An aerial photograph of the Oregon State University campus during autumn. The image shows a mix of red brick academic buildings, green lawns, and trees with vibrant yellow, orange, and red foliage. A large, white, circular building is visible on the left side. The sky is clear, and the overall scene is bright and colorful.

OSU
Oregon State
UNIVERSITY

Welcome Guide

2017-18

INTO»OREGON STATE UNIVERSITY

Checklist

Please make sure you have completed everything on this checklist before you leave home.

- Passport and Visa:**
Confirm your passport will not expire within six months after the date you enter the US. Pay the SEVIS I-901 Fee, then schedule your appointment at a US Embassy and submit your visa application.
- Immunization and Health Forms:**
Submit your required immunization and health forms via the OSU Patient Portal: studenthealth.oregonstate.edu/new-students/new-international-students
- Open Your OSU Email Account:**
Go to onid.oregonstate.edu and follow the instructions to sign up for your ONID (OSU Network ID) email. Write down your password and bring it with you.
- Confirm Your On-Campus Housing (on-campus students only):**
For students living on campus, you must pay your deposit, complete and submit your INTO OSU Housing Application via www.myuhds.oregonstate.edu, and submit your arrival details in order to receive your room confirmation. Watch your email for housing details. Students who confirm earlier are more likely to receive their requested room type.
- Submit Arrival Details:**
All students are required to submit their flight details as soon as they are available: www.INTOarrivals.com/osu. You can also book the Airport Shuttle Service via this link. The shuttle is available to all students with no extra charge, but you must make a reservation.
- Passport Photo:**
Submit a passport photo before you arrive so that we can get your ID card ready. If you live on campus, your card will be ready when you check-in. If you live off-campus, you can pick your card up at the ID Card Center in the Memorial Union.
- Admissions Documents:**
Undergraduate and Graduate Pathway students must provide the following documentation to the Office of International Admissions via mail or at Orientation. If you have any questions about these documents please email intladmit@oregonstate.edu:
 - Official Documents: Sealed official high school or university transcripts and final certificate/diploma/degree certificates. English translations of these documents must also be submitted as official documents.
 - Official TOEFL score submitted online via ETS directly to OSU (OSU College Code: **4586**)
 - Official results of any other English language tests



Welcome



“Congratulations on becoming an OSU Beaver!
We are excited to welcome you to Corvallis and
our wonderful university. Read this guide carefully
and you’ll be ready for success at INTO OSU.”



Bob Gilmour
Executive Director
INTO Oregon State University

Before You Leave



Getting Your Student Visa

How to Get Your Visa

More detailed instructions can be found at: intostudy.com/us/visa

1. Confirm your passport is valid. Your passport must be valid for at least six months into the future at all times while you are studying in the US.
2. Carefully read the instructions on the I-20 Certificate of Eligibility issued to you for your studies at OSU.
3. Pay the SEVIS Fee: Visit www.fmjfee.com and complete the SEVIS Form I-901. Your SEVIS ID number is above the barcode on the top left-hand side of your I-20 or on the top right-hand side of your DS-2019 form. The OSU school code is **PO0214F00002000**. Pay the fee at least three days before applying for your visa. Print your receipt.
4. Schedule a visa interview at your nearest US Consulate or Embassy: www.usembassy.gov
5. Go to your visa interview. Bring your SEVIS fee payment receipt and your financial documents certifying the amounts and sources of financial support with you to the interview.

Department of Homeland Security U.S. Immigration and Customs Enforcement		I-20, Certificate of Eligibility OMB No. 1653-00
SEVIS ID: N0004705859		
STUDENT PRIMARY NAME Sample STEM	GIVEN NAME Student	
PREFERRED NAME	PASSPORT NAME	
COUNTRY OF BIRTH UNITED KINGDOM	COUNTRY OF CITY UNITED KINGDOM	
DATE OF BIRTH 08 FEBRUARY 1997	ADMISSION NUMBER	
FORM ISSUE REASON CONTINUED ATTENDANCE	LEGACY NAME Jay SamOne	
SCHOOL INFORMATION		
SCHOOL NAME SEVP School for Advanced SEVIS Studies SEVP School for Advanced SEVIS Studies	SCHOOL ADDRESS 9012 Nancy Lane	
SCHOOL OFFICIAL TO CONTACT UPON ARRIVAL Melene Robertson W280	SCHOOL CODE AND BAL214F4444000 02 APRIL 2018	

▲ Your SEVIS ID number can be found on the top left-hand side of your I-20 form.

Visa Delays

Please notify the Office of International Admissions immediately if you are unable to obtain a visa before the start of the term for which you have been admitted:
intladmit@oregonstate.edu

Transfer Students

international.oregonstate.edu/sites/international.oregonstate.edu/files/ISAS/forms/transfer-in-information.pdf

Bringing Spouses and Dependents

international.oregonstate.edu/isas/resources/resources-family-members

Questions about visas?

Contact an OSU International Student Advisor at:
ISAS.advisor@oregonstate.edu or +1 541 737 6310



Book Travel



▲ Portland International Airport

Book Your Flight

As an F-1 student, you are allowed to enter the US no earlier than 30 days before the program start date listed on your I-20. We recommend flying into Portland International Airport (PDX). Arrive in Corvallis at least one day before your program start date.

Submit Arrival Details

After you book your travel plans, please submit your arrival information online at www.INTOarrivals.com/osu.

You will need to provide the following information when reserving your shuttle:

- Application ID
- Personal contact details
- Flight number
- Arrival date and time

Arrange your Airport Transfer

When you submit your arrival details, you can also reserve an airport shuttle. The INTO OSU Airport Shuttle is included for all students arriving at PDX. A member of INTO OSU staff will be available to meet you between 8 am and 8 pm on the Saturday or Sunday before your program start date (varies by term).

Hotels Near Campus

Students may move in to on-campus housing one day prior to the start of Orientation. If you arrive before your assigned move-in date for living on campus or need a hotel when you arrive, there are a variety of hotels in Corvallis. The nearest hotel to campus is:

Hilton Garden Inn

2500 SW Western Blvd.
Oregon, 97333
+1 541 752 5000



Medical Information

International Student Health Information Form

OSU Student Health Services
 Oregon State University 201 Piggeman Building, Corvallis, Oregon 97331-4667
 Tel 541-757-5150 | Medical Fax 541-737-5665
international@ohs.uoregon.edu
Complete and return to Student Health Services by MAIL or FAX
Attention: Immunization Coordinator | Tel 541-737-7573 | Fax 541-737-9665

Where were you born (beginning school)?		STUDENT ID#	
Name Last	First	Middle	Country of Citizenship <input type="checkbox"/> USA
Do you have any other names to be addressed?			<input type="checkbox"/> US Birthdate <input type="checkbox"/> Other Birthdate <input type="checkbox"/> None <input type="checkbox"/> None <input type="checkbox"/> None
Permanent address (to the school to be addressed)?		When should we contact in an emergency? <input type="checkbox"/> Home <input type="checkbox"/> Cell <input type="checkbox"/> Text	
City	State	Zip	Relationship
Primary phone number	City		State
Secondary phone number	Area code		Phone (time)
Tel# address	Area code		Phone (work)

MEDICAL HISTORY: Do you have a present or past history of: (check all that apply)

<p>HEALTHNEUROLOGICAL</p> <input type="checkbox"/> Central shaly <input type="checkbox"/> Head injury/concussion <input type="checkbox"/> Migraine headaches <input type="checkbox"/> Multiple sclerosis <input type="checkbox"/> Recurrent headaches <input type="checkbox"/> Seizures <input type="checkbox"/> Other _____ <p>SEVERE</p> <input type="checkbox"/> Blindness <input type="checkbox"/> Eye trauma <input type="checkbox"/> Other _____ <p>EAR, NOSE & THROAT</p> <input type="checkbox"/> Hearing loss <input type="checkbox"/> Recurrent ear infections <input type="checkbox"/> Recurrent nose infections <input type="checkbox"/> Recurrent sore throat <input type="checkbox"/> Recurrent sinusitis <input type="checkbox"/> Seasonal allergies <input type="checkbox"/> TMJ problems <input type="checkbox"/> Other _____ <p>ALLERGIES</p> <input type="checkbox"/> Asthma <input type="checkbox"/> Exercise induced asthma <input type="checkbox"/> Nasal polyps <input type="checkbox"/> Penicillin <input type="checkbox"/> Recurrent bronchitis <input type="checkbox"/> Skin rashes <input type="checkbox"/> Other _____ <p>INFECTIOUS</p> <input type="checkbox"/> Chlamydia <input type="checkbox"/> Gonorrhea <input type="checkbox"/> Hepatitis A <input type="checkbox"/> Hepatitis B <input type="checkbox"/> HIV/AIDS <input type="checkbox"/> Lyme disease <input type="checkbox"/> Other _____	<p><input type="checkbox"/> Malaria <input type="checkbox"/> Meningitis <input type="checkbox"/> Rabies <input type="checkbox"/> Tuberculin test <input type="checkbox"/> Hepatitis B <input type="checkbox"/> Hepatitis C <input type="checkbox"/> Other _____</p> <p>CARDIO VASCULAR</p> <input type="checkbox"/> Congenital heart defect <input type="checkbox"/> Heart attack <input type="checkbox"/> Heart murmur <input type="checkbox"/> High blood pressure <input type="checkbox"/> High cholesterol <input type="checkbox"/> Polycystic Aterysmia <input type="checkbox"/> Stroke <input type="checkbox"/> Other _____ <p>ACQUIRED IMMUNITY DEFICIENCY</p> <input type="checkbox"/> Abnormal PAP tests <input type="checkbox"/> Breast cancer <input type="checkbox"/> Breast lump <input type="checkbox"/> Cervical cancer <input type="checkbox"/> Endometriosis <input type="checkbox"/> Menopausal symptoms <input type="checkbox"/> Ovarian cysts <input type="checkbox"/> Pelvic Infection (PID) <input type="checkbox"/> Pregnancy <input type="checkbox"/> Recurrent vaginal infections <input type="checkbox"/> Other _____ <p>GENITOURINARY</p> <input type="checkbox"/> Chlamydia infection <input type="checkbox"/> Gonorrhea <input type="checkbox"/> Kidney infections <input type="checkbox"/> Kidney stones <input type="checkbox"/> Recurrent bladder infections <input type="checkbox"/> Testicle cancer <input type="checkbox"/> Other _____ <p>MUSCULOSKELETAL</p> <input type="checkbox"/> Arthritis <input type="checkbox"/> Back pain <input type="checkbox"/> Bone fracture <input type="checkbox"/> Compartment syndrome <input type="checkbox"/> Chronic joint injury <input type="checkbox"/> Other _____	<p><input type="checkbox"/> Fibromyalgia <input type="checkbox"/> Gout <input type="checkbox"/> Hemorrhoid disk <input type="checkbox"/> Recurrent back sprains <input type="checkbox"/> Recurrent back pain <input type="checkbox"/> Scoliosis <input type="checkbox"/> Spine fracture <input type="checkbox"/> Other _____</p> <p>GASTROINTESTINAL</p> <input type="checkbox"/> Celiac disease <input type="checkbox"/> Constipation <input type="checkbox"/> Crohn's disease <input type="checkbox"/> Gall bladder disease <input type="checkbox"/> Hemorrhoids <input type="checkbox"/> Irritable bowel syndrome <input type="checkbox"/> Lactose intolerance <input type="checkbox"/> Liver disease <input type="checkbox"/> Recurrent heartburn/GERD <input type="checkbox"/> Ulcer <input type="checkbox"/> Ulcerative colitis <input type="checkbox"/> Other _____ <p>HEMATOLOGIC</p> <input type="checkbox"/> Diabetes type 1 <input type="checkbox"/> Diabetes type 2 <input type="checkbox"/> Hypo-contractility thyroid <input type="checkbox"/> Other _____ <p>IMMUNE SYSTEM DISEASE</p> <input type="checkbox"/> Lupus <input type="checkbox"/> Rheumatoid arthritis <input type="checkbox"/> HIV/AIDS <input type="checkbox"/> Psoriasis <input type="checkbox"/> Scleroderma <input type="checkbox"/> Other _____ <p>IMMUNOLOGY</p> <input type="checkbox"/> Eczema <input type="checkbox"/> Food allergies <input type="checkbox"/> Hay fever <input type="checkbox"/> Peanut allergies <input type="checkbox"/> Recurrent hives <input type="checkbox"/> Skin rashes <input type="checkbox"/> Other _____	<p><input type="checkbox"/> Drug addiction or abuse <input type="checkbox"/> Incontinence <input type="checkbox"/> Learning disability <input type="checkbox"/> Pain attacks <input type="checkbox"/> Post-traumatic stress disorder <input type="checkbox"/> Schizophrenia <input type="checkbox"/> Social anxiety <input type="checkbox"/> Social phobia <input type="checkbox"/> Other _____</p> <p>OBSCURE DISORDER / CANCER</p> <input type="checkbox"/> Anemia <input type="checkbox"/> Blood transfusions <input type="checkbox"/> Cancer <input type="checkbox"/> Chronic disorder <input type="checkbox"/> Leukemia <input type="checkbox"/> Sickle cell disease <input type="checkbox"/> Tuberculosis <input type="checkbox"/> Other _____
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© Osborne and Henderson / Health history forms (PHL) (REV) 2014.1.12.16

Immunization Requirements

The State of Oregon and Oregon State University require international students to provide proof of multiple vaccinations before registering for classes. Complete vaccination requirements are explained on the health form. Please refer to the form or patient portal for up-to-date vaccination requirements.

Students will attend a Student Health Check-in during Orientation. At that time, medical staff will be available to answer questions and students can receive vaccines if necessary. If you need to receive required vaccines upon arrival, the cost is covered by the OSU International Student Health Plan.

Tuberculosis Screening

Students from countries identified as high risk for tuberculosis (TB) are required to complete a tuberculosis screening **AFTER** arrival in the US. You will get more information about this process during orientation and you do not need to take action before arriving. The cost of this is covered by the OSU Student Health Insurance Plan.

▲ International Student Health Information Form

Health Information Forms

Students must complete the International Student Health Information form and the Immunization Documentation form. These forms are available on the Patient Portal of the OSU Student Health Services website: studenthealth.oregonstate.edu/patient-portal. Students should complete and submit these forms at least two weeks before their program start date to avoid possible delays in class registration and late fees.

Health Insurance

OSU requires international students and their dependents to be covered by health insurance which meets requirements of the US Government, State of Oregon and Oregon State University. You will automatically receive OSU Student Health Insurance Plan. The cost of the Health Insurance Plan will be charged to your OSU student account each term upon registration.

Health Insurance for Your Family

If you are bringing your family to the US, you must apply for coverage for family members after you arrive. All dependents are required to have health insurance: studenthealth.oregonstate.edu/insurance/international-student-insurance-plan.

Children and dependents cannot receive medical care on campus. After arriving, you should find a local doctor for your children.

Other Health Insurance Plans

International students will be automatically charged for the OSU Student Health Insurance Plan unless they show proof of other health insurance which meets OSU standards for coverage. You will need to submit a waiver form and a summary of your insurance coverage to the OSU Insurance Office. You can find a waiver form to print and more information: <http://studenthealth.oregonstate.edu/insurance/international-student-insurance-plan>

Travel Insurance

The OSU Student Health Insurance Plan includes coverage for travel periods 5 days before and after the study plan start and end dates. Students may purchase additional travel insurance if desired, but travel insurance plans



▲ OSU Student Health Services Patient Portal

can never be substituted for the OSU Student Health Insurance Plan. Please do not purchase insurance in your home country without carefully checking OSU waiver requirements.

Prescriptions

Bring a copy of all prescriptions for medicines, eyeglasses and contact lenses with you to the US. The prescriptions should be written in English.

Cost of Services

In addition to the cost of the OSU Student Health Insurance Plan, medical services or doctor's visits may require additional payment. Students can receive many services at the Student Health Center on campus without additional charge. Most off-campus visits will require payment for services. More information on the US healthcare system and insurance systems will be provided at Orientation.

For more information on medical services and requirements, insurance and dependent coverage, please visit: studenthealth.oregonstate.edu/international-students



Housing and Dining



▲ Sample bedroom

Living on Campus

Living on campus offers a variety of benefits, including better academic performance and more opportunities to speak English and share your culture with US students. Students with Undergraduate Pathway in their study plan are required to live in on-campus housing for their first three consecutive terms of study.

Students living in residence halls have access to student lounges, free cable and wifi, laundry and kitchen facilities. All residence halls have a team of 24-hour live-in staff to support students and create community.

Resident hall rooms include a desk, chair, bed, drawers, linen package (mattress sheets, blanket, pillow, pillow case, towel and wash cloth) and Welcome Bag (snacks, water, laundry soap, etc.).

Single gender floors are available as well as prayer and spiritual spaces. OSU also has a range of Special Interest Communities (SICs) and Living-Learning Communities (LLCs) available, for more information visit:

uhds.oregonstate.edu/housing/residence-halls/information/special-interest-communities OR

uhds.oregonstate.edu/housing/housing/living-learning-communities

Confirm Your Housing

In order to receive confirmation of your room type, students need to complete the following steps:

- Pay your deposit
- Complete and submit your INTO OSU Housing Application via: myuhds.oregonstate.edu.
- Submit your arrival details via: INTOarrivals.com/osu.

After you have completed these steps, UHDS will confirm which room type you have received. Students who confirm earlier are more likely to receive their preferred room type.

Housing Move-in

Your move-in date will be emailed to you with confirmation of your housing reservation. The move-in date is usually 1-2 days before your program start date. If you arrive before your assigned move-in date, you will need to make arrangements to stay in a hotel at your expense. (See page 4.)

Global Village

The Global Village in the International Living-Learning Center is a community for international and American students who are passionate about cultural exchange and global experiences. The Global Village offers international-domestic roommate pairs, globally-themed hall programs, and workshops with OSU faculty. Learn more about the benefits of this unique community and apply at: oregonstate.edu/uhds/globalvillage

Off-campus Housing

Students who are eligible to live off campus can find useful resources at: oregonstate.edu/international/atosu/resources/housing. If you plan to live off campus, you should arrive 1-2 weeks before your program start date and bring enough money to cover the cost of setting up your new home, at least \$2,500.

Dining on Campus

Meal plans are automatically included for all students with on-campus housing. The cash value of your meal plan will be added onto your OSU ID card. You will then use your OSU ID card as a debit card to pay for meals. OSU has three main dining centers, as well as many convenience stores, coffee shops and other cafés on campus. Dietary needs, such as Halal food, are accommodated in all dining centers. There is also a marketplace on-campus where you can purchase fresh produce and groceries, including international spices. For more information on dining on campus: uhds.oregonstate.edu/dining



▲ Common areas in the International Living-Learning Center

For details on any information provided here, please contact: into.housing@oregonstate.edu



▲ Students enjoy lunch at the dining center.



What to Pack



▲ Label your baggage clearly with your US mailing address.

Clothing and Weather

Students at OSU enjoy four distinct seasons in Oregon and dress very casually. Summer and fall are generally sunny and warm; students can be seen wearing shorts, jeans and T-shirts. The spring and winter seasons bring lots of rain. Occasionally, it will snow in the winter. You will need a good coat and shoes for the rain and other warm clothes like sweaters, scarves and gloves.

Tips

1. US electrical outlets are 110 volts AC and use a NEMA electrical socket. You may need an adapter to use electronics from home.
2. Purchase appliances after you arrive. Rice cookers and electric teapots are not allowed in your room on campus, but are provided in the residence hall kitchens.
3. If you will live on campus, you will receive sheets, towels and blankets. If you need more bedding, you can buy it after you arrive to be sure it is the correct size for your bed.
4. Share your culture! Bring recipes for your favorite food from home, cooking tools, national dress or other items of cultural interest.
5. Bring decorations for your room that will remind you of home and make you feel comfortable in a new place.
6. Add your US address on your luggage. You can use the INTO OSU Center address: 1701 SW Western Blvd. OR, 97333 +1 541 737 2464 or your on-campus mailing address

What to Bring on the Plane

- Passport
- Visa
- SEVIS I-901 fee payment receipt
- I-20
- INTO Oregon State University Offer Letter and Admission Letter
- Documentation of finances
- Health forms, test scores, transcripts, ONID password and all other important paperwork
- A warm jacket or sweater for arrival at Portland Airport
- Wallet with US Dollars
- Medication with prescription written in English
- Computer and other high value electronics





Arriving in the US

Entering the US

Arrive into Portland International Airport (PDX). Arrive in Corvallis at least one day before the program start date written on your I-20 or in your brochure. Report to INTO OSU by 8 am on your program start date or you may be charged a late fee.

Customs and Immigration Tips

- You will need to show the following documents at Immigration: original I-20, passport, visa, SEVIS I-901 fee payment receipt, documentation of finances.
- An immigration officer may ask you some questions. Be prepared to answer:
 - Why are you coming to the US?
 - Where and what course are you studying?
 - Where will you live during your studies?
 - How are you going to pay for your studies?
- Your I-94 arrival/departure form is now a paperless document. However, if you receive a paper copy, do not lose it. It costs more than \$300 to replace a paper I-94.
- You will be given a customs form to complete on the plane. Keep this form to present to immigration and at customs.



▲ Customs Form, front and back



Airport Transfer Service



Airport Shuttle and Greeting Service

The INTO OSU Airport Shuttle is included for all students arriving at PDX, however you must make a reservation and submit your arrival details at: www.INTOarrivals.com/osu to use it (at least 72 hours before arrival). If your arrival time is between 8 am and 8 pm on the Saturday or Sunday before your course start date (varies by term), you will be greeted at the airport by the INTO OSU Greeting Service. Look for the person wearing a bright orange OSU shirt at baggage claim #9. They will escort you to the shuttle. If you would like to make a last minute reservation, email into.housing@oregonstate.edu directly with your arrival details.

Please note that the shuttle service is only available from Portland International Airport (PDX) to Corvallis, OR. The shuttle service is called the Hut Airport Shuttle. It stops in front of the "Scheduled Buses and Vans" sign in "Ground Transportation" outside of the main airport building. You will see the "Ground Transportation" sign across from baggage claim #9.

For Help at the Airport

If you need help of any kind while you are at the airport, please go to the Information Booth outside the airport across from baggage claim #9. Or you can call the INTO OSU Arrivals Phone at: +1 541 224 2964



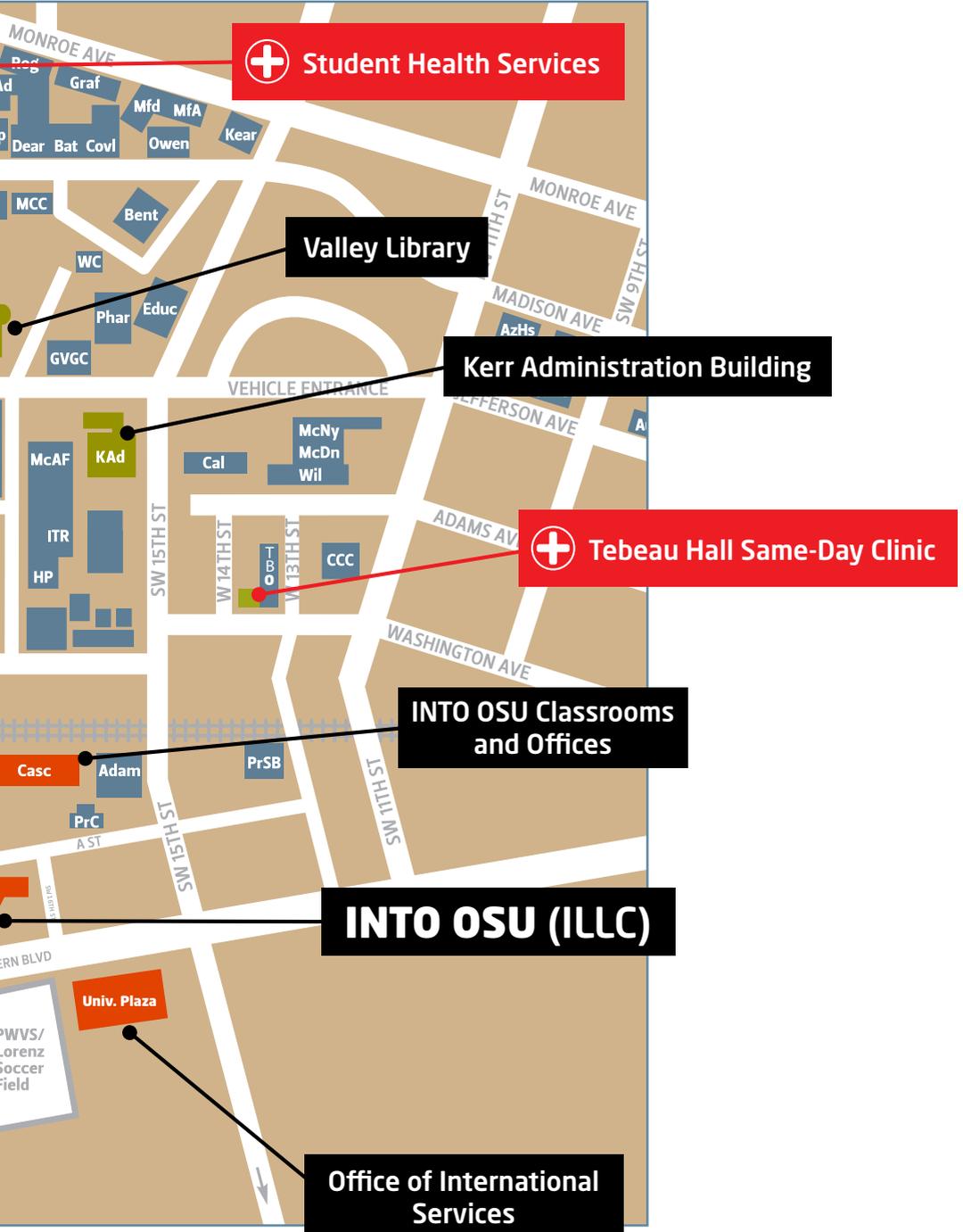
Campus Map



No Smoking

Smoking is not allowed anywhere on the OSU campus.

Learn more at: oregonstate.edu/smokefree



Orientation

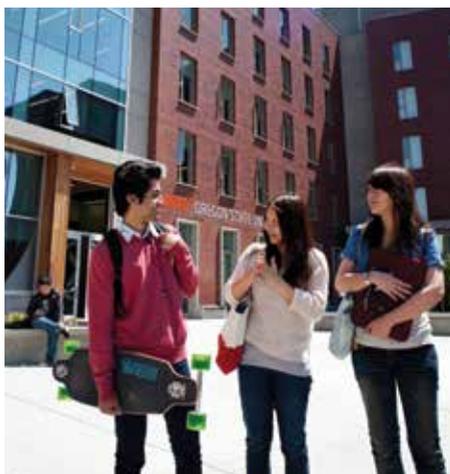
Your First Day and Orientation

You should arrive in Corvallis at least one day before your program start date (refer to brochure or I-20 for start date). The orientation start time and location will be emailed to you before your first day. Make sure not to be late! Orientation is required for all students and is an opportunity to meet other students, learn your way around the OSU campus and Corvallis and learn about your visa regulations. You will also receive your ID card and have all your questions answered.

Orientation sessions include:

- Information for students who are new to OSU and Corvallis
- Campus Tour
- Visa Session
- Document Checks (with Admissions, Finance and Immigration Teams)
- Student Health Clinic (for any required vaccinations and TB tests)
- Placement or Math Testing
- Registration

Students who arrive late may be charged a late registration fee of \$300.



Testing and Registration

At Orientation, you will be tested to determine your class level. You will be registered for classes and receive your class schedule. You will use your class schedule to purchase your textbooks from the OSU Beaver Store.

Bring to Orientation

- Passport and all I-20s

- Your ONID email password

You cannot register until you have submitted, either before you arrive or at Orientation:

- Health and Immunization Forms
- Payment, if needed
- Official Documents: Sealed official high school or university transcripts and final certificate/diploma/degree certificates. English translations of these documents must also be submitted as official documents.

If you have questions about orientation, please email intl.orientation@oregonstate.edu.



Campus Resources

Student Support

INTO OSU aims to ensure students are personally and academically successful. Come by the Welcome Desk any time to get your questions answered or ask one of our Student Services team members for help.

INTO Welcome Desk

+1 541 737 2464

INTOOSU@oregonstate.edu

The INTO OSU Welcome Desk is open Mon-Fri 8 am-5 pm

Language Advisors

Language and Culture Advisors are available to assist students with a range of issues, including translation, adjustment to US culture, personal issues, navigating OSU and more.

Academic Success and Student Support Advisors

Academic Success Advisors help students make good progress in their INTO OSU classes, assist with course selection, advise on study plan, good study habits and more. A student with any questions about a class, instructor or program can make an appointment to speak with an advisor.

Pathway Services

Pathway students have additional support services to ensure success. They can make an appointment to speak with the Pathway Academic Success Advisor and use special resources in the Learning Center such as the Pathway Peer Mentor tutoring program. When you are ready to progress to OSU, the Pathway Progression Advisors will assist you with the process.

Childcare

Childcare in Corvallis for children age 0-5 is very limited and expensive. It is important to get on the waiting list for those centers as soon as possible (even before you arrive in the US). For a list of childcare centers in Corvallis, please visit the Childcare & Family Resources website: childcare.oregonstate.edu/local-child-care.

It is important to bring enough money to pay for the cost of childcare, which costs \$800-\$1,300 per month per child, depending on age and type of care.

Childcare and Family Resources

The Office of Childcare & Family Resources is your first stop for information about OSU and Corvallis resources for children. They can answer your questions about childcare, schools, insurance, and more.

+1 541 737 4906

oregonstate.edu/childcare

familyresources@oregonstate.edu



Health and Safety



OSU Student Health Services (SHS)

The best place for OSU students to go to get medical services is Student Health Services. They have two locations on campus. Many services are free to students. Make an appointment by calling [+1 541 737 9355](tel:+15417379355) or via the Patient Portal at bewell.oregonstate.edu.

Plageman Building

[+1 541 737 9355](tel:+15417379355)

Mon-Fri 9 am-6 am

Sat 10 am-3 pm (during the school year)

Same-Day Clinic, Tebeau Hall,

Located near the ILLC.

Call [+1 541 737 9355](tel:+15417379355) for appointments.

Mon-Fri 9 am-4:30 pm

Closed from 12 pm-1 pm for lunch.

OSU Health Insurance Office

You can visit the Insurance Office to ask questions or get help.

110 Plageman Building, Corvallis, OR

[+1 541 737 7600](tel:+15417377600)

Mon-Fri 9 am-5 pm

Between terms Mon-Fri 9 am-12 pm

Off-campus Medical Care

If you are looking for a special type of doctor, or would like to see a doctor off campus, go to your insurance company's website. Search the list of local doctors, choose one, and call for an appointment. If you see a doctor not on the list it will cost you more money. If you have OSU's Student Health Insurance, access the website from aetnastudenthealth.com.

Urgent or Emergency Medical Care

If you have an urgent medical problem and SHS is closed, you have several options but these types of medical services cost much more. You should only use these services in serious situations. Bring your insurance card with you.

QuickCare

2001 NW Monroe, Suite 104, Corvallis, OR
+1 541 768 4970
Mon-Sun 7 am-7 pm

Samaritan Urgent Care Center

5234 SW Philomath Blvd., Corvallis, OR
+1 541 768 4970
Mon-Fri 8 am-8 pm
Sat 9 am-6 pm
Sun 10 am-6 pm

Emergency Room (most expensive)

3600 NW Samaritan Dr., Corvallis, OR
Open 7 days a week, 24 hours a day

Call 911 (most expensive)

911 can send an ambulance to you, or help you with any emergency situation. You can call this number anytime.

Corvallis Safety Information

Corvallis and Oregon State University are very safe and welcoming places. There are security personnel and police on campus at all times as well as many other services to ensure student safety. Blue Emergency Lights are located across campus. These lights allow you to press a button to speak directly to a police officer if you are feeling unsafe. OSU also has a service called SafeRide. SafeRide is a free bus service which provides transportation to and from campus from 7 pm to 2:30 am seven days a week.

Put these important numbers in your phone as soon as you arrive:

Campus Security (Emergency)

+1 541 737 7000

Campus Security (non-emergency)

+1 541 737 3010

Off-campus Emergency

9-1-1

INTO OSU Emergency Phone

If you have an urgent problem when INTO OSU is closed, you can call this number to reach a member of Student Services 24 hours a day:
+1 541 602 3513



▲ Blue Light Emergency Phone

Money and Banking

Money

The amount of money you will need varies with your living situation and lifestyle. Students living off campus will need access to more money to pay monthly bills. You will need at least \$500 or more for textbooks, cell phone and other living expenses when you first arrive.

Corvallis Living Costs

- Restaurant and take-out meals: \$10-\$25.
Cup of coffee: \$2-\$4.
- Cell phone plan: \$60-\$80 per month.
A deposit may be required: \$50-\$300.
- The bus is free, and it's easy to bike around Corvallis. A used bike costs about \$50, and a good bike lock costs \$50. Driving is much more expensive, as you must buy a car, car insurance, registration, gas and a parking permit. Most students bike or walk to and around campus.
- Don't forget to tip. To reward good customer service, Americans tip between 15-20% in addition to the total bill price. This is required in restaurants and expected for most services like nail and hair salons, taxis, etc.

Banking Tips

- Look for a bank with a good exchange rate and low transfer fees. You will get more information about banks after you arrive.
- There are ATMs on campus for all the major banks in Corvallis. The ATMs are open 24 hours, but you can usually only take out \$200 per day maximum.





Transportation

Getting Around Campus

Beaver Bus

OSU offers a FREE campus shuttle to shorten your travel time and connect outer parking areas to campus.

Mon-Fri 7 am-7 pm - Every 5-14 minutes
Download the Beaver Bus App for more information.

Bicycles

Many OSU students use a bike to get around town and campus. 97% of the roads in Corvallis have a bicycle lane and you can find a lot of parking spaces for your bikes near buildings. Don't forget your helmet.

Parking on campus

If you choose to use your car to come to class, you will have to buy a parking permit. Visit my.parking.oregonstate.edu to purchase your permit.

Getting around Town

CTS Buses

The city of Corvallis offers free bus transportation throughout the town. Visit corvallistransit.com/mybus to know the closet stop to your apartment or when the next bus is coming.

Driving a car

To drive a car legally in the US, you need a valid driver's license, insurance and registration. You can only use your international driver's license for one year in Oregon. After one year you will need to get a US driver's license. Some international licenses are not allowed to be used in the US, including those from China and Saudi Arabia. Check to see if you can use your license in the US by visiting the Department of Motor Vehicles (DMV) website www.oregon.gov/ODOT/DMV/Pages/index.aspx.

How to get a US Driver's License

Make an appointment for a knowledge test and driving test with the DMV (see number to call below). Study the Oregon Driver's Manual to become familiar with Oregon driving laws. For the knowledge test, you will answer a series of questions on road laws and safety. For the driving test, you must provide a vehicle.

Dept. of Motor Vehicles (DMV)

870 NE Circle Blvd.
Corvallis, OR
+1 541 757 4191



Shopping

Shopping Centers

Timberhill Shopping Center

2359 NW Kings Blvd.
Corvallis, OR
+1 541 758 3733
Hours: 9 am-9 pm

Heritage Mall

1895 14th Ave. SE
Albany, OR
+1 541 967 8238
Hours: Mon-Thu and Sat 10 am-9 pm
Friday: 7 am-9 pm
Sunday: 10 am-7 pm

Woodburn Premium Outlets

1001 N Arney Rd.
Woodburn, OR
+1 503 981 1900
Hours: Mon-Sat 10 am-9 pm
Sun 10 am-7 pm

Department Stores

Fred Meyer

777 NW Kings Blvd.
Corvallis, OR
+1 541 753 9116
Hours: 7 am-11 pm

Target

2255 14th Ave. SE
Albany, OR
+1 541 926 5727
Hours: Mon-Sat 8 am-10 pm
Sun 8 am-9 pm

Kmart

400 NE Circle Blvd.
Corvallis, OR
+1 541 757 8840
Hours: 8 am-9 pm

International Markets

Bazaar International Market

2240 SW 3rd St.
Corvallis, OR
+1 541 207 3048
Hours: 11 am-9 pm

Rice 'n' Spice Oriental Foods

1075 NW Van Buren Ave.
Corvallis, OR
+1 541 753 1227
Hours: 10 am-7 pm

Devi Indian Grocery and Spices

919 NW Circle Blvd.
Corvallis, OR
+1 541 738 8393
Hours: Sun-Thu 12 pm-6 pm
Fri-Sat 12 pm-7 pm





Grocery Stores

Market of Choice

922 NW Circle Blvd. #110
 Corvallis, OR
 +1 541 758 8005
 Hours: 7 am-11 pm

First Alternative Natural Foods

2855 NW Grant Ave.
 Corvallis, OR
 +1 541 452 3115
 Hours: 7 am-10 pm every day

Natural Grocers

1235 NW 10th St.
 Corvallis, OR
 +1 541 758 0200
 Hours: Mon-Sat 8 am-9 pm
 Sun 8 am-7 pm

Trader Joes

1550 NW 9th St. #100
 Corvallis, OR
 +1 541 753 0048
 Hours: 8 am-9 pm

Safeway

450 SW Third Ave.
 Corvallis, OR
 +1 541 750 0160
 Hours: 6 am-1 am

WinCo

Timberhill Shopping Center
 2335 NW Kings Blvd.
 Corvallis, OR
 +1 541 753 7002
 Open 24 hours



Where to Eat

H: Some meal options are Halal
V: Some meal options are vegetarian
P: Some meal options are pescetarian

American

Sky High \$\$ VP

160 NW Jackson Ave.

Corvallis, OR

+1 541 207 3277

Hours: Sun-Wed 11 am-10 pm

Thu 11 am-11 pm

Fri-Sat 11 am-12 am

Block 15 \$\$ VP

300 SW Jefferson Ave.

Corvallis, OR

+1 541 758 2077

Hours: Sun-Thu 11 am-11 pm

Fri-Sat 11 am-1 am

Flat Tail \$\$ VP

202 SW 1st St.

Corvallis, OR

+1 541 758 2229

Hours: Mon-Thu 11 am-11 pm

Fri-Sat 11 am-1 am

Sun 10 am-11 pm

McMenamins \$\$ VP

2001 NW Monroe Ave.

Corvallis, OR

+1 541 758 0080

Hours: Sun-Mon 11 am-11 pm

Tue-Wed 11 am-12 am

Thu-Sat 11 am- 1 am

Italian

Pastini Pastaria \$\$ VP

1580 NW 9th St.

Corvallis, OR

+1 541 752 1114

Hours: Sun-Thu 11 am-9 pm

Fri-Sat 11 am-10 pm

Old Spaghetti Factory \$\$ VP

603 NW 2nd St.

Corvallis, OR

+1 541 738 7877

Hours: Sun-Thu 11:30 am-9 pm

Fri-Sat 11 am-10 pm

Mexican

El Sol De Mexico \$\$ VP

1597 NW 9th St.

Corvallis, OR

+1 541 752 9299

Hours: 11 am-10 pm

Los 3 Reales \$\$

1110 NE 2nd St.

Corvallis, OR

+1 541 752 1360

Hours: Sun-Thu 11 am-9:30 pm

Fri-Sat 11 am-10:30 pm

Chinese

China Blue Restaurant \$\$ VP

2307 NW 9th St.

Corvallis, OR

+1 541 757 8088

Hours: Sun-Thu 11 am-9 pm

Fri-Sat 11 am-10 pm

Queen's Chopsticks \$\$ VP

2329 NW Kings Blvd.

Corvallis, OR

+1 541 758 9166

Hours: Sun-Wed 11 am-10 pm

Thu-Sat 11 am-11 pm

Szechuan Cafe

Sunset Shopping Center

1585 SW 53rd St.

Corvallis, OR

+1 541 286 4688

Hours: Sun-Thu 11 am-9 pm

Fri-Sat 11 am-9:30 pm

Mix Asian Bistro

106 NW 2nd St.

Corvallis, OR

+1 541 207 3549

Hours: Tue-Sun 11 am-2 am

Japanese**Sada Sushi** \$\$ VP

151 NW Monroe Ave.

Corvallis, OR

+1 541 286 4093

Hours: Tue-Thu 11:30 am-2 pm, 4:30 pm-9 pm

Fri 11:30 am-2 pm, 4:30 pm-10 pm

Sat 12 pm-10 pm; Sun 12 pm-9 pm

Tokyo Steakhouse \$\$ VP

250 SW 3rd St.

Corvallis, OR

+1 541 754 7508

Hours: 11 am-2 pm, 4:30 pm-9:30 pm

Aomatsu Sushi & Grill \$\$ VP

122 NW 3rd St.

Corvallis, OR

+1 541 752 1410

Hours: Mon-Fri 11:30 am-2:30 pm, 5 pm-10 pm

Sat 5 pm-10 pm

Sugoi Sushi \$\$ VP

1830 NW 9th St. #108/109

Corvallis, OR

+1 541 207 3059

Hours: Sun-Thu 11 am-9:30 pm

Fri-Sat 11 am-10 pm

Shogun Bowl \$

2461 NW Monroe Ave.

Corvallis, OR

+1 541 757 7356

Hours: Mon-Sat 10 am-8:30 pm

Greek**Alley Gyros** \$

121 SW 3rd St.

Corvallis, OR

+1 541 844 8118

Hours: 11 am-8 pm

Crystal's Cuisine and Café \$ HV

1425 NW Monroe Ave.

Corvallis, OR

+1 541 752 6403

Hours: Mon-Sat 11 am-7 pm

Thai**Tarntip Thai Cuisine** \$\$ VP

2535 NW Monroe Ave.

Corvallis, OR

+1 541 757 8906

Hours: Mon-Sat 11 am-3 pm

Thai Chili \$\$ HVP

1425 NW Monroe Ave.

Corvallis, OR

+1 541 738 0848

Hours: Mon-Fri 11 am-2:45 pm, 4 pm-8:45 pm

Sun 3:30 pm-8:40 pm

Indian**Nirvana Indian Restaurant** \$\$

2309 NW Kings Blvd.

Corvallis, OR

+1 541 738 6104

Hours: 11 am-3 pm, 5 pm-9:30 pm

Evergreen Indian Restaurant \$\$ HV

136 SW 3rd St.

Corvallis, OR

+1 541 754 7944

Hours: 11:30 am-2:30 pm, 5 pm-9:30 pm

Mediterranean**Al Jebal Middle Eastern Restaurant** \$\$ HV

2240 SW 3rd St.

Corvallis, OR

+1 541 207 3478

Hours: Sun-Mon 1 pm-8:30 pm

Wed-Sat 1 pm-8:30 pm

Baklava Mediterranean Cafe

453 SW Madison Ave.

Corvallis, OR

+1 541 908 2667

Hours: Sun-Sat 12 pm-8 pm



Religious and Cultural Support



On-Campus Resources

There are a variety of multifaith, quiet, and prayer rooms on campus.

- **ILLC Multifaith Room**, ILLC 448
- **Student Experience Center (SEC)**
Multifaith Room, SEC 323
- Quiet spaces are also available in most residence halls.
- Additional space is available in several of the Cultural Resource Centers.

There are also many religious student organizations. Visit: studentlife.oregonstate.edu/main/healthy-campus-initiatives-hci/spiritual-life-osu for a complete list.

Off-campus places of worship

Salman Al-Farisi Islamic Center

610 NW Kings Blvd.
Corvallis, OR
+1 541 758 0329

Beit Am Jewish Community

25 NW 36th St.
Corvallis, OR
+1 541 753 0067

Chinese Christian Church of Corvallis

<http://www.ccc-corvallis.org/>

Korean Christian Church

1625 NW Grant Ave.
Corvallis, OR
+1 541 753 9643

There are a number of other churches and religious groups in Corvallis. Please search for your preferred religious organization, or email INTOOSU@oregonstate.edu with any questions.

Cultural Resource Centers

OSU's Diversity and Cultural Engagement office provides seven centers to support students from different cultural backgrounds and identities. Events and activities at the centers include national history and heritage month programs, social justice workshops, cultural holiday celebrations, cooking demonstrations, craft nights and many other programs. For more info visit dce.oregonstate.edu/cultural-resource-centers

- Asian and Pacific Cultural Center
- Centro Cultural Cesar Chavez
- Ettihad Cultural Center
- Lonnie B. Harris Black Cultural Center
- Native American Longhouse
- Pride Center
- Women's Center

OSU's Cultural Associations

OSU has many active student organizations focused around countries or culture. These clubs are a great first stop for getting involved on campus, sharing your culture and making friends.

- African Student Association
- Association of Latin American Students
- Cambodian Student Association
- Chinese Association of OSU
- Hmong at OSU
- Isang Bansang Pilipino
- Indian Student Association
- Indonesian Student Association
- Iranian Student Association
- Japanese Student Association
- Korean Culture Association
- Laos Student Association
- Malaysian Student Association



- Omani Student Association
- Saudi Arabian Student Association
- Slavic Student Association
- Taiwanese Student Association
- Thai Student Association
- Turkish Student Association
- Vietnamese Student Association

If you need any assistance locating local resources that could help you with your religious or cultural needs, please email INTOOSU@oregonstate.edu



Recreation



Outdoor Recreation

Corvallis Sports Park

175 SW Twin Oaks Cir.
Corvallis, OR
+1 541 757 0776
Hours: Mon 4 pm-1 pm
Tue 3 pm-11 pm
Wed-Thur 4 pm-11 pm
Fri-Sun 9 am-11 pm

Marys Peak

Marys Peak, OR

Chip Ross Natural Area

Lester Ave.
Corvallis, OR

William L. Finley National Wildlife Refuge

26208 Finley Refuge Rd.
Corvallis, OR
+1 541 757 7236
Hours: 8 am-5 pm

Peavy Arboretum

NW Peavy Arboretum Rd.
Corvallis, OR
+1 541 737 4452
Hours: Mon-Sun 7 am-6 pm

Hoodoo Ski Area

Highway 20
Sisters, OR
skihoodoo.com

City Attractions

Corvallis Farmer's Market

1st and Jackson
Downtown Corvallis, OR
+1 541 740 1542
Hours: Wed & Sat 9 am-1 pm,
April 15th - November 22nd

Rose Garden at Avery Park

1310 SW Avery Park Dr.
Corvallis, OR

The Arts Center

700 SW Madison Ave.
Corvallis, OR

+1 541 754 1551

Hours: Tue-Sat 12 pm-5 pm

Entertainment**AMC Corvallis 12**

750 NE Circle Blvd.
Corvallis, OR

+1 541 753 3810

Regal 9th Street Cinema

1750 NW 9th St.
Corvallis, OR

+1 844 462 7342

Darkside Cinema

215 SW 4th St.
Corvallis, OR

+1 541 752 4161

www.darksidecinema.com

Majestic Theater

115 SW 2nd St.
Corvallis, OR

+1 541 738 7469

Hours: Wed-Fri 12 pm-5 pm

www.majestic.org

Whiteside Theater

361 SW Madison Ave.
Corvallis, OR

www.whitesidetheater.org

OSU Theater

141 Withycombe Hall
2921 SW Campus Way

Corvallis, OR

+1 541 737 2853

Dixon Recreation Center

Oregon State University
211 Dixon Recreation Center
Corvallis, OR

+1 541 737 3748

Hours: Mon-Fri 6 am-12 am

Sat 9 am-10 pm

Sun 10 am-12 am

OSU Athletic Games

Tickets to the games included in tuition

Visit osubeavers.com for game schedules

Bowling MU Basement

OSU Memorial Union
112 Memorial Union

Corvallis, OR

+1 541 737 2416

Hours: Mon-Wed 9 am-10 pm

Thu 9 am-12 am

Fri-Sat 12 pm-12 am

Sun 12 pm-8 pm

Newport Aquarium

2820 SE Ferry Slip Rd.
Newport, OR

+1 541 867 3474

Hours: Mon-Sun 10 am-5 pm

The Rink Exchange (Ice-skating)

796 West 13th Ave.
Eugene, OR

+1 541 225 5123

Check therinkexchange.com for hours



Contact Information

Useful Resources

For helpful information about OSU, Corvallis, adjusting to life in the US and OSU's cultural organizations, please visit: oregonstate.edu/international/atosu/resources

INTO OSU

intostudy.com/osu

INTO OSU Email

INTOOSU@oregonstate.edu

INTO Welcome Desk

+1 541 737 2464

The INTO OSU Welcome Desk is open Monday-Friday, 8 am-5 pm

INTO OSU Arrival Phone

+1 541 224 2964

Use this phone number to contact INTO OSU during your travel to and arrival in Oregon and Corvallis. Please notify us immediately of flight delays, lost luggage or if you cannot find the airport shuttle service.

OSU Student Health Services (SHS)

+1 541 737 9355

Monday-Friday 9 am-6 pm

Saturday 10 am-3 pm

studenthealth.oregonstate.edu/general/international-students

Connect with Us!

INTO OSU Facebook

facebook.com/into.OregonState

OSU Facebook

Search "New2OSU-International"

INTO OSU Twitter

twitter.com/INTO_OSU

OSU Twitter

twitter.com/oregonstateuniv

INTO OSU Instagram

[@INTOoregonstate](https://www.instagram.com/INTOoregonstate)

OSU Instagram

[@oregonstateuniv](https://www.instagram.com/oregonstateuniv)

OSU WeChat

[OregonStateUni](#)





Frequently Asked Questions

I don't have housing yet; what should I do?

Contact our Housing and Arrivals Coordinator at into.housing@oregonstate.edu and they will be able to help you.

What do I do when I arrive at PDX Airport?

If you have booked a shuttle and it is between 8 am-8 pm on the Saturday or Sunday before your orientation start day, find one of our Airport Greeters at baggage claim #9 and they will show you where to go. If it is outside of these times, see page 4 for more information on how to find the shuttle. If you don't know what to do, call our arrivals phone on +1 541 224 2964 and someone can help you 24 hours a day.

I am eligible to live off campus. Where can I live and how do I get an apartment?

If you are eligible to live off campus, you can find useful resources on this website oregonstate.edu/international/atosu/resources/housing

How do I reserve the free shuttle service?

All you have to do is submit your arrival details at www.INTOarrivals.com/osu

What clothing should I wear upon arrival?

Depending on the time of year you arrive, the weather can vary. Wear good shoes for walking and carrying your luggage, and bring a warm sweater or jacket with you for arriving at Portland Airport.

How can I get to a grocery store?

When you get here, come to the Welcome Desk and get a bus route map. A Welcome Desk staff member can help you find the store you need and what bus to take.

How do I set up a bank account?

There are a few local bank options where you can set up an account. The Welcome Desk has a list of the banks that are closest to campus. Each bank is a little bit different, so make sure you ask a lot of questions so you understand what your account provides or doesn't provide.

How do I get a cell phone?

There are several different cell phone companies in the US. Each company offers different plans and prices, so take a look online first, and ask lots of questions to find out which is the best plan for you. You can go to the Welcome Desk when you arrive for a list of local cell phone companies closest to campus.

I have a driver's license from my country, that should work in the US right?

No. Not all international licenses are valid in the US. If you want to drive in the US, you must get a US driver's license. The Welcome Desk has copies of the Oregon Driver's Manual so you can learn the rules of the road. You will also be required to purchase insurance if you buy a car to drive here.



[intostudy.com/
osu](https://intostudy.com/osu)



[facebook.com/
INTO.OregonState](https://facebook.com/INTO.OregonState)



[twitter.com/
INTO_OSU](https://twitter.com/INTO_OSU)



[instagram.com/
INTOoregonstate](https://instagram.com/INTOoregonstate)



[myin.to/
OSU_YouTube](https://myin.to/OSU_YouTube)

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INTO 

Through innovative partnerships with leading universities,
we expand opportunities for higher education, ensuring
success and transforming the lives of our students and staff.