International Student Orientation Guide
Welcome

Welcome to New York University (NYU)! We’re happy to have you join us as an international student. You are an essential part of our global campus and NYU community. This orientation covers topics relevant to being in the US as an international student, including legal requirements and restrictions, extensions, employment, life in New York City, and more!

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Arrival Checklist

As soon as you arrive in the United States, make sure you take care of all these things. We hope you have a fantastic start at NYU!

1. **Complete your immigration requirements**
   
a. Complete the arrival form at [bit.ly/complete-arrival-form](bit.ly/complete-arrival-form) and submit your immigration information to OGS online.

   b. Add your US address to NYU Albert: [albert.nyu.edu](albert.nyu.edu).

      • Update your US address in Albert (Stern graduate students use [ais.stern.nyu.edu](ais.stern.nyu.edu)). For detailed instructions, go to the Update Your Local US Address page: [bit.ly/updateUSaddress](bit.ly/updateUSaddress).

   c. Add your US phone number to NYU Albert: [albert.nyu.edu](albert.nyu.edu).

      • Update your US phone number in Albert (Stern graduate students use [ais.stern.nyu.edu](ais.stern.nyu.edu)). For detailed instructions, go to the Update Your US Phone Number page: [bit.ly/updateUSphone](bit.ly/updateUSphone).

2. **Attend an International Student Orientation**
   
   Learn the basics of keeping your status legal in the US as an F-1 or J-1 international student, employment in the US, cultural adjustment and coping skills, US classroom culture, safety and security, and more. Get the details on all our sessions and RSVP on our International Student Orientation page: [bit.ly/OGSorientation](bit.ly/OGSorientation).

3. **Understand your legal requirements as an F-1 or J-1 international student at NYU**
   
   As an international student in the US, it’s important for you to understand that it is your responsibility to keep your F-1/J-1 status legal and valid throughout the duration of your studies in the US. Review your legal requirements: [bit.ly/legalrequirements](bit.ly/legalrequirements).

4. **Register for enough courses to study full-time**
   
   To register, graduate students report to their academic advisor, a staff or faculty member of the department or school, who guides students through course selection. Undergraduate students go to the school’s advising center to meet with an academic advisor. Special Note: If you are NOT enrolled full-time AND you do NOT have OGS’s permission to register for a reduced course load, you are at risk of losing your lawful status in the US. Learn more about getting permission to register for a reduced course load: [bit.ly/NYUpart-time](bit.ly/NYUpart-time).

5. **Get your NYUCard**
   
   After registering for class, get an NYUCard ([bit.ly/NYUcard](bit.ly/NYUcard)) from the NYU ID Center. If you have already sent passport-sized photos by mail to NYU, you should contact your department to pick up your ID card.

6. **Participate in school orientations and Welcome Events**
   
   Designed to help you transition to NYU, Welcome Week ([bit.ly/NYUWelcomeWeek](bit.ly/NYUWelcomeWeek)) is intended for new first-year and transfer students. Grad Welcome ([bit.ly/NYUgradwelcome](bit.ly/NYUgradwelcome)) consists of a variety of programs, workshops, and fun events designed to welcome new graduate students to NYC and NYU. Also be sure to check with your school and/or department to see if there are any orientation sessions available. Some schools require your participation at orientation.

7. **Understand your health insurance requirements**
   
   • All students are required to have NYU health insurance. Learn more about the required health insurance plans and understanding the US healthcare system: [bit.ly/NYUhealth](bit.ly/NYUhealth).

   • You are also required to submit your immunization records to the Student Health Center. If you don’t, you could be de-enrolled from classes. Learn more about this requirement from the Student Health Center: [bit.ly/NYU_SHC](bit.ly/NYU_SHC).

8. **Find out if you need to take any English or other required tests**
   
   If English is your second language, you may be required to take an English test. Check with your school for instructions.

9. **Pay the registration bill**
   
   Visit the StudentLink Center ([nyu.edu/studentlink](nyu.edu/studentlink)) to pay, and for more information. International students, parents and third-party payers are also able to make payments by wire transfer. (Please note this service is not available to students who are citizens of the People’s Republic of China attending NYU Shanghai.) The wire transfer option allows you to pay your student account balance in the currency of your choice and provides a secure way of initiating payments electronically. Learn more about paying by wire transfer: [bit.ly/NYUpayment](bit.ly/NYUpayment).
Open a local bank account if you don’t have easy access to your bank account abroad

- There are several banks (bit.ly/banksnearnyu) in the NYU area. Notify the OGS if you are having problems opening an account.
- The items needed for an international student to open a bank account are:
  - Passport
  - I-20 form [F-1 students] or DS-2019 [J-1 students & scholars]
  - I-94 Record
  - NYU ID card
  - Proof of Enrollment and Proof of US residential address
  - NYU enrollment verification (bit.ly/NYUverify)
  - Stern Graduate, Law, and Dental students should go to their own school’s Registrar Office.

Please note: A Social Security Number [SSN] is not required to open a bank account.

Get a driver license or photo ID card

- A valid driver license is required to drive a car anywhere in the US. New York State honors all valid foreign licenses. If living in New Jersey, you should carry an International Driving Permit along with the valid foreign driver license. To learn more about applying for a New Jersey driver license, please visit: bit.ly/NJMVC. To apply for a New Jersey non-driver identification card, visit here: bit.ly/non-driverID.
- You may also want to apply for a state photo ID card or a New York City ID card (nycidcard.com). To learn more about applying for a New York driver license or state photo ID card visit the New York Department of Motor Vehicles (bit.ly/NY_DMV).

Photocopy and safeguard your documents

Photocopy your passport, I-20 or DS-2019, visa page, and I-94 information, and photocopy all identity and other important documents you brought with you, or obtain while in the US. Store the copies in a separate location from the originals.

Contact your consulate in the US

Consulates provide emergency assistance, cultural programming, and tax treaty information.

Download Safe NYU

Safe NYU (bit.ly/safe-nyu) contains valuable resources to keep you safe and prepared at NYU.

Learn about and start using NYU Engage

NYU Engage (bit.ly/NYUengage) is where you can create, discover and get involved with community, and stay connected to what is happening on campus.
Basic Immigration Requirements

During your program you must take care to maintain lawful status in the US, as failure to do so can have serious long-term consequences for you. Below are requirements for all international students to maintain legal status while in the US. You can find an online version of this list on our website at bit.ly/legalrequirements.

- Keep your immigration documents valid and unexpired.
  - Your passport should be valid at least six months into the future.
  - Every time you travel outside of the US, print out your I-94 record after you return to ensure you entered the US in F-1 or J-1 status: bit.ly/I-94record.
  - Your visa must be valid if you need to reenter the US: bit.ly/renewyourvisa.
  - Your I-20 or DS-2019 must be accurate and unexpired. If anything is incorrect or you need to update anything, contact us: bit.ly/OGSContactUs.

- Register for full time enrollment every fall and spring semester.
  If you think you need to be enrolled part time, get our approval before your registration is finalized: bit.ly/PTEapproval.

- Update your address in your NYU record within 10 days of a move.
  For more information on how to update the address in your NYU record, visit bit.ly/update-address.

- Carry all the required documents when traveling and reentering the US as an international student.
  See the list of required documents at bit.ly/traveldocuments.

- Follow University and US government requirements.
  - You must have health insurance while you are a student at NYU: bit.ly/sthealthinsurance.
  - Each year you are required to file a tax form regardless of whether you work in the US: bit.ly/studentTaxes.
  - You must provide the NYU Student Health Center with records of your immunizations. If you don’t, you could be de-enrolled from your classes: bit.ly/nyuhealthreqs.

- Do not begin work without authorization.
  For more information on working in the US as an international student, visit bit.ly/workintheus.

- Understand the effect an arrest would have on your immigration status.
  US visa and other government-related application forms ask whether you have ever been arrested. It’s important for you to answer this question honestly, but also be aware of what impact this will then have on your application: bit.ly/arrestonstatus.

Essential Immigration Documents

Keep Your Immigration Documents Valid and Unexpired.
You should keep the original and a photocopy of the following documents in a safe place at all times:

- Passport valid at least six months into the future
- Unexpired I-20 or DS-2019 with a current travel signature. Be aware of the expiration date of your status. This is not your visa expiration date; it is the ending date listed on your I-20 or DS-2019.
- Valid F-1 or J-1 visa if you plan to travel and reenter the US. Your visa can expire while remaining in the US as long as your other documents are valid. A visa is not needed for Canadians and Bermudians.
- I-94 record marked F-1 or J-1 and "D/S"

If you have lost your passport or I-20/DS-2019, please contact our office immediately: bit.ly/OGSContactUs. You can also review what to do on our lost documents page: bit.ly/getlostdocs.
**Full Time Enrollment**

All F-1 and J-1 international students must enroll in a full-time course load every semester or receive permission from OGS for a reduced course load, which is anything less than full-time registration. Please note, F-1 regulations state that only one online class may count towards full-time enrollment in any fall or spring semester.

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**Reduced Course Load**

You are eligible for a reduced course load if:

- it is your last semester before you graduate and you have fewer than 12 credits left to finish your degree or program.
- it is your first semester in the US, and your department recommends English-language courses in addition to your studies.
- you have a medical condition requiring you to take a leave of absence or a reduced course load.

For more details, visit: [bit.ly/PTEapproval](bit.ly/PTEapproval)

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**Travel**

When traveling internationally, take these documents with you:

1. Passport with F-1/J-1 visa
2. I-20 or DS-2019 with valid travel signature
3. SEVIS fee receipt
4. Proof of financial support (this may include personal or family bank statements, any affidavit of support, or copies of your fellowship or scholarship letter)
5. Enrollment verification

For more details, visit: [bit.ly/traveldocuments](bit.ly/traveldocuments)
Know Your Rights

If You’re Stopped For Questioning Within the US

You have the right to remain silent.
- The Immigrant Defense Project (IDP) provides guidance about exercising this right: bit.ly/IDPRights.
- If you choose to remain silent, IDP suggest you tell the officer you are exercising this right by saying, “I don’t want to answer any questions without a lawyer.”

You have the right to speak to a lawyer.
- If you do not have an attorney, the ACLU recommends that you ask for a list of free or low-cost legal services.
- For more details, see their Know Your Rights card: bit.ly/ACLURightsCard.

You have the right to refuse search.
- The ACLU has provided further clarification on this right: bit.ly/ACLURightsCard.
- You do not have to consent to a search of yourself or your belongings. But, the ACLU highlights that if you are not a US citizen and an immigration agent requests your immigration papers, you must show them if you have them with you.

You have the right to refuse entry.
- The American Immigration Lawyers Association (AILA) emphasizes that an officer only has the right to enter your place of residence if they have a valid search warrant. To learn more about this process, refer to their page: bit.ly/AILArights.
- If you are presented with a valid search warrant, take a picture of the document if possible.
- If you are not presented with a valid search warrant, tell the officer you are exercising this right and say, “I do not consent to you entering my home.”

For further resources, visit bit.ly/learn-your-rights.

If You’re Stopped At a Border When Entering the US

An officer generally can ask about citizenship, your travel itinerary, and they can search your bags.
- The American Civil Liberties Union (ACLU) highlights that an officer cannot perform any stops, searches, detentions, or removals based on religion, race, national origin, gender, ethnicity, or political beliefs.
- If you are not a US citizen or permanent resident, you may be denied entry if you refuse to answer questions. However, there are questions that you aren’t required to answer. For more information on these questions, refer to their page: bit.ly/ACLURightsAtBorder.

Concerning electronic devices:
- Agents can confiscate your device and they may keep it. If this happens, the ACLU recommends that you to get a receipt. For further details, see their article on electronic devices: bit.ly/ACLUonElectronics.
- The ACLU also emphasizes that you may be denied entry if you refuse to provide your password. If you are unsure of what to do, they recommend you speak to a lawyer before traveling.

You have the right to refuse search.
- Agents can confiscate your device and they may keep it. If this happens, the ACLU recommends that you to get a receipt. For further details, see their article on electronic devices: bit.ly/ACLUonElectronics.
- The ACLU also emphasizes that you may be denied entry if you refuse to provide your password. If you are unsure of what to do, they recommend you speak to a lawyer before traveling.

For further resources, visit bit.ly/learn-your-rights.
Employment

Explore your employment options based on your status as an F-1 or J-1 student. Once you get a job, make sure you get a Social Security Number (if you don't already have one). And don't forget about your tax responsibilities. Remember, most employment requires some process of authorization. Employment details can be found on our website: bit.ly/workintheus.

Types of Employment

On-Campus: bit.ly/workoncampusatnyu

Off-Campus (must be related to your program of study):

Students in F-1 Status
- Curricular Practical Training (CPT): bit.ly/cptatnyu
- Optional Practical Training (CPT): bit.ly/optatnyu

Students in J-1 Status
- Academic Training: bit.ly/academictrainingatnyu

Non-Paid Work
- bit.ly/internationalunpaidwork

Safety Information

Rules to keep you safe back home may not be the same in the US. Here are some resources to help you stay safe: NYU Public Safety tips and services.

NYU Public Safety


NYU Safe Ride

An on-demand, shared ride service which is available for transportation to and from NYU facilities, and to 3 local mass transit stations during the Academic Term from 12 midnight to 6:30am. For more information: bit.ly/nyusaferide.

NYU Safe Mobile App

The app provides safety and security services at the tap of an icon. Learn more at bit.ly/safe-nyu.

Bias Response Line

The NYU Bias Response Line is the way you can report any experience or concern of bias, discrimination, or harassing behavior that may occur within the NYU community. For more information, visit bit.ly/BiasResponse.

NYU Center for Sexual Misconduct Support Services

The NYU Center for Sexual Misconduct Support Services provides confidential assistance to students who would like information on sexual misconduct, relationship violence, and stalking. For more information: bit.ly/nyuspace.
Protect Yourself Against Scams

Students occasionally report to us that they have received phone calls from people claiming to work for some office within the US government. These calls almost always involve a request for personal financial information, including credit or debit card numbers. Never give out your financial information to anyone on the phone who is claiming to represent the US government.

Remember, the US government, including the Internal Revenue Service (IRS), US Citizenship and Immigration Services (USCIS), and the US Department of State:

- Never ask for credit card, debit card or prepaid card information over the telephone.
- Never request immediate payment over the telephone and will not take enforcement action immediately following a phone conversation. You would usually receive prior notification from US government offices before any phone call is made to you.

If you receive a call where you’re asked to provide payment from someone claiming to represent the US government, hang up immediately.

We encourage you to file a complaint (bit.ly/FTCComplaint) if you receive a call of this nature. Please contact OGS if you receive a call that might be questionable.

To prevent yourself from falling victim to a scam, review information from the US Citizenship and Immigration Services on common immigrant scams (bit.ly/ScamsResource). For safety tips in and around New York, stay up-to-date from NYU Public Safety.

For more detailed information, visit: bit.ly/avoid-scams-fraud.

STOP!
Download the Safe NYU app.

Improving Your Safety
- Mobile Blue Light
- Friend Walk
- Real Time Chat
- Transportation & Safe Ride

Keeping You Informed
- Push Notifications
- Campus Emergency Procedures
- Global Directory for Emergency Services

nyu.edu/safenyu
Resources for Academic and Cultural Adjustment

Academic Resources

University Learning Center
The University Learning Center is the place for undergraduate students to go when help is needed with academics. bit.ly/tutoring-and-learning

NYU Libraries Citation Style Guide
Get to know the basics of different citation styles for writing papers from NYU Libraries. guides.nyu.edu/citations

Writing Help
Any student can go to the Writing Center for help with writing. bit.ly/cas-writing-center

Stages of Cultural Adjustment

When you enter a new culture, because the rules and expectations have changed, it is common to feel emotions like surprise, confusion, tension, fatigue, frustration, aggression, and embarrassment. Any of these reactions is a normal part of entering a new culture or a new life environment.

The U Curve

The U Curve is a cultural adjustment model that was first introduced by sociologist Sverre Lysgaard in 1955, but it has been further developed by other scholars during the following decades. This is a visual representation of what can happen when a person starts to live in another culture, encountering a new or unfamiliar way of life or set of attitudes–sometimes known as culture shock, culture stress, or culture transition. There can be a range of emotions in this process, including confusion, frustration, anxiety, fatigue, and disorientation. The U Curve offers a somewhat simplified illustration of things, but can help us get a clearer understanding of what’s happening during this transition.

Honeymoon

During the honeymoon, you may feel excited, stimulated, and curious. Differences feel interesting, energizing, and appealing. You are entering into something you have hoped, worked, and planned for, and you are full of positive emotions as you do so!

“Hard Times”

Sooner or later, you will enter the downhill slope of “Hard Times.” It comes when cultural differences cause feelings such as frustration, misunderstanding, confusion, tension, embarrassment, inadequacy, and isolation. This is a crucial, inevitable transition – but it often can come as a surprise. It can happen a few months after arrival - or much sooner than that, even within the first few days or hours! But eventually, it will happen. Don’t worry, though; it is a normal part of adjusting to life in your new environment.

Hostility

Hostility is a time of transition; it is also called Fight or Flight. For some people, hostility is turned outward as they become negative and critical of those around them in the new environment. For others, hostility is turned inward as they become depressed, anxious, regretful or hopeless in the new environment. In either case, your attitude and reaction during this stage can make all the difference, leading you in one of two ways:

a. You can grow as you move through Culture Shock/Transition by observing, listening, initiating and asking questions. Key to this is an attitude of openness, acceptance, trust and adaptability. This will lead you to growth, accepting differences and eventually feeling more at home in the new culture.

b. You can get stuck at the bottom and spiral even further downward as you criticize people and things, rationalize your negativity, blame others, and isolate yourself. Choosing these negative reactions will lead you to personal and academic problems as you reject the new culture and feel frustrated, alienated, and hostile towards it.
The stages outlined often are not linear, but can become a cycle, with Home becoming a second Honeymoon stage and new stresses leading you to new Hard Times. This can lead you to more intercultural growth as you make positive choices, or to growing more interculturally isolated as you make negative choices. New “Hard Time” stresses can happen from new circumstances or surprises like:
- going from ESL to major classes
- moving off campus
- breaking up with a partner
- starting a new on-campus job

These can all present new settings for misunderstanding, but also new opportunities to learn and grow. Your attitude and reactions make the difference!

For further tips and resources visit: bit.ly/academic-and-cultural.

Cultural Adjustment Resources

GoWorldWise
Find GoWorldWise on the NYU Life tab of NYUHome to access tools on cultural competency and find best practices for communicating, living, or working in another country or city, including New York. home.nyu.edu

World Trade Resource
Find World Trade Resource on the NYU Life tab of NYUHome to get data on what different regions are like around the world, including all the details on getting oriented to life in New York City. home.nyu.edu
How to Use the Office of Global Services

Online Information

Website: nyu.edu/ogs
Find procedures on how to apply for employment authorization, what documents you need to carry with you to travel and more. Most questions international students have can be answered by checking the pages of our website.

Newsletter: nyu.edu/ogs/newsletter
As an NYU international student you will automatically be added to our newsletter list. We also post the newsletter to the web address shown above. You’ll receive this newsletter in your NYU email account every week during the academic year. It gives you immigration reminders and information on programs of interest for international students in the US.

Social Media
Follow us for immigration updates, information on events, and general items of interest for international students in the US.

NYU OGS
on.fb.me/NYU_OGS
@NYU_OGS
twitter.com/nyu_ogs
@nyuogs
instagram.com/nyuogs

In-person Services

Brooklyn Office
5 MetroTech Center,
Room 259
Brooklyn, NY 11201
P: (646) 997-3805
ogs.brooklyn@nyu.edu

Manhattan Office
383 Lafayette Street,
New York, NY 10003
P: (212) 998-4720
ogs@nyu.edu

Office Hours
Monday through Friday
9:00 am–5:00 pm

PLEASE NOTE: The office is closed during University-observed holidays and recesses. For up-to-date information on our current office hours, check our website at nyu.edu/ogs.

Contact Us Form
If you have a question, submit it at bit.ly/OGSContactUs. We’ll respond to you as soon as possible.

In some instances, your email browser will automatically put our emails in your “promotions” folder instead of your inbox. Learn how to configure your email so that you don’t miss one of our messages at bit.ly/ogsemails.

Ensure You Receive OGS Emails

Be sure to bring your passport, I-94 record, and I-20 or DS-2019 when you visit the OGS.

Advising Hours
During these advising hours, you can meet with an advisor without an appointment. Updated hours are always posted to nyu.edu/ogs, so be sure to check for holiday closings, seasonal hours, or any other changes.

Online Advising Appointments
Sometimes you may not be able to come to our office to speak with an advisor. If you would prefer to meet with an advisor online, schedule an appointment at bit.ly/nyuogsappointment.

Programs and Events
Our programs include workshops to help international students understand immigration benefits and restrictions, such as travel, employment options, tax, and Know Your Rights information. We also organize outings that promote cross-cultural understanding to create connections and friendships across campus.

For more information and to see a listing of upcoming events, visit bit.ly/programs-and-events.
Student Support Centers Across Campus

NYU is a big place with a large variety of resources available to students. Here is an overview of some of the resources that are here for you. We hope you’ll explore them soon if you haven’t already!

Wellness Exchange
The Wellness Exchange is your best mental health resource at NYU. You can call the 24-hour hotline at (212) 443-9999, chat anytime via the Wellness Exchange app in 6 languages (English, French, Spanish, Arabic, Simplified Chinese, and Korean), or stop by during drop-in hours to speak with a professional about any day-to-day challenges or health concerns, including medical issues, stress, depression, sexual assault, anxiety, alcohol or drug use, and eating disorders. It also allows you to access the University’s extensive health and mental health resources in an easy, convenient way. You can call or chat with any health-related questions or concerns, and a professional will provide support and put you in touch with the right person to address your needs.

Immigrant Defense Initiative
The NYU Immigrant Defense Initiative is a project based out of the NYU Law School’s Immigrant Rights Clinic that ensures free, confidential advice and representation to NYU students and staff who are not US citizens. Serving NYU’s undocumented students, they also provide guidance to international students who are at risk of deportation based on possible immigration violations, contact with the criminal legal system, or other concerns. For more information visit bit.ly/nyu-idi. You can also contact immigrant. defense@law.nyu.edu or call (212) 998-6640 to set up a screening appointment.

Center for Multicultural Education and Programs (CMEP)
CMEP enhances the NYU experience by fostering a more inclusive, aware, and socially-just community. CMEP’s student lounge is on the 8th floor of Kimmel with computers and printing. Visit nyu.edu/cmeg to learn about CMEP’s Mentorship Program, Fall Leadership Retreat, Graduate Students of Color Dinners with Faculty, Intergroup Dialogue course, Zone Trainings (on topics such as race in the US, undocumented immigration, and disability justice), and Events on Advocacy and Activism.

Wasserman Center for Career Development
Getting started on the right path in your career can make all the difference. The Wasserman Center (bit.ly/wasserman-iss) helps make those first steps as easy as possible. They host hundreds of career-related events for you to explore different industries, develop your interviewing skills, and network with potential employers. The Wasserman Center career coaches are also available to help perfect your resume, find on-campus employment, and discuss your US and global job search.

International Student Center
The NYU International Student Center is a hub for events and programs that foster meaningful connections among all global thinkers and help students from around the world make the most of their NYU experience. From workshops to socials, interesting and helpful programs are offered every week including: Tea & Talk Conversation Hour, Public Speaking Workshops, and Regional Socials. Visit the International Student in Kimmel Center 704 and feel free to study, relax, and socialize in the space. For questions, contact: internationalstudents@nyu.edu, bit.ly/nyuinternationalstudentcenter

R.I.S.E. (Residential International Student Engagement)
R.I.S.E. is an award-winning, nationally recognized program that serves the diverse international student community at NYU. They are composed of a dedicated team of professionals who plan fun networking activities, special events, and provide resources to help you discover opportunities designed to help you R.I.S.E. above challenges, make friends, and reach your full potential as a student at NYU. They honor and affirm your culture while connecting you with the greater NYU and NYC communities. For more information, check out R.I.S.E. on Facebook, Twitter, Instagram, or email them at rise.reslife@nyu.edu.

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Student Center
The LGBTQ Student Center offers support services, resources, programs, advocacy, training, education and consultation around issues of gender and sexuality for the NYU community. The LGBTQ Student Center operates through an intersectional social justice framework in the services, programs and resources they provide to create campus environments that are inclusive and supportive of student diversity in the areas of sexual orientation and gender identity and expression. To find out more about the LGBTQ Student Center and gender and sexuality, please visit in person in Suite 602 of Kimmel Center for University Life or online at nyu.edu/lgbtq.
**Student Health Center**

While you’re enrolled as a student at NYU, you can see a healthcare professional at the Student Health Center if ever you’re not feeling well. The Washington Square Student Health Center (SHC) is located next to the NYU bookstore, at 726 Broadway, on the 2nd, 3rd and 4th floors. You need your NYU ID card to enter the SHC. To use this center, you must be an enrolled student or living in university residence. If you have any questions, please call (212) 443-1000.

Students can also go to the Brooklyn Student Health Center, which provides primary care, disability services, and counseling by appointment. The Brooklyn SHC is located at 6 Metrotech, Rogers Hall in the Lower Level.

**Global Spiritual Life (GSL)**

GSL is a vibrant community at the forefront of international conversations on religion and spirituality. Their mission is to offer environments and tools for transformative multifaith and spiritual encounters at NYU and beyond. Come take a FREE meditation or yoga class, meet with a chaplain from your faith background (or one you are interested in), join a faith-based club or worship service, a faith-inspired English language discussion group, OR join them in interfaith activities open to the whole university! Find them at nyu.edu/spiritual-life, or on Facebook at NYUGSL.

**The Moses Center for Students with Disabilities (CSD)**

NYU is committed to providing equal educational opportunity and participation for students with disabilities. CSD works with qualified students to determine appropriate academic and housing accommodations and services. To submit an application for services, go to the Student Online Services Portal and click on New Student Registration (bit.ly/nyu-moses). All disability-related information is confidential. Confidential consultations are also available upon request.

**StudentLink Center**

The StudentLink Center is a one-stop place where counselors can answer your questions about visa and immigration (the OGS is located here), billing, registration, study away, and scholarship. You can also find a notary public and passport photo services located in the StudentLink Center. Visit nyu.edu/studentlink to find out the languages StudentLink counselors speak, center locations, and office hours. Also, follow them on social media at @NYUSTUDENTLINK!

**Counseling and Wellness Services**

Counseling and Wellness Services is a free service for NYU students who may wish to discuss feelings of loneliness, culture shock, academic struggles, family problems, drug, alcohol or other concerns. Services include talk therapy, medication management, and drop-in counseling. The staff is made up of psychologists, psychiatrists, social workers and trainees in these professions and they all maintain strict confidentiality in all conversations with students. There are also group and toolkit sessions. Toolkits differ from clinical groups in that they are more focused on skill acquisition (similar to class) and typically between one to four sessions in duration and discuss issues such as navigating health insurance, making friends and connecting community, managing anxiety, etc. If you have any questions, contact the Wellness Exchange. Counseling and Wellness Services is located at 726 Broadway.
Clubs in Partnership

Pulling from NYU’s on campus clubs, student interns in the Office of Global Services (OGS) led the way in creating the Clubs in Partnership program. The Clubs in Partnership program is a student-centered, collaborative project between the OGS and over 30 cultural organizations that serve as Club Partners.

This program is aimed at providing opportunities for community and engagement, and at sharing the resources that our Club Partners have to offer. Through Club Partner mixers, focus groups, and workshops, the OGS and our Club Partners work to address the primary needs and concerns of international students to guide OGS programs and communications in the years ahead. For more information and to learn more about clubs you can join, visit bit.ly/clubs-in-partnership.
Frequently Asked Questions

Find answers to some of the most common questions we hear from students on life and study at NYU, health information, and finances and money in the US.

Answers include practical information on finding banks in the city, getting a Social Security number, getting access to printers, ID cards, and more: bit.ly/newstudentfaq.

App Suggestions for Your Mobile Devices

If you have recommendations for more free apps that we need to check out, send us your suggestions. We're always on the lookout for great apps to share with students.

**NYU**
- AnyConnect: to use NYU VPN
- DUO Mobile: NYU Multi-Factor Authentication (MFA) helps protect your sensitive information online
- NYU Engage
- NYU MOBILE
- Passio GO!: real time locations for all of the buses and scheduled departure times for all buses
- Safe NYU

**Academics**
- CamScanner
- Dictionary
- Dropbox
- Evernote
- Goodreads
- Google Drive
- Google Sheets, Docs, Slides, Calendar
- Google Translate
- Grammarly

**Activities/Recreation**
- AXS
- Bands in Town
- Eventbrite
- Groupon
- SeatGeek
- Timeout
- Today Tix
# App Suggestions for Your Mobile Devices

## Transportation
- MTA/Subway Map Apps
  - Citymapper
  - MTA eTix
  - MTA Weekender
  - NYC
  - Transit
- Amtrak
- BoltBus
- Citi Bike
- City Walker
- Google Maps
- LIRR TrainTime
- Lyft
- Megabus
- Metro-North TrainTime
- NJ Transit
- Uber
- Via

## Music
- Audiomack
- Bandcamp
- Genius
- NTS Radio
- Soundcloud
- Spotify

## Watch
- Amazon Prime Video
- HBO Go
- Hulu
- Kanopy
- Netflix
- YouTube

## Financial/Bills
- Your Bank’s App
- Cash App
- Dashlane
- National Grid, Con Edison (your electricity supplier)
- Paypal
- Spectrum, Verizon FIOS (your internet supplier)
- Splitwise
- Venmo
- XE currency

## Food and Delivery
- Grubhub
- Postmates
- Seamless
- Tapingo
- Uber Eats
- Yelp

## Housing/Apartments
- Naked Apartments
- StreetEasy
- Short-Term Stays
  - Airbnb
  - Ditch the Space
  - Lease Break
- Zumper
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<th>6 MONTHS</th>
<th>12 MONTHS</th>
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<tbody>
<tr>
<td>3GB 4G LTE</td>
<td>Intro Offer!</td>
<td>$15/MO</td>
<td>$20/MO</td>
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<tr>
<td>8GB 4G LTE</td>
<td>Intro Offer!</td>
<td>$20/MO</td>
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