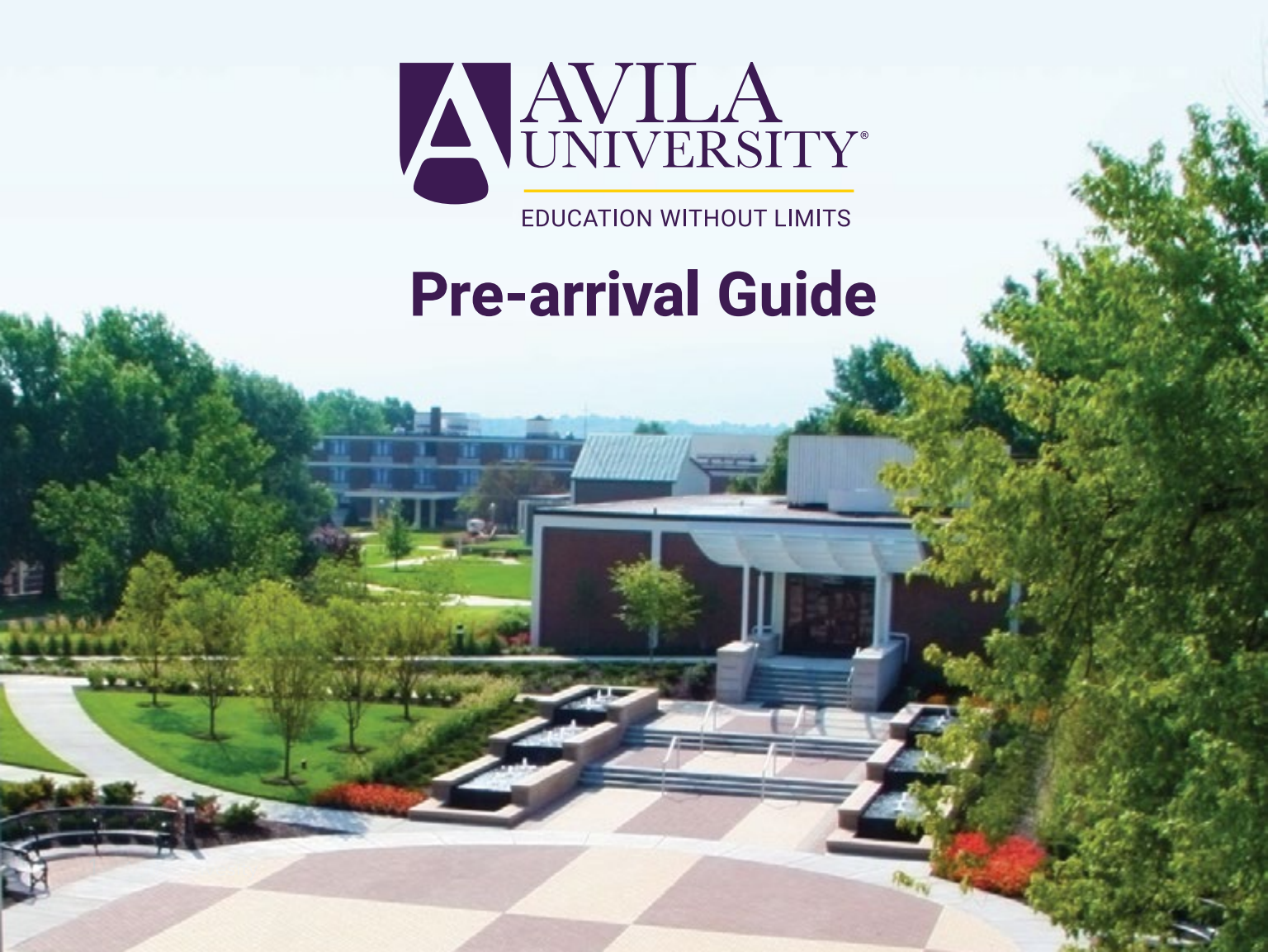




Pre-arrival Guide





YOU'RE IN! **NOW WHAT?**

**By now, you have been accepted to Avila University,
received your I-20 and have your Visa!**

This comprehensive guide is help you plan for your arrival to campus. If you have any questions, reach out to your International Student Services team at

international@avila.edu

WELCOME TO AVILA!

YOUR ISS TEAM

YOUR ISS TEAM:

Andrew Vogel, Ph.D.
Director of International Student Services
Avila University
Office: (816) 501-2995
andrew.vogel@avila.edu

Josiah Rodriguez
Coordinator of International Student Services
Avila University
Office: (816) 501-2991
josiah.rodriguez@avila.edu

AFTER RECEIVING AND NOTIFYING AVILA ABOUT YOUR VISA ACCEPTANCE, AN EMAIL WILL BE SENT OUT TO YOU REGARDING THE NEXT STEPS, INCLUDING DEPOSIT PAYMENT.

You now need to consider preparing for your travels to the United States which will include:

Securing your accommodation and housing with Avila. To get started you will need to complete the **housing form and questionnaire** to let our team know what you are looking for.

Booking your flights and informing the team of when you will be flying to the US.

Remember – you can only enter the US 30 days or less before the start date on your I-20.



IMPORTANT DOCUMENTS

ALWAYS HAND-CARRY THE FOLLOWING REQUIRED DOCUMENTS AT ALL TIMES:

1. **Valid passport with your F-1 or J-1 visa**
2. **Form I-20 or DS-2019 issued by Avila University**
3. **Form I-901 SEVIS fee payment confirmation**
4. **Proof of financial support including any scholarship letter (if any)**

Do not check the above documents in your baggage. If your baggage is lost or delayed, you will be unable to present these documents at your port of entry. As a result, you may not be able to enter the United States.



ARRIVAL AT U.S. PORT OF ENTRY

Upon entry to the United States at the port of entry (such as the first international airport you arrived at or seaport) you will need to present the following documents to a United States immigration officer:

- **Passport with valid F-1 or J-1 student visa**
- **Form I-20 or DS-2019 – signed by you and an Avila designated school official (DSO)**
- **Proof of financial support**
- **Avila University acceptance letter and scholarship letter (if any)**
- **Form I-901 SEVIS fee payment receipt**

When you arrive in the U.S. you will be interviewed by an immigration official at the port of entry. You should be prepared to answer questions about the purpose of your entry to the United States and your studies plan, etc. Don't be nervous. All visitors entering the United States must state their reason for wishing to enter the country.



HOUSING & INSURANCE

HOUSING

Your time here at Avila is a close reality and now it's time to select housing. To review your housing options: avila.edu/residence-halls. Your online housing application can be found here: [housing form and questionnaire](#). If you don't want to live on campus, there are a variety of housing options within close proximity to campus. See a preferred list here. Avila recommends that all international students stay on campus as we believe it provides the best option for students who would like to have a fully immersive experience while they study in the US.

MEDICAL INSURANCE

Every international student is automatically enrolled in medical insurance provided by Avila's insurance plan. You will be billed for this insurance and it will show up on your bill.



TRANSPORTATION & PLACES TO GO

Pre-Arrival

As you prepare for your trip to study in Kansas City, here is some tips that will help you get acclimated.

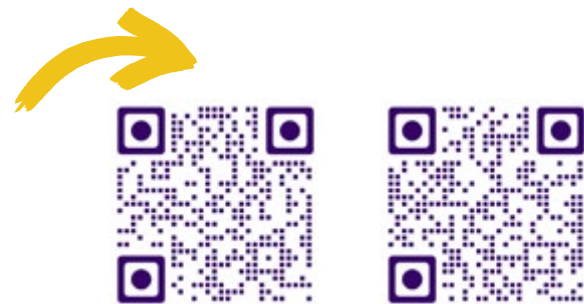
Transportation

Avila is in the middle of a beautiful suburb with access to a bus stop. Uber and Lyft are two popular transportation methods when leaving campus if you do not want to take the bus system. Campus is about 15-20 mins from most attractions in the city.

Restaurants/Food

Kansas City boasts a wide range of culinary adventures, although it is best known for its BBQ. If you want to get out and explore US cuisine, you may do so in a variety of neighborhoods.

Explore food options and other fun things to do by visiting these QR CODES:



To get from the airport to campus, we recommend www.lyft.com (average cost \$50-\$80) Kansas City International to Avila University.



IMPORTANT THINGS TO KNOW



WHAT TO WEAR/PACK

The Midwest is finicky when it comes to weather. It will be important to pack for all seasons. In the summer months, it can get up over 100 degrees farenheit (37.78° C) and in winter months, it can often be in the teens. It is important to note that while summers are warm and winters are cold, the worst of it does not last long. When packing, make sure you pack layering clothing. Short sleeve shirts, long sleeve shirts, coats and sweaters. Of course, you can always buy clothes when you arrive but it will be important to plan for all temperatures during your stay in Kansas City.

Other items we recommend packing or purchasing upon arrival include:

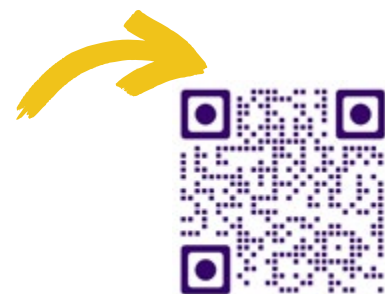
Along with the season comes a variety of precipitation. There is the possibility of rain year-round, but the most rain is seen in the months of April-June. Though Winter's are cold, there is not always a guarantee of snow. The months with the most snowfall are January-February, but can extend before and after these months.

WEATHER

With so much variety, we encourage you to **scan the QR code below** that shows the average low and high temperature by month; but, for this resource, we just included the hottest and coldest times of the year.

The average hot season lasts for 3.6 months, from May 31 to September 16, with an average daily high temperature above 80°F. The hottest month of the year in Kansas City is July, with an average high of 90°F and low of 73°F.

The cold season lasts for 3.0 months, from November 27 to February 26, with an average daily high temperature below 50°F. The coldest month of the year in Kansas City is January, with an average low of 24°F and high of 41°F.



YOU ARE ON YOUR WAY!

1. Communicate your travel information – make sure you submit this form in a timely manner to the International Student Services department
2. When you arrive, contact your ISS representative to let them know you have arrived on campus.

[Request Form Links - Formstack](#)

In order to make sure you arrive and are greeted and welcomed in the Avila way, we want to know when your arrival date is. Some information we will request:

- **When are you flying?**
- **What are your flight details?**
- **Have you booked accommodations and if so, are they on campus or off campus?**
- **Do you have transportation from airport?**
- **It is important you fill out the following pre-arrival form – [Request Form Links - Formstack](#)**

Don't forget to let them know when you leave your home country to travel to Avila! Sometimes weather, holidays or other travel delays can impact arrival.

Stay in touch with your ISS representative so we can be ready to assist you in the event of delays or be prepared for you when you arrive on campus!



ORIENTATION DAY

ORIENTATION DAY

Within a few days of your arrival, Avila will have a day of orientation. This is when we will review all of the information you need to be successful as an Avila Eagle!

It is mandatory that you attend orientation!

Once you have completed orientation, you will be formally enrolled and will need to pay any remaining balance. Payment is then required at the beginning of each semester.

We are so glad you decided to call Avila your home for the next year or two. We are here to help support you and make you successful during your stay. At Orientation you will be presented with another handbook that will explain everything you need to know about the policies, rules and guidelines while you are a student here in the U.S.

SIGN UP FOR ORIENTATION!

Orientation schedule:

August 21 – Graduate International Student Move-In

August 22 – 8am–2pm: New resident move-in

August 22 at 2pm – August 25th at 3pm: New Student Orientation (NSO)

August 26 – August 30th: Week of Welcome (WOW)

Student Perks! Your student ID can help you save!
Did you know that as a student you get discounts around town?
You can get a student discount when buying an apple computer,
discount on movie tickets.



LIFE IN THE USA

AMERICAN MINDSET

- Independence
- Individualism
- Freedom
- Diversity
- Patriotism
- Equality
- Strong Sense of Justice

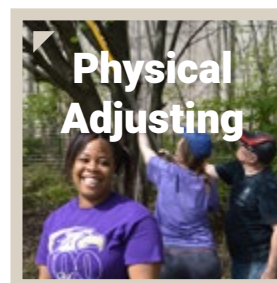
COMMON PRACTICES

- Direct and Honest
- Being on time is Important
- Like our Privacy and Personal Space
- Personal Hygiene is a Must



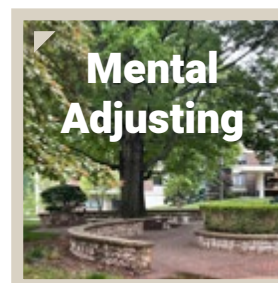
The term Culture Shock is used to describe the feelings people have when they are faced with an entirely different cultural or social environment. This is most commonly experienced by people who are living in a foreign country whether short term or long term. These feelings are part of the assimilation process and are perfectly normal, but this doesn't make them easier to deal with.

BELOW ARE SOME TIPS FOR ADJUSTING:



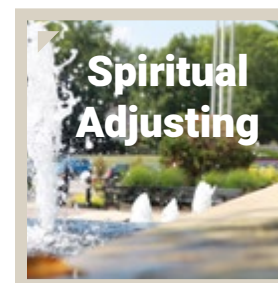
Physical Adjusting

**EXERCISE
GET OUTSIDE**



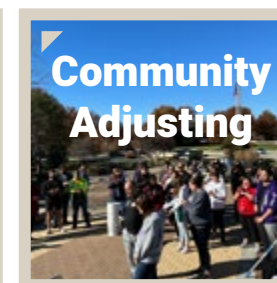
Mental Adjusting

**FIND A ROUTINE
A SPACE TO RELAX**



Spiritual Adjusting

**MEDITATION &
PRAYER**



Community Adjusting

**FRIENDS & FAMILY
ADVOCATES**



LIFE IN KANSAS CITY

Students who attend college in Kansas City (KC) have access to **innovative start-up businesses** and large **multinational corporations**, which are ideal for **internships, research experiences, and career-making opportunities**.

Home to more than 100 BBQ restaurants, 29 lakes, 134 miles of trails and bikeways, a vibrant arts scene, world-class dining, and museums And if you're a sports fan, Kansas City is home to four professional sports teams, including the Kansas City Chiefs (American Football), Sporting KC (Major League Soccer), KC Current (National Women's Soccer League) and the KC Royals (Major League Baseball).





 [®] AVILA UNIVERSITY

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