Welcome to U-M! This booklet provides resources for you as you get settled in Ann Arbor. Contact us if you have questions. We hope to see you at orientation and future International Center events!

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Welcome

International Center

The International Center is a one stop shop for most international student needs! It has staff to help international students navigate their time here at U-M. The International Center’s website has information ranging from announcements to upcoming events. Make sure to visit the center or site if you want information on current events or more specific information like health insurance or immigration.

International Center Orientation

International Student Orientation is unique at U-M. While your school/college (graduate students) and the Office of New Student Programs (undergraduate students) may host their own orientation programs, the International Center also hosts an optional orientation. Our orientation happens during the three weeks prior to fall term, and we offer more than 20 workshops each week to help you adapt to life at U-M. Topics of the workshops can range from “Communicating with Your Academic Advisor” to “Making Friends in the U.S.” The IC also hosts a variety of shopping trips and social events throughout orientation to help you meet other new international students.
Uniqname

Your uniqname is your U-M username. It is used for logging in to U-M websites, online services, systems, and more. Uniqnames are made up of 3 to 8 alphabetic characters (for example, bjensen). Your U-M email address will be youruniqname@umich.edu (where “youruniqname” is replaced with your actual uniqname). Your uniqname is public. It appears on your Mcard, in your MCommunity Directory profile, and in many other records at the university. Visit this Set-up Your Uniqname and Account website to find more information and instructions.

MCard

The Mcard is your official University of Michigan identification card. You will use it all over campus to identify yourself as a member of the university community. The UMID number is the cardholder’s eight digit student number or employee number. The Mcard has many uses from building access to use as an ATM/debit card! Please explore this website for additional information.
Let the Preparation Begin!

**Applying for a U.S. Visa**
Before making travel arrangements, you will need to obtain an appropriate U.S. visa.

**Searching for Housing**
The earlier you start looking for housing, the more options you will have.

**Exploring Orientation Workshops and Social Events**
Identify and attend the workshops and events which are beneficial for you.

**Reviewing International Health Insurance**
Learn about the basic immigration rules in order to maintain your legal status in the U.S.

**Understanding Mandatory Immigration Check-in**
Learn how health insurance works, what is covered and what is not covered.

**Getting to Ann Arbor from Detroit Metro Airport (DTW)**
Discover the best way to get to the campus.

Click here to visit the “Let the Preparation Begin” website.
Immigration Check-in

*During the check-in session you will:*
- Review legal requirements of F1/J1 status
- Provide original and photocopies of your immigration documents
- Receive a travel signature

The check-in session will last approximately two and a half hours (one hour for Returning/Change Of Level students), and you must attend the entire session. Your dependents are not required to attend. If you do not have the required documents or if you arrive late, you will NOT be allowed to attend the session, and you will have to reschedule your appointment. More information can be found in Check-in Presentation and Student Responsibility Checklist.

**Required Documents**

*Two printed copies of each are required at check-in:*
- Your passport
- Your original I-20 or DS-2019
- Copies of the following documents (black & white, standard U.S. letter size – 8.5 by 11 inches)
  - Passport picture page
  - Your F-1 or J-1 visa (and entry stamp) - (except Canadian citizens)
  - Page 1 of your I-20 or DS-2019
  - Electronic I-94 form (printed AFTER your arrival in the United States)

If you have F-2 or J-2 dependents (spouse and/or children) who traveled with you to the US, bring their original passports and I-20 (or DS-2019) forms, photocopies of their visas, photocopies of page 1 of their I-20 (or DS-2019) and a copy of their electronic I-94 forms.
Registration

The International Center uses Sessions@Michigan for check-in registration. All F-1 and J-1 students required to attend a check-in will receive an email with instructions regarding your check-in. You should receive the email 30 days before the start date on your I-20 or DS-2019.

You may also visit the website for Sessions@Michigan, log in using your Umich login, and click on “My Sessions” (top right of the page) for more information about your check-in. The information should be available 30 days before the start date on your I-20 or DS-2019.

You may see that you have been registered for a particular session (e.g. when your check-in is taking place as a part of your departmental orientation) or that you have been invited to register for one of several options. If Sessions@Michigan (or the email you received) indicates that you have already been registered, there is nothing more you need to do. Please attend the session that Sessions@Michigan instructs you to attend and to bring the documents outlined in the email.

New Undergraduate Students

Your check-in session will be part of the International Undergraduate Orientation co-sponsored by the Office of New Students Programs and the International Center. If you already attended a domestic student orientation because you are a Canadian or transfer student, you will not be attending the International Undergraduate Orientation, and you will receive an invitation to register for a regular check-in.
Academics

Academic Advising Offices

U-M has academic advising offices for students in order to support their academic journey. Each department has their own advising office. Whether it is for advising about your future or current classes, your academic advisor will be able to help. Make sure to utilize their offices if you have any questions about academics!

For undergraduate advising, please see the Academic Advising Contact Info.

For graduate advising, please contact your school department for more information (the list below is not exhaustive):

Rackham Graduate School
- List of Academic Programs
- Professional and Academic Development

Professional Schools and Colleges
- Art and Architecture
- College of Engineering
- College of Pharmacy
- Health Informatics
- Law School
- Medical School
- Naval Architecture & Marine Engineering
- Ross School of Business
- School of Dentistry
- School of Information
- School of Nursing
- School of Public Health
- School of Social Work
Registering for Classes
U-M students complete their registration on the Wolverine Access.

*Undergraduate students* can refer to the LSA Course Guide for all the courses being offered in each term. Speak with an academic advisor if you don’t know what to register for. *Graduate students* should speak with your faculty advisor to determine which courses to take each semester in order to fulfill degree requirements.

Backpacking
Once courses are chosen, students can start “backpacking” classes on Wolverine Access. Your “Backpack” is where students load all their class selections prior to their assigned registration time. Like an online shopping cart, students can then check the boxes for classes that they want to sign up for when their assigned registration time arrives. Then, they can click next to finish registering. For more information regarding backpacking and registration, please visit the Wolverine Access FAQ.
Religious Holidays

The University of Michigan respects and honors religious holidays that are observed by our students. As a student, you are allowed to request day off(s) to observe the holiday(s) from your culture or religion. It is highly recommended that in the beginning of the term, you email your professor and request for absence(s) for the holiday(s) you are observing. You can find a list of religious holidays on the [Office of Provost Website](#).

Special Accommodations

At the University of Michigan, we are committed to making everything accessible to all students. The [Services for Students with Disabilities (SSD)](#) office works to make accommodations for students easy and hassle free. Their mission is to support the University’s commitment to equity and diversity by providing support services and academic accommodations to students with disabilities.

If you have a disability, you can file for [academic support services](#) in the classroom through the SSD department.
English Resources

English Language Institute (ELI)

The English Language Institute (ELI) provides a full range of English for Academic Purposes courses and other types of language and academic support for international graduate students, scholars, researchers, staff, and post-docs at the University of Michigan.

ELI offers several Language Clinics which provide international graduate students, GSIs, scholars, faculty, and staff with one-on-one language and academic support.

ELI also hosts the Conversation Circle during the year to help students improve their English in a casual setting.

Moreover, ELI compiled this Self-Study e-Resources site. It offers useful learning links to online resources for independent study of these topics and more. You will be able to browse or search the database of learning links to self-directed, web-based English language learning sites and other resources. Beyond online exercises, you will find free courses you can sign up for, free language skills software you can download, and lists of common errors and common expressions. Nearly all of these links are to external sites not maintained by the ELI or the University of Michigan. If you find that URL addresses are no longer active, or if the content has been changed, please contact the site administrator, pbogart@umich.edu.

Language Resources Center (LRC)

The Language Resource Center (LRC) is another wonderful resource for enhancing your English language skills. There are Conversation Partners available at the LRC and they can help you improve your skills by having a mutual interest in learning each others language.
Besides the U-M English resources, there are English as a Second Language classes available at Washtenaw Community College (WCC). WCC is located off campus, and it is about a 15 minute drive from U-M’s campus. These classes help students build their English speaking skills as well as their grammar.

Washtenaw Literacy

Washtenaw Literacy’s mission is to provide free language instruction customized to the needs of adults throughout Washtenaw County, utilizing a trained network of volunteer tutors. They provide free tutoring for adults of all ages and specialize in working with those whose native language is not English.

Additional English Resources

- [50 Incredibly Useful Links For Learning & Teaching The English Language](#)
- [Eight excellent digital resources for English language learners](#)
- [Duolingo: a language app that offers free, bite-size language lessons](#)
Libraries

U-M Libraries

The University of Michigan has one of the best library systems in the world. Our library system, MLibrary, has many resources for students and scholars in regards to research and to finding any books. The two main libraries used by students on Central Campus are the Shapiro Undergraduate Library (The UGLi) and Hatcher located on Central Campus. Both of those libraries have a plethora of study spaces and although they are labeled the undergraduate and graduate libraries, all U-M students are allowed to use them. On North Campus, the James and Anne Duderstadt Center is a popular study location among students. For more information, see the list of all U-M libraries and their hours.

Ann Arbor District Libraries (AADL)

The Ann Arbor District Libraries (AADL) provides services at no charge to all residents living within the Ann Arbor District Library’s service area. Library services are available to all others outside this service area for a fee. Over 8.8 million items have circulated system-wide during recent fiscal years! In addition to these items, thousands of people enter the library and its branches to utilize print and electronic reference resources, access the Internet through the Library’s fiber-optic connection, enjoy state-of-the-art Wi-fi service, participate in computer and Internet training, view a Library exhibit, or attend one of the Library’s many events.

You can register for a library card here, and see AADL Events here.
Campus Involvement

Maize Pages

Maize Pages is an online platform for students to find student organizations. You can either search by type of the organization or name. Maize Pages will also list events happening nearby you, and if you log in to the page, you will have a personal profile that tracks your involvement in clubs.

International Center Student Council

The International Center Student Council (ICSC) provides globally minded students with a forum to identify and examine issues affecting students. ICSC serves as a direct link between U-M students and the International Center. It is dedicated to helping the International Center fulfill its mission. ICSC also serves to provide a global community in which members can respectfully and creatively collaborate with each other and with IC to make UM a better place for personal and professional growth.

FestFall and NorthFest

Festifall and Northfest are two great ways to learn more about student orgs. You can talk to groups focused on social justice, sports, dancing, games…and almost anything else! It’s the best way to start finding your community on campus.

Happening @ Michigan

U-M is a big campus. It does not only have hundreds of organizations, but also has many events happening every day across campus. Happening @ Michigan is a platform that publicizes the events happening around campus.
Health & Wellness

Health Insurance

If you are an F-1 or J-1 international student or a J-1 scholar whose Form I-20 or DS-2019 was issued by the University of Michigan (Ann Arbor), you are required to have health insurance coverage for yourself and any F-2 or J-2 dependents while at the University of Michigan. You are automatically enrolled in the plan after they complete their Mandatory Check-In at the International Center, unless you have health insurance that meets the University’s minimum requirements. Coverage under the plan begins on the student or scholar’s “program start date” (Form I-20, Item 5 or Form DS-2019, Item 3).

Health insurance coverage is coordinated through the U-M International Center. For contact information and office hours, see U-M International Center Health Insurance Office Hours.

This section provides the following information on the U-M health insurance requirement and the U-M International Student/Scholar Health Insurance (IHI) Plan:

• Useful Links & Frequently Asked Questions
• U-M Health Insurance Requirement and Enrollment Process
• U-M International Student/Scholar Health Insurance (IHI) Plan Coverage and Rates
• Alternatives to the U-M International Student/Scholar Health Insurance (IHI)
• U-M Health Insurance Standards and Insurance Waiver
• Using the U-M International Student/Scholar Health Insurance (IHI)
Counseling and Psychological Services (CAPS) is committed to creating an environment based on the values of multicultural, multi-disciplinary and multi-theoretical practices that allow our diverse student body to access care, receive high quality services and take positive pathways to mental health.

CAPS Counselors speak a variety of languages and may be embedded within your own school/college. You can also set up a time to meet with a counselor at the main CAPS office.

SilverCloud Interactive Mental Health Resource is available on CAPS website. It is an online mental health tool that is available to all faculty, staff, and students at no cost. It offers self-guided programs for anxiety, depression, stress, resilience, or insomnia.
U-M Health Systems

Most costs at the University Health Services (UHS) are covered by the health service fee, which you pay as part of tuition. Students will save money by getting medical care at University Health Service during terms when they are enrolled in classes. Many UHS services are free for enrolled students, so it will not be necessary to pay the deductible, co-pay or co-insurance. For other costs, UHS will bill your insurance, and you are responsible for payment if insurance does not cover costs. UHS may also refer you for health care services that are not available at UHS. Services outside UHS are not covered by the health service fee, but your insurance may cover some or all of these costs. Make sure to take your insurance card with you when you visit UHS.

If you are not an enrolled student, do not want to receive health care at UHS, or need health care that UHS cannot provide, you will save money by going to a doctor or hospital in the Blue Care Network (BCN), such as the U-M Health System. You can find other doctors and hospitals in the network on the BCN website.

Check the U-M International Student/Scholar Health Insurance (IHI) Plan Coverage and Rates for more information about annual deductible, co-pays for office visits and hospital admissions, co-insurance for services, out of network medical care, out of pocket maximum, other coverage highlights, and current rates.
Michigan Medicine

Michigan Medicine offers inpatient and outpatient care. The eight-unit complex includes University Hospital, Von Voigtlander Women’s Hospital, Mott Children’s Hospital, Comprehensive Cancer Center, Frankel Cardiovascular Center, Neuroscience Hospital, A. Alfred Taubman Health Care Center, and the Med Inn Building. More than 110 specialty services are available, ranging from Emergency Services and Obstetrics-Gynecology to Pediatrics and Psychiatry.

Psychiatric Emergency Services at the University Hospital

Psychiatric Emergency Services (PES) provides emergency/urgent walk-in evaluation and crisis phone services 24 hours a day, 7 days a week, for people of all ages. Services include psychiatric evaluation, treatment recommendations, crisis intervention; screening for inpatient psychiatric hospitalization, and substance abuse treatment referral information. Crisis phone service: 734-936-5900

Psychological Clinic

At the U-M Psychological Clinic, social workers, psychologists, and psychiatrists offer adults a range of mental health services, including evaluations, psychological assessments, individual psychotherapies, and group counseling sessions.
Sexual Assault Prevention and Awareness Center (SAPAC)

The Sexual Assault Prevention and Awareness Center (SAPAC) promotes social change and activism on two levels: through the professional services we provide to the University of Michigan community, and through student leadership development wherein students help students as peers. SAPAC believes that people of all identities must work together to eradicate sexual assault, stalking, sexual harassment, and intimate partner violence and that this necessitates activism in many areas, including education, advocacy, crisis-intervention, safety-building, bystander intervention, and policy development.

Recreation Activities

U-M is a very active campus, from sports to recreational programs, and we have many facilities and ways to get moving! There are three recreation centers on campus: the Central Campus Recreational Building (CCRB), the North Campus Recreational Building (NCRB), and the Intramural Sports Building (IM Building). As a student, you have a membership to these facilities when you are enrolled.

Faculty, staff, postdoctoral fellows, and their families are eligible to purchase discounted memberships for access to the University’s outstanding facilities and amazing variety of recreational activities. Become a member here.

Wolverine Wellness is also a great resource for those who want to learn more about various aspects of wellness. There are also student organizations within Wolverine Wellness with which you can get involved.
Campus Safety

Ann Arbor Safety

Ann Arbor is a fairly safe city with many resources that work to protect the student body. The University of Michigan has its own police department (UMPD) as well as Department of Public Safety and Security (DPSS) Officers that work closely to ensure you’re safe on campus.

If you have children, make sure to keep a close eye on them wherever you go, especially if you live in an area without a safe open space to play.

Below are University services that strive to keep students and their properties safe:

- Emergency Blue Light Phones
- SafeRide (After Hours Ride Service)
- Register devices

Emergency Alerts

UM Emergency Alert is an urgent, mass notification system that keeps students, faculty and staff informed about major active emergencies on campus. This system will be activated without undue delay by the Division of Public Safety and Security (DPSS). U-M students, faculty and staff sign up for voice and text EAlerts on Wolverine Access.

Alerts will be delivered via:

- Text message (SMS)
- Voice message
- Email
- University of Michigan’s digital displays
- University of Michigan or DPSS homepage
Living in Ann Arbor

Ann Arbor is one of the most beautiful cities in Michigan and is consistently ranked among the best places to live in the Midwest. Ann Arbor offers a combination of cosmopolitan flavor, scenic beauty, small town pleasures, and big city conveniences. It is home to internationally renowned university, stellar health care, beautiful parks and recreational activities, charming homes, superb and diverse cultural amenities, over 200 diverse restaurants, and numerous galleries. It’s close to airports and expressways as well as beautiful lakes.

City Guides

One of the best introductions to what the university, Ann Arbor, and the surrounding area hold for you is the “Uniquely Michigan” website. In addition, Ann Arbor Observer is a magazine (both physical and electronic) that is packed with concise and insightful news of Ann Arbor people, politics, education, shopping, dining, and entertainment.
University of Michigan campus and City Map

U-M campus and parks are a large percentage of the City of Ann Arbor. You can see the campus map and details about each U-M building through the links.

There are two campuses in Ann Arbor: the Central Campus, and the North Campus. Each of them houses multiple schools and is about 5-10 min drive away from each other. Many buses have routes that connect the two campuses.

Michigan Union

The Michigan Union is one of the most beloved buildings on Central Campus. Impressive in stature and alive with activity, enter the Michigan Union and you’ll find yourself immediately immersed in the Go Blue! culture. The Michigan Union houses study and meeting spaces, eateries, shops, and student services. And it’s home to the IdeaHub for student organizations, run by the Center for Campus Involvement. While in the Michigan Union, be sure to stroll through the historic halls, enjoy the beautifully restored architectural details and imagine all the Wolverines who have come through the doors.
Things to do in Ann Arbor

Ann Arbor is a city filled with surprises and there is never a day where you’ll be bored. From exquisite eateries to fun museums, there are so many things to do. There are fairy doors scattered throughout downtown and these are hidden treasures in the Ann Arbor Community. Finding all the fairy doors makes for a fun scavenger hunt for adults and kids.

Besides fairy doors, there are many great museums, restaurants and attractions to see in the city. Here are just a few to get you started:

- UMMA (Free, but donations are appreciated)
- Matthaei Botanical Gardens and Nichols Arboretum (Free)
- Argo Park Canoe Livery
- The Ann Arbor Farmers Market (Free)
- The Michigan Theater
- The State Theater
- Washtenaw Dairy
- Zingerman’s Delicatessen

For more things to do in Ann Arbor, visit the website “Visit Ann Arbor.”

Shopping in Ann Arbor

Ann Arbor is an incredible shopping hub. From Briarwood Mall to the grocery stores, the options are endless. These places are easily accessible via AATA bus routes.

Shopping Centers/Malls

- Briarwood Mall (Route 6)
- Arborland Center (Route 4)
- Arbor Hills (Route 4)
- Westgate Shopping Center (Route 30)
Household supplies

- **Bed Bath and Beyond** *(Route 4)*
- **JCPenney** *(Located at Briarwood Mall; Route 6)*
- **Target** *(located at Carpenter Road (Route 5) or Saline Road (Route 25)*

Cell Phones

- **AT&T** *(At Briarwood Mall or on 407 E. Liberty Street, Ann Arbor 48104)*
- **Verizon** *(At Briarwood Mall or 212 S. Main Street, Ann Arbor, MI 48104)*
- **T-Mobile** *(At Briarwood or on 200 E Washington St., Ann Arbor, MI 48104)*

General Grocery Stores

- **Meijer** *(open 24hours, except Christmas day)*
  - 3145 Ann Arbor-Saline Rd, Ann Arbor, MI 48103 *(Route 5)*
  - 3825 Carpenter Rd, Ypsilanti, MI 48197 *(Route 25)*
- **Kroger**
  - 2641 Plymouth Rd, Ann Arbor, MI 48105 *(Northwood 5 Route)*
  - 3615 Washtenaw Ave, Ann Arbor, MI 48104 *(Route 4)*
- **Busch’s Fresh Market**
  - 2240 S. Main Street, Ann Arbor, MI 48103 *(Route 24)*
  - 3615 Washtenaw Ave, Ann Arbor, MI 48104 *(Route 4)*
- **Trader Joe’s**
  - 2398 East Stadium Blvd, Ann Arbor, MI 48104 *(Route 24)*
- **Aldi**
  - 2340 Dexter Ave, Ann Arbor, MI 48103 *(Route 31)*
  - 3299 Carpenter Rd, Ypsilanti, MI 48197 *(Route 66)*
- **Whole Foods**
  - 3135 Washtenaw Ave, Ann Arbor, MI 48104 *(Route 4)*
  - 990 W Eisenhower Pkwy, Ann Arbor, MI 48103 *(Route 24)*
African Grocery Stores
• Kasoa African Market
  ○ 3980 Platt Rd, Ann Arbor, MI 48108 (Route 5)

East Asian Grocery Stores
• Hua Xing
  ○ 2867 Washtenaw Ave, Ypsilanti, MI 48197 (Route 4)
• Way 1
  ○ 2641 Plymouth Rd, Ann Arbor, MI 48105 (Northwood 5 Bus Route)
• Galleria
  ○ 3111 Packard St, Ann Arbor, MI 48108 (Route 5)

Latinx Grocery Stores
• Tienda La Libertad
  ○ 2231 W Liberty Rd, Ann Arbor, MI 48103 (Route 30)
• ZZ’s Produce
  ○ 4092 Packard St, Ann Arbor, MI 48108 (Route 5)

South Asian Grocery Stores
• Bombay Grocery
  ○ 3010 Packard St, Ann Arbor, MI 48108 (Route 5)
• Patel Brothers
  ○ 3426 Washtenaw Ave, Ann Arbor, MI 4810 (Route 4)

Ann Arbor Farmers Markets
The Ann Arbor Farmers Market is proud to bring farm-fresh produce to the community every week of the year. The gathering place for more than 100 local businesses, the producer-only market offers native plants, artisanal yogurt, cheese and baked goods, fresh-picked vegetables, slow-roasted coffee beans, fermented sauerkraut and Sriracha, cut flowers, hardwood cutting boards and planters, premier Michigan fruits and nuts, maple syrup and so much more.
• Location: 315 Detroit St, Ann Arbor, MI 48104
• Phone: 734.794.6255
Parks

Nichols Arboretum (The Arb)

Nichols Arboretum (The Arb) is jointly owned by the City of Ann Arbor and the University of Michigan as a resource for the entire community. As you explore you’ll find one of the richest landscapes in the region, as well as a complex glacial topography that presents vast panoramas, broad valleys, and intimate dales and glens. View and download a visitor guide and map of Nichols Arboretum.

Gallup Park

Gallup Park is located along the Huron River and Geddes Pond with scenic walkways that traverse small islands with bucolic pedestrian bridges. It is a popular recreation area in Ann Arbor.

The Wave Field on North

The Wave Field is an artistic treasure of North Campus. It is an earthen sculpture on the Southeast side of the Francois-Xavier Bagnoud (FXB) Building, designed and created by Maya Lin, an artist well known for creating the Vietnam Veterans Memorial in Washington DC in addition to the Civil Rights Memorial in Montgomery Alabama.
Arts & Entertainment

A diverse cultural life thrives in Ann Arbor. Venues both on and off campus contribute to the city’s reputation for being one of the top presenters of the performing arts in the country. Performances range from international talent to student productions. Live music can be found almost any night of the week around town. The School of Music, Theatre & Dance hosts performances almost daily that are free and open to all students. The University’s Museum of Art is home to the state’s second largest collection of art and regularly features traveling exhibitions.

Museums

One of the finest university art museums in the country, the University of Michigan Museum of Art (UMMA) holds collections representing 150 years of art collecting. A dynamic schedule of special exhibitions and interpretative programs connects visitors with the rich artistic legacy of the past and today’s avant-garde.

The Ann Arbor Hands-On Museum creates moments of discovery that inspire curiosity, exploration and respect for STEM and the natural world. It is a great location to explore with friends, family, and kids (see pricing & hours here).

Additional Entertainments

- University Musical Society (UMS)
- School of Music, Theatre & Dance
- Kerrytown Concert House
- The Michigan Theater
- The Ark
- Ann Arbor Civic Theater
- Ann Arbor Summer Festival
Daycares & K-12 Schools

For students and postdoctoral research fellows with families, below are some resources regarding daycares, K-12 schools, and considerations for lunches for your children.

Daycares

The below daycares are accessible around the city of Ann Arbor:

- Ann Arbor YMCA
- Little Blue Preschool
- Ann Arbor Nursery Inc.

K-12

On the Ann Arbor Public Schools website, you can find a school directory, important announcements about all the public K-12 schools in Ann Arbor. In addition, Ann Arbor Observer lists all the private schools in Ann Arbor.

Lunches at Daycare/School

Lunch is not included at schools and sometimes at daycare as well, so make sure to send your kid to school with lunch or lunch money. Questions regarding lunch can be answered at the prospective schools or daycare.
On-campus Housing (University-owned)

Living on-campus has many advantages, including the opportunity to start establishing a network of friends and neighbors and access to professional housing staff members who can answer your questions and help you locate University and community resources. On-campus housing is served by U-M buses.

On-campus housing options include:

- For undergraduate students:
  - Residence Halls and Apartments

- For graduate students:
  - Munger Graduate Residences
  - Northwood Community Apartments

- For students and postdoctoral research fellows with families:
  - Northwood Community Apartments and Townhouses

- For women:
  - Henderson House and Martha Cook

- For law students:
  - Lawyers Club

As with any lease or contract, be sure that you understand your University of Michigan housing lease or contract before you sign it. Read the information about your contract at University Housing. University Housing also recommends buying renter’s insurance.
Off-Campus Housing (private)

Getting an Apartment on campus can be tricky and difficult at times. U-M offers an off-campus housing resource with a list of apartments for rent in the Ann Arbor or Metro Detroit Area. Mlive provides a full listing of available housing, along with the news. Just click on “menu” at the top left of the screen. In addition, there are common private off-campus housing search platforms such as the Craig’s list and Facebook housing pages.

Below are a few resources for you. It is highly recommended that you review these links before signing a lease:

- **Off-Campus Housing Assistance** is available to help
- Have **Student Legal Services (SLS)** to review your lease before signing.
- Setting up utilities (Electricity, internet, etc.)
  - Television Options through U-M
  - Internet with Comcast
  - Internet with AT&T
- **Pros and Cons to Unfurnished vs. Furnished**

For students and postdoctoral research fellows with families:

In Ann Arbor, family housings are usually either apartments or housing rentals. When searching for housings, it is important to consider their conditions such as the age of the space, laundry machines included or not, and what are the amenities (pool, gym, clubhouse). Utilities (electric, gas, internet) are often not included in the rent, and most of the options usually come unfurnished unless specified.
Housing Scams

be aware of rental scams such as overpayments and requests for you to wire money. If you are in Taiwan, it is totally okay for you to request a video chat with the landlord to see the housing location and facilities. [Check this rental scams link for more scenarios.](#)

Mandatory Address Update

You are required to [update your address](#) in Wolverine Access within 10 days of any address change while you are in F-1 and J-1 status.

University Meal Plans

The University of Michigan has many dining halls all across campus. To eat in a dining hall, you can pay per meal, or if you plan on eating there often, you can purchase [a meal plan](#). If you live on-campus, you may be required to have a meal plan. There are term rates that are applied to your student account once you decide to have [a meal plan](#), and the many options allow for you to eat all or just some of your meals there.
Winter Weather Tips

Whether this is your first time living in a climate with winter weather or you are well accustomed to snow and colder temperatures, Ann Arbor can be a very exciting place in the winter! There are many places you can go sledding, skiing, snowshoeing or ice skating!

Even though winter activities can be fun, it is important to be geared up for the colder temperature in order to truly enjoy it and prevent injury. We highly recommend that you get a good waterproof pair of boots for walking around campus in the winter, along with a warm coat and layering items such as a scarf, gloves, hats and sweaters.

Here is a [table of averages](#) when it comes to the monthly temperatures of Ann Arbor. While some of these numbers may seem scary, you will be warm and cozy in the correct clothing! Below are some things to look for when shopping for the winter weather:

**Clothing items:**

Qualities of winter coats to look for:
- Have enough room to wear layers underneath
- Pockets and Hood
- Down Feathers
- Windproof
- Waterproof
- The longer the coat, the more insulated you will be

Qualities of winter boots to look for:
- Waterproof
- Insulation properties
- A good sole with traction
- Boots that go above your ankle are good in case there is slush (melted snow)

Great stores for winter gear: Columbia, North Face, Moosejaw, Eddie Bauer, REI, Bivouac
Transportation

Ann Arbor has an excellent public transportation system, along with the U-M buses that are provided to commute around campus. Some students choose to buy a car while they study at U-M. Please be aware that parking in Ann Arbor can be costly, as permits are required to park on-campus, and your neighborhood may require city parking passes. If you need to drive and you don’t want to own a car, you can also rent a car by the hour or day through rental companies, or use ride share/taxi services to get to and from your destination.

Public Transportations

- Blue Buses (University Buses):
  - Routes
  - Real-time Map
- City Buses:
  - Ann Arbor Transportation Authority (AATA)
- Bicycle Rental through U-M
- Car Sharing Companies:
  - ZipCar
- Taxi:
  - There are over 20 taxi cab service providers in Ann Arbor. See the full list.
  - Uber
  - Lyft
Airport Transportations

The nearest airport by the University of Michigan is the Detroit Metropolitan Airport (DTW). Below are the transportation options between DTW and Ann Arbor:

• **AirRide** (airport bus): The AirRide, also known as the Michigan Flyer, costs $12 for one way with reservation. It is the least expensive option. Be sure to read the information about where to board AirRide at DTW.

• **AirBus**: The AirBus runs between U-M and DTW before and after U-M breaks (Fall, Thanksgiving, Winter, Spring).

• Taxi: Taxi is the most expensive option; however, if you did not make plans for transportation, you can follow the signs to Ground Transportation and find a taxi.

• **Uber, Lyft**: Uber and Lyft are ridesharing services that are popular around the world. You can download the apps from your mobile app distribution platforms and order rides through the apps.

• Your own network: You can also ask your friends who own a car to take you or pick you up from the airport.

Driving in Ann Arbor

Driving conditions and customs in the U.S. may be different than what you are used to in your home country. With driving in Ann Arbor, there are **certain restrictions** for foreign drivers you need to know about before driving in Ann Arbor. The “Driving in the U.S.” presentation found in the International Center Summer Orientation has basic information about Michigan driving laws. You can also refer to Getting a Driver’s License, Buying a Used Car, and Winter Car Care for more information about driving in Ann Arbor.
Parking in Ann Arbor

Parking on campus is very limited and rather expensive. If you are considering purchasing a parking pass, please visit the Student Parking Website. The University and the AATA also provide several free commuter parking lots that provide service to campus via bus. This is called the Park and Ride Program.

Finances

Choosing a Bank

Most people choose banks with branch offices or ATM’s near where they live, work, or study. It is not difficult to change banks, so if you choose one and decide you do not like it, you can always choose a different bank. All the banks and credit unions list on the comparison chart are covered by the Federal Deposit Insurance Corporation or National Credit Union Share Insurance Fund which provide U.S. government insurance for your account. As of 2011, the deposit insurance limit is $250,000.

The PNC Bank is an official consumer bank of the University of Michigan. However, students at U-M are not required to have a PNC Bank account. For more information about the PNC Bank, please refer to this factsheet or visit the PNC Bank website for information tailored to U-M students.
Opening a Bank Account

To open an account, you will need identification, such as a passport. F- and J-visa holders do not need a Social Security number to open a bank account or for most other financial transactions. Banks may ask you to fill out an Internal Revenue Service form W-8BEN to prove that you are exempt from the requirement of providing a Social Security number.

After you have opened your account, you can also sign up for online banking. Most banks do not require a social security number for online banking.

As of June, 2010, the following Ann Arbor banks will allow you to sign up for online banking without a social security number if you do not have one: Bank of America, Bank of Ann Arbor, Chase, Citizens Bank, Comerica Bank, Flagstar Bank, Midwest Financial Credit Union, PNC, U-M Credit Union, United Bank & Trust-Washtenaw.

When you open your account, be sure that you understand any fees that might apply. Read the banking terms and explanations section below before opening your account.

You can find a list of banking terms and explanations here.

Money Conversion

When coming to the United States, knowing the conversion rates is really useful. OANDA and XE are conversion sites that can aid in converting currencies.
Information Technology

ITS Software Store

The U-M International and Technology Services has a variety of resources for computers and softwares. The ITS Software Store provides software licenses previously available through Software Licensing & Distribution. The Software Store also provides options for tracking purchases and viewing departmental purchase histories. Visit this webpage to view a list of software categories available.

Computer Showcases

The Computer Showcase is the U-M computer store. Students can get specialized service when picking out a new computer, updating an existing one, or choosing the right accessory. They also offer low-cost maintenance and computer repair.

Wi-Fi

U-M WiFi networks allow campus and guests to connect wireless devices to the internet and to U-M networks. There are four WiFi networks on the Ann Arbor campus. The Getting Started page explains how to join them.

Printing

MPrint

MPrint is U-M’s printing service that allows campus community members to print from their computer or mobile device to networked campus printers.
Printing at Campus Computing Locations

The standard computing services include printing allocation for students, faculty, and staff at all ITS Campus Computing Locations.

Check Your Usage

You can view your printing allocation balance online.

MiWorkspace

Use your MiWorkspace device to send documents to nearby printers in your unit, or to networked printers across campus.

Digital Resources for Coursework

Two-Factor Authentication (Duo)

Two-factor authentication is an added security layer for protected resources. Most online protected resources at the University require you to login with your uniqname and Umich password. While there are policies in place to enforce the strength and complexity of Umich passwords, we are still relying on users to keep their passwords secure, and change them often in case they end up in the wrong hands. If your Umich password is stolen, someone can impersonate you by logging into anything to which you have access (including changing your paycheck information in Wolverine Access). Adding a second authentication check or factor significantly lowers the risk of a thief being able to impersonate you. Find instructions to turn on Duo here.
Canvas

Canvas is the course management system that the University of Michigan uses. More information is provided on this [website](#) and [tip sheet](#).

Videoconferencing Tools

- All U-M students have access to various videoconferencing tools for free. Use the [Videoconferencing Tool](#) Comparison Guide to browse and compare available videoconferencing options.
- **BlueJeans**
  BlueJeans provides cloud-based conferencing with audio, video, and content sharing.
- **Zoom**
  Zoom unifies cloud video conferencing, simple online meetings, and group messaging.
- **Google Meet**
  Google Meet is a videoconferencing service that allows you to connect and collaborate with live video, audio, and screen sharing from any computer or mobile device.

Dashboard

Additional courses, including those from previous semesters, may be found on your [All Courses](#) page.
Diversity, Equity & Inclusion

Under the leadership of President Mark Schlissel, in Fall 2015, the University of Michigan embarked upon a renewed commitment to diversity, equity and inclusion. Visit this DE&I website to learn more about the University’s strategic plans and events around this effort. Below are a few resources that aim to promote diversity, equity, and inclusion on campus.

MESA

The Office of Multi-ethnic Student Affairs (MESA) strives to promote student development and empower the campus community around issues of diversity and social justice through the lens of race and ethnicity. MESA offers events, heritage months, leadership opportunities, and resources such as student organizational grants, jobs & internships, and academic & scholarship opportunities.

The Spectrum Center

With sexual orientation, gender identity and gender expression as the framework, the Spectrum Center is committed to enriching the campus experience and developing students as individuals and as members of communities.
Trotter Multicultural Center

As a national leader in promoting an inclusive campus climate, the Trotter Multicultural Center serves as a campus facilitator, convener, and coordinator of intercultural engagement and inclusive leadership education initiatives for the University of Michigan students. Check out Trotter's programs and events and be a part of it!

OAMI

The Office of Academic Multicultural Initiative (OAMI) works collaboratively with campus and external partners to develop strategic programs that provide you resources, opportunities and experiences that enrich your academic, social, cultural, and personal development at the University of Michigan.

First Generation College Students

There are thousands of students at the University of Michigan who are among the first generation in their family to attend college. The First Generation College Students website have many useful networks at U-M that can help you connect and thrive on campus.
Reflection Rooms/Prayer Spaces

Reflection Rooms are intended for students and other members of the University community to meditate, pray, and otherwise spend time in quiet reflection. This Reflections Rooms on Campus webpage lists their locations.

Maize & Blue Cupboard

The Maize & Blue Cupboard is a resource on campus that provides food, personal needs, and support to members of the U-M community who are on a tighter budget. It is located in the garden level of Betsy Barbour Residence Hall.

Emergency Funds

Students may experience an emergency situation or one-time, unusual, unforeseen expense while in school. The University offers several types of assistance for students in such special circumstances. The Emergency Funds webpage lists funds available to all students and unit-specific funds.
Cultural Adjustment

Coming to the United States from another country can be daunting with a new culture and new people to be surrounded by, but with time, you’ll become more acclimated to the culture. Here is a chart of phases of adjustment. There are many factors that contribute to culture shock and it’s completely normal to feel this way when you arrive to a new country. There may be things you are not used to and that is okay. Talking to others who have the same struggles definitely helps.

Mental Health and Mindfulness

CAPS is a wonderful resource when it comes to talking about the struggles of being a new international student.

Below are seven tips for you to adjust to the U.S. quickly and comfortably:

1. Explore - Get familiar with your environment
2. Learn about cultural norms - Pay attention to other people’s behavior
3. Be slow to judge
4. Expect to go through an adjustment process
5. Go to events where you can meet new people
6. Be open to starting conversations
7. Read local newspapers, magazines, and books
Understanding Cultures in the U.S.A.

**U.S.A. Holidays (2020-2021)**

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Day</td>
<td>Monday, September 7</td>
</tr>
<tr>
<td>Indigenous People Day</td>
<td>Sunday, June 21</td>
</tr>
<tr>
<td>Veterans Day</td>
<td>Wednesday, November 11</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>Thursday, November 26</td>
</tr>
<tr>
<td>Christmas Day</td>
<td>Friday, December 25</td>
</tr>
<tr>
<td>New Year’s Day</td>
<td>Friday, January 1</td>
</tr>
<tr>
<td>Martin Luther King Day</td>
<td>Monday, January 18</td>
</tr>
<tr>
<td>Presidents’ Day</td>
<td>Monday, February 15</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>Monday, May 31</td>
</tr>
<tr>
<td>Independence Day</td>
<td>Saturday, July 4</td>
</tr>
</tbody>
</table>

**U.S.A. Idioms**

In the United States, there are many idioms that are used when speaking. The phrases usually do not mean what you think they would mean, and they will not make sense if you directly translated them. Some of the most commonly used idioms are listed below, along with what they mean when used in conversations. There are more idioms that can be found [here](#).
U.S.A. Idioms (continued)

Below are some common idioms:

• **Rule of thumb** - An unwritten rule that is known by the general public.
• **Break a leg** – A way to say “good luck” when someone has a big event.
• **Under the weather** - To be sick or not feel well.
• **To blow off steam** - To relax or have time to yourself after a stressful situation.
• **To look like a million bucks** – A way to let a person know they look good.
• **To get over something** – When you’re feeling low/sad/mad and you need to move on.
• **Keep your chin/head up** – To try to be in good spirits.
• **To hit the books** – To go study.
• **To hit the hay** - To go to sleep.
• **To be up in the air** - When plans or a decision are not certain.
• **To sit tight** - To wait for something.
• **To pitch in** - To help out in order for a group to achieve a goal.
• **Spill the beans** – To tell others about secret information.
• **Plead the fifth** – To decline an answer to a question if it has the possibility of incriminating oneself.
• **Lighten up** – To become more cheerful.
• **Hang out** - To spend time socializing with others.
• **Couch potato** - Refers to a person who is viewed as lazy.
• **Piece of cake** - Means completing the task was easy or did not take a lot of work.
• **Baseball references:**
  ○ A ballpark figure - An estimate.
  ○ Strike out (I struck out) - To fail (to have failed).
  ○ Hit a homerun – To be very successful.
• **Beating around the bush** - To avoid talking about the actual problem/issue.
Acronyms & Directory

Acronyms for Campus Resources

The University of Michigan loves acronyms and shortening building names for convenience so don’t alarmed if you hear all these new terms! Listed below are the commonly used acronyms for places on campus, but you can use the [campus acronym converter](#) to figure out others.

- UHS- University Health Services
- CAPS- Counseling and Psychological Services
- SAPAC- Sexual Assault Prevention and Awareness Center
- UMMA- University of Michigan Museum of Art
- UGLI- Shapiro Library (The Undergraduate Library)
- LSA- Literature, Science, and Arts
- CSG- Central Student Government
- SAB- Student Activities Building
- OAMI- Office of Academic Multicultural Initiatives

Directory

[MaizeLink](#) is also a great link that includes up to speed websites with what is going on in Ann Arbor and most used links by students. Check it out!
COVID-19 Resources

The COVID-19 situation is uncertain, constantly evolving, and is causing concern among our international community. The U-M Public Affairs website includes updates from the University, and the International Center continues to post information relevant to international students on the COVID-19 Updates website. As new information or guidance becomes available, we will update the FAQs for Newly Admitted Students webpage, which contains information specifically tailored to newly admitted students.

Health Insurance

If you are concerned about possible health care costs if you did need to be tested or treated for COVID-19, please remember that the U-M health insurance plans, including the International Student/Scholar Health Insurance Plan, and the health insurance plans administered by the U-M Benefits Office, such as GradCare, U-M Premier Care, etc. all cover medically necessary health care costs related to testing and treatment for infectious diseases and medical conditions, including COVID-19. Refer to this Health Insurance and COVID-19 Insurance Information for International Students and Scholars webpage for more information.

Terms to Remember

Below are a few frequently used terminologies for COVID-19. Visit this Centers for Disease Control and Prevention (CDC) website for a more comprehensive COVID-19 glossary of key terms.

Self-Quarantine

Avoiding all contact with others and not leaving home for 14 days if exposed to COVID-19.
State Resources Available in Multiple Languages

State Resources on COVID-19 are available in multiple languages.

How to get tested?

- CDC Guidance on Testing: If you have mild symptoms, but believe you may have COVID-19, please call your medical center before showing up for testing.
- Washtenaw County COVID-19 Hotline: 734-544-6700
- If you have severe symptoms: Go to Emergency Room or call 911
- Emergency symptoms include high fever and cough, in addition to difficulty breathing, confusion or chest pain. (Washtenaw County Health Department).

Social Distancing Activities

- Virtual Hangouts
- Virtual Dinner/Birthday Party
- Online games
- Watch movies/concerts online with friends
- Pick up a new hobby - Online classes/tutorials
- Call your friends/relatives
- CAPS Mental Health Care Package
- U-M Center for Positive Organizations
Ways to Take Care of Yourself

The Centers for Disease Controls and Preventions posts information on Stress and Coping. Some of the coping recommendations are:

• Take breaks from watching, reading or listening to news stories about the pandemic
• Take care of your body: stretch, meditate, try to eat healthy, exercise, get plenty of sleep, avoid drugs and alcohol.
• Make time to unwind. Do other activities/hobbies that you enjoy.
• Connect with others. Talk with those you trust about your concerns.

* CAPS is available as a resource to students feeling anxious, stressed, or depressed.

Other Resources

• U-M Public Affairs
• Connect2Community Website
• Testing for COVID-19
• Free Wifi Hotspots
• 20 Amazing Places You Can Visit Without Leaving Home
• Ann Arbor Library Free Virtual Craft and Storytelling Events
• World Health Organization
• 80,000 Hours
INTERNATIONAL CENTER

Address:
1500 Student Activities Building
515 E. Jefferson Street
Ann Arbor, MI 48109-1316

Phone:
734.764.9310

Email:
icenter@umich.edu