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We have created this packet to help prepare you for your time at Barnard. Please read through the materials closely, and make sure to return all forms by their deadlines.

## Checklist

<table>
<thead>
<tr>
<th>Did you…</th>
<th>Due</th>
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<tbody>
<tr>
<td>□ Apply for and receive your visa?</td>
<td>As soon as possible</td>
</tr>
<tr>
<td>□ Fill out and submit your Housing and Dining services contract?</td>
<td>July 1</td>
</tr>
<tr>
<td>□ Pay your bill? (We’ll send you your bill in early November)</td>
<td>August 1</td>
</tr>
<tr>
<td>□ Submit your health information online, including proof of…</td>
<td>July 10</td>
</tr>
<tr>
<td>○ Required vaccinations (measles, mumps, rubella, and meningococcal disease)? (YOU CANNOT MOVE INTO YOUR RESIDENCE HALL UNTIL THESE ARE UP-TO-DATE!)</td>
<td></td>
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<tr>
<td>□ Log into myBarnard AND…</td>
<td>As soon as possible</td>
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<tr>
<td>□ Activate your UNI?</td>
<td>As soon as possible</td>
</tr>
<tr>
<td>□ Submit your ID photo?</td>
<td>As soon as possible</td>
</tr>
<tr>
<td>□ Complete online Directory Information/Emergency form?</td>
<td>As soon as possible</td>
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<tr>
<td>□ Complete disability forms (if applicable)?</td>
<td>As soon as possible</td>
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<tr>
<td>□ Ask parents or guardians to complete online Family Information Form?</td>
<td>As soon as possible</td>
</tr>
<tr>
<td>□ Submit your flight information online?</td>
<td>As soon as your flight is booked!</td>
</tr>
</tbody>
</table>
To-do List

The following TO DO list will give you a step by step checklist of deadlines and forms that need to be submitted to Barnard. You may print this out to keep track of deadlines, but we encourage you to check back in case information is added or changed.

**Complete and submit Dining Services contract by July 1.**
All students must submit their choice of meal plan by completing a dining services contract.
Email completed form to bursar@barnard.edu (Do NOT send form to visp@barnard.edu!)

**Sign up for Housing by July 1.**
Apply and sign up for Housing here. Check out online housing descriptions for more information.

**Pay your bill by August 1.**
Please note that there is no grace period. Late fees will accrue after the deadline has passed. Registration for classes will not be permitted until all balances due to the College have been cleared. You will receive your bill in July. Pay your bill at barnard.peertransfer.com. You will need your BCID# (7 digits) -- also referred to as the student account number. Payers should click "Student Account Payment" (not "Admissions Deposit."). Questions? Contact Office of the Bursar, bursar@barnard.edu, 212-854-2026

**Submit required health forms by July 10.**
The Primary Care Health Services provides treatment of acute and chronic illness, gynecological care, health and nutrition counseling, allergy treatments, vaccinations, medications dispensary, a 24/7 emergency clinician-on-call, a travel health clinic, health promotion and education, and referral to off-campus specialists.
Fill out health information online here, and see more information in this packet about required health information. Notice of Privacy Questions? Contact Stephanie Paciulla, 212-854-2091, SPaciulla@barnard.edu

**Activate your online accounts as soon as possible, and by August 1st at the latest.**

*Activate your myBarnard and gBear (email) accounts*
MyBarnard is Barnard’s online portal and you will use it for many important things, including registering for classes, checking your grades, receiving communication from your adviser and faculty, and much more. You will also set up your Barnard email account through myBarnard, and we encourage you do so as soon as possible. Your myBarnard and Barnard email have the same login and password. Beginning August 1, 2015, all communication we send to you will be through your Barnard email account, so it is essential that you set that up right away. Here are the instructions for setting up your myBarnard account: http://barnard.edu/studentcomputing/passwords/activateaccount
Note: you will need to enter your “Barnard System ID,” which is the 7-digit number I will send to you by email.

*Activate your UNI*
Your email/myBarnard accounts will contain what is also known as your “UNI” throughout the University. This is a code with 2 or 3 letters and a 4-digit number sequence (for instance jk2467). Activate your uni through Columbia at: http://uni.columbia.edu. (To activate your uni through Columbia you will need the 9-digit “SSN” which will be sent to you via email.)
ONCE YOU SET UP YOUR MyBARNARD ACCOUNT/UNI, YOU WILL BE ABLE TO DO SEVERAL ADDITIONAL THINGS, WHICH ARE VERY IMPORTANT:

*Complete online Directory Information/ Emergency form via myBarnard.*
  Indicate whether or not you wish to be listed in online directories and whom you wish us to contact in case of an emergency.

*If applicable, complete the Needs Assessment Form and Disability Housing Request through myBarnard.*
  For disability-related housing requests, please review this [website](#). Questions? Contact the [Office of Disability Services](#) at 212-854-4634 or email ods@barnard.edu

*Ask parents or guardians to complete online Family Information Form*
  [Family Information Form (to be submitted by parent/guardian)](#). Parents are invited to connect with Barnard. Learn about the [Parents Fund Council](#) and meet other families.

*Submit ID photo for your student ID card*
  For your Barnard College/Columbia University ID card, please submit a jpeg photo online at the website of the CU ID Office. You will need your UNI to log in to the secure site, as well as your SSN (or college-assigned nine-digit number, as mentioned above in the UNI section).

  The color photo must be passport-style: facing forward with your head and shoulders clearly visible. No photos with sunglasses or hats will be accepted. Email questions to idcard@columbia.edu or for more information visit [askus.columbia.edu](#).

  You will receive your University ID card upon arrival to campus.

*Go on myBarnard to check your Bursar bill and verify any payments made.*
  Please continue to check this account site, since once final room assignments and meal plan assignments are made, you will need to view any revisions to your original bill.

  Note: after you click ACCOUNT INFO in myBarnard, the default display is the "Current Term" (Fall 2015).

*Submit your flight information online so we may prepare for your arrival by August 28th.*
  Please note that we do not provide transportation from local airports to campus.

*Move-in to your residence hall on August 28th, 2015, if you have signed up for the International New Student Orientation Program (iNSOP).* **Please note that if you have not signed up for INSOP, your move-in date will be Sunday, August 30th.**

*Orientation begins August 30th*
  Meet your fellow domestic and international Barnard students, get to know the campus, and explore the city. Learn more about the [New Student Orientation Program (NSOP)](#).
**Academic Calendar**

**Fall Term 2015**

- September 7 - Labor Day - University Holiday
- September 8 - First Day of Classes
- October 22 - Midterm Date
- November 2 - Academic Holiday
- November 3 - Election Day - University Holiday
- November 19 - Last Day to Pass/Fail
- November 26 - Thanksgiving Day - University Holiday
- November 27 - University Holiday
- December 14 - Last Day of Classes
- December 15 - December 16 - Study Days
- December 17 - December 23 - Final Examinations

*Note: Residence Halls close for Winter Break December 24th at 9:00am. Students are not permitted to remain in campus housing during winter break.*

**Spring Term 2016**

- January 16 – Residence Halls re-open from Winter Break
- January 18 - Martin Luther King Jr. Birthday Observed - University Holiday
- January 19 - First Day of Classes
- March 7 - Midterm Date
- March 12 - Friday, Mar 20 - Spring Recess
- March 24 - Last Day to Pass/Fail
- May 2 - Last Day of Classes
- May 3 - May 5 - Study Days
- May 6 - May 12 - Final Examinations
- May 13 – Students must move out of Residence Halls no later than 5:00pm

*Note: you must move out of your residence hall by May 13th; there are no exceptions. You may, however, apply to stay in summer housing at an additional cost.*
Arrival Information

- You should plan to arrive at Barnard on August 28th, 2015. Please submit your Arrival Flight Information as soon as your flight is booked. We need to be able to plan for your arrivals.

- When you arrive at either JFK, LaGuardia, or Newark airports, you will need to go through customs and get your luggage and then come to Barnard. There will be lines for yellow taxis waiting outside baggage claim, if you wish to take a taxi. Do NOT agree to take a ride from anyone offering taxi services inside baggage claim; if you plan to take a taxi follow the airport signs for the taxi line and you will see an organized system for getting a yellow cab. Depending on how you choose to get from the airport to Barnard, it can take 45 minutes to 2 hours in transit.

- Information on buses, trains and other transportation from the airports to Manhattan is available here:

  http://www.panynj.gov/airports/ewr-ground-transportation.html (Newark)
  http://www.panynj.gov/airports/jfk-ground-transportation.html (JFK)

- When you arrive to Barnard, go to the main gates at Broadway and 117th Street, on the west side of Broadway (this is the address to give to a cab). To check-in and receive your packet, enter the gates and go straight into Barnard Hall (the large brick building with columns) where you can check in.

- You should plan to arrive at Barnard between the hours of 10:00am and 5:00pm. Please note that we cannot accommodate any arrivals after 5:00pm. If you have a flight arriving after 4:30 p.m. on August 28th you may be able to pick up your ID and Welcome information from the Security Desk in Barnard Hall. Otherwise, you can make a reservation at a hotel or hostel for the evening since you are not guaranteed getting here in time. If you experience major delays in your arrival you should call the Office of International & Intercultural Student Programs at 212-854-1777 or email VISP@barnard.edu to notify us.
Dear student,

Though this list is intended for full-time students, we thought you might find it helpful as well. Some things you will bring from home; others you should buy or rent in NYC. We will also lend you sheets, towels, and a pillow for your first few days at Barnard. Don’t worry, we’ll also take you to a store where you can get everything you couldn’t pack or forgot to bring!

For Your Room:

- Air purifier (if you are prone to allergies)
- Alarm clock
- Blanket, comforter, extra long twin sheets, pillow(s)
- Camera
- Cleaning supplies (broom and dustpan, glass cleaner, sponges, small trash bags)
- Clothes hangers
- First aid kit, flashlight, sewing kit
- Lamps (we recommend a three-spotlight floor lamp)
- Pictures, plants, posters, decorations, rug
- Small cube refrigerator (or rent one from Collegiate Storage & Rental)
- Small desk-top fan (window fans are not permitted)
- Storage crates
- Surge protector power strip (regular extension cords are not permitted)
- Umbrella, raincoat, boots, winter coat
- Waste basket

For College Life:

- Things from your home country to share at cultural events and with friends!!!
- ALL BARNARD correspondence you received over the fall
- Address book, envelopes, stationery, stamps
- Appointment book, calendar
- Book bag or knapsack
- Computer, laptop, printer, USB drive
- Desk supplies: pens, pencils, eraser, glue, scissors, highlighters, notebooks, tape, thumbtacks, stapler

For Personal Needs:

- Blow dryer and hair products
- Laundry bag, detergent, iron, small ironing board
- Personal care products
- Shower caddy
- Towels, washcloths, shower shoes

What NOT To Bring:

- All of your books and notes from high school
- Air conditioner or window style fan
- Blue or Yellow “sticky putty” or double sided tape for hanging posters (we recommend blue painter's tape)
- Candles (even dewicked ones) or incense (they are fire hazards and NOT permitted)
- Cinder blocks
- Extra furniture
- Halogen lamps (they are fire hazards and NOT permitted)
- Microwave oven, hot plate, open coil heater, toaster oven, or toaster
- Pets
- Telephone, answering machine, or modem (they will not work in our buildings)
- Your entire wardrobe
Have you wondered what other students would say about their experience as an international student studying at Barnard and living in New York City? We’ve collected some tips and advice from former participants in VISP. Here’s what they had to say about studying abroad, life at Barnard and in NYC, and academics.

The Study Abroad Experience

It is all worth it.

Expect to encounter a challenge! Expect to find yourself grown after you struggle!

Be open, be prepared. Studying is not everything, friends and experiences are more important.

If you feel that you do not know where you are and what you are doing here, do not panic - everything is fine. You should only be patient with yourself and give yourself the time to adjust. It will take you more time than expected, but remember that this is not a race that you have to win. It is a story, your own story, that you need to write.

Make use of every possible resource around you. Do not hesitate to make friends with people all around the world. Be yourself and learn to be proud of the way you are.

Throw yourself into doing things, and you won't regret it.

Be brave, experiment new things and when in doubt, just remember the no regrets policy!

I expected a lot of different things coming to Barnard, and while these things didn't really happen, I'm thankful for that because I think it actually opened up my mind more and allowed me to explore things and territories and people that I wouldn't usually mix with.

Stay informed and do not always stay with people you already know. Be open-minded and stay informed.

You quickly regain confidence in your academic experience, your competitive side is developed and you will undoubtedly mature and grow as a person.

Don't think the way you feel in the first week (lonely) will be the way you feel all semester. Have fun! You are in New York!
Life at Barnard & in NYC

Don't take too many classes and bring more spring clothes. Enjoy Barnard, enjoy New York!

Make fully and detailed plans before coming so that you will find less regrets after the program ends! Try to live with a student from a different culture! Be open and initiate conversations!

Barnard is a lovely community and the people are so comfortable to be with so when coming to Barnard you should always feel at home and will never forget this experience in your entire life.

Relax and enjoy. Put your guards down and getting out of your comfort zone.

Be available for all NSOP meetings since vital information is circulated around that time. Be involved in as many different gatherings involving students as possible; be it for academic or non-academic purposes. When the weather is fair, take the bus and not the subway so you can see the beauty of the city!

Check out the career and internship opportunities and attend talks and leadership labs that Barnard offers.

Choose to live with students from America or other countries. You will have a great opportunity to interact with other cultures.

Get involved as much as possible in campus life and do not be afraid to ask questions.

In NYC opportunities are many, but there is much competition. Students have very busy, intense schedules and goals. Don't worry if you feel on the outer at the outset, it takes time to understand the particular culture in NY and at BC.

Say yes to everything and if something fails, move on and find other things to do other people.

If you are a musical fan, join the Theatre Development Fund membership to get fantastic seats for very cheap prices (NOT the same as student rush!). Take advantage of the city and plan your time very well because once the semester starts, time just ticks away like crazy.

Go to Brooklyn and Williamsburg – it’s not that far away! Go out to dinner - don't think too much about money but enjoy it while you are here! Go to extra lectures when you have time, meet all of your professors at least once during the semester, and take it seriously - time goes by way too fast, so hang on!

Even when you're tired in that first week, you will gain so much from meeting new people and doing new things. Having said that, remember to pace yourself. It is ok to take a break and *not* try to cram something meaningful and memorable into every moment. Having a night off to watch a movie on Netflix can be blissful after a hectic day, and you'll feel recharged to "make the most" of New York tomorrow.
Academics

Look at the course catalogue both at Barnard and Columbia closely before coming here. Do not just decide on the 3 or 4 courses that you want, but have backups. Because of the 'shopping week' you are not sure which classes you can get in to and it ends up taking a lot of time the first two weeks if you have not look through all of the classes beforehand.

Select courses which you could only take at Barnard, not your home university.

Be prepared for a higher workload than you are used to. And it may be tough, but it is worth it, and you will learn so much in all ways.

Consider the impact of taking classes that run into the evening. This can be both exhausting if you aren't used to classes running so late but also can act as a barrier to go along to events/get involved in clubs at Barnard/Columbia and New York City.

If you have to do part of your major here, be very aware that colloquiaums and 4000-levels are very difficult. I ended up taking two colloquiaums and a 4000-level which I later found out was crazy. Look at what the different kinds of classes entail and don’t just focus on the amount of credits.

Choose courses that are different from those offered in your home country; I think that's the most effective way to get immersed in here! This is the time to experiment and go outside of your comfort zone and discover new things about the world and yourself.

Choose courses you like wholeheartedly, and do not be afraid of choosing courses outside of your academic field. They will amuse you in a brand new way.

Remember to register early for popular courses, you would like to take. Think about what courses you are taking and how much a work load there is associated with them. Don't overload yourself! Better take a course of history of domestic animals and be happy rather than something really challenging that will require you to read hundreds of pages written in advanced English. You can always attend the lectures you are interested in without getting credits for these classes.

Be prepared to be treated like regular students do this experience only if they have a very strong motivation.

Take as many different courses as possible but make sure to choose courses which are not too time demanding. Seek advice if not sure. Make use of the resources available; course works, library, TA Office Hours (esp) and study groups with non-VISP students.

If you find it difficult to speak and write English and maybe feels a little embarrassed about it, remember that most Americans thinks that the fact that you are able to speak another language that well is amazing in itself. And most importantly - say a lot in the classes from the beginning! Even though you know that it would sound a lot better in your own language the only way to get better it to jump into it!
Medical and Health Information

Requirements for Attendance

The following are the vaccinations that a student studying in a secondary institution in New York State, i.e. Barnard, needs to have or show proof of having immunity through a titer (lab test to show immunity).

The Meningitis vaccine is advisable but not mandatory. When you fill out our online forms, you will need to choose from 3 options (which is NYS mandated) a. I've had the vaccine and when; b. I will have the vaccine within 30 days or c. I choose not to have the vaccine.

Measles
Students born on or after January 1, 1957 must submit proof of immunity to measles. Only one of the following is required:

- The student must submit proof of two doses of live measles vaccine: the first dose given no more than 4 days prior to the student's first birthday and the second at least 28 days after the first dose; **or**
- The student must submit serological proof of immunity to measles. This means the demonstration of measles antibodies through a blood test performed by an approved medical laboratory; **or**
- The student must submit a statement from the diagnosing physician, physician assistant or nurse practitioner that the student has had measles disease;

Mumps
Students born on or after January 1, 1957 must submit proof of immunity to mumps. Only one of the following is required:

- The student must submit proof of one dose of live mumps vaccine given no more than 4 days prior to the student's first birthday; **or**
- The student must submit serological proof of immunity to mumps. This means the demonstration of mumps antibodies through a blood test performed by an approved medical laboratory; **or**
- The student must submit a statement from the diagnosing physician, physician assistant, or nurse practitioner that the student has had mumps disease

Rubella
Students born on or after January 1, 1957 must submit proof of immunity to rubella. Only one of the following is required:

- The student must submit proof of one dose of live rubella vaccine given no more than 4 days prior to the student's first birthday; **or**
- The student must submit serological proof of immunity to rubella. This means the demonstration of rubella antibodies through a blood test performed by an approved medical laboratory (Since rubella rashes resemble rashes of other diseases, it is impossible to diagnose reliably on clinical grounds alone. Serological evidence is the only permissible alternative to immunization.;)
Medical and Health Information (continued)

Meningococcal Disease
New York State PHL Section 2167 requires post-secondary institutions to distribute information about meningococcal disease and vaccination to the students, or parents or guardians of students under the age of 18. The institution is required to maintain a record of the following for each student:

- Certificate of Immunization for meningococcal meningitis disease; **or**
- A response to receipt of meningococcal meningitis disease and vaccine information signed by the student or the student's parent or guardian; **AND, EITHER**
- Self reported or parent recall of meningococcal meningitis immunization within the past 10 years; **or**
- An acknowledgement of meningococcal disease risks and refusal of meningococcal meningitis immunization signed by the student or student's parent or guardian.

REQUIRED Insurance
All VISP students are required to purchase medical insurance in accordance with Barnard policy and visa regulations. This comprehensive insurance will be billed automatically to each student. This charge will appear on your bill and you will be enrolled in this plan by Barnard. No additional action is necessary. Check out the Fall 2015 Essential Insurance Info Guide for more information. You may also contact Primary Care Health Services (PCHS) for any questions you may have regarding health or medical insurance.