

# Fulbright Foreign Student Program



Pre-Departure Orientation

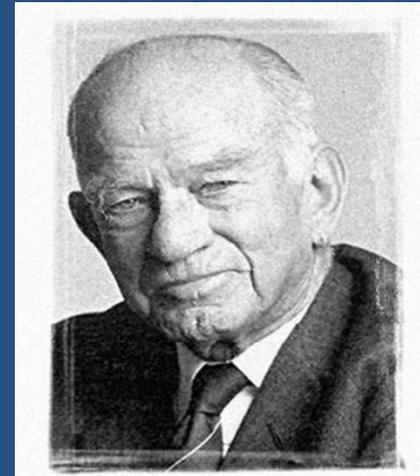
# Congratulations!



We look forward to welcoming  
you to the United States

# Introduction to the Fulbright Foreign Student Program

- The purpose of the Fulbright Program is to promote cultural exchange.
- As a Fulbright grantee, you will join a group of more than 3,000 student Fulbrighters from around the world this year.
- AMIDEAST administers the Fulbright grant on behalf of the Bureau of Educational and Cultural Affairs of the United States Department of State.



*“We must try to expand the boundaries of human wisdom, empathy and perception, and there is no way of doing that except through education.”*  
- Senator J. William Fulbright

# Introduction to the Fulbright Foreign Student Program

- Although your Fulbright grant is sponsored all or in part by the U.S. Government, you are not expected to agree with all U.S. government policies or American values.
- You are expected to participate in cultural exchange as a representative of your country in the United States, and as an observer of U.S. culture when you return home.
- The details of your grant will be discussed later, but it is important to note that your major obligations in accepting this grant are to:
  - complete your academic objective, and
  - to return home to fulfill your two-year home residency requirement.

# Schedule

- Terms of Appointment
- Before You Leave/At the Airport
- At Your Institution
- Housing
- Health benefits
- Preparing to go
- Fulbright activities
- Cultural transitions

# Fulbright Grant Information

## Terms of Appointment

- The information presented to you verbally is meant to be a general overview of the Fulbright grant. Your individual grant terms may vary; you must carefully read through your Terms of Appointment to understand your benefits and responsibilities.
- After you have read through your Terms of Appointment, sign and date all four copies of the Terms. Return three copies to me (your Fulbright advisor or U.S. Embassy representative).

# General Terms of the Award

## A. Purpose

"to increase mutual understanding between the people of the U.S. and the people of other countries."

## B. Definitions

- Benefits Start Date
- Maximum Funding Date (MFD)
- Conclusion of the Fulbright scholarship

## C. Ineligibility Factors

- Persons Associated with the U.S. Department of State and Commissions
- Persons Arrested for, Charged with, or Convicted of a Crime
- Medical Studies

# General Terms of the Award

## D. Grant Suspension, Termination or Revocation

- violation of the laws of the United States or his/her home country;
- participation in any act likely to give offense to the United States because it is contrary to the spirit of mutual understanding;
- failure to observe satisfactory academic or professional standards;
- physical or mental incapacitation;
- participation in any unauthorized income-producing activity;
- failure to comply with the grant's terms and conditions;
- material misrepresentation of himself/herself in his/her application form or grant document;
- conduct which may have the effect of bringing the Department of State or the Fulbright Program into disrepute;
- violation of the Policies of the J. William Fulbright Foreign Scholarship Board;
- violation of J visa regulations including failure to maintain minimum health insurance coverage for all dependents;
- material changes in degree program, program objectives or affiliated institution without prior approval of the institution or AMIDEAST in consultation with the Commission or Bureau;
- failure to submit the reports required by AMIDEAST (on behalf of the Bureau or the Board).

## E. Resignation from the Fulbright Program

- If you resign from your grant, you should contact AMIDEAST immediately and the U.S. Department of State will determine if you must repay any or all the grant benefits you have received.

## F. Liability

# Scholarship Financial Provisions

## II. Scholarship Financial Provisions

- A. No Preparatory Allowance
- B. Travel To/From Destination Benefit & Fly-America Act
- C. Excess Baggage Allowance is not provided
- D. Incoming Transit and Return Travel Allowance
- E. Monthly Maintenance Allowance

# Scholarship Financial Provisions

## F. Grantee Employment Authorization

- You must receive prior approval from AMIDEAST to work. Also, the work is generally limited to university assistantships related to your field of study.
- All employment must meet these terms:
- Employment must be on campus;
- Employment may not be more than 20 hours per week during the academic year;
- The grantee must be in good academic standing;
- The grantee continues to engage in a full course of study;
- The grantee has obtained written consent of the AMIDEAST Responsible Officer.

# Scholarship Financial Provisions

## G. Medical Health Coverage

- The Department of State provides you with a health insurance policy called the Accident and Sickness Program for Exchanges (ASPE).
- The insurance plan is administered by Seven Corners.
- The insurance pays for covered medical expenses up to \$50,000, after you pay \$15 deductible from your own funds for each new illness or injury.
- The health insurance is for sudden or unexpected illnesses and injuries only.
- The ASPE insurance plan does NOT pay dental care, cosmetic surgery, routine vision care, routine physical examinations, and for care resulting from a pre-existing medical conditions such as high blood pressure or diabetes. Some immunizations required by the university may be covered. Check coverage details..

# Scholarship Financial Provisions

## G. Medical Insurance (cont..)

- If you have a pre-existing medical condition, you should purchase a supplemental insurance plan with your personal funds.
- The insurance plan provides coverage on your initial and final travel between the United States and your home country, but it does not provide coverage to you during any other travel outside the United States.
- As you have health insurance coverage, you must waive insurance coverage provided by your U.S. university. If your U.S. university will not accept the ASPE insurance, it must indicate this in writing to AMIDEAST.
- Check with your university about required immunizations. Bring proof of your immunizations with you for university registration. It is important to get all of the necessary immunizations or shots BEFORE you come to the United States where the shots will be more expensive.

# Scholarship Financial Provisions

## H. University Tuition and Fees

- AMIDEAST pays tuition and mandatory fees.
- Student financial responsibilities include optional university health insurance, optional university fees, late registration fees, library fines, or other personal expenses posted to a student account.
- You are responsible for making sure that your student account is in good standing.

## I. Book Allowance

## J. Equipment Allowance

## K. Thesis Allowance

## L. Required Field Trip/Professional Conference Allowance

## M. Tutoring

# Scholarship Financial Provisions

## N. Taxes

- You are required to complete and submit a tax return to the U.S. Government each year in the spring.
- AMIDEAST will pay for any federal taxes owed on your Fulbright scholarship, but you are responsible for paying for any taxes related to your approved employment.
- You must provide a Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN) within 60 days of the start of your program.
- *AMIDEAST advisors are not tax experts and are therefore not able to advise you in completing tax forms, even on questions that seem very simple.*
- Federal tax refund checks must be signed and submitted to AMIDEAST; the money will be applied to the payment of future federal taxes on your behalf.
- You are also responsible for filing and paying for state taxes if required by the state in which you live.

# Grantee Obligations

## A. Passport

- Grantee is responsible for obtaining a passport and any visas required by any countries through which the grantee will pass en route to the United States, as well as a visa for the United States. No expenses related to any passport or visa fees are covered.

# Grantee Obligations

## B. Two-Year Home Residency Requirement

- Under U.S. law, a foreign scholarship grantee, upon expiration of his/her Exchange Visitor program, is required to reside in his/her home country for two years before he/she may apply for a non-immigrant visa (H and L) as a temporary worker, for permanent residence in the United States, or as an immigrant. The Fulbright program requires grantees to return to their respective home countries when their academic exchange activities in the United States are concluded.

*Once you have read through the Terms of Appointment on your own, please sign the four copies of the document.*

# Grantee Obligations

## C. Reporting

- You must provide updated contact information, including e-mail address, telephone number and mailing address to your AMIDEAST advisor.
- You must submit regular reports to AMIDEAST. These reports include:
- The Academic Program Outline (APO), to be submitted at the beginning of your academic program;
- The Academic Progress Report, to be submitted at the beginning of each subsequent academic term;
- The Summer Plans report, to be submitted prior to the beginning of your summer session;
- A university-issued grade report, to be submitted at the conclusion of each academic term;
- An official copy of the transcript, to be submitted upon completion of your academic program.
- *AMIDEAST reserves the right to withhold scholarship support if you do not submit these required reporting materials in a timely and acceptable fashion.*

# Grantee Obligations

## D. Academic Enrollment and Standards

- The grantee is responsible for maintaining satisfactory progress toward completion of the study program, for meeting the academic requirements of the U.S. institution, and for observing academic and professional standards of conduct.
- Unless a higher standard is established by the U.S. academic institution or study program, satisfactory progress is defined as a **3.0 cumulative grade point average or better and carrying no more than one grade of “Incomplete” for more than one semester. Failure** to make satisfactory academic progress in the academic program may impact continued Fulbright sponsorship and funding.

# Grantee Obligations

## D. Academic Enrollment and Standards - *continued*

- Under the FSB Program Policies, grantees will not normally be permitted to change their institution, degree or program objectives. Any change requires prior approval of AMIDEAST, which will consult with the Commission, if applicable, and the Bureau.
- A grantee enrolled in a degree program must carry a full-time course load as determined by the grantee's university and to meet the academic requirements of the study program and host institution. This requirement is applicable during all academic terms, excluding the summer sessions, until the grantee's Fulbright program concludes. A grantee pursuing non-degree research must pursue a non-degree work plan on a full-time basis.

# Grantee Obligations

## E. Use of Web-Based Media

- Grantees who share their Fulbright experiences publicly via web-based media are responsible to acknowledge that there is not an official Department of State website or blog, and that the views and information presented are their own and do not represent the Fulbright Program or the U.S. Department of State. Any grantee who posts inappropriate or offensive material on the internet in relation to the Fulbright program may be subject to revocation or termination of the grant.

# Grantee Obligations

## F. Grantee Support of Dependent Family Members

- Absolutely no financial assistance is available for your dependents under this scholarship program.
- If you plans to bring dependent(s) to the United States, you must provide proof of financial resources equivalent to \$475 per month for the spouse and \$300 per month per child for the length of time remaining on your Fulbright program. You must provide 2 months of bank statements showing sufficient funds.
- You must also purchase and maintain health insurance coverage that meets the minimum requirements of your J visa status. Health insurance coverage for dependents is a requirement of U.S. law, not just a Fulbright requirement.

# Grantee Obligations

## G. Public Assistance

- You may not seek or accept any type of public assistance for yourself or for any of your dependents, including any dependents born in the United States, as it is a violation of your visa status.
- Examples of public assistance include but are not limited to Medicaid, HeadStart, public housing, and welfare benefits.

## H. Automobile Insurance

- If you or any of your dependents borrow, purchase, or rent an automobile, you are responsible for making sure that you and any dependents are adequately covered by automobile insurance.
- AMIDEAST and the United States Department of State are not responsible for any expenses incurred as a result of insufficient or non-existent automobile insurance.

# Preparing to Leave & Travel to the U.S.

- The Visa Process
- Health Checks
- Packing for Your Journey
- At the Airport/On the Plane
- Port of Entry Procedures
- When You Arrive



# Health Checks

- It is also recommended that you (and any dependents):
  - See your optometrist and dentist before leaving the country.
  - Bring a sufficient amount of prescription medication with you as well as a copy of your prescription.
  - Bring a copy/proof of your immunizations with you to your university (if you did not receive all of the required shots, you must get them before you leave home).

# Packing for Your Journey

- Handbook has very helpful suggestions
- Know the climate of the area in which you will study
- Check airline baggage restrictions (these change often!) and arrive 3-4 hours early at airport
- Bring important documents (see handbook) with you in your carry-on luggage in case your regular luggage gets lost
- If possible, you should bring about \$500 cash for temporary housing and transportation needs.



# At the Airport/On the Plane

- Arrive at least 3 hours prior to your flight's scheduled departure to allow for time to proceed through security.
- Keep your carry-on baggage and other belongings with you at all times and do not agree to watch anyone else's bags.
- Prior to landing, you must complete your entry documents:
  - Customs Declaration Forms (CF-6059)
  - Arrival-Departure Record Forms (I-94)
- All travelers, regardless of nationality, are subject to random searches by airport security

# Port of Entry Procedures

- Proceed to the terminal area for arriving passengers and join a line for non-US citizens.
- Have the following documents available for presentation:
  - Your passport
  - Your DS-2019
  - Arrival-Departure Record Form (I-94)
  - Customs Declaration Form (CF-6059)
- Once your inspection is successfully completed, the inspecting officer will:
  - Stamp your SEVIS Form for duration of status (“D/S”) for J visa holders with date and port of entry
  - Stamp the Arrival-Departure Record Form (I-94) and staple it in the passport. Do not lose the I-94 card as it is expensive to replace.

# Port of Entry Procedures (cont'd)

- Secondary Inspections

- It's possible that you may be directed to an interview area known as "secondary inspection."
- If you are asked to go through a secondary inspection, please **stay calm, be patient, follow instructions carefully**, and know that this procedure is routine and not necessarily because you have done anything wrong.
- The majority of visitors who are pulled aside for secondary inspections eventually complete their entry into the US without further delay.

# Port of Entry Procedures (cont'd)

- **US-VISIT**

- All nonimmigrant visitors holding visas-regardless of race, national origin, or religion - participate in the US-VISIT, a comprehensive registration tracking system for entries to and exits from the United States. The program involves obtaining a scan of two index fingerprints and a digital photograph.

- **NSEERS**

- As of April 28, 2011, the National Security Entry-Exit Registration System (NSEERS) is no longer in effect. Please review the page in your packet and carry it with you in your hand luggage.



# When you arrive

1. Call (1-800-368-5720) or email us to let us know you have arrived so we can validate you in the Student Exchange Visitor Information System (SEVIS).
2. Let us know your residential address so we can send your first allowance.
3. Check in with the International Student Center.
4. Complete the forms from the AMIDEAST arrival email and submit to us by October 3<sup>rd</sup>.
5. Register with your embassy.
6. Bookmark the Fulbright Grantee Resources page!  
(<http://www.amideast.org/fulbright/grantee-resources>)

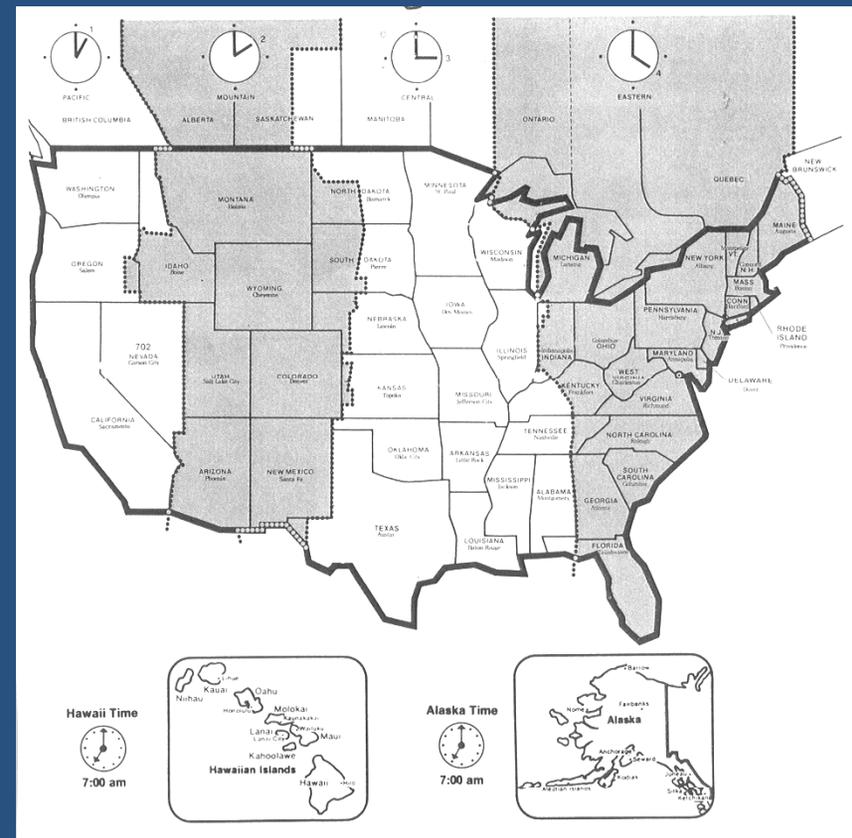
# At Your Institution

- Housing
- Health Benefit Plan
- Communications
- Banking
- Personal Safety
- Reporting to AMIDEAST



# The United States

- The United States is a large country. It has over 284 million people living in 50 states located in five different time zones.
  - ❖ The United States contains deserts, beaches, prairies, mountains, and everything in between.
  - ❖ Universities are located in large cities and small towns, reflecting the diversity of American life.
  - ❖ There are advantages to living in small towns as well as big cities.
  - ❖ Be positive and participate in the activities that are particular to your location in the United States.



# Housing

You are responsible for finding and securing your own housing. You may look at university housing options, if available, and off-campus housing options.

Try not to spend more than half of your allowance on housing so that you have enough money for local transportation and food.



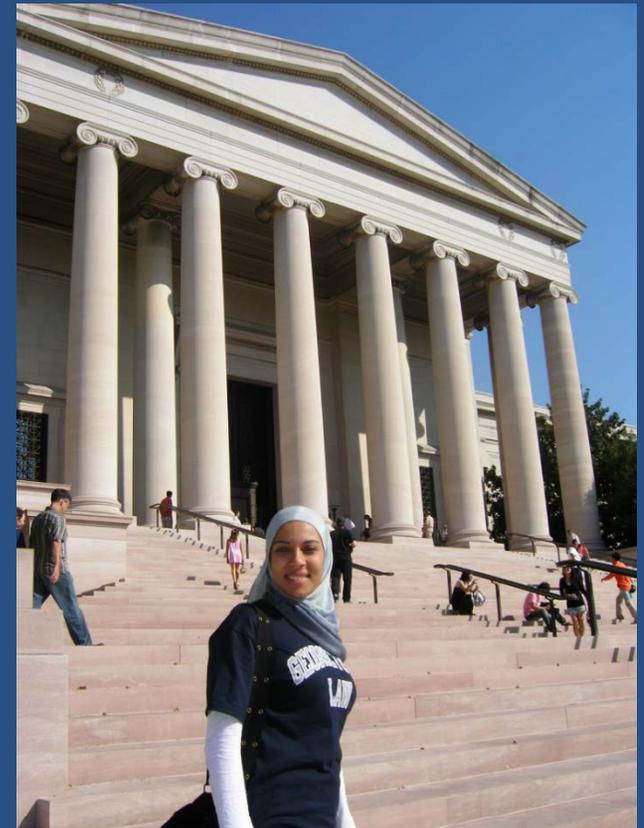
# Housing

## Types of Housing

- Apartment
- Condominium
- Efficiency/Studio Apartment
- Group House
- Townhouse
- Room to rent in a house
- Dormitory: graduate housing, international student housing, married student housing

## Where to Find Housing Information

- University housing office – the website or actual office
- Classmates; Fulbright students and alumni
- Town or school newspaper
- Bulletin boards around your campus and neighborhood
- [www.craigslist.com](http://www.craigslist.com)



# What to Look for When Searching for Housing

## Location

- Near grocery store/supermarket
- Laundry
- University
- Public transportation

## Neighborhood/area

- Other students in the neighborhood
- Safe, little crime, parking

## Utilities

- Utilities that are needed
- Utilities that are included in the cost of rent
- Estimated cost of utilities

## Rent and Security Deposit

- Amount of rent and security deposit
- Date the rent is due each month
- Rent and deposit amounts written into lease

## Lease

- Length of lease
- Penalties for breaking lease
- Option to sub-let to someone else during lease
- Deposit requirements

# Health Benefit Plan

Department of State Accident & Sickness Program for Exchanges (ASPE); administered by Seven Corners

This health coverage is:

- Very basic, and
- Covers only the expenses incurred by an unexpected illness or injury that requires immediate, and relatively short-term (less than one year) treatment.



- Keep your ASPE card with you
- You will need to pay the first \$15 of any office visit
- You must apply to waive your university health insurance! Due date is usually August or September.

# Health Care

- IF YOU HAVE ANY SORT OF CHRONIC, PRE-EXISTING CONDITION THAT WILL REQUIRE ON-GOING TREATMENT WHILE YOU ARE A FULBRIGHTER, **YOU ARE STRONGLY URGED TO OBTAIN ADDITIONAL HEALTH INSURANCE THAT WILL PAY FOR U.S.-BASED TREATMENT FOR THAT CONDITION.**
- Examples of conditions for which treatment (especially maintenance or preventative treatment) will not be covered by the Department of State policy are: dental and eye problems of any type, diabetes, physical disabilities requiring special equipment, asthma or other allergies, migraine headaches, etc.

# Banking

Banks are the safest place to keep your money – do not keep large amounts of cash at your home or on you.

You will need to open a bank account as soon as possible upon your arrival at your academic institution.

Once your bank account is open, complete the AMIDEAST **Electronic Funds Transfer (EFT)** form. AMIDEAST will use this information to set up a system so that your Fulbright allowances are sent directly to your bank account.



# Choosing a Bank

- Use a bank that is convenient to your home or university.
- Ask if the bank offers a “student account” – this type of account usually permits you to keep a small amount of money in the account without too many fees.
- Ask about **Automatic Teller Machine** or **ATM** cards – are there fees for using the ATM card with your bank account?
- Many universities will not recommend a particular bank, so ask other international students about the banks they use.
- Debit cards are different from ATM cards and credit cards. Debit cards will have a credit card symbol, generally MasterCard or Visa, but the money will automatically be deducted from your bank account, sometimes with a bank fee. The debit card was designed to replace writing a check to businesses.

# Social Security Card vs. Individual Taxpayer Identification Number

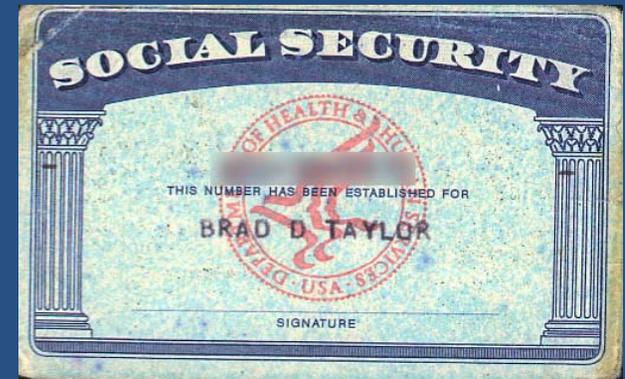
You **must** obtain either a Social Security Number (SSN) or Individual Identification Number after arriving in the U.S. Please refer to the directions posted on the AMIDEAST website as well as refer to emails you will receive from your AMIDEAST Fulbright program advisors upon your arrival.

You will need a SSN in order to:

- be employed in the United States, if you have authorization from AMIDEAST;
- earn income (other than your grant) through a teaching or research assistantship

An SSN might also be useful to:

- open a bank account;
- apply for a driver's license.



**\*\*\*If, for whatever reason, you are unable to get a SSN, will need to obtain an ITIN and send AMIDEAST this information within 60 days of the start of your academic program\*\*\***

# Personal Safety

## Quick Tips

- At night, do not walk alone from the campus to your home. Walk with a friend or use the university's group escort service or van service.
- Be aware of your surroundings.
- Do not carry large amounts of cash.
- Do not wear a lot of gold or jewelry
- Keep the telephone number of your credit card company and the number of your credit card available in case of loss or theft.
- Dial 911 for emergency medical and police services.
- Pickpockets operate everywhere in the world. Be careful with your money and your important papers.



# AMIDEAST Reporting Requirements

- ***You must contact your AMIDEAST advisor within 10 days of your arrival in the US and provide him/her with the address of your new residence.***
- AMIDEAST tracks and reports your arrivals, departures, and program progress to the United States Citizenship and Immigration Services (USCIS) through the Student and Exchange Visitor Information System (SEVIS).
- Failure to report to AMIDEAST within the given time frame will invalidate your SEVIS record and jeopardize your ability to remain in the US for your program.

# AMIDEAST Reporting Requirements (cont'd)

- When you arrive
  - All contact information
  - There will be a number of forms to complete, both by you and your Academic Advisor
  - The forms are on our website
  - You will receive emails from AMIDEAST with deadlines
- During your program
  - Every term you will submit an Academic Progress Report & Transcripts
  - We reserve the right to hold your stipend
- Summer Term
  - You will submit Summer Plans Report
  - You should plan to enroll full-time over the summer which is determined by your university, and this can include research credits
  - No book allowance if not engaged in academic work
- At the end of your grant
  - Official transcript with degree certification
  - Alumni Information
  - Evaluation

# AMIDEAST Reporting Requirements (cont'd)

ALWAYS send updated Contact Information

You need prior approval for:

- On-campus employment
- Academic Training, including required internships, paid or unpaid
- Travel outside of the U.S. – you will need to send us your itinerary and have your DS-2019 form signed for travel authorization
- Travel for more than 29 days results in deduction of your entire monthly allowance
- Transferring to a different institution or changing field of study (which is highly discouraged and very difficult to do)
- Reduced courseload (less than full-time)

# General American Characteristics

## Generalizations about American culture:

Goal and achievement-oriented – Americans tend to admire people who succeed in life, and believe that mature individuals are self-reliant, set goals for the future and work towards them.

Systematic – U.S. society has strong institutions and systems. In general, organizations operate with rules and impersonal procedures that everyone is expected to follow.

Time/Punctuality Being late to a meeting or appointment may be seen as a sign of disrespect.

Physical space Americans usually maintain a distance of an arm's length during face-to-face conversation.

# American Characteristics (cont'd)

Work-oriented and efficient – Many Americans define an ideal person as a hard worker, who is efficient and able to complete tasks with a high standard of quality.

Friendly and informal – Americans tend to interact informally, using first names and saying “hi” to people they do not know.

Competitive and assertive – Achievement and success are the goals of play and business. Material goods are a sign of success.

# Cultural Differences

- Relationships

- Giving a hug or kiss to greet someone is usually a sign of a close family or personal relationship; shaking hands is more common greeting for others. For adults, holding hands is usually a sign of a romantic relationship.
- Non-romantic friendships between men and women are common - be careful NOT to assume someone's friendliness to you is a sign of romantic interest.
- Women living in the US often go out alone in public and visit male friends in their homes with the expectation that they will be treated non-sexually.
- Asking someone to go on a "date" is a common way to express a romantic interest in another person - it does NOT assume any kind of sexual involvement.
- Although sex-related topics are sometimes discussed in public, many people are conservative in their behavior and attitudes.

# Classroom Differences

- The Learning Environment
  - US classrooms generally value a “Learner-Centered” approach – a balance of lecture, discussion, and application.
  - Students are expected to actively participate in classroom discussions.
  - Faculty set the standards by which performance is judged – information is usually included in the course syllabus, along with exams, due dates and reading assignments.
- Self-Directed Learning
  - Students at US colleges and universities are expected to be responsible and proactive about their education.
  - Avoid falling behind in your studies by attending all classes, completing all assignments, and working with your professors and advisors as soon as possible if you foresee any problems with your studies.

Source: Smithee, M., Greenblatt, S.L., & Eland, A. *U.S. Classroom Culture*. Available from the NAFSA.org website.

# Academic Issues

## Honesty

- Some universities have an honor code, to which you must adhere while in school.
- Even if your university doesn't have a stated honor code, cheating on tests, papers, or homework is not permitted and is usually grounds for dismissal from the university.

## Plagiarism

- Plagiarism is using the ideas or exact phrases of someone without giving credit to the person. Plagiarism is cheating and is grounds for dismissal from a university.
- Always cite the author and source when quoting or using someone's ideas.

# Academic Issues (cont'd)

## Group work

- Many courses now require groups of students to work together to complete a presentation or project.
- Sometimes the members of the group are chosen by the course instructor, other times the students must make their own groups.
- Group work is considered an important learning tool as individuals with different cultural norms (even if they are all “Americans”) and strengths must agree on the topic, organization, and division of the work so that the whole group is successful.

# Academic Issues (cont'd)

## Class Attendance

- It is important that you attend class. Some professors will lower your grade if you miss too many classes. Also, arrive on time for class.

## Missing Class

- If you know that you will miss a class for a planned activity, you should inform the course instructor in advance and ask the instructor about information that will be covered in class that day. You can also ask a classmate to take notes for you.
- If you missed a class because of illness or another unexpected event, inform the course instructor as soon as possible. Indicate the reason for your absence and ask about missed information and assignments.

# Academic Issues (cont'd)

## Classroom Behavior

For the most part, students are permitted to dress casually and eat or drink in the classroom. If eating or drinking is permitted in the classroom, it is important to be considerate of your classmates and the instructor by being quiet when eating your food and cleaning up the mess.

## Classroom Discussions

- You may be required to participate in classroom discussions. Through discussions, students are expected to demonstrate their familiarity with the reading assignments and instructor's lectures as well as their own ideas. It is important, however, to make concise contributions that are directly related or relevant to the discussion so as not to waste class time.

## Homework

- You may be assigned homework or several papers to write during the academic term. It is important that you schedule your work so that you can submit the homework or paper on time. If you will be late with the assignment, ask the course instructor if you can have an extension of the deadline. Please understand that your grade may be lower because the assignment is late. Do not make a habit of getting extensions!

# Academic Issues (cont'd)

## Testing

- You will often be tested at least twice per academic term. It is important to take the test when it is scheduled, as a course instructor may not allow you to take the test at a later date.

## Testing Formats

- Tests are given in a variety of formats - essay, multiple choice, true or false, etc. – so be sure to understand the format and grading system in advance. Retesting isn't usually allowed.

## Office Hours

- A course instructor will often be available in his or her university office during established hours, known as “office hours.” During office hours, you may ask the professor questions about the course or reading material, and even discuss ideas for a paper.
- If a course instructor does not have established office hours, ask the instructor if you can make an appointment to meet with him or her to discuss class issues.

# Academic Issues (cont'd)

## Trouble with a Class

- If you have difficulty understanding information in a course, try several different ways to get assistance.
- Meet with the course instructor to ask for assistance, and if possible ask specific questions about the course material.
- Ask a classmate if he/she understands the material and what resources (the class notes, the readings, or previous courses) have been the most helpful.

## Trouble with Writing

- If you are having difficulty writing papers in English, you should ask what university resources are available to assist you in writing. Often there is a writing center on campus where graduate students in the English department help U.S. and international students review a written assignment.

# Culture Shock

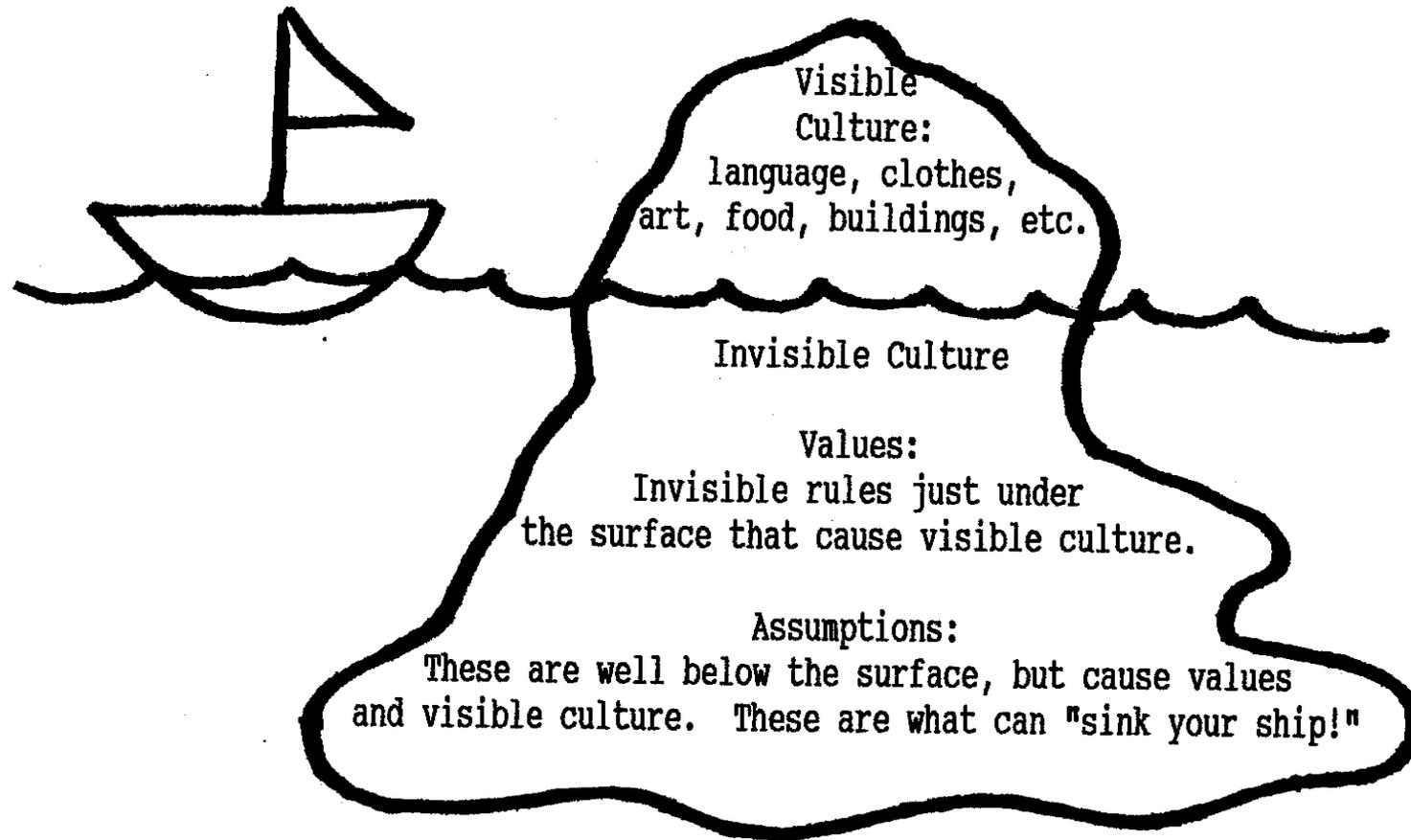
Culture Shock is the term used to describe the process of adjustment for a person moving to a new culture.



# What causes culture shock?

No single event causes culture shock. Rather, culture shock comes as a result of experiencing “a different way of doing, organizing, perceiving or valuing things which are different from yours and which threaten your basic, unconscious belief that your... customs, assumptions, values and behaviors are ‘right’.”

# Culture Shock



# Culture Shock

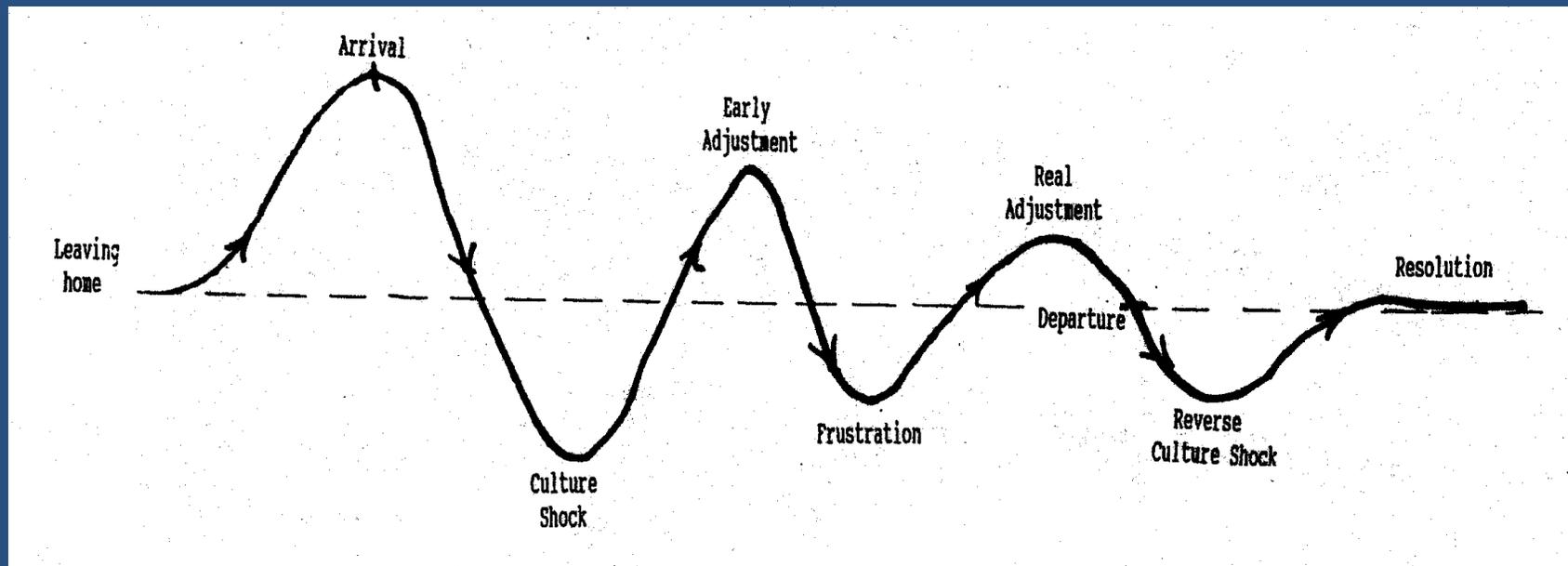
Some of the things that you might notice about your behavior (or that of a friend who is experiencing culture shock) are:

- Homesickness
- Boredom
- Fatigue
- Illness
- Unexplainable crying
- Stereotyping of Americans
- Too much eating
- Loss of ability to work effectively

# Culture Shock

Consists of several stages characterized by a “rollercoaster” of highs and lows of emotion and happiness in the new culture:

- High points characterized by feelings of excitement and interest
- Low points characterized by feelings of depression or frustration :



# Once you have identified your issues, what can you do to overcome culture shock?

- *Listen to your body* – Get enough sleep so that you do not become ill.
- *Learn about the U.S.* – Try to understand why things are done in a certain way, even if it is different from your way of doing things. This will put American life into perspective.
- *Look for the positive aspects of life in the United States.*
- *Make American friends* – Meet students who have lived overseas through the university's study abroad office. Americans who have lived abroad will have gone through culture shock as well.
- *Think positively* – You will get through the culture shock, and learn that not everything American is bad.
- Remember that your Fulbright colleagues and other international friends are likely experiencing similar culture shock. Reach out to them through email, Facebook, Skype, etc



# Fulbright Activities



Pre-academic programs  
and gateways (IIE)

Enrichment Seminars (IIE)

Re-Entry Conference  
(AMIDEAST)

Fulbright Association:

[www.fulbrightalumni.org](http://www.fulbrightalumni.org)

# Campus Activities

- International Student Office Events
- International Student Organization
- Graduate Student Association
- Department/Field of Study Organization
- Faith-Based Organizations (such as Muslim Students Association of the United States and Canada (<http://msa-national.org>))
- Community Volunteer Groups



# STATE ALUMNI

YOUR GLOBAL COMMUNITY

<https://alumni.state.gov>

A prestigious web-based community exclusively for participants in USG sponsored exchange programs.



# Answers to Questions

Look in your handbook

Look for Grantee Resources on the web:

<http://www.amideast.org/fulbright/grantee-resources>

Contact Us:

[Program Officer]:

xxx@amideast.org (202-776-XXX)

[Program Assistant]:

xxx@amideast.org (202-776-XXXX)

Call our office free of charge: 1-800-368-5720

