TABLE OF CONTENTS

We are excited you chose to be a Billiken and look forward to welcoming you to our campus community. To help you have a smooth transition, we have collected important information and recommendations for you to review as you prepare for your studies in the US. We encourage you to read each section carefully and reach out to us if you have any questions.

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CHECKLIST

Please make sure you have completed everything on this checklist before you leave home.

- **Visa and Passport**
  To obtain your F-1 student visa, you must receive your I-20; pay the SEVIS I-901 fee; confirm that your passport will not expire within six months of your expected entry date to the US; and schedule a visa application interview at a US Embassy or Consulate. An overview of the visa application process can be found on page 4.

- **Visit a Doctor**
  You must provide proof of the required immunizations needed to the Student Health Center staff by the first day of classes each semester. Bring your original records with you to the US. For a full list of what you need, see pages 6 and 7.

- **Book Travel**
  Find suggested airports and temporary accommodation information on page 8.

- **Find Housing**
  Review your options for on-campus housing on page 12 and confirm housing arrangements prior to arriving in the US.

- **Secure Your Documents**
  In order to register for your classes, you will need to bring your original transcripts – stamped and sealed in an envelope in your native language along with English translations. Review a full list of what you will need to bring on page 9.

- **Travel and Arrival Details**
  Send us your travel itinerary and flight arrival details so we can schedule your airport transfer from the airport to your accommodation. Confirm your travel details at www.INTOarrivals.com/slu. Find more information on page 10 and 11.

- **Check Your Finances**
  Bring enough US currency for the first few weeks and find out how you will transfer money from your home country to a US bank account. For more information, see page 18.

- **Follow INTO SLU on Social Media**
  Learn more about INTO SLU by following us on all our social media channels, refer to page 20 of this guide to find out how to connect with us.

Parents’ guide to studying abroad
Learn about all the ways we’ll support your student at www.intostudy.com/parents
GETTING YOUR STUDENT VISA

As an international student, you are required to have a visa that permits study in the US. Below, we provide you with information about applying for an F-1 visa, which is a student visa and will allow you to study at a US university. You will need to schedule an appointment to apply for this visa at a US Embassy or Consulate in your country and complete a visa interview.

Steps to getting your F-1 Student Visa

Please ensure you follow the instructions from the US Department of State, the below is for general guidance.

1 Obtain the Form I-20 from the University

With your confirmation package, you should have received the form I-20. Carefully read the instructions included with the I-20 before visiting the US Embassy or Consulate for your F-1 student visa. Keep this document in a safe place because you will need to bring the original signed form for your visa interview.

2 Pay the SEVIS I-901 fee

The I-901 fee is required to get the F-1 visa. At least three business days before you schedule your visa interview, pay the SEVIS I-901 fee by going to the SEVIS I-901 fee website at www.fmjfee.com/i901fee/index.html. You must follow the instructions to pay the SEVIS Fee and print the receipt. This fee is not the same as the visa application fee. You will need your SEVIS ID number when you pay the fee. It can be found on the top right-hand side of your I-20. You will also need the university school code, which is below: SLU F-1 school code: KAN21410192000

3 Complete the Online Nonimmigrant Visa Application, Form DS-160

After paying the SEVIS I-901 fee, you must complete the online visa application, Form DS-160. When you have completed and have submitted the application, print the DS-160 bar code page and confirmation page. Please note you will need to upload a photo during this process, so ensure that you have one ready that meets requirements. Check photo requirements: travel.state.gov/content/travel/en/us-visas/visa-information-resources/photos.html Learn more about completing the DS-160: travel.state.gov/content/travel/en/us-visas/visa-information-resources/forms/ds-160-160-online-nonimmigrant-visa-application.html

4 Schedule your Visa Appointment

To schedule your appointment, go to the US Embassy and Consulate webpage: www.usembassy.gov. Find the location where you want to have an appointment, and follow the specific instructions for scheduling.

5 Prepare for Your Interview

Gather required documents

• Passport – ensure that your passport is valid for at least 6 months beyond your period of stay in the US (unless exempt by country-specific agreements).
• Form DS-160 Confirmation page and bar code page
• Application Fee (I-901 fee) payment receipt
• Photo – bring a hard copy of the photo you used for your DS-160 application form.
• Form I-20 issued to you by Saint Louis University
• Proof of funding documents that you used during your confirmation
• Additional documents: Please see additional documents that are required or recommended on the Travel.State.Gov website at the top of this page.
• Schedule a PASS Welcome call – while this is not required, it is strongly recommended to have prior to your visa interview. Please email PASS@intoglobal.com to set up a welcome call and get helpful support.

Transferring from Another US School

If you are transferring from another school in the US and you already have an F-1 visa you must complete the F-1 Students Transfer Eligibility form at least 15 days before the start date of your program. If you plan to travel outside of the US before beginning your program at SLU, please contact SLU to obtain an I-20 for re-entry.

Visa Delays

If you are unable to obtain a visa before the start date for which you have been admitted contact INTO SLU immediately. You may defer and apply your deposit toward the tuition for the next semester.

Get additional support with PASS: Pre-Arrival Support Service
INTO SLU offers you PASS, a pre-arrival Service which helps students have a better understanding of the visa application process. Take advantage of this free service and connect with a PASS Specialist by emailing PASS@intoglobal.com to set up a welcome call and get helpful support.

For information about traveling to the US: studyinthestates.dhs.gov
For information about SEVIS I-901 fee: ice.gov/sevis/i901

It is always important you check for any updates and specific requirements online at the US Embassy or Consulate near you: www.usembassy.gov and follow the instructions from the US Department of State: travel.state.gov/content/travel/en/us-visas/study/student-visa.html
**Immunizations**

Saint Louis University requires all full-time and part-time students to submit the following immunization records with approved English translations to the Student Health Center:

- COVID-19
- Tetanus, diphtheria, and pertussis (TDaP)
- Measles (MMR)
- Hepatitis B
- Meningitis (meningococcal)
- Varicella
- Tuberculosis Test

Students should submit proof of required vaccinations on SLU’s vaccination portal: [vaccination.slu.edu](https://vaccination.slu.edu)

Marchetti Tower East
3518 Laclede Ave.
St. Louis, MO 63103
Phone: +1 314 977 2323
Fax: +1 314 977 7165
shc@slu.edu

For more information about required immunizations:

Failure to comply with these immunization requirements will result in a hold on your Saint Louis University course registration.

Additional information:

- Some students may be exempt from immunizations due to age or religion. Please call +1 314 977 2323 with any questions about these requirements.
- We highly recommend the influenza vaccine.

**Health Insurance**

SLU requires all students to maintain a health insurance plan. INTO SLU students are automatically enrolled in the Aetna Student Health plan: [www.aetnastudenthealth.com](https://www.aetnastudenthealth.com)

You may waive the University Health Plan coverage only if you are already actively covered by another health insurance plan with an office based in the United States. If you do not waive coverage by the end of the open enrollment period each semester, you will be automatically enrolled and related charges will be billed to your student account.


**Prescriptions**

Bring a copy of all prescriptions for medicines, eyeglasses and contact lenses with you to the US. They must be written in English.

**Student Wellness**

Whether it is a sore throat or feeling stressed and worn down, the Student Health Center in Marchetti Tower East is here to help you. We are trained professionals committed to providing quality care to Saint Louis University students.

How to make an appointment

Visits with our physicians are made by appointment. However, if there is an urgent situation, we strongly encourage you to walk in and to speak with a nurse. Please call 314-977-2323 to schedule your appointment. For more information on student health, visit [www.slu.edu/life-at-slu/student-health/index.php](https://www.slu.edu/life-at-slu/student-health/index.php)

All medical documents you bring with you must be written in English or come with a certified translation in English.
Let Us Know You Are Coming
Submit your arrival details online at: www.INTOarrivals.com/slu at least 14 days before arriving in the US so we can arrange a transfer service to greet you at the airport and take you to your accommodations.
You will need to provide the following information:
• Application ID
• Personal contact details
• Flight number
• Arrival date and time
• Where you will be traveling to: the campus, a hotel or local apartment, etc.

Hotels in St. Louis
If you arrive before your move-in date, you will be responsible for arranging and paying for your temporary accommodations. Some hotels with discounted rates for SLU travelers are:
Angad Arts Hotel
3550 Samuel Shepard Dr.
St. Louis, MO 63103
+1 314 561 0033
Element St. Louis Midtown
3763 Forest Park Ave.
St. Louis, MO 63108
+1 314 639 0060
Courtyard by Marriott St. Louis Downtown West
2340 Market Street at Jefferson
St. Louis, MO 63103
+1 314 241 9111
St. Louis Union Station Hotel
1820 Market Street
St. Louis, MO 63108
+1 314 231 1234

BOOK TRAVEL

Book Your Flight
As an F-1 student, you are allowed to enter the US no earlier than 30 days before the program start date listed on your I-20. If you arrive after the start date listed on your I-20, you may be denied entry to the US.
When booking your flights, remember that you should arrive in St. Louis at least one day before your program start date. If you are living on campus you may check in to your residence hall as early as one day before orientation begins. All students are expected to arrive at St. Louis Lambert International Airport (STL), which is about 20 minutes away from campus.

WHAT TO PACK

What to Carry on the Plane
• Original I-20
• Valid passport and F-1 visa
• SEVIS I-901 fee payment receipt
• Evidence of funding for your tuition fees and living costs, including sponsor letter
• Health forms and immunization documentation
• All medical prescriptions written in English
• Official transcripts, diploma and/or test scores
• Insurance documents
• Laptop computer

Apparatuses
US electrical outlets are 110 volts AC and use a NEMA electrical socket. You may need an adapter to use electronics from home. Appliances with exposed heating elements are prohibited in residence halls. Purchase appliances after you arrive.

Cell Phones
If you want a cell phone while living in the US, we recommend waiting to purchase the phone when you arrive in the US. You will receive more information at orientation.

Luggage
Always label all of your luggage clearly. The label should have your full name and the address of the INTO SLU center:
INTO Saint Louis University
3721 Laclede Ave
Beracha Hall, Suite 110
St. Louis, MO 63108
USA

Weather
The St. Louis climate has four seasons with temperatures ranging from -5° C in January to 32° C in July. You will need clothing for both warm and cold seasons.

Clothing
Due to weather changes, you will need clothing for both warm and cold seasons. All of these items are available for purchase in St. Louis upon arrival, so only pack what you need for the first few months after you arrive.

Room Essentials and Decorations
Consider bringing decorations for your room that will remind you of home such as photos, books, music, recipes and items associated with a hobby or sport you enjoy. Many students also choose to bring items of cultural significance such as their national dress.
Entering the US
Be ready to present these documents at the US port of entry:
• Original I-20
• Valid F-1 visa and passport
• SEVIS I-901 Fee payment receipt
• Proof of finances for your first year of studies

US Customs Declaration Form
You may have to complete the US Customs Declaration form during your flight to present to the immigration official when you enter the US. For more information about preparing to enter the US, visit studyinthestates.dhs.gov/students.

US Customs Declaration form
For more information about preparing to enter the US, visit ice.gov/sevis/students

Customs and Immigration Tips
An immigration officer may ask you some questions. Be prepared to answer:
• Why are you coming to the US?
• Where and what course are you studying?
• Where will you live during your studies?
• How are you going to fund your studies?
Your I-94 arrival/departure form is now a paperless document. However, if you receive a paper copy, do not lose it. It costs more than $300 to replace a paper I-94.

Contact Us for Help
If you booked airport transportation through us, we will meet you at the airport and take you to campus. If you experience delays or issues when traveling to SLU, call the SLU Department of Public Safety at +1 314 977 3000 or email intoslu@slu.edu

When you arrive at the airport, look for SLU employees wearing blue polos and student ambassadors in yellow.
Experience On-Campus Living
Living on campus offers many benefits, including better academic performance and more opportunities to speak English and share your culture with US students.
When you live on campus, you have easy access to the library, student center, study groups and career services. You’ll have access to a professional staff, including campus ministry and student health and counseling. Every residence hall has a community laundry room, a community kitchen, 24-hour security desk, study lounges, a chapel and bike storage outside the building. Plus, living in the residence halls is a great way to make new friends.

To learn more about St. Louis’ attractions, view our City Guide: intostudy.com/slu/living

University Housing
All first-year undergraduate students and Academic English students who will continue into an International Year One pathway program are required to live on campus and will be assigned to one of three residence hall options:
- Marguerite Hall – double room
- Spring Hall – double room
- Spring Hall – single room
*Note, the prices vary for these options
There is no on-campus living requirement for Graduate Pathway program and Academic English-only students. Graduate Pathway program students who choose to live on campus will live in Robert May Hall or Village Apartment (Spring Semester Only) and get the independence of apartment living with proximity to SLU’s campus, the Billiken Shuttle service and Grand Center. One-, two- and three-bedroom units have private bathrooms and a full kitchen in unit.

Items that Come in Your Room
- Extra-long twin bed with memory foam mattress
- Desk
- Dresser
- Wardrobe
- Bed linens, including sheet set, pillow and a blanket
- Bath towels, including large towel, hand towel and wash cloth
- Air-conditioning and heating

Dining
Whether you want to eat in a residence hall or savor all the city has to offer, Saint Louis University and the surrounding neighborhoods have everything you need. Options such as vegan and vegetarian, halal and gluten-free are easily accessible.
DineSLU offers more than 16 retail dining options at 11 on-campus locations and one state-of-the-art residential dining hall, meaning the sustenance you need to fuel another day of learning is never more than a few steps away.
Grab a burrito bowl from Qdoba, orange chicken from Mein Bowl or a sandwich from the Saint Louis Bread Co. – our convenient on-campus dining options have you covered.

Meal Plans
If you live on campus: All students living on campus are required to have a meal plan. You will sign up for your meal plan through the housing application.
Undergraduate students will have a full residence hall meal plan, while graduate students will have an apartment meal plan.
If you live off campus: All undergraduate students (Academic English or Pathway) living off-campus are required to have a meal plan.
Graduate students living off campus do not need to have a meal plan but can purchase a meal plan, if desired.

For more information about meal plans and dining on campus, visit slu.edu/housing/dine/
As part of your INTO SLU program, you will participate in a mandatory orientation to help you get settled and acclimated to your new campus surroundings. You will receive an email with specific information about where to go on your first day.

At Orientation You Will:
• Get your SLU ID card
• Take your required placement tests
• Confirm you have provided all required health and admission documents
• Pay any balances owed
• Take a campus tour
• Open a checking and/or savings account with a US bank
• Purchase a cell phone/plan with major US providers
• Meet with faculty and advisors from your academic department
• Register for courses
• Learn about student visa regulations

Course Registration
Before you are registered for courses, you must complete the required placement testing, turn in all required documents and pay any remaining fees. INTO SLU staff will help you every step of the way.

Arriving Late to Orientation
Students who need to arrive after the first day of orientation must request a late arrival letter which may be issued on a case-by-case basis. Students who arrive late without a late arrival letter will not be able to register for courses.

Math Placement Test
All undergraduate students must take the test prior to arrival to determine their math level and register to the correct math course.

How to Take the Test:
1. Before taking the test, it is recommended that students refresh their math skills with the following online resources: https://webwork.slu.edu/webwork2/Mathplacement-2021/
2. You will receive login credentials and instructions for completing the test within one month of confirmation (sooner if you are confirming late).
3. The Math Placement exam can be found at auth.slu.edu and should be completed at least 1 week before arrival.

INTO SLU Center
The INTO SLU Center offers everything you need, from student services and academic support to a place to hang out with friends. Our staff will be there to help as you settle into your new life in the US and focus on your studies.

INTO SLU Welcome Desk
+1 314 977 3926
The INTO SLU Welcome Desk is open Monday – Friday, 8:30am-3:30pm

English Language Center
The English Language Center provides specialized writing support for all Saint Louis University students whose native language is not English. In one-on-one consultations and group workshops, the center’s staff can assist you with many language-related areas, including: classroom, test-taking strategies, multimedia projects, grammatical accuracy, research skills and conversation practice.

INTO SLU Student Experience Team
The INTO SLU Student Experience Team provides a range of programs and services promoting social, personal and academic well-being for all our students. This includes:
• Arrival and orientation
• Answering healthcare questions
• 24-hour assistance in cases of emergency
• Cultural immersion
• On-campus social events
• Local trips and activities
• Getting involved on campus
• Building connections in the SLU community

Career Services
Griesedieck Hall, Lower Level, Suite 130
www.slu.edu/life-at-slu/career-services/index.php
Saint Louis University Career Services helps students and alumni map their dreams, construct a plan and embark on a journey to career success.

Student Involvement Center
Busch Student Center, Room 319
www.slu.edu/life-at-slu/student-involvement/index.php
The Saint Louis University Student Involvement Center is your essential guide to campus life and out-of-classroom learning. We connect you with:
• Weekly events and movies
• Late-night activities
• More than 200 student organizations
• Twenty-five fraternities and sororities
• Service leadership opportunities

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SAFETY ON CAMPUS

Campus Safety
The safety of Saint Louis University students, faculty, staff and visitors is our top priority. SLU’s Department of Public Safety (DPS) is staffed with 80 dedicated officers who patrol campus around the clock. Each is armed and licensed by the St. Louis County Board of Police Commissioners and has undergone training in both active shooter response and fair and impartial policing.

Contact DPS
In an Emergency: 314 977 3000
General Information: 314 977 2376
Safety Escorts and Rides: 314 977 7433
DPS@slu.edu

How does SLU keep campus safe?
• Regular patrols of SLU buildings, garages and outdoor parking lots and outer edges of campus, including bus stops
• More than 700 monitored video cameras throughout campus
• Around-the-clock response through the university’s enhanced 911 system, which features an alternate power supply to ensure uninterrupted communication
• Crime prevention and emergency preparedness programs
• Outdoor emergency phones, and panic buttons and cameras in parking garages

Safety Escorts at SLU
Primarily operated and managed by DPS student workers, SLURide provides safety escorts to areas on and adjacent to campus, including the Grand MetroLink station. Escorts are mostly accomplished via university vehicles, with walking escorts also being provided for shorter distances. To request a ride with SLU Ride, use the TapRide app. The TapRide app can be downloaded from the Apple App Store or Google Play. Once installed, open the app, select Saint Louis University - SLU Ride, and login with your SLU username and password. When your ride arrives, you will be notified by a digital honk via the TapRide app. If you have trouble with your username and password, contact ITS at +1 314-977-4000.

SLU Emergency Notifications
Rave Messenger is SLU’s emergency notification system used to send notifications about school closings and timely safety warnings to the university community via text, email and telephone call. You must sign up for SLU Rave Messenger in the MySLU Portal.

Safety Training and Education
SLU’s Department of Public Safety offers safety training and education sessions throughout the year for all members of the SLU community. From AED/CPR and first aid sessions to campus safety and fire extinguisher training, DPS is here to make sure you have the tools you need to stay safe and healthy.

During orientation, you will participate in safety training.
MONEY AND BANKING

Cash
When you arrive in the US you should bring at least $500 in cash to cover immediate needs such as books, a cell phone, and other living expenses. Cash is accepted at most locations.
• One dollar ($) is equal to 100 cents.
• Coin amounts: quarter (25 cents), dime (10 cents), nickel (5 cents), penny (1 cent)
• Paper bill amounts: $100, $50, $20, $10, $5, $1

Credit/Debit Cards
In the US, the most widely accepted bank and credit cards are Visa and MasterCard. Bank cards can either be debit which pulls funds from your bank account or credit, which you pay off at the end of each month. Apply for a credit card in your home country before you leave.

Bank Accounts
You should not carry large amounts of cash ($100+) with you in the US. During Orientation, SLU will give you information about local banks and can help you open a bank account.
To open an account, you will need:
• Two pieces of photo identification (passport and student ID card)
• Your US mailing address
• Money to deposit

Transferring Money
Before you leave your country, you need to know your government’s regulations and your home bank’s procedures for transferring money to the US. Plan to transfer enough money to cover your expenses for one semester. Consider your living situation and lifestyle to plan ahead. Will you live on campus? Do you like to eat at restaurants? Do you need to buy clothes or more school supplies?

TRANSPORTATION

Getting around campus:
Billiken Shuttle Service
The Billiken Shuttle Service provides transportation around campus in a safe and time-efficient way. Shuttles are clearly marked with SLU graphics. For a complete shuttle schedule and routes, visit slu.doublemap.com or download the SLU Mobile App.

Weekend Shuttles
Shuttles are available Saturdays from 11am to 8pm during the academic year. Shuttles will depart from Busch Student Center (BSC) on the hour with the last route departing the BSC at 6pm. The shuttle stops at Wal-Mart, Brentwood Promenade (Target, Trader Joe’s, Bed Bath & Beyond, World Market) and the Galleria Mall.

SLU Ride
Academic Year:
• SLU RIDE program is available to provide escorts around campus when the shuttle is not running, especially after dark.
• Depending on availability & destination: a van, golf cart or walking escort will be provided for those individuals.
• To arrange an escort, use the TapRide app.

Bicycles
• Bike racks are available throughout campus.
• Bike registration is available in the Wool Center through the Department of Public Safety & Emergency Preparedness (DPSEP).

Getting around town:
Metro
Metro operates the St. Louis metropolitan region’s public transportation system and includes MetroBus (public bus system) and MetroLink (light rail system).
International students living on campus receive a free Metro pass. Full-time student semester passes are also available for purchase at parking and card services at a discounted student rate.

Ride Share
St. Louis also offers ride share options like Uber and Lyft.
INTO SLU Information
Website: intostudy.com/slu
Email: intoslu@slu.edu
Phone: +1 314 977 3926
Welcome Desk:
Open Monday – Friday 8:30am-3:30pm

INTO Saint Louis University
3721 Laclede Ave
Beracha Hall, Suite 110
St. Louis, MO 63108

Connect with Us!
facebook.com/intoslu
twitter.com/intoslu
instagram.com/intoslu
youtube.com/user/SaintLouisUniversity
myin.to/linkedin_slu

Saint Louis University Information
Website: slu.edu
SLU Student Health Center
+1 314 977 2323
slu.edu/student-health-center
SLU Department of Public Safety
Non-emergency: +1 314 977 2376

FREQUENTLY ASKED QUESTIONS

What if I want to arrive before the scheduled pick up and move-in dates?
SLU only provides airport transportation and housing on the designated arrival dates. If you arrive earlier, you will need to arrange your own airport transportation and lodging. Please contact intoslu@slu.edu to get further advising on early arrival.

Who do I contact if my arrival plans change?
You can get support 24-hours a day at this phone number +1 314 977 3000 and we will regularly be checking the intoslu@slu.edu email.

Do I need to attend the entire Orientation program?
Yes, orientation is mandatory. Late arrivals are only approved on a case-by-case basis and require a late arrival letter.

Will I need to take tests during Orientation? What can I do to prepare for English study?
SLU will conduct placement testing during orientation to make sure you are in the program that is right for you. Test preparation guidelines will be emailed to all students and test preparation sessions will be held during orientation to prepare you to do well on these tests. Learn more about the placement tests and how to prepare: www.slu.edu/admitted-students/placement-testing.php

If I’m living on campus, will my room be ready for me to sleep in when I arrive?
Yes, when you arrive, your bed will already be made with basic sheets, pillow and a blanket. You will also be provided with a large towel, hand towel and washcloth so you are comfortable your first night here. During orientation, we will take you shopping for any additional items you may require.

St. Louis, Missouri,
Tourist Information
These websites provide helpful information about St. Louis, Missouri, adjusting to life in the US, cultural organizations and events around the St. Louis area.

St. Louis
www.explorestlouis.com
www.stlmosaicproject.org
Emergency (fire, medical, police) 911
For the most up-to-date information visit:

www.intostudy.com/slu

facebook.com/intoslu
twitter.com/intoslu
instagram.com/INTOslu
youtube.com/user/SaintLouisUniversity
myin.to/linkedin_slu

Through innovative partnerships with leading universities, we expand opportunities for higher education, ensuring success and transforming the lives of our students and staff.