



Oregon State University
Cascades

GET READY FOR OSU-CASCADES





Checklist

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

Passport, Visa and I-20 Immigration Document

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 or Consulate and submit your visa application.

Immunization and Health Forms

Complete required [international student health history and immunization form](#)

Submit your required international student health history and immunization form: scan and email: admit@osucascades.edu

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.

What to Bring on the Plane

- Passport, U.S. Visa, I-20/DS-2019, I-901 fee receipt
- Oregon State University Cascades 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 Redmond airport



Plan Your Housing

OSU-Cascades requires international students to live on-campus their first term. Exceptions to this rule can be made, but students will need to request and exemption to live off campus. Contact OSU-Cascades' International Student Coordinator for more details (see page 16 for contact info).

Link to: [OSU-Cascades International Student Housing Information](#)

 Admissions Documents

Undergraduate Students

- Official Documents: sealed official high school or university transcripts and final certificate/diploma/degree certificate. English translations must also be submitted.
- Official TOEFL score submitted online via ETS directly to OSU (OSU College code 4586)
- Official results from other accepted English language tests





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What to Pack

Clothing and Weather

Because of seasonal climate variation, it is important to bring both lightweight and heavyweight clothing, as well as snow apparel. Summer weather is warm and pleasant in Bend. Temperatures usually range from 5 to 30 degrees C. In contrast, the winter season is usually cool (-5 to 5 degrees C) and can be snowy. You may wish to buy at least some basic items before you leave home. Warm clothes (such as sweaters and a coat) and a parka are essential! There is no official or required dress code at OSU-Cascades. Most students wear casual clothing, often jeans or pants. Occasionally you may need more formal clothing such as a sport coat (or suit) for men and a business suit/dress for women. Above all, informal and comfortable clothing is practical for everyday occasions.

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 pots and pans are provided in the residence hall kitchens.
3. Share your culture! Bring recipes for your favorite food from home, cooking tools, national dress or other items of cultural interest.
4. Bring decorations for your room that will remind you of home and make you feel comfortable in a new place.



▲ Label your baggage clearly with your US mailing address.



Getting a Student Visa

How to Get Your 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. Once you are fully admitted to OSU Cascades you will be issued an immigration document called an I-20/DS-2019. Make sure to review this document and make sure all information is correct.
3. Pay the I-901 SEVIS fee at fmjfee.com/i901fee. Your SEVIS ID number is above your surname on the top left hand side of your I-20 or on the top right hand side of your DS-2019. The OSU school code is also on immigration document under school information
4. Schedule a visa interview at your nearest US Consulate or Embassy: travel.state.gov/content/travel/en/us-visas/study.html
5. Go to your visa interview. Bring your SEVIS fee payment receipt, your I-20/DS-2019 and your financial documents certifying the amounts and sources of financial support.

Questions? Contact the Office of International Services at ois.student@oregonstate.edu or 1-541-737-6310

Visa Delays

If you are unable to obtain a visa before the start of the term for which you have been admitted, please contact OSU's Office of International Admissions at intladmit@oregonstate.edu or the Graduate School at graduate.admissions@oregonstate.edu and request to defer your admission to a future term.

Transfer Students

F-1 and J-1 visa holders coming to OSU from another US college, university or language school (other than INTO OSU) must complete an immigration transfer to OSU within the first two weeks of class. Failure to complete the SEVIS transfer process may result in a violation of your F-1 or J-1 status. For more information, visit: international.oregonstate.edu/ois/new-students/f-1-transfer

Bringing Dependents

Your spouse or child(ren) may be able to accompany you on an F-2 or J-2 dependent visa. Dependents may study in the US, however F-2 dependents may only enroll less than full-time at a college or university. F-2 visa holders are not allowed to work in the United States. For more information, visit: international.oregonstate.edu/ois/new-students/arrival-and-settling/bringing-dependents-us



Arriving in the US

Booking Your Flight

As an F-1 or J-1 student, you are allowed to enter the US no earlier than 30 days before the program start date listed on your I-20 or DS-2019. We recommend flying into Redmond Airport (RDM). Arrive in Bend at least one day before the program start date written on your I-20 or DS-2019 in your brochure.

Customs and Immigration Tips

- Be sure to have the following documents with you on the plane and ready to present at the US Port of Entry:
 - Original I-20 or DS-2019
 - Valid passport
 - F-1 or J-1 visa
 - SEVIS I-901 fee payment receipt
 - Documentation of finances for your first year of studies
- An immigration officer may ask you some questions. Be prepared to answer:
 - Why are you coming to the US?
 - Where are you studying?
 - Where will you live during your studies?
 - How are you going to fund your studies?
- Most students who arrive in the United States will receive an I-94 stamp that indicates legal entry into the country.

An online printable record will be available following your entrance into the country. In rare cases, you may receive a paper Form I-94 that an immigration official will staple into your passport. **DO NOT LOSE THIS FORM.** We will make copies of the Form I-94 and/or passport stamps at the Immigration Document Check-in during orientation.

- You will be given a customs form to complete on the plane. Keep this form to present to immigration and at customs.
- If you have any problems at the airport please contact the Office of International services at 541-737-6310

Airport Transportation

If possible, we recommend flying into Portland, Oregon (be sure that you are flying to Oregon and not to Portland, Maine); Seattle, Washington; Salt Lake City, Utah; or San Francisco, California and then catching a connecting flight to [Redmond, Oregon](#) (RDM). Bend is a short, 20 minute drive from the Redmond Airport. There are several ground transportation options from the Redmond Airport that are listed [here](#). The shuttle should cost around \$30 and reservations must be made in advance. A taxi will cost around \$40. If you are arriving in Portland, Oregon, it is also possible to catch a bus called the Central Oregon Breeze for about \$48 to Bend. The drive is approximately three hours. Please visit their website for schedules and reservations. Seattle is about a 6 hour drive from Bend and San Francisco is approximately 12 hours.



Housing and Dining

Living on Campus

First- Year International Students

OSU-Cascades has implemented a First-Year Experience (FYE) program to connect students with key campus resources, build community and provide academic support and services designed to enhance student success, satisfaction and retention.

As part of the First Year Experience program, Oregon State University requires full-time, first-year students to live on campus. First-year students are students who are enrolling at Oregon State University within one year of their graduation from high school, who have not previously been regularly-enrolled students at another institution of higher education following high school graduation.

For information about living on campus and how to apply for on-campus housing go to the following link: <https://osucascades.edu/uhds/housing-options/international-student-information>

International Transfer, Exchange and Graduate Students

OSU-Cascades requires international students to live on-campus their first term. Exceptions to this rule can be made, but students will need to request and exemption to live off-campus. Contact OSU-Cascades' International Student Coordinator for more details (see page 16 for contact info).

For information about living on campus and how to apply for on campus housing go to the following link: [OSU-Cascades International Student Housing Information](#)

Dining on Campus

Meal plans are included for 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-Cascades has one dining center and a coffee shop on campus

Contact for University Housing and Dining Services (UHDS)

Phone: 1-547-737-4771 or

1-800-291-4192

Fax: 1-541-737-0686

Email: housing@osucascades.edu



Money and Banking

Money

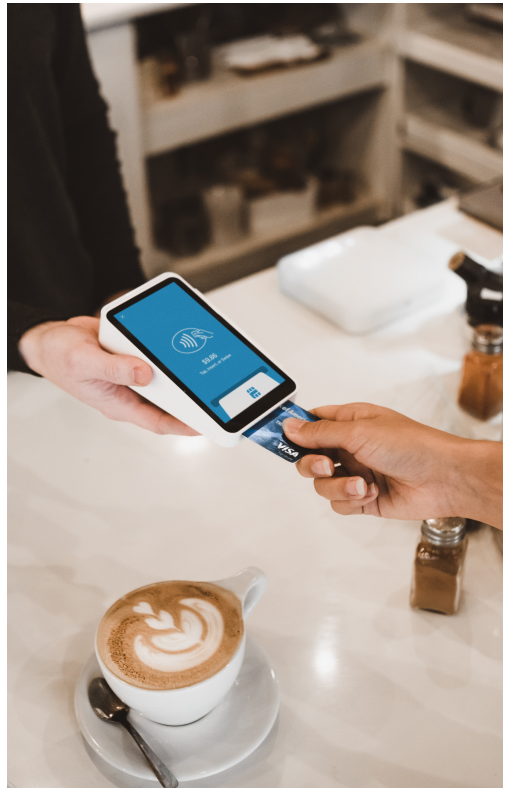
The amount of money you will need varies with your living situation and lifestyle. Students living off campus will need access to more money to pay monthly bills. You will need at least \$500 or more for textbooks, cell phone and other living expenses when you first arrive.

Bend Living Costs

1. Restaurant and take-out meals: \$10-\$25. Cup of coffee: \$2-\$4.
2. Cell phone plan: \$60-\$80 per month. A deposit may be required: \$50-\$300.
3. 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, gas and a parking permit. Most students bike or walk to and around campus.
4. Don't forget to tip! To reward good customer service, Americans tip between 15-20% in addition to the total bill price. This is optional, but common for restaurant wait staff, taxi drivers, nail and hair salons, etc.

Banking Tip

Look for a bank with a good exchange rate and low transfer fees. You will get more information about banks after you arrive.



If you want to exchange money, there is an office at the airport where you can do so. Only exchange a small amount initially, around \$100, until you can learn the exchange rates.



Safety on Campus

Safety Information

Bend and OSU-Cascades are very safe and welcoming places. However, it is important to be careful and smart. Take steps to help ensure the safety of your property and yourself. Follow these steps to stay extra safe:

Safety Tips

1. Lock up your bicycle whenever you leave it unattended.
2. Do not leave the door to your house, apartment or dorm room unlocked, ever.
3. Always lock your car. Do not leave valuable items in your car.
4. At night, use well-lit and well-traveled routes. Avoid dark, vacant areas. Travel with a friend or in a group.
5. Carry identification on you, like your OSU ID card. Keep your wallet and valuables safe.
6. Don't leave your purse, backpack, laptop, textbook or other valuables unattended.
7. Save important numbers in your phone, such as your doctor and emergency phone numbers.



▲ Blue Light Emergency Phone

The Public Safety Department is on campus to help keep students safe .
PHONE (24 Hours, 7 days a week): 541-322-3110

Medical Information

Health Insurance

Oregon State University requires international students and their dependents to be covered by health insurance which meets requirements of the US government, the State of Oregon, and Oregon State University.

International students must purchase OSU's health insurance policy unless their own policy meets the requirements of the US government, the State of Oregon, and Oregon State University. If you are interested in finding out whether your current health insurance policy meets the required standards, contact Mary Lloyd-Rex at mary.lloyd-rex@oregonstate.edu.

Unless you've been given permission to waive OSU's health insurance policy, the OSU health insurance policy will automatically be added to your student university bill. The cost of OSU's health insurance policy will be charged to your OSU student account each term upon registration.

INTERNATIONAL STUDENT HEALTH INFORMATION

Name: _____

STUDENT ID NUMBER: _____

Complete and return to Student Health Services

For Mail: OSU Medical Box
 Compensation Coordinator
 201 Page Hall Bldg
 Corvallis, OR 97331-8022
 Phone: 541-737-7979

What is your preferred name? _____

Please check your age group: female male _____

Please check your gender: female male transgender other _____

Please check your preferred pronoun: she he other _____

Please note: This medical history form will not be reviewed until you come to Student Health Services (SHS) for care. Please call to speak to a nurse or clinician to address any concerns or special needs.

Check any health issues you have now or have had in the past:

<input type="checkbox"/> Ulcer (stomach or intestinal)	<input type="checkbox"/> Stroke (CVA)	<input type="checkbox"/> Other (check each condition)
<input type="checkbox"/> Hearing impairment	<input type="checkbox"/> Tuberculosis	<input type="checkbox"/> Sickle cell disease
<input type="checkbox"/> Physical disability	<input type="checkbox"/> Migraine headaches	<input type="checkbox"/> Acute H1N1
<input type="checkbox"/> Asthma	<input type="checkbox"/> Seizures	<input type="checkbox"/> Acute H2
<input type="checkbox"/> HIV/AIDS	<input type="checkbox"/> Cancer	<input type="checkbox"/> HIV/AIDS
<input type="checkbox"/> Learning disability (not ADHD)	<input type="checkbox"/> Traumatic brain injury	<input type="checkbox"/> Chlamydia
<input type="checkbox"/> Seasonal allergies	<input type="checkbox"/> Diabetes Type 1	<input type="checkbox"/> Gonorrhea
<input type="checkbox"/> Bacterial infections	<input type="checkbox"/> Diabetes Type 2	<input type="checkbox"/> Genital herpes
<input type="checkbox"/> Allergies	<input type="checkbox"/> Thyroid problem	<input type="checkbox"/> Addiction to alcohol or drug
<input type="checkbox"/> Psoriasis	<input type="checkbox"/> Previous chest/heart symptoms	<input type="checkbox"/> Substance addiction or abuse
<input type="checkbox"/> Heart attack	<input type="checkbox"/> Chronic kidney disease	<input type="checkbox"/> Eating disorder
<input type="checkbox"/> High cholesterol	<input type="checkbox"/> Kidney stones	<input type="checkbox"/> Anemia/iron deficiency
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Celiac disease	<input type="checkbox"/> Depression
<input type="checkbox"/> Psychiatric/mental health	<input type="checkbox"/> Chronic illness	<input type="checkbox"/> Obsessive Compulsive Disorder (OCD)
<input type="checkbox"/> Chronic health condition	<input type="checkbox"/> Chronic disease	<input type="checkbox"/> Schizophrenia
<input type="checkbox"/> Stroke	<input type="checkbox"/> Ulcers	
<input type="checkbox"/> Cystitis (UTI) or other urinary	<input type="checkbox"/> Rheumatoid arthritis	
<input type="checkbox"/> Sleeping disorder	<input type="checkbox"/> Lymphoma	

***** Do not check any health issues. If you complete the form electronically, please recheck it and save before printing.

▲ Immunization form



Health Information Forms

The State of Oregon and Oregon State University require international students to provide proof of multiple vaccinations before registering for classes. Complete vaccination requirements can be viewed on the [International Student Health Information and Immunization form](#) or on [OSU's Student Health Services website](#). OSU-Cascades students do not have access to the patient portal, Cascades students will need to print the International Student Health History & Immunization form and email form to admit@osucascades.edu.

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.

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 work with the Health Services Advisor, Hannah Kuel, to get screened for TB, as well as find healthcare providers.

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.

For more information about medical services, requirements and insurance, please visit: studenthealth.oregonstate.edu/international-students or contact the OSU-Cascades Health Advisor by emailing healthadvisor@osucascades.edu or calling 541-322-3107



Getting Settled in Bend

Cash and Credit/Debit Cards

Plan to carry small amounts of cash with you when you first arrive in the US for food, phone calls, and other inexpensive purchases. In the US, the most widely accepted credit cards are Visa and MasterCard. ATMs are located in the airport and on campus.

Cell Phones

There are two major options in the US cell phone industry: long-term contracts or pre-paid/pay-as-you-go phones. For a monthly service plan, cell phone companies require a new customer to sign a two-year service agreement. Penalty charges apply if you cancel your contract before the two-year period has expired. If you do not want to sign a two-year contract, you have a choice of pre-paid or pay-as-you-go plans. If you cancel your contract before the two-year period has expired. If you do not want to sign a two-year contract, you have a choice of pre-paid or pay-as-you-go plans. Major US cell phone companies: AT&T, Verizon, T-Mobile and Sprint

Keep in Contact with Home

When you arrive in the US you will have traveled a long way from home. Although this will be an exciting time, please do remember that your family and friends may worry about you. Remember to contact them and let them know that you are safe!

Bank Accounts

When you arrive in Bend, you will need to open a checking and/or savings account(s) with a bank. For more information, visit: international.oregonstate.edu/ois/arriving-and-settling/money-and-banking

** Please be advised link takes you to Corvallis website when using Phone Book link to look up banks make sure to type Bend, OR**



Driving

To drive a car in the US, you will need to get a US driver's license. You must pass a written knowledge test of US driving laws in English, and a driving test. You will also have to wait until after you are enrolled in your classes and can provide proof of enrollment to the US government before you will be able to get a driver's license.

Computers and Internet Access

Wireless internet is available in the residence hall and many other locations on campus. There is a computer lab for students to use, and all internet access on campus is free.

Appliances

For appliances, phones, and other electrical items like computers or laptops, please be advised that electrical outlets in the US are 110-volts AC, which may be different from your home country. You can purchase a plug adapter which will allow you to plug in your electronics from home. Items like laptop computers and digital camera chargers often have a built-in voltage adapter and will only need a plug adapter to work properly abroad. We recommend purchasing all other necessary appliances and electronics after you arrive. Most appliances, such as rice cookers or electric teapots, are not allowed in residence hall bedrooms, but can be used in residence hall kitchens.





Employment

Degree-seeking students on an F-1 visa are generally eligible to work on campus up to 20 hours per week while the term is in session, and up to 40 hours per week between terms and during summer breaks. Some limitations may apply. Students on a J-1 visa may also work on campus once they receive a work authorization letter from OIS or their Program Sponsor.

Off-campus employment requires authorization and is approved only under specific conditions. Always consult an International Student Advisor before accepting any off-campus employment. Dependents on an F-2 visa are not eligible for employment.

On-Campus Jobs

On Campus jobs are posted on the following website: <https://jobs.oregonstate.edu/>. Examples of on campus jobs include graduate assistantships, working for University Housing and Dining Services, admissions and recruitment or facilities.

Note: International students are ineligible for positions listed as “work study.”

Social Security Number

Students who receive an offer for on-campus employment will need to apply for a social security number at the local Social Security Administration office in Bend, Oregon. Human resources will sign a Social Security Verification Form once you have received an official job offer and start date. Before requesting this letter, be sure to register full-time for your first term at OSU. Please note that you may only be issued a Social Security Number if you have an on campus employment offer. Students without an employment offer are ineligible to receive a Social Security Number.





More Information

International Student Coordinator

Lindsey Bakos

541-706-2122

Email:

lindsey.bakos@osucascades.edu

Find Us Online



<https://osucascades.edu/>



[/osucascades](#)



[/osucascades](#)



[/osu_cascades](#)

Office of International Services

541-737-6310

OIS.student@oregonstate.edu Monday-

Friday, 8:00am-5:00pm

international.oregonstate.edu/ois

Emergencies

Department of Public Safety Emergency:

541-737-7000

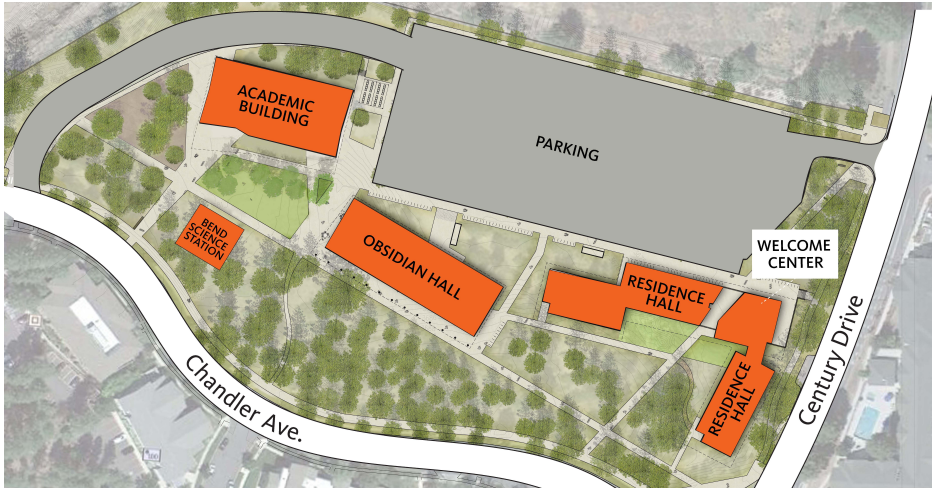
Non-emergency: PHONE (24 Hours, 7 days a week): 541-322-3110

Emergency Police, Fire and Ambulance (off-campus and anywhere in the US):

911



Campus Map



Oregon State University
Cascades
1500 SW Chandler Avenue
Bend, Oregon 97702



Oregon State University
Cascades



As a land grant institution committed to teaching, research and outreach and engagement, Oregon State University promotes economic, social, cultural and environmental progress for the people of Oregon, the nation and the world.