



Pre-Arrival Handbook

Building a better global community
by connecting people and cultures
through international language study

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Arrival Checklist



Congratulations! You have received your ESLI acceptance! What do you do now?

This Pre-Arrival Handbook contains all the information you need to successfully arrive to your ESLI campus. Below is checklist to guide you.

- ✓ Pay your SEVIS fee and obtain your F-1 student visa
 - Detailed information found on page 4
- ✓ Book your flight
 - Remember, you cannot arrive more than 30 days prior to the start of the term.
- ✓ Make Arrival Arrangements using ESLI's online [Arrival Preparation Page](#). From this page, you can:
 - Inform ESLI of your arrival day and schedule airport pick-up
 - Apply for housing
 - Pay a tuition deposit and housing deposit (if applicable)
 - Ask questions!
- ✓ Travel to and Enter the United States
 - Detailed U.S. customs information found on page 11
- ✓ Join us at your ESLI campus for orientation. We can't wait to meet you!

ESLI at UWS

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Connection Trouble?

- If you are having trouble connecting to the Arrival Prep Page, [click here](#). Under Arrival Preparations, select your school.



Travel Safety

If your travels require for you to overnight in your port of entry city:

- Book your hotel before you leave your home country.
- Ask your hotel about whether they have a shuttle service from the airport.
- Be careful who you trust for help at the airport.
- If you take a taxi, make sure that your car has a clearly written 'TAXI' sign.
- Ask your driver how much the ride will cost before you start to drive.



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Airport Pickup

- To make life easy, ESLI offers airport pick-up service for a fee.
- ESLI will pick you up from Duluth International Airport.
- Please schedule your pick-up after purchasing your ticket on our [Arrival Preparation Page](#). You will receive confirmation from ESLI.
- When you schedule your pick-up, you will be able to download an airport map and other important information.

Please note that arrivals later in the evening will require a hotel room



Hotels

You may find it necessary to book a hotel room for the first few days after arriving in your campus's city. Here are the ones we recommend:

- [Holiday Inn Express & Suites Superior](#)
- [Best Western Bridgeview](#)
- [Hampton Inn Superior](#)
- [Barkers Island Inn](#)



Housing & Dining



Housing Options

- Students who are under the age of 20 on the first day of classes **are required** to live in the residence halls and purchase a university meal plan.
- Students choose a double (shared) room or a single room.
- Each hall has a lounge, a study area, a television room, bathrooms, kitchen, computer lab, refrigerator (rentable) and laundry facilities.
- Even you do not sign up for airport pickup, please use the [Arrival Preparation Page](#) to let us know when you will arrive to check in for housing.
-



Connection Trouble?

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Meal Plans

There are [two options](#) for Fall and Spring semesters:

- **Superior Plan**
 - Unlimited access when dining hall is open, and dining dollars (called 'Jacket Cash) to spend at the coffee shop or grill.
- **Black and Gold Plan**
 - 135 meals (approximately 8/week) and dining dollars (called 'Jacket Cash) to spend at the coffee shop or grill.
- During the summer, students will have to buy groceries and cook in the kitchens of their residence hall. There are also various restaurants where students may eat during the summer.





Insurance

- Health insurance is mandatory while studying in the U.S. or Canada. All ESLI students are required to have insurance through the plans offered at their campus.
- **Important:** Insurance does not cover all medical expenses! Contact your ESLI program director for more information.



Emergencies

- If you need **non-emergency** medical attention upon arriving in the U.S. it is strongly recommended that you choose from one of the providers on the in-network list. Out-of-network providers may not take student insurance. Please contact your program director for further assistance.
- If you need **emergency** medical attention in the U.S. or Canada, dial 911.



Immunizations

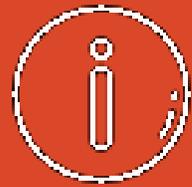
- Immunizations are not required at UWS.
- Click [here](#) for recommended vaccinations.
- If you are living in residence halls, you may need to show proof of immunization. See [here](#) for more information about students living in residence halls.



Prescription Drugs

Students bringing prescription medication into the USA should bring a letter from their doctor stating what it is, what medical condition it is for, and the quantity in their possession. **The note must be in English.** Be aware that some medications used in other countries are considered illegal in the USA and are not permitted and could be confiscated. Check with the U.S. embassy or consulate regarding such items.

General City Information



Climate

In summer, the weather is often warm and breezy. During the winter, you **will need** a warm, heavy, water-resistant coat, warm, waterproof boots and a hat and gloves. You can purchase these items in Superior or bring them with you.

 **Summer** 21° to 30° C
 **Winter** -4°C to -17°C



Money & Banking

- During orientation, we provide an opportunity for students to open accounts with [US Bank](#).
- US Bank has a branch office in Duluth.
- US Bank has an ATM a 5-minute walk from campus.
- There are two additional ATMs on campus.

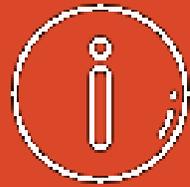


Transportation

- [DTA City Buses](#) – Students receive free bus passes during orientation.
- **Local Taxi Companies** –
 - Courtesy Cab
 - 218-590-9222
 - Badger Taxi and Transport
 - 715-394-5555
- [Skyline Shuttle](#) – Students can take the shuttle to the Minneapolis-St. Paul airport or to the [Mall of America](#).



General City Information



- [Big Apple Bagels](#) Breakfast and Lunch Sandwiches & Coffee
- [China Inn](#) Chinese Food
- [Domino's Pizza](#) Pizza
- [Jimmy John's](#) Sandwiches
- [Perkins](#) Family Restaurant
- [Pho Cali Noodles](#) Vietnamese Noodles
- [Red Mug Coffeehouse](#) Coffee, Soup, Salad and Sandwiches



Shopping

- [Walmart](#) – sells most required household items
- [Super One](#) – for groceries and basic cooking utensils
- [AT&T Phone Store](#) – for phones, SIM cards, and service plans
- [Miller Hill Mall](#) in Duluth – clothes, shoes, sports equipment, jewelry and much more



at&t

What to Pack



Here are some items you might want to either bring with you or buy as soon as you arrive:



Clothing

- Pack at least two changes of clothes in your carry-on.
- American students usually wear casual clothing in the classroom (jeans, t-shirts, sneakers).
- Clothing for different types of weather; it changes often in the U.S.
- Formal outfits for any special events or ceremonies.
- Traditional clothing from your home country for cultural events on campus.



Toiletries and Cleaning

- Soap, shampoo, and so on
- Tooth brush and tooth paste
- Shower curtain and shower hooks
- Shower shoes (on-campus housing)
- Laundry detergent
- Laundry bag
- Paper towels
- Dish Soap



Bedding and Linens

- Bedding sets are available to borrow or buy from the university.
- Bath Towel



Other

- Electrical outlet adapter/converter
- Backpack or book bag
- Laptop Computer
- Cultural items for events on campus
- Basic kitchen supplies (plate, cup, utensils, pot/pan)

Entering the United States



Before you leave for the United States, make sure that you have:

- ✓ Passport
- ✓ Visa
- ✓ I-20 "Certificate of Eligibility for Nonimmigrant Student Status"
- ✓ Acceptance letter from your school
- ✓ ESLI acceptance/welcome letter (make sure you note your school's Director/DSO contact information.)



Make 2 copies of your documents. Leave one copy with your family at home and keep a copy with you.

Do not put any of these documents in your checked baggage!

Immigration officials may conduct a limited search of any electronic devices at the Port of Entry.

Some students may be subject to a **Secondary Inspection** upon entry in the US.

This is common procedure in which you will be asked additional questions and/or asked to provide more documentation.

- ✓ You will be asked to go with a CBP officer in to separate interview room.
- ✓ Remain calm.
- ✓ Cooperate with CBP officers.

