Preparing for Your Study Abroad at UC Berkeley

Spring 2024
Welcome!

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Berkeley  
UNIVERSITY OF CALIFORNIA
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!
Finding Housing

https://internationaloffice.berkeley.edu/living/housing
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/](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/](https://www.bsc.coop/)
  - **International House:** Dormitory style with meal plan; open to US and International students. [http://ihouse.berkeley.edu/](http://ihouse.berkeley.edu/)
    - Applications are still open!

• **Off-Campus Housing**
  - Lots of options! Lots of resources!
  - [https://internationaloffice.berkeley.edu/living/housing](https://internationaloffice.berkeley.edu/living/housing)
Campus Neighborhoods

Northside
Westside/
Downtown Berkeley
Campus
Southside
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

University of Washington: $16,068
UC Berkeley: $19,520
UC Santa Barbara: $16,515
UCLA: $17,231
University of Nebraska, Lincoln: $12,430
University of Chicago: $18,396
University of Texas, Austin: $13,280
New York University: $20,272
University of Virginia: $7,790

2022-2023
Campus Resources
Campus Services

Cal Student Central
120 Sproul Hall
- Pay tuition
- Registration issues
- Transcripts

Cal1Card Services
180 César Chávez Center
- Getting and managing your Cal 1 Card

Graduate Division
Dissertation/thesis procedures
Graduate Professional Services (GPS)
Writing Center

Housing and Dining Services
2610 Channing Way
- Housing & meal questions

Disabled Student Program
260 César Chávez Center, #4250
- Services for students with disabilities

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

Academic Success = Academic Support + Community + Health & Wellness

Academic Support:
- Student Learning Center
- UC Berkeley Library
- Academic Integrity
- College Writing Programs

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

Health & Wellness:
- University Health Services
  - Counseling and Psychological Services
  - Recreational Sports
  - Outdoor Adventures
### Terms to Know

<table>
<thead>
<tr>
<th>Department Advisor</th>
<th>Instructors / Professors</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Planning your studies</td>
<td>• Discuss course content &amp; expectations</td>
</tr>
<tr>
<td>• Advising on your preparation for enrollment</td>
<td>• Discuss and develop your research interests</td>
</tr>
<tr>
<td>• Selecting courses</td>
<td>• Cultivate relationships for grad school – recommendations</td>
</tr>
</tbody>
</table>
# 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](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](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.
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](https://uhsc.berkeley.edu) 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

Check your visa for accuracy!

Visa type: J-1 or F-1
Expiration date
Number of entries allowed (M=multiple)

*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.
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
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!
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!

Go Bears!
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!