

## Colorado Springs Weather:

Although weather in Colorado Springs is ideal to explore the outdoors with an average of over 300 days of sunshine, temperatures during the winter months can be very chilly. Please be sure to bring warmer clothes for the colder months of the year.



**DON'T  
FORGET  
to stay  
hydrated!**



### Average High:

|          |        |        |
|----------|--------|--------|
| January  | 42.0°F | 05.5°C |
| February | 45.0°F | 07.2°C |
| March    | 52.0°F | 11.1°C |
| April    | 59.0°F | 15.0°C |
| May      | 68.0°F | 20.0°C |

### Average Low:

|          |        |         |
|----------|--------|---------|
| January  | 14.0°F | -10.0°C |
| February | 18.0°F | -07.8°C |
| March    | 24.0°F | -04.4°C |
| April    | 31.0°F | -0.50°C |
| May      | 41.0°F | 05.0°C  |



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## CONTACTS AT UCCS

**Below is a list of important contacts for our campus that you may find helpful!**

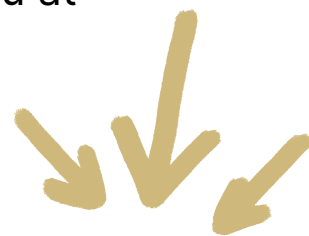
### BEFORE YOU ARRIVE:

If you have questions about:

- Enrollment/Next Steps: [intladms@uccs.edu](mailto:intladms@uccs.edu)
- DS-2019/I-20/Visa: Ms. Amy Shank [intladms@uccs.edu](mailto:intladms@uccs.edu)
- UCCS Account/Portal: [helpdesk@uccs.edu](mailto:helpdesk@uccs.edu)
- Orientation Registration: [orientation@uccs.edu](mailto:orientation@uccs.edu)
- Graduate Student Support: [gograd@uccs.edu](mailto:gograd@uccs.edu)
- Housing: [housing@uccs.edu](mailto:housing@uccs.edu)

### AFTER YOU ARRIVE”

- **The International Affairs** office is designed to help you at UCCS.
- Please feel free to connect with the office if you have
- questions upon arrival.
- Please email: [international@uccs.edu](mailto:international@uccs.edu)



The International Affairs (IA) at the University of Colorado Colorado Springs (UCCS) supports international education for the UCCS campus community. The office provides services within the following areas: Education Abroad; International Student and Scholar Services; support to colleges and schools for international partnership development; and international opportunities (affiliations, hosting international visitors, opportunities abroad for faculty, staff and students).

Staff are committed to the field of international education, are advocates for our visiting international students and scholars and work to support campus internationalization.



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