



Preparing for Your Study Abroad at UC Berkeley

Spring 2024

Welcome!



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International Student Advisor,
Berkeley International Office



Paulette Greisner
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UC Education Abroad Program (UCEAP)



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UCEAP Reciprocity Advisor,
Berkeley Summer Sessions, Study
Abroad, Lifelong Learning, and
University Extension (SSALLEX)

Webinar Agenda

- University of California, Berkeley
- Berkeley International Office (BIO)
- Finding housing
- Campus resources for international students
- Travel information
- Questions

University of California, Berkeley

- Founded in 1868
- Top 10 university nationwide
- +350 degree programs
- 35 Nobel Laureates
- Home of Oski the Bear





International Student Statistics

Fall 2023 Enrollment Data

- Approximately 7343 total international students
 - 50% undergraduate students
 - 47% graduate students
 - 3% UCEAP students

Fall 2023

- 221 incoming UCEAP students

Spring 2024

- 119 incoming UCEAP students
- 112 continuing from Fall 2023

Berkeley International Office (BIO)

- International student orientation
- Personal and cultural adjustment
- Navigating the campus
- Non-academic assistance
- Visa-related advising
- Workshops
- Social programs

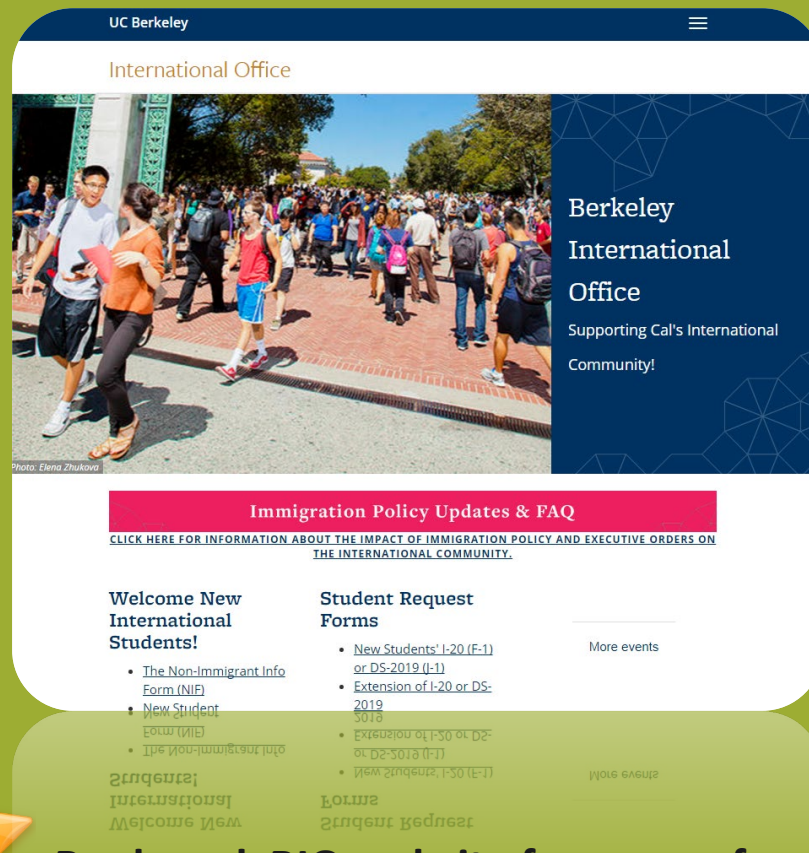


Drop-In advising: Monday, Tuesday, Thursday and
Friday (no advising on Wednesdays)
10am-12pm, 1:00pm-4pm

BIO Website

<https://internationaloffice.berkeley.edu/>

- Information and tutorials
- Student request forms
- Contact information
- Events calendar
- Campus and community resources



Bookmark BIO website for easy reference!

BIO Social Media



- Stay informed about upcoming events and workshops!
- Keep in touch with your fellow Cal students from around the world!

Social Media

Join us on social media for quick updates and useful information.



Finding Housing

<https://internationaloffice.berkeley.edu/living/housing>



Housing in the Bay Area Webinar 2018
Housing in the Bay Area Webinar 2018



Options

- **On-Campus Residence Halls** (Deadline: As soon as you receive your ID number)
 - **Limited space available.** The more open you are with your preferences (ex: room type, location) the better your odds.
 - Visit <http://housing.berkeley.edu/> for more information
 - **Bowles Hall:** Apply to the College Principal at Bowles, Professor Gasper Begus: begus@berkeley.edu or begus.bhrc@gmail.com
- **Semi On-Campus**
 - **Co-Op:** Large residence, membership based where members share resources and everyone collaborates; very social; can be cheaper <https://www.bsc.coop/>
 - **International House:** Dormitory style with meal plan; open to US and International students. <http://ihouse.berkeley.edu/>
 - Applications are still open!
- **Off-Campus Housing**
 - Lots of options! Lots of resources!
 - <https://internationaloffice.berkeley.edu/living/housing>

Looking for a Cal
Roommate or Housing
Share?

[Roommate Search
Tool](#)

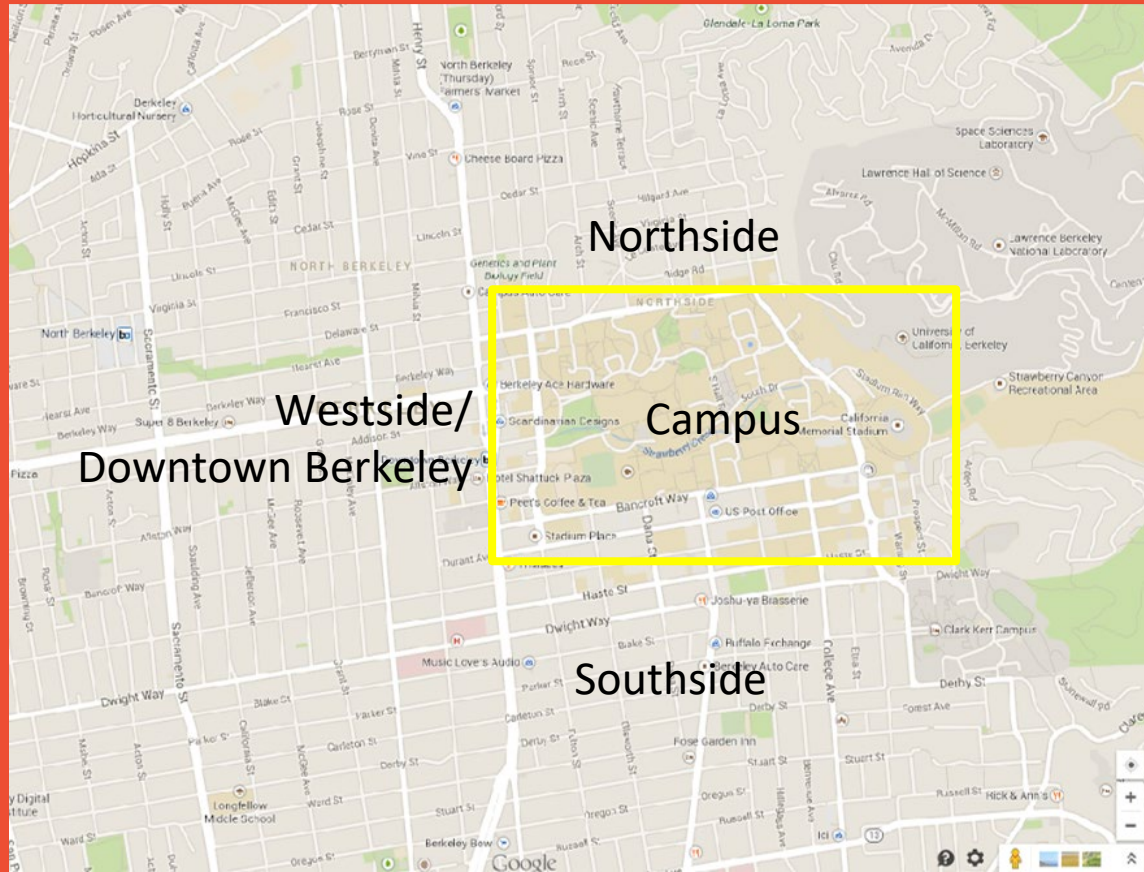
[Housing Search Facebook
Group](#)

[Graduate Student Housing Facebook Group](#)

[BIO Housing
Listings](#)

[Post your listing to BIO
Housing](#)

Campus Neighborhoods



Where to live?

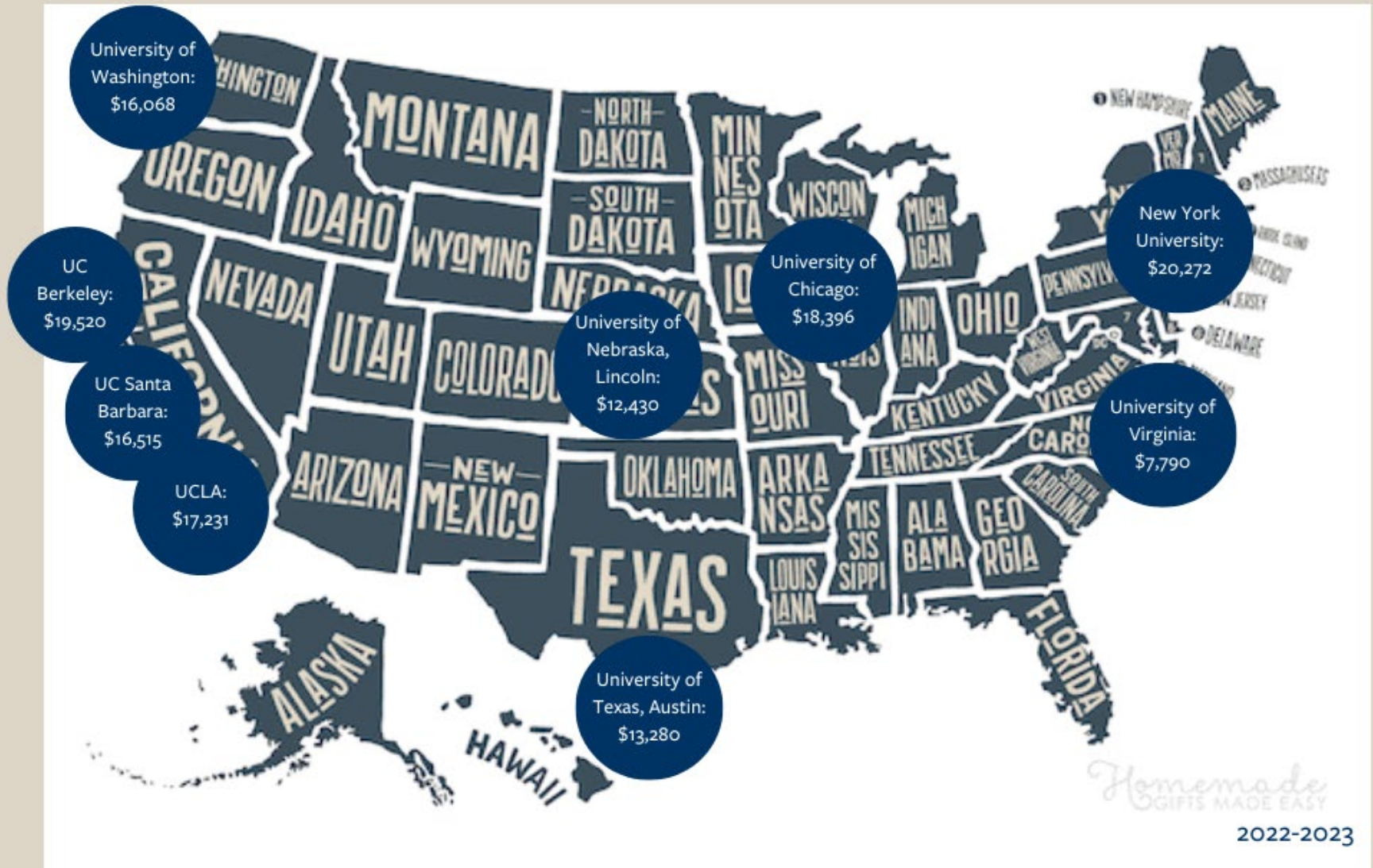
Points to Consider

- Would you like to live on or off campus?
- Would you like a meal plan?
- Will you live alone?
- Where will you live?
- How long do you want your commute to be?
- What is your budget?
- Do you know which area around campus fits you best?
- Where are the majority of campus buildings you will use?

Precautions

- **Housing scams**
 - These primarily appear as online advertisements on sites such as craigslist.org. The contact person will insist that you send them money for housing accommodations even though you have not yet visited the property in person. When students show up to the address, the place is unavailable.
- **Do not ever send money or give out personal information or immigration details to anyone over the phone or online**
- **If the caller seems to have a lot of your personal information, do NOT give out any more information**
- **Ask for a name and telephone number. If the caller refuses, take this as a warning that something is not right**
- **Contact a BIO advisor immediately if you suspect you have been a victim**

COST OF LIVING AT DIFFERENT CAMPUSES





Campus Resources

Campus Services

Cal Student Central

120 Sproul Hall

Pay tuition
Registration issues
Transcripts

Graduate Division

Dissertation/thesis
procedures

Graduate Professional
Services (GPS)

Writing Center

Disabled Student Program

260 César Chávez
Center, #4250

services for students
with disabilities

Cal1Card Services

180 César Chávez Center

Getting and managing your
Cal 1 Card

Housing and Dining Services

2610 Channing Way

Housing & meal questions

Gender Equity Resource Center

202 Cesar Chavez Center

resources and services
related to gender and
sexuality

Career Center

2440 Bancroft Way

Learn about internships
Find a job
Resume and cover
letter help

Confidential Care Advocate Sproul Hall

confidential support for
those who have
experienced gendered
violence

Research and Identify Resources



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Student Learning Center
UC Berkeley Library
Academic Integrity
College Writing Programs

Public Service Center
Student Government & Organizations
Mentoring opportunities
BIO Events & Leadership Programs

University Health Services
Counseling and Psychological Services
Recreational Sports
Outdoor Adventures

Academic Resources for Undergraduates Students

terms to know

Department Advisor

- Planning your studies
- Advising on your preparation for enrollment
- Selecting courses

Instructors / Professors

- Discuss course content & expectations
- Discuss and develop your research interests
- Cultivate relationships for grad school –recommendations

Academic Resources for Undergraduates Students

terms to know

College Advisor

- University & College policies
- Add and drop courses
- Academic difficulty advising

Enrollment Resources

- [College advisor contact information](#)
- [College of Engineering enrollment information](#)
- [College of Letters & Sciences enrollment information](#)
- [College of Chemistry \(including Chemical Engineering\)](#)
- [Advisors based on particular majors](#)

Academic Tips

- Enroll online prior to arrival
- Contact academic advisors and instructors
- Consider a wide range of courses
- Bring your transcript and home university academic advisor's contact information with you
- See the UCEAP webpages:
<http://reciprocity.uceap.universityofcalifornia.edu>
- Attend the BIO and Golden Bear orientations

Berkeley SSALLEX

- UCEAP Reciprocity Advisor: Michelle Gurlin
 - Contact via email (fastest): gurlin@berkeley.edu
 - Zoom or in-person appointments available at <https://go.oncehub.com/uceapr>
 - Two office locations:
 - Monday, Wednesday, and Friday at 1995 University Avenue, Suite 130 in Downtown Berkeley (corner of Milvia St. and University Ave.)
 - Tuesday and Thursday at Stephens Hall, Suite 360 (south of the Campanile/Sather Tower)

If you have questions about UCEAP policies or procedures – and/or if you have questions that are academic, administrative or personal in nature – and you are not sure who to ask .. ask Michelle!

UC Berkeley Student Systems



Campus E-mail (bMail)

- bmail.berkeley.edu
- Need student ID and passphrase
- Required for all students
- Used by staff and professors to contact students

CalCentral

- <http://calcentral.berkeley.edu>
- Use to update local address, phone number, email (all required)
- View tasks to complete, including Golden Bear Prep, Immunization/TB records submission, etc
- Access academic information and enrollment tools
- Pay mandatory fees
 - Health insurance and document fee (due before the first day of class)
 - You are exempt from tuition and campus-wide fees but may incur add/drop, late fees etc.

The screenshot displays the CalCentral interface. At the top, navigation links include 'My Dashboard', 'My Academics', 'My Finances', and 'My Campus'. A banner message states: 'CalCentral Update: CalCentral unavailable for scheduled maintenance 6-7AM daily. File upload Error? Please clear browser cache.' Below this, the 'My Academics' section is active, showing a user profile with a placeholder image and name. The profile lists the major as 'Undergrad Letters & Science Economics BA' and 'Undergrad Letters & Science Statistics BA', with an academic career of 'Undergraduate' and a level of 'Senior'. The 'Terms Information' section shows 'Expected Graduation Spring 2018' and a note to 'Consult your college advisor with questions or concerns'. The 'Cumulative Units' are listed as 117, and the 'GPA' is shown with a 'Show GPA' link. The 'Status and Holds' section is currently empty. The 'Semesters' section shows a list of classes for Fall 2017, Summer 2017, and Spring 2017. The 'Class Enrollment' section for Fall 2017 shows a message: 'You have a hold that may affect your ability to enroll in classes. View your "Active Holds" for more details.' Below this, there are links for '1. Multi-year Planner', '2. Schedule of Classes', '3. Schedule Planner', and '4. Class Enrollment'. The 'Enrollment Period' section shows dates for Phase 1 Begins (Wed Apr 19 9:30 AM), Phase 2 Begins (Thu Jul 20 9:00 AM), and Adjustment Begins (Mon Aug 14 9:00 AM). The '5. Class Adjustment' section shows a table of enrolled classes with columns for Class, Title, Units, Grade, and When.

Class	Title	Units	Grade	When
MATH 198BC	DIS	Tu 7:00P-7:59P	1.0	
MUSIC 145	STD	MW 2:00P-3:59P	2.0	
STAT 135	LEC	MW 5:00P-6:29P	4.0	

Health and Immunizations Requirements

- **Student Health Insurance Plan (SHIP)**
 - All students are automatically enrolled in SHIP
 - J-visa health insurance requirements are strict
 - Most international insurance plans do **NOT** meet SHIP waiver requirements (*plan for this expense*)
 - SHIP coverage begins on January 1st: Must have insurance that meets J-visa requirements if you will be in the U.S. prior
- **Documentation of immunizations and TB screening**
 - Hold on enrollment until [documentation of COVID](#) is provided
 - Deadline: December 31, 2023
 - Check [UHS website](#) for info about immunizations

Packing & Entry



Available at:

<http://internationaloffice.berkeley.edu/students/new>

Packing for your trip

- Check the U.S. Customs and Border Protection website: www.cbp.gov
- Check in advance with your airline the weight and maximum dimensions allowed for baggage
- Consider Berkeley's weather (*U.S. uses °F*)
 - Summer temperatures 12°C to 24°C
 - Winter temperatures 6°C to 14°C

Packing for your trip

- Food items
 - Check help.cbp.gov
 - Failure to declare will result in fines
- Prescription medications / eye glasses
 - In original containers
 - Up to 30 days
- Plug adaptor / converter
- Do not bring things that you can easily find in the US

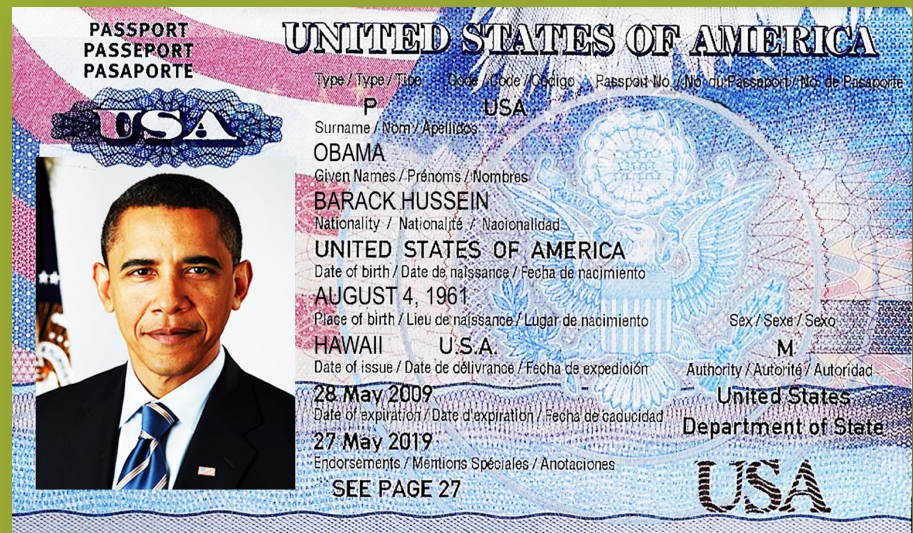


Travel Documents

- Valid passport
- Valid visa
- DS-2019 from UC Berkeley
- SEVIS fee receipt
- Financial documentation

Passport

- Renew if it will expire in the next 6 months
- Photocopy important pages (biographic, visa) to carry with you after arrival
- Keep original in a safe place



Visa



acy!

entries allowed (M-multiple)

Number of

*The visa is used only for entering the U.S. If it expires while you are here, there is no need to renew it. However, if you leave the U.S., your visa must be valid for reentry.

DS-2019

Check your DS-2019 for accuracy!

Your program start and end dates

- You may arrive in the US no more than **30 days before** your program start date.
- You must depart the U.S. within **30 days after** your program end date.

U.S. Department of State
CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

YOUR APPROVAL NO. 1809-0118
06/04/2017
ESTIMATED DURATION: 06/01/2017 - 09/30/2017
*See Page 2

1. Surname/Primary Name: GIVEN NAME: City of Birth: Country of Birth: Citizenship Country Code: Citizenship Country: Legal Permanent Residence Country Code: Legal Permanent Residence Country: Primary Site of Activity:		Gender: SEX: J-1 Program Number: P-3-05133	
2. Program Sponsor: Council on International Educational Exchange Participating Program Official Description: INTERIM Up to 12 Months			
Purpose of this form: Begin new program; accompanied by number (0) of immediate family members.			
3. Exchange Period: Start Date (mm/dd/yyyy): 08-06-2016 End Date (mm/dd/yyyy): 09-30-2016		4. Exchange Visitor Category: INTERIM Subject Field Code: 26-0101 Subject Field Code Remarks: N/A	
During the period covered by this form, the total estimated financial support in U.S. \$ to be provided to the exchange visitor by:			
5. U.S. DEPARTMENT OF STATE DISBURSEMENT BY RESPONSIBLE OFFICER FOR ALTERNATE RESPONSIBLE OFFICER THAT A NOTIFICATION COPY OF THIS FORM HAS BEEN PROVIDED TO THE U.S. DEPARTMENT OF STATE (INCE 2010 DATE).		6. Alternate Responsible Officer Name of Official Planning Force 300 Fore Street Portland, ME 04101 Address of Responsible Officer or Alternate Responsible Officer Telephone Number 888-268-6245 Date (mm/dd/yyyy) 04-29-2016	
7. Statement of Responsible Officer for Relieving Sponsor (FOR TRANSFER OF PROGRAM) Effective date (mm/dd/yyyy): Transfer of this exchange visitor from program number: to the program specified in item 2 in accordance with the objectives of the Mutual Educational and Cultural Exchange Act of 1961, as amended			
PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTION 212(a)(9) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-408, AS AMENDED (see item 10a of page 2).		TRAVEL VALIDATION BY RESPONSIBLE OFFICER (Minimum validation period is 1 year)	
The Exchange Visitor in this above program: 1. <input type="checkbox"/> Not subject to the one-year residence requirement 2. <input type="checkbox"/> Subject to the one-year residence requirement based on: A. <input type="checkbox"/> Government financing and/or B. <input type="checkbox"/> The Exchange Visitor Status List and/or C. <input type="checkbox"/> PL 94-408 as amended (ALL EXCHANGE VISITORS MUST BE SUBJECT TO THE TWO-YEAR RESIDENCE REQUIREMENT.)		(1) Exchange Visitor is in good standing at the present time. (2) Exchange Visitor is in good standing at the present time.	
Signature of Responsible Officer or Alternate Responsible Officer Name Title Date (mm/dd/yyyy)		Signature of Responsible Officer or Alternate Responsible Officer Name Title Date (mm/dd/yyyy)	
THE U.S. DEPARTMENT OF STATE RESERVES THE RIGHT TO MAKE FINAL DETERMINATION REGARDING 212(a)(9)			
EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.			
Signature of Applicant Name Title Date (mm/dd/yyyy)		Signature of Responsible Officer or Alternate Responsible Officer Name Title Date (mm/dd/yyyy)	

DS-2019
07/2011
Page 1 of 2

SEVIS Fee Receipt

- Pay online at www.fmjfee.com/
 - \$220 (J-1)
- Print Receipt
- 3 days prior to Consulate/Embassy appointment

Arrival in the U.S.



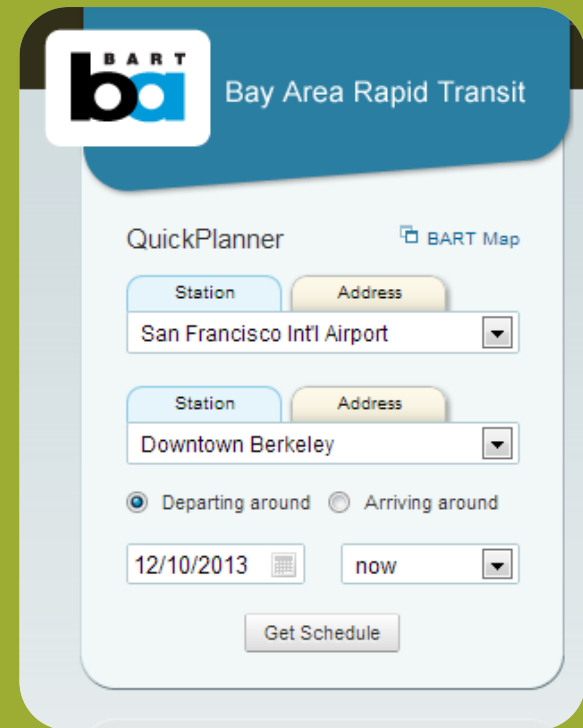
Arrival in the U.S.

- US Customs and Immigration
- Present your travel documents to a CBP officer



Getting to Berkeley

- From San Francisco Airport (SFO)
 - 45 minutes
- From Oakland Airport (OAK)
 - 30 minutes
- Public Transportation
 - BART (Bay Area Public Transit)
 - www.bart.gov
 - Destination: Downtown Berkeley



The image shows a screenshot of the BART (Bay Area Rapid Transit) QuickPlanner interface. The header features the BART logo and the text "Bay Area Rapid Transit". Below the header, the "QuickPlanner" section includes a "BART Map" link. There are two input fields: "Station" and "Address". The "Station" field is set to "San Francisco Intl Airport" and the "Address" field is set to "Downtown Berkeley". Below these fields, there are radio buttons for "Departing around" (selected) and "Arriving around". The date "12/10/2013" is entered in the date field, and "now" is selected in the time field. A "Get Schedule" button is located at the bottom of the form.

Getting to Berkeley

- Shuttle Service
 - www.supershuttle.com
- Taxis and Rental cars
 - www.hertz.com/rentacar/reservation
 - www.avis.com/car-rental/avisHome
- Ride apps
 - Uber or Lyft – download on your phone, very common



Spring 2024 International Student Orientation

Friday, January 12
8:00am – 12pm
Virtual orientation

Register and see the schedule:
<https://internationaloffice.berkeley.edu/students/new/orientation/undergraduate>



Spring 2024 International Student Orientation

Part 2: Social Welcome Day

Thursday, January 11
5:15pm – 6:15pm
In-person at Dwinelle Plaza

Register and see the schedule:
<https://internationaloffice.berkeley.edu/students/new/orientation/undergraduate>



Golden Bear Orientation

Dec 5 – Jan 7: Prep On-line

This online program provides an overview of UC Berkeley and your transition to campus.

Jan 11-14 : In-Person,

This orientation will help you make connections, find resources, and experience the campus.

For more information, visit:

<https://orientation.berkeley.edu/dates-and-deadlines/>

Participation in both BIO and GBO Orientation is mandatory.



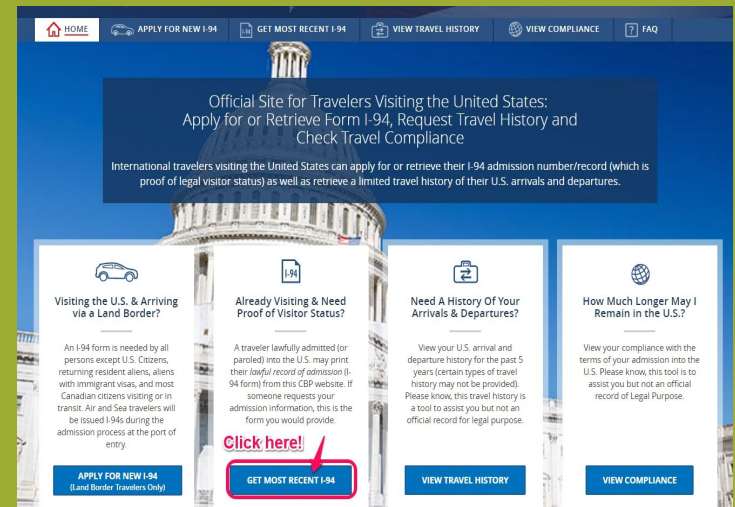
Online Arrival Confirmation & U.S. Address Update **Required!**

<http://internationaloffice.berkeley.edu/students/new/arrival-confirmation>

1. Update your local address and phone number on CalCentral
2. Upload your I-94 Arrival Record to our website

Everything can be done online and will take approximately 10 minutes.

**If you cannot access your I-94, please come to Berkeley International Office for assistance.*



Travel Signature

- You need a travel signature if you plan to travel internationally during your program
- Get a signature at Berkeley International Office during the semester, prior to your departure from the US.

Get your Travel Sig here!

U.S. Department of State
CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

ONE APPROVAL NO. 100-0101
08/01/2017
ESTABLISHED UNDER THE VISIT: 01/01/01
Page 1 of 2

1. Exchange Visitor Name Name: Cambridge City of Birth: Cambridge Country of Birth: UNITED KINGDOM		2. Exchange Visitor Category Category: INTERNSHIP Position Code: 215 Position: UNIVERSITY UNDERGRADUATE STUDENT		Gender: FEMALE DOB: 01/01/01
3. Program Sponsor: Council on International Educational Exchange Participating Program Official Description: INTERNSHIP Up to: 12 Months		4. Exchange Visitor Category: INTERNSHIP Subject Field Code: 24-0901 Subject Field Code Remarks: N/A		J-1
5. Exchange Visitor Period: From: 08-08-2016 To: 09-30-2016		6. Exchange Visitor Period: 08-08-2016 To: 09-30-2016		
7. Purpose of this form: Begin new program; accompanied by number (0) of immediate family members.				
8. U.S. DEPARTMENT OF STATE: THIS IS OR CERTIFICATION BY RESPONSIBLE OFFICER OR ALTERNATE RESPONSIBLE OFFICER THAT A NOTIFICATION COPY OF THIS FORM HAS BEEN PROVIDED TO THE U.S. DEPARTMENT OF STATE (FACE/DE 0470).				
9. Statement of Responsible Officer for Exchange Visitor of the TRAVELER OF FOREIGNER Effective date: 08-08-2016 Signature of Responsible Officer or Alternate Responsible Officer: [Signature]		10. Statement of Responsible Officer for Exchange Visitor of the TRAVELER OF FOREIGNER Effective date: 08-08-2016 Signature of Responsible Officer or Alternate Responsible Officer: [Signature]		
11. PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTIONS 11(a) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-408, AS AMENDED (See last line of page 2).		12. TRAVEL VALIDATION BY RESPONSIBLE OFFICER (Obtain validation period in 3 days)		
13. EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.		14. EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.		

100-0101-01
08/01/2017

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Making Connections

- [BIO Bear Meetups](#)



Making Connections

- Attend events with other Berkeley visiting students! Check your Berkeley email for invitations.



Getting Involved on Campus

- Student organizations
 - Over 1,200 student groups categorized into 15 unique communities
 - LEAD Center *lead.berkeley.edu*
 - Tabling on Sproul
- Leadership opportunities
 - Volunteer with Berkeley International Office
- Community engagement
 - Public Service Center
- Jobs/internship On campus or Off campus during/after studies
 - *Need permission from BIO before starting any work*; check BIO website
 - Talk to an International Student Advisor early to inquire

See you at Orientation on Thursday, January 11, 2024!





Contact Us!

Berkeley International Office

Address: 2150 Shattuck Avenue, Suite 500, Berkeley
(Right in front of Downtown Berkeley BART station)

Email: internationaloffice@berkeley.edu

Phone: (510) 642-2818

Website: internationaloffice.berkeley.edu



Thank you!

We look forward to meeting you in Spring 2024!