



Pre-Departure Seminar



INTERNATIONAL STUDENT SERVICES





Who We Are



*Kristen Malinowski-Paine
Assistant Dean of Academic Support
and Global Engagement
PDSO
Library Office 306*



*Maureen Butler
Executive Assistant to the Provost
DSO
Conant Hall 204*





What We Do

We help students:

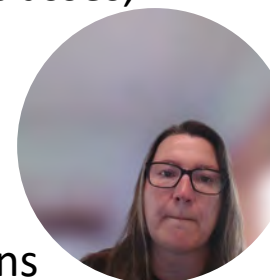
- Understand immigration rules
- Maintain F-1 status
- Update important government records (SEVIS)
- Complete required forms and processes
- Navigate life as an international student in the U.S.

When in doubt, ask us first. We are here to support students and help prevent immigration problems before they happen.

Ask Us First

Please contact us before:

- Working in the United States
- Applying for internships (CPT)
- Working on campus
- Applying for a driver's license
- Applying for a Social Security number
- Traveling outside the U.S.
- Changing your major or degree level
- Taking fewer classes, missing classes, or failing classes
- Moving to a new address
- Changing your name
- Transferring schools
- Discussing post-grad work plans





Vaccines and Health Services

Health Services requires specific documentation, which cannot be verbal, for your online BisonCare Health Portal. Access to the portal to submit documentation is live now.

For detailed information, please follow this [link](#).

Phone: 1-508-213-2238

Health.services@nichols.edu





Health and Medical Care

- UHP vs ISO
 - UHP Mandatory Fall 2027
- Campus Health Services
- Nearby Urgent care/hospitals
- No universal health care
- Deductibles
- Athletic insurance

Enroll in UHP [here](#)



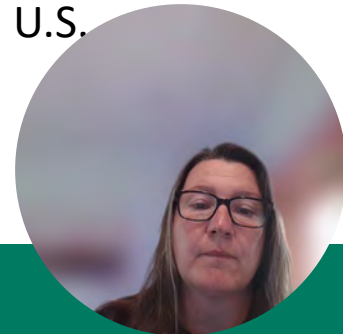


Health care

- Bring a doctor's note/prescription if you take medication and need access to getting more while here.
- Eyeglasses and contacts require prescriptions in the U.S., so bring supplies from home if you need.
- It is best to plan ahead and visit the doctor/dentist/optometrist before coming to the U.S.
- Doctor's visits can be very expensive here and your insurance may not cover everything.
- Try to get all vaccines ahead of time as they may be more expensive once you arrive.
 - Please note, some vaccines need to be given in a series



Here is a quick video on the basics of health care in the U.S.





Preparing to Travel

- Keep your passport, visa, I-20, and important documents in your carry-on bag so they are easy to access.
- You will go through U.S. Immigration before picking up your checked luggage.
- You will complete U.S. Customs and Immigration at the first U.S. airport where you land.

Example:

Tokyo → San Francisco → Boston

You will go through Immigration and Customs in **San Francisco**.





Pre-Clearance Airports

Some airports outside the U.S. allow travelers to complete U.S. Immigration before departure. These are called “Pre-clearance” airports.

Pre-Clearance locations may include:

- Canada
- Ireland
- UAE
- Select Caribbean airports

Travel Tip:

Stay calm, keep your documents organized, and allow extra time for connections after immigration.





Entering the U.S.

- Allowed to enter 30 days before the program start date listed on your I-20 P
 - Please note, if you move onto campus BEFORE your move in date, you may not have services on campus, this includes dining services
- If you are an athlete required to come to campus early, you will have access to services including dining.
- If you need to arrive earlier, please contact Resident Life: reslife@nichols.edu
- Link to the [Hub](#)





What to Expect at U.S. Immigration

Step 1: Immigration

After leaving the plane, your first stop will be U.S. Immigration.

Be ready to show:

- Passport
- F-1 Visa (if applicable)
- I-20

An officer may ask simple questions about:

- Your school
- Major
- Where you will live





What to Expect at U.S. Immigration

Step 2: Baggage Claim & Customs

After Immigration:

- Pick up your checked luggage
- Go through Customs

If you have another flight within the U.S., you may need to re-check your luggage for your next flight.





What to Expect at U.S. Immigration

Secondary Inspection

Some students are asked to complete additional review with an officer. This is called Secondary Inspection.

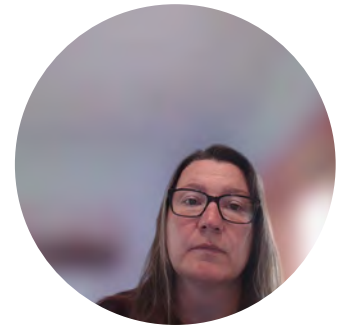
This does not automatically mean something is wrong.

Important Tips:

- Stay calm
- Be honest
- Keep your documents organized
- Allow extra time between connecting flights if possible

If you experience any issues, contact ISS as soon as possible.

Emergency Number: What's App: 1.508.213.2232





Canadians Arriving by Land

- You will go through the same basic procedure, but you are not required to have a visa.
- You will show your I-20 and passport.

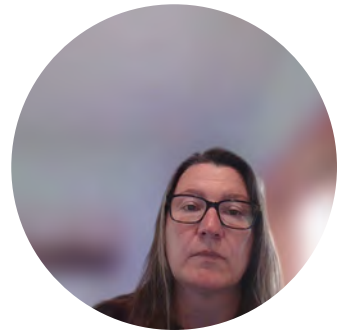
VERY IMPORTANT:

When entering the U.S., make sure the CBP officer admits you in F-1 student status and not as a tourist (B-2 status).

After arrival, check your [I-94 record](#) to confirm you were admitted as:

F-1

If there is a mistake, contact International Student Support right away so we can help correct it.





Important Reminder at the Border

Always answer questions from immigration and customs officers honestly. Providing false information can lead to serious consequences.

Be Sure to Declare:

Some items must be reported when entering the U.S., including:

- Certain foods or plants
- **Large amounts of money:** If you are carrying \$10,000 USD or more, you must declare it to Customs and Border Protection (CBP)

This includes:

- Cash
- Money orders
- Certified checks
- Traveler's checks
- Letters of credit

Failure to declare funds can result in fines or seizure of the money.





Getting to Dudley

Logan International Airport Transportation

1.800.235.6426

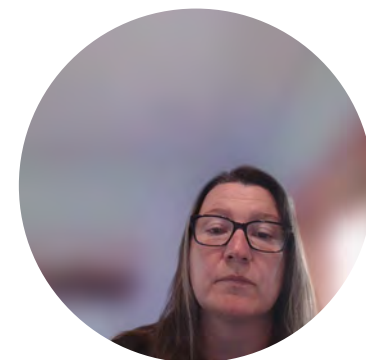
Knights Airport Limousine Service

1.800.822.5456

Ruben's Transportation

1.508.765.0043

Uber/Lyft



Contact your coach if you need to arrive early for athletics. They may be able to arrange pick up.

If we know ahead of time when you will arrive, we may be able to coordinate the Bison Shuttle for pick up. Please contact us in advance at iss@nichols.edu, student.life@nichols.edu, or What's App: 1.508.213.2232. Please identify who you are if you text.



What to Bring

Pack important items in your carry-on bag—not checked luggage.

- Passport & F-1 visa: If you are Canadian, you will not have a visa only your I-20
- Acceptance letter
- Signed, printed I-20
- Medication
- Laptop

You do not need to bring everything from home.

You can ship items before arriving, store items in summer, and there is a shuttle that can bring you shopping when needed.

To ship items before:
Your name
C/O Kristen Malinowski-Paine
Fels Post Office
Center Road
Dudley, MA 01571





What to Bring

Important Documents

- Passport and F-1 Visa
- Signed I-20 printed
- Acceptance letter
- Financial documents
- Copies of prescriptions/medical records

Recommended Items

- Laptop & Chargers
- Prescription medications
- Glasses/contact lenses
- Small amount of U.S. currency
- Weather-appropriate clothing
- A few favorite items from home





What to Bring

Residence Hall Essentials

- Twin XL bedding
- Toiletries
- Shower shoes
- Power adapters/converters if needed

Good to know

- Winter clothing can be purchased after arrival
- Laundry is free on campus
- Many everyday items can be bought nearby or online





Academics

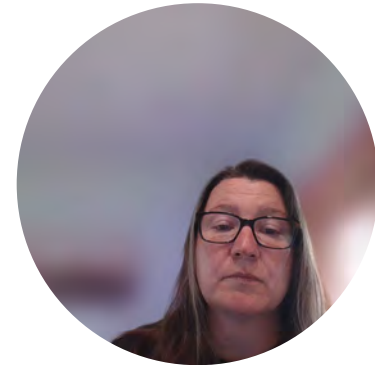
- Participation matters
- Independent learning
- Ask for help early
- Attendance matters
- Failing for international students
 - Add/drop ends: Aug 28
 - Mid-semester reports: Oct 13
 - Spring Student Registration: Nov. 2-5
 - Thanksgiving Holiday: Nov. 24
 - Classes end: Dec. 9





Academic Support at Nichols

- [ACES: Peer tutoring](#)
 - aces@nichols.edu
- Faculty office hours
- [Academic advising](#)
- CARE team

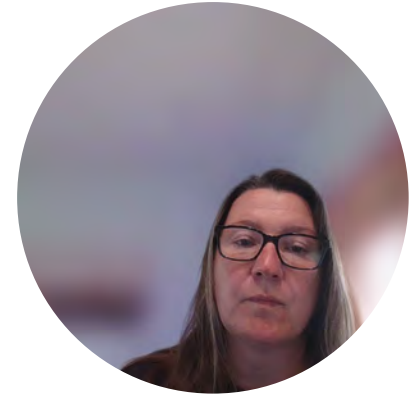


“We notice early if a student is struggling”



Communication and Staying Connected

- Wi-Fi across campus
- Apps like WhatsApp and FaceTime
- Airalo: Free app sim card
- Mailroom on campus



Please note: FERPA laws prevent any adult on campus to discuss specifics of your child if they are over 18 without a consent waiver from your child.



Contacts

For any questions, comments and/or concerns, we are always here for you:

- Kristen Malinowski-Paine: Kristen.Malinowski-paine@nichols.edu
- What's App: 1.508.213.2232: Please identify yourself in text and I will save your contact information.
- International Student Support: iss@nichols.edu

