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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 an F-1 student visa to study in the US. You will need to schedule an appointment to apply for this visa at a US Embassy or Consulate in your country and will need to complete a visa interview. Before arriving for your appointment, it is important that you obtain your I-20 Certificate of Eligibility, pay the SEVIS I-901 fee, document your finances and make sure that your passport will not expire for at least six months after your expected entry date in the US.

Pre-Arrival Support Service (PASS)
INTO offers a Pre-Arrival Support Service, also known as PASS, which helps students have a better understanding of the visa application process. While it is not required, we encourage all students to take advantage of this free service and connect with a PASS Specialist prior to beginning the visa application process.

If you are interested in utilizing PASS, you must first complete the following online form:
www.surveymonkey.com/r/D8C3PM8

The form will require you to research your university. This will help prepare you to answer questions during your visa interview. After completing this survey, a PASS Specialist will contact you within two business days to review your work and give feedback.

1 Obtain I-20 Certificate of Eligibility
With your confirmation package, you should have received an I-20 Certificate of Eligibility. 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
At least three business days before you schedule your visa interview, you will need to pay the SEVIS I-901 fee. You can pay the SEVIS I-901 online at www.fmjfee.com/i901fee. You must follow the instructions to pay the SEVIS fee and print the receipt. This fee is required in addition to the visa application fee.

You will need the following to pay the SEVIS fee: Your SEVIS ID number (listed on the top right hand side of your I-20)
SLU F-1 school code: KAN214f10192000
SLU J-1 school code: P-1-01469

3 Confirm Passport Expiration Date
In order to obtain a visa, your passport must not expire within six months of your expected entry date into the US. If it will expire sooner than six months, you should renew your passport prior to pursuing your visa application.

4 Evidence of financial resources
During the visa application process, you will be required to provide documentation that proves you have the
For information about traveling to the US: [studyinthestates.dhs.gov](https://studyinthestates.dhs.gov)

For information about SEVIS I-901 fee: [ice.gov/sevis/i901](https://ice.gov/sevis/i901)

financial resources available to pay for your studies and living expenses. Documentation can vary but some suggested documents to bring include bank statements, student loan records or proof of scholarships.

**Schedule Your F-1 Visa Interview**

You must schedule an appointment to apply for an F-1 student visa at a US Embassy or Consulate. Schedule your appointment as soon as possible, as wait times may vary depending on the region and the date you apply. For more information and to find your nearest US Consulate, visit [https://www.usembassy.gov/](https://www.usembassy.gov/)

In your interview, be prepared to answer questions about your academic interests, financial resources to fund your education, your plans after graduation and career prospects in your home country.

For your interview you will need:

- A current passport that will not expire for at least six months after your expected entry date to the US
- The original signed form I-20 for your program
- SEVIS I-901 fee payment receipt
- Documentation of finances for your first year of studies

**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 purposes. Do not use your previous school’s I-20 to re-enter the US.

**Bringing Dependents**

Your spouse or child(ren) under 21 years old may accompany you on an F-2 dependent visa. F-2 visa holders are not allowed to work or pursue a degree program or any other full-time language training program. Additional funding and documentation may need to be provided for your dependents.

**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.
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:

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

A licensed healthcare provider needs to fully complete and sign the required immunization form:

www.slu.edu/life-at-slu/student-health/required-records-forms.php

Return the completed required immunization form directly to Saint Louis University's Student Health Center:

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:

www.slu.edu/life-at-slu/student-health/required-records-forms.php

Immunization form

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
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.

More information about the health plan and waiving coverage can be found here: www.slu.edu/life-at-slu/student-health/_uhp/enrollment-waivers.php

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

All medical documents you bring with you must be written in English or come with a certified translation in English.
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 30 minutes away from campus.

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:

Hotel Ignacio
3411 Olive St.
St. Louis, MO 63103
+1 314 977 4411

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 63103
+1 314 231 1234
WHAT TO PACK

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.

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

Appliances
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
ARRIVING IN THE US

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 will receive the US Customs Declaration form to complete 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

Customs and Immigrations 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.
AIRPORT TRANSFER SERVICE

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 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 www.slu.edu/housing/living/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.
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 3928
The INTO SLU Welcome Desk is open Monday – Friday, 8:30am-5pm

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: classwork, 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
Busch Student Center, Suite 331
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
• Transition programming
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 an escort, call +1 314 977 7433 (977-RIDE) with your name, Banner ID, phone number, current location, destination and the number of riders.

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 and education to learn how to feel safe in a new city.

Call 911
911 emergency services provide on-site treatment and transportation to local hospitals for life-threatening injuries or illness. Only call this number in case of an emergency.
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 travel since it may be difficult for you to get one after 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?
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, call +1 314 977 7433.

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-5pm

Connect with Us!
facebook.com/intoslu
twitter.com/intoslu
instagram.com/INTOslu
myin.to/SLUYouTube
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

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.slmosaicproject.org
Emergency (fire, medical, police) 911
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/admission/international/into/resources.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.
1. Marguerite Hall
2. Beracha Hall (INTO SLU Center)
3. Spring Hall
4. Center for Global Citizenship
5. Pius XII Memorial Library
6. DuBourg Hall
7. Grand Hall and dining facility
For the most up-to-date information visit:

www.intostudy.com/slu

facebook.com/intoslu

twitter.com/intoslu

instagram.com/INTOslu

www.myin.to/SLUYTube

myin.to/linkedin_slu

WeChat ID:

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