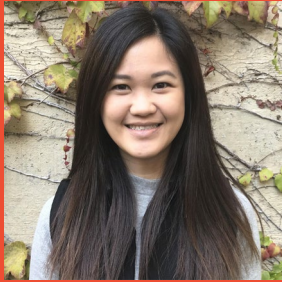




# Preparing for Your Semester Abroad at UC Berkeley

Fall 2021

# Welcome!



**Amy Chin - Pokhrel**

International Student Advisor,  
Berkeley International Office



**Paulette Greisner**

Director, Reciprocal Exchanges  
UC Education Abroad Program  
(UCEAP)



**Michelle Ayazi**

UCEAP Reciprocity Advisor,  
Berkeley Study Abroad

# 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
- 31 Nobel Laureates
- Home of Oski the Bear



# International Student Statistics

## Fall 2020 Enrollment Data

- Approximately 6000 total international students
  - 58% undergraduate students
  - 42% graduate students
  - 0% UCEAP students

## Fall 2021

- 282 Incoming EAP students
- 6 continuing UCEAP students from Spring 2021

# Berkeley International Office (BIO)

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

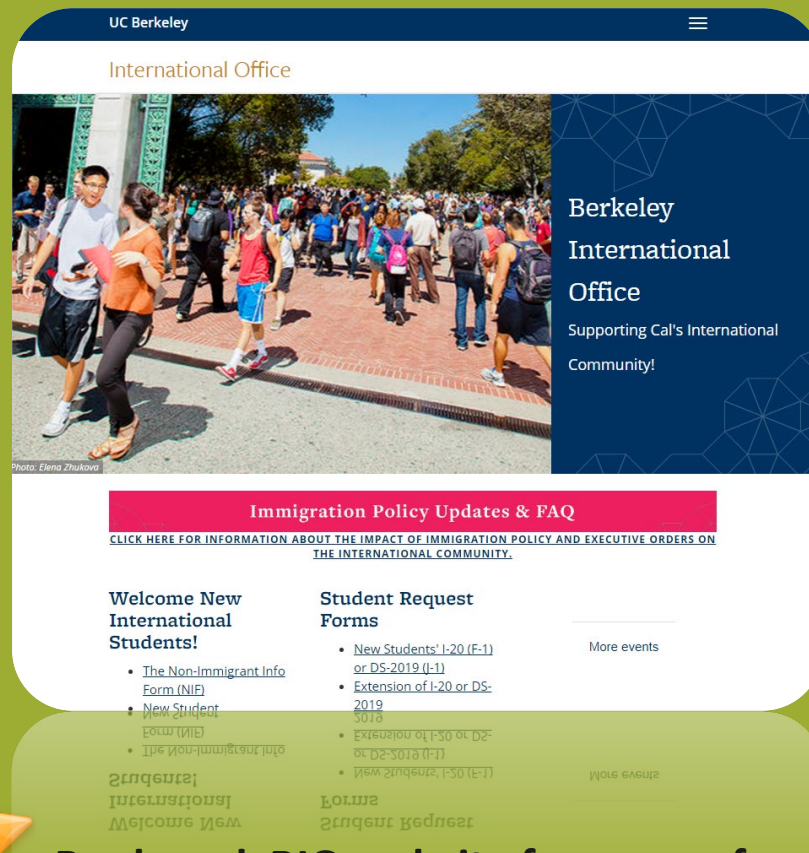


Drop-In advising: Monday, Tuesday, Thursday and  
Friday (no advising on Wednesdays)  
10am-12pm, 1:00pm-4pm

# BIO Website

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

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



**Bookmark BIO website for easy reference!**



# BIO Social Media



**Berkeley International Office**

Home Students Professors & Researchers UCB Departments About Contact



**Immigration Policy Updates & FAQ**

CLICK HERE FOR INFORMATION ABOUT THE IMPACT OF IMMIGRATION POLICY AND EXECUTIVE ORDERS ON THE INTERNATIONAL COMMUNITY.

**Welcome New International Students!**

- [The Non-Immigrant Info Form \(NIF\)](#)
- [New Student Resources / Orientation](#)
- [Academic Resources](#)
- [Required Online Arrival Confirmation](#)

**Welcome New International Scholars!**

- [Scholar Information Meetings](#)
- [Arrival Notification Requirements](#)
- [Visiting Scholar and Postdoc Affairs \(VSPA\)](#)
- [The Arrival Guide](#)

**Living in Berkeley**

- [Find a Housing / Residence Project](#)
- [Money / Taxes / Social Security / ID](#)
- [Driving / Transportation](#)
- [Health and Safety / Emergency Info](#)

**Events and Opportunities**

- [International Student Leadership Programs](#)
- [Employment & Career Workshops](#)
- [BIO Events Calendar](#)
- [UC Berkeley Events](#)

**Visa and Travel Information**

- [Entry to the U.S.](#)
- [F-1 Student Regulations](#)
- [I-1 Student Regulations](#)
- [Applique for a U.S. Visa](#)
- [Understanding your I-20](#)

**Student Request Forms**

OCT 24 Weekly Coffee Break

OCT 25 Work Authorization for International Students Workshop

OCT Stay Informed and Plan

- [New Students' I-20 \(F-1\) or DS-2019 \(J-1\)](#)
- [Extension of I-20 or DS-2019](#)
- [Employment Authorization](#)
- [Reduced Enrolment / Withdrawal](#)

**International Families**

- [Inviting Family to the U.S.](#)
- [I-2 Work Permission](#)
- [Resources for Spouses](#)
- [Parenting Resources](#)

**Employment Authorization**

- [F-1 Optional Practical Training \(OPT\)](#)
- [F-1 STEM 24-Month OPT Extension](#)
- [F-1 Curricular Practical Training \(CPT\)](#)
- [On Campus Employment](#)
- [I-1 Academic Training \(AT\)](#)
- [I-2 Dependents' Work Permission](#)

**Statistical Reports**

- [International Student Enrollment Reports](#)
- [International Scholar Data](#)
- [International Student Pre-Arrival Survey](#)
- [International Student Needs Assessment](#)

**English Language Resources**

- [Bay Area ESL Classes](#)
- [English in Action at Berkeley YWCA](#)
- [English for the Family / JUC Village](#)
- [More](#)

**Quick Links**

- [Financial Aid](#)
- [Visas and Travel](#)
- [Student Request Forms](#)
- [International Families](#)
- [Scholarship and Financial Resources](#)
- [Student & Scholar Statistics](#)

**Social Media**

Join us on social media for easy updates and useful local information.



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

**Social Media**

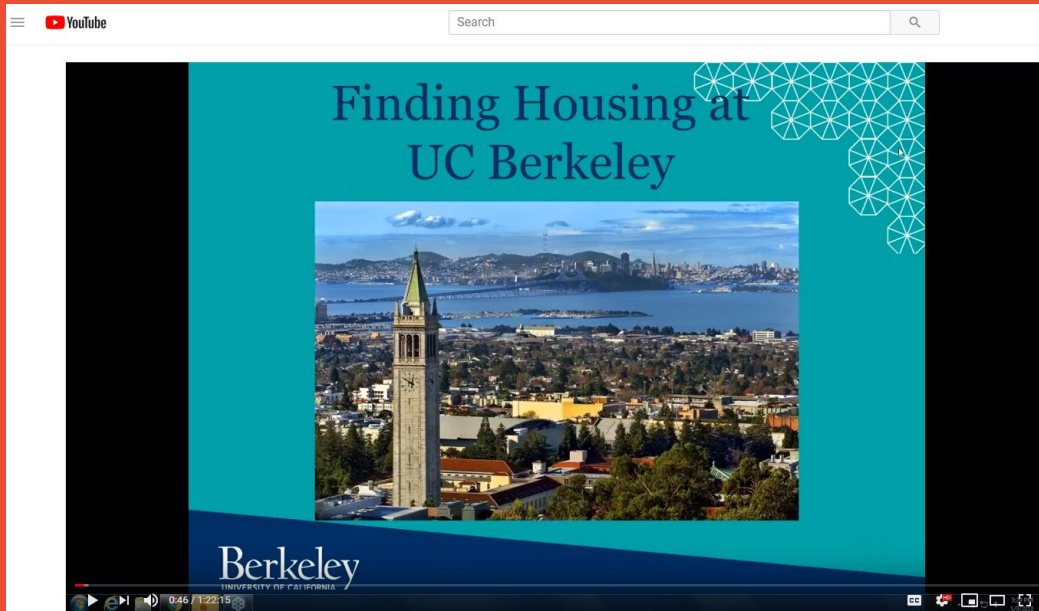
Join us on social media for easy updates and useful local information.



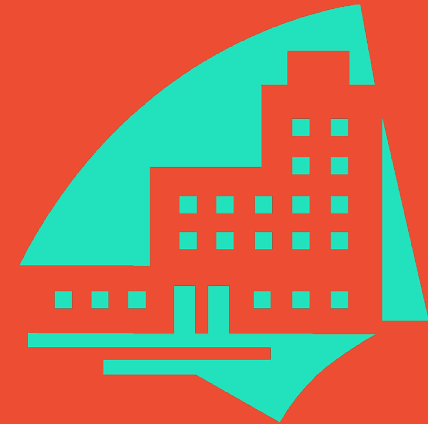


# Finding Housing

<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
  - **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
- 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/>
- 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](#)

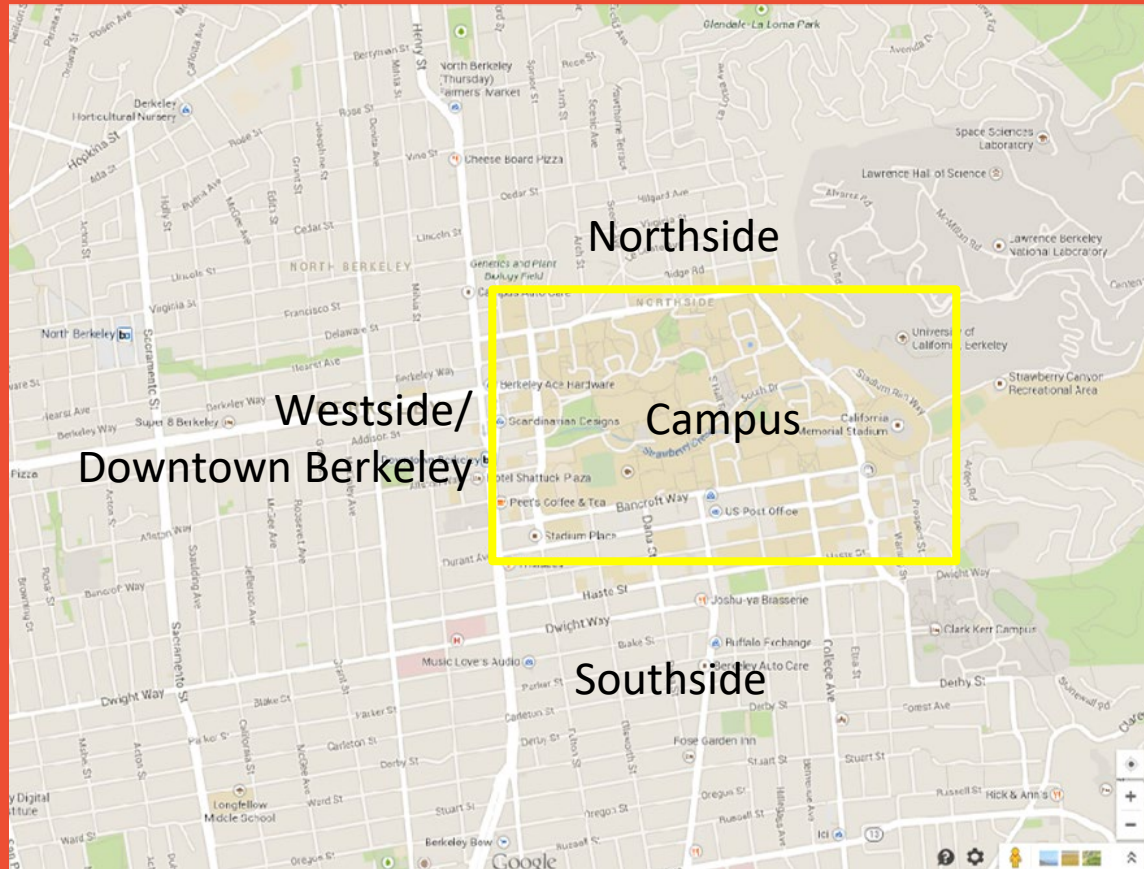
[Housing Search Facebook  
Group](#)

[Graduate Student Housing Facebook Group](#)

[BIO Housing  
Listings](#)

[Post your listing to BIO  
Housing](#)

# Campus Neighborhoods



# Where to live?

## Points to Consider

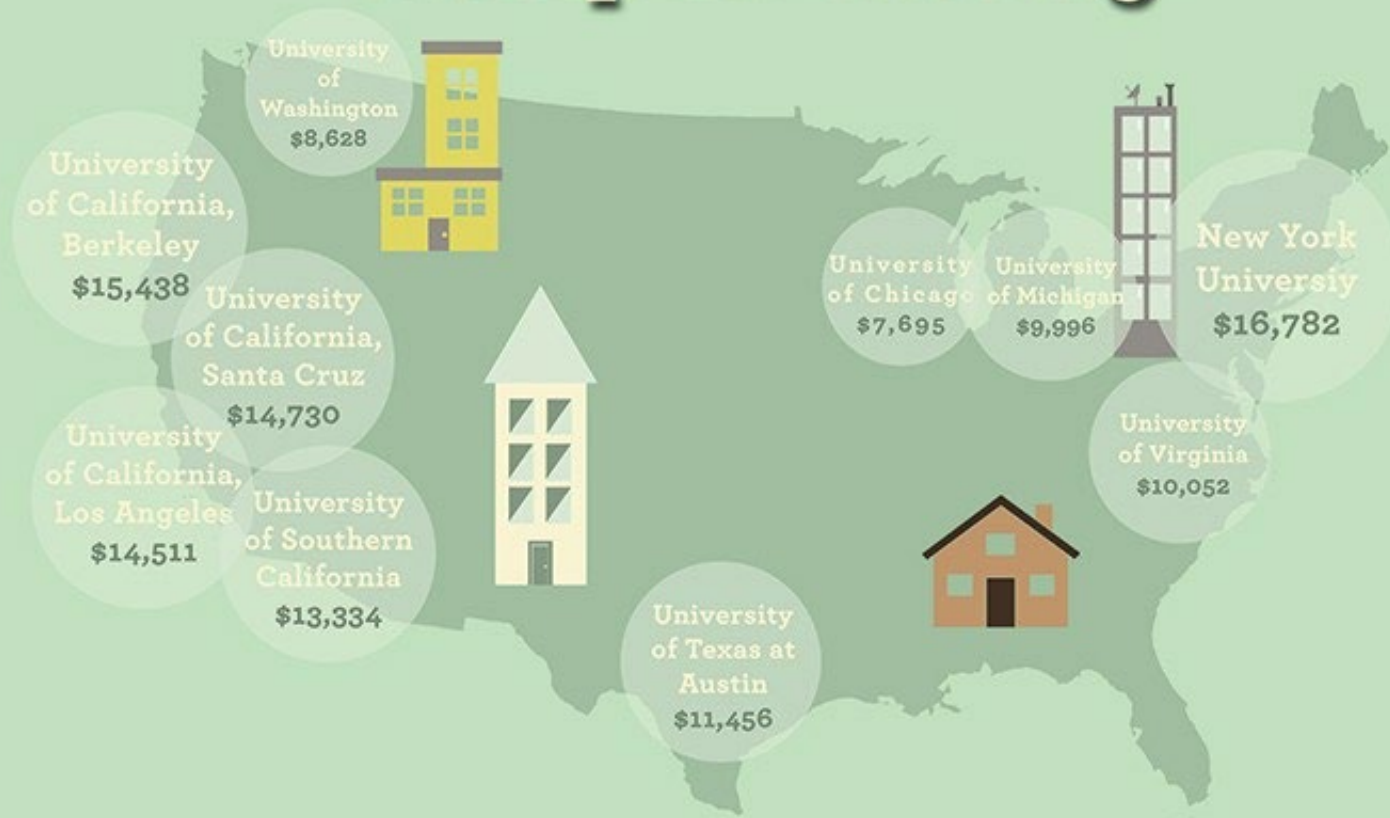
- Would you like to live on or off campus?
- Would you like a meal plan?
- Will you live alone?
- Where will you live?
- How long do you want your commute to be?
- What is your budget?
- Do you know which area around campus fits you best?
- Where are the majority of campus buildings you will use?



# 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

# Comparing the cost of campus living



Source: U.S. News & World Report

Alaa Elshahawi/Staff



# 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

## Cal 1 Card 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



=

Academic  
support

+

Community

+

Health &  
Wellness

[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

## College Advisor

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

# 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 Study Abroad

- UCEAP Reciprocity Adviser: Michelle Ayazi
  - Contact via email: [mayazi@berkeley.edu](mailto:mayazi@berkeley.edu)
  - Zoom or phone appointments available

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](mailto: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 website interface. At the top, there's a navigation bar with links for 'My Dashboard', 'My Academics', 'My Finances', and 'My Campus'. Below this, a banner indicates a system update: 'CalCentral Update - CalCentral unavailable for scheduled maintenance 6-7AM daily. File upload Error? Please clear browser cache'. The main content area is titled 'My Academics' and is divided into several sections:

- Profile:** Shows a student's profile picture and name (redacted).
- Majors:** Lists 'Undergrad Letters & Science', 'Economics BA', and 'Statistics BA'.
- Academic Career:** Indicates the student is an 'Undergraduate'.
- Level:** Shows the student is a 'Senior'.
- Terms Information:** Displays 'Expected Graduation' for 'Spring 2018' and a note to 'Consult your college advisor with questions or concerns'.
- Cumulative Units:** Shows '117' units completed.
- GPA:** A link to 'Show GPA'.
- Status and Holds:** A section for checking enrollment status and any holds.
- Semesters:** A section for viewing academic summaries for 'Fall 2017' and 'Summer 2017'. It includes tables for 'Class', 'Title', 'Units', and 'Grade'.
- Class Enrollment:** A section for viewing enrollment information for 'Fall 2017'. It includes a 'Multi-year Planner', 'Schedule of Classes', 'Schedule Planner', and 'Class Enrollment' links. It also shows 'Enrollment Period' and 'Class Adjustment' information.

# 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 August 1: Must have insurance that meets J- visa requirements if you will be in the U.S. prior to Aug 1
- Documentation of immunizations and TB screening
  - Deadline: July 31, 2021
  - 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](http://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](http://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



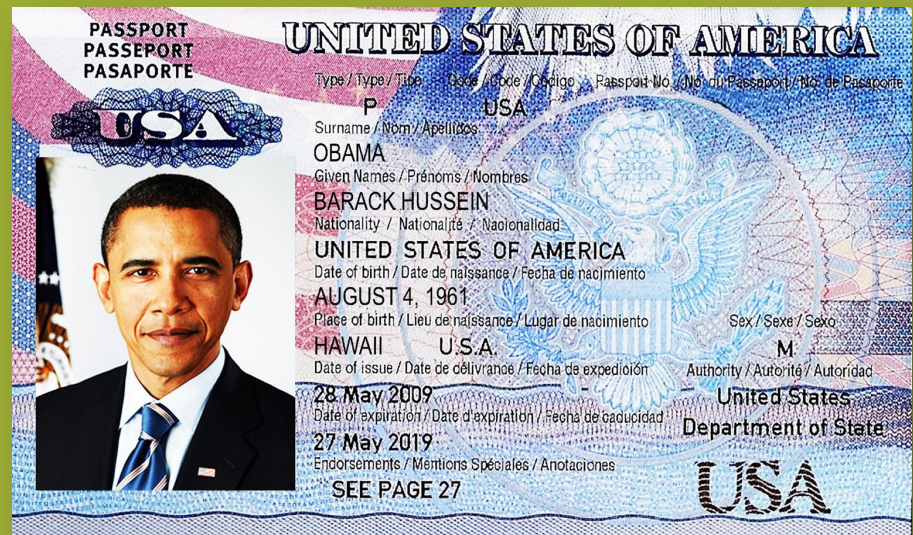


# Travel Documents

- 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



cy!

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 BURDEN TIME: 45 min  
\*See Page 2

1. Surname/Primary Name: [Redacted]		Given Name: [Redacted]		Gender: FEMALE		MOB: [Redacted]	
Date of Birth: [Redacted]		City of Birth: Cambridge		Country of Birth: [Redacted]		Citizenship Country Code: [Redacted]	
Legal Permanent Residence Country Code: UK		Legal Permanent Residence Country: UNITED KINGDOM		Position Code: 215		Position: UNIVERSITY UNDERGRADUATE STUDENTS	
Primary Site of Activity: [Redacted]							
2. Program Sponsor: Council on International Educational Exchange						Program Number: P-3-05133	
Participating Program Official Description: INTERM							
Up to 12 Months							
Purpose of this form: Begin new program; accompanied by number (0) of immediate family members.							
3. Exchange Period: Start Date: 08-06-2016 End Date: 09-30-2016				4. Exchange Visitor Category: INTERM			
Subject Field Code: 26-0101				Subject Field Code Number: N/A			
During the period covered by this form, the total estimated financial support on U.S. \$ is to be provided to the exchange visitor by: [Redacted]							
5. U.S. DEPARTMENT OF STATE DISCLOSURE OF INFORMATION BY RESPONSIBLE OFFICER OR ALTERNATE RESPONSIBLE OFFICER THAT A NOTIFICATION COPY OF THIS FORM HAS BEEN PROVIDED TO THE U.S. DEPARTMENT OF STATE (IN ACCORDANCE WITH 22 CFR 161.104).						6. U.S. Address: Name of Official Planning Force: 300 Fore Street Portland, ME 04101 Address of Responsible Officer or Alternate Responsible Officer: [Redacted] Signature of Responsible Officer or Alternate Responsible Officer: [Redacted]	
7. Statement of Responsible Officer for Relieving Sponsor (FOR TRANSFER OF PROGRAM): Effective dates: [Redacted] Transfer of this exchange visitor from program number [Redacted] to the program specified in item 2 is necessary as highly desirable and it is consistent with the objectives of the Mutual Educational and Cultural Exchange Act of 1961, as amended.						Alternate Responsible Officer: Title: 888-268-6245 Telephone Number: 04-29-2016 Date: 08-02-2016	
PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTION 212(a)(1) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-408, AS AMENDED (see item 1(a) of page 2). The Exchange Visitor in this above program: 1. <input type="checkbox"/> Not subject to the two-year residence requirement. 2. <input type="checkbox"/> Subject to two-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. Name: [Redacted] Title: [Redacted] Signature of Consular or Immigration Officer: [Redacted] Date: 08-02-2016						TRAVEL VALIDATION BY RESPONSIBLE OFFICER (Minimum validation period is 1 year) *EXCEPT: Maximum validation period is up to 6 months for Short-term Scholars and 4 months for Camp Counselors and Summer Work Travel. (1) Exchange Visitor is in good standing at the present time. [Redacted] Signature of Responsible Officer or Alternate Responsible Officer: (2) Exchange Visitor is in good standing at the present time. [Redacted] Signature of Responsible Officer or Alternate Responsible Officer:	
EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document. Signature of Applicant: [Redacted] Date: [Redacted] Date: 08-02-2016							

DS-2019  
07-2011

Page 1 of 2

# SEVIS Fee Receipt

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

# Arrival in the U.S.



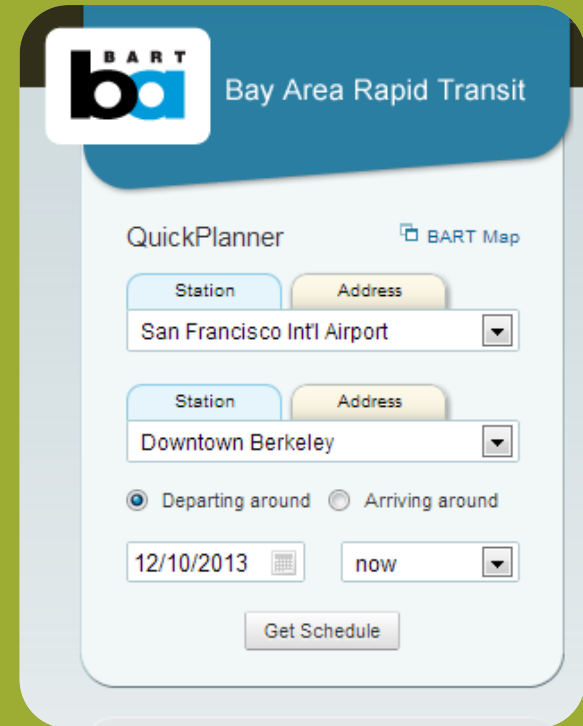
# Arrival in the U.S.

- 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](http://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 sections: the first has a "Station" dropdown menu set to "San Francisco Intl Airport" and an "Address" dropdown menu; the second has a "Station" dropdown menu set to "Downtown Berkeley" and an "Address" dropdown menu. Below these, there are radio buttons for "Departing around" (selected) and "Arriving around". The date "12/10/2013" is entered in a date field, and "now" is selected in a time dropdown menu. A "Get Schedule" button is located at the bottom of the form.



# Getting to Berkeley

- Shuttle Service
  - [www.supershuttle.com](http://www.supershuttle.com)
  - [www.bayporter.com](http://www.bayporter.com)
- Taxis and Rental cars
  - [www.hertz.com/rentacar/reservation](http://www.hertz.com/rentacar/reservation)
  - [www.avis.com/car-rental/avisHome](http://www.avis.com/car-rental/avisHome)
- Ride apps
  - Uber or Lyft - download on your phone, very common



# Fall 2021 International Student Orientation

**Wednesday, August 18, 2021**

**1:00PM – 5:00PM PDT**

**Fully Virtual**

Register and see the schedule:

<https://internationaloffice.berkeley.edu/students/new/orientation/transfer>



# Golden Bear Orientation

## July 20 – August 13: Prep On - line

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

## August 19 - 23 : Online

Mandatory components of the orientation will be online. Any in - person programming offered during GBO will be optional.

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

For more information, visit:

<http://orientation.berkeley.edu/>

Participation in both is mandatory.



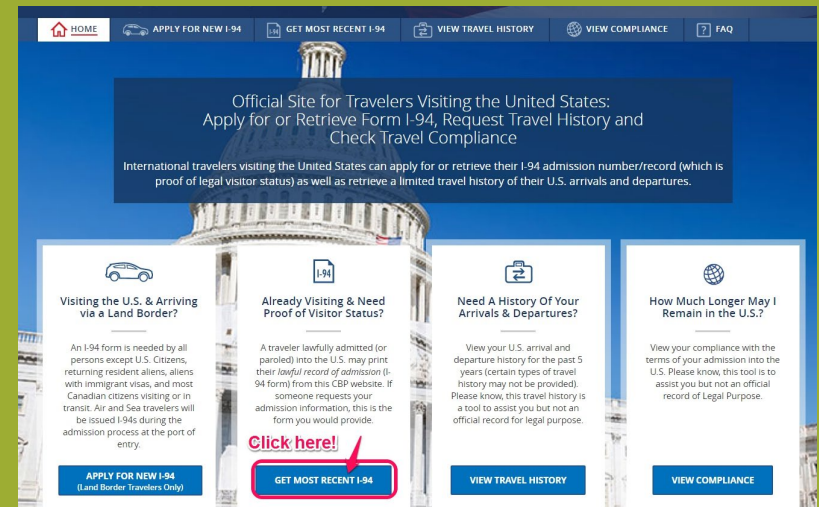
# Online Arrival Confirmation & U.S. Address Update **Required!**

<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  
08/30/2017  
ESTABLISHED WORKING VISAS: 01/01/01  
Page 2

1. Personal/Primary Name Name: <b>Cambridge</b> City of Birth: <b>Cambridge</b> Country of Birth: <b>UNITED KINGDOM</b>		2. Gender: <b>FEMALE</b> DOB: <b>01/01/01</b>	
3. Legal Permanent Residence Country Code: <b>UNITED KINGDOM</b> Primary Site of Activity: <b>Cambridge</b>		4. Citizenship Country Code: <b>GB</b> Citizenship Country: <b>UNITED KINGDOM</b>	
5. Program Sponsor: <b>Council on International Educational Exchange</b> Participating Program Official Description: <b>INTERNS</b> Up to: <b>12 Months</b>		6. Exchange Visitor Category: <b>INTERNS</b> Subject Field Code: <b>24-0901</b> Subject Field Code Remarks: <b>N/A</b>	
7. Purpose of this form: <b>Begin new program; accompanied by number (0) of immediate family members.</b>			
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 FOREIGN Effective dates (mm-yy): <b>08-08-2016</b> To: <b>09-30-2016</b>		10. Alternate Responsible Officer Name of Official Planning Form: <b>300 Fore Street Portland, ME 04101</b> Address of Responsible Officer or Alternate Responsible Officer: <b>300 Fore Street Portland, ME 04101</b> Telephone Number: <b>888-268-6245</b> Date (mm-yy): <b>04-29-2016</b>	
11. PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTIONS 11(a) OF THE EMERGENCY AND NATIONALITY ACT AND PL 94-408, AS AMENDED (See last line of page 2).		12. TRAVEL VALIDATION BY RESPONSIBLE OFFICER (Obtain validation prior to 3 year)	
13. EXCHANGE VISITOR TO BE GOOD STUDENT OR GOOD WORKING VISITOR (1) Exchange Visitor is in good standing at the present time.		14. EXCHANGE VISITOR TO BE GOOD STUDENT OR GOOD WORKING VISITOR (2) Exchange Visitor is in good standing at the present time.	
15. EXCHANGE VISITOR TO BE GOOD STUDENT OR GOOD WORKING VISITOR (3) Exchange Visitor is in good standing at the present time.		16. EXCHANGE VISITOR TO BE GOOD STUDENT OR GOOD WORKING VISITOR (4) Exchange Visitor is in good standing at the present time.	

100-0101-01  
07/2017

Page 1 of 2



# Making Connections

- BIO Bear Meetups
- English Conversation Tables





# 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



Q & A

# See you at Orientation on Wednesday, August 18!





# Contact Us!

## Berkeley International Office

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

Email: [internationaloffice@berkeley.edu](mailto:internationaloffice@berkeley.edu)

Phone: (510) 642-2818

Website: [internationaloffice.berkeley.edu](http://internationaloffice.berkeley.edu)





# Thank you!

We look forward to meeting you in Fall 2021!