

Welcome

to The Culinary Institute of America.

At the CIA, we value the diverse cultural and culinary perspectives that you and fellow international students bring to our college.

This guide is designed to help you make a smooth transition to college life and life in the United States. We look forward to seeing you on campus!



THE WORLD'S PREMIER
CULINARY COLLEGE

CIA CONTACTS

All college students need a little help now and then. As an international student at the CIA, who should you turn to for advice, information, and assistance? In addition to your instructors and CIA staff members, the following professionals are available to assist you and other international students with specific issues:

Virginia Reilly

*Manager of Admissions and
International Student Services*

Phone: 845-451-1531

Fax: 845-451-1068

E-mail: v_reilly@culinary.edu

Helps with visa-related issues.

Larry Lopez

Director of International Relations

Phone: 845-451-1467

Fax: 845-451-1058

E-mail: l_lopez@culinary.edu

Provides general information and advice on how to address any issues or concerns.

Eddie Martinez

*Associate Dean of Students/
International Student Advisor*

Phone: 845-905-4240

Fax: 845-451-1058

E-mail: e_martin@culinary.edu

Assists with classroom/kitchen concerns and issues with other students. (Problems with room-mates should be directed first to your residence director.)

IMPORTANT INFORMATION

In order to prepare the Form I-20 correctly, the family name and first name must match your passport **exactly**. Please provide a copy of your passport's Personal Information page to the CIA Admissions Department for this purpose.

STUDENT VISAS

You are responsible for yourself and your family with regard to immigration and visa laws. CIA staff will provide assistance and advisement where possible, but ultimately, you are responsible for knowing and complying with the laws of the United States, your home country, and those of the countries to which you travel while you are a CIA student. This includes non-immigrant F-1 visa regulations.

Keep in mind that you are expected to understand the F-1 student visa regulations, both the responsibilities and the benefits.

Please note: To remain IN-STATUS, you must continually attend class on a full-time basis. Academic or disciplinary suspension will terminate your F-1 student status, requiring a reinstatement application or departure.

Special note for Canadian students: At this time, Canadians do not need passports or visas to enter the U.S., but must have documentation to prove citizenship and identity. While a birth certificate plus a form of photo ID would be acceptable, a passport is recommended to ease border crossings. A student should present the form I-20 A-B and financial documentation at the Canadian/U.S. border.

As a holder of an F-1 student visa, you may accept employment in the U.S. if you maintain a full-time course of study.

Opportunities include:

- Working on campus for a maximum of 20 hours per week with authorization by the school official.
- Completing the required externship in the U.S. with authorization by the school official. Employment authorization is job-specific.
- Accepting part-time employment off campus after nine months of full-time study with authorization from the Department of Homeland Security (DHS) via the application process. The time worked will be deducted from post-completion employment.
- Accepting full-time employment—for up to 12 months after completion of studies—with authorization from the DHS via the application process, which takes approximately three months.

You must have a Social Security number to work in the United States. All international students may apply for a Social Security number. You can pick up a copy of the necessary paperwork from the CIA Admissions Department. You will then complete and submit these forms to the Social Security Office, located at 191 Main Street in nearby Poughkeepsie, NY. The office is open Monday–Friday from 9 a.m. to 4 p.m. This application process takes up to 20 days, with authorization from the school official. For more information, please call 845-452-3584.

Planning a Trip to Another Country

When planning a trip back home or to another country, it is very important that you stop by the Admissions Department to have your I-20 signed. This procedure will enable you to reenter the United States.

THE F-1 VISA: PREPARING FOR THE VISA INTERVIEW

When you apply for a visa (F-1 visa for yourself and F-2 visas for your spouse and children, if applicable) at an American embassy or consulate, a consular official will interview you for about two to three minutes.

You should have the following documents:

- Form I-20 A-B
- A valid passport
- Financial documentation
- Letter of admission from the CIA
- SEVIS fee payment receipt

The main purpose of the visa interview is to “prove” to the consular official that you will return to your home country after finishing your academic program. Of course, it is impossible to actually prove whether or not a person will do something in the future. Thus, the consular official must believe that you will return to your home country, or the visa will not be issued.

You can reassure the consular official by talking about the things that tie you to your home: family, property, and employment. You should anticipate that the interview will be conducted in English and not in your native language.

Here are some specific suggestions to help you prepare for your visa interview:

- You need to be able to describe what you will do with your degree from the CIA when you return home. You need to have plausible future plans in your own country.
- It is often very helpful to have a job offer—in writing—from an employer in your home country promising you a good job or a higher position when you return from the United States.
- You should know what the job situation is in your field in your home country. With a little research, you can find out what the job prospects are. The U.S. consular officials will know about these things, too. It’s usually better if you can show that you will have good job prospects in your home country after finishing your studies at the CIA.
- Be ready to answer questions such as “Where did you hear about The Culinary Institute of America?” If you don’t know very much about the CIA, the consular official may refuse to give you a visa. He or she may think that you are not really planning to go to school but are simply trying to enter the U.S. to work.
- You should write a “statement of purpose” explaining why you want to attend the CIA and what you hope to do with the knowledge you’ve gained after you return to your home country.
- If your financial status is an issue, you may want to pay tuition to the college in advance and present the receipt to the consular official. The official will almost certainly respect this gesture. Bank loans are not good evidence of financial support for students. Consular officials may think that people with loans are more likely to seek employment in the U.S. so they can repay the loan.
- You should be honest with consular officials at all times. For example, applicants in some countries might not want to show their true financial status because they may be trying to “shield” income from taxes. Not reporting this “hidden income” may indicate that the applicants do not have enough money for education in the United States. Consular officials may not care if your family is hiding income from your own government. They most likely will, however, appreciate your honesty and be much more likely to grant the visa if they know your true financial status. Conversely, if the consular officials believe that you are lying or have lied in a previous interview—about anything—they will probably not issue the visa.

- Do not bring family members with you to the interview. The official wants to interview you, not your family. A negative impression may be created if you are not prepared to speak on your own behalf.
- Maintain a positive attitude. Do not engage the consular official in an argument. If you are denied a student visa, ask the official for a list of documents he or she would suggest you bring in order to overcome the refusal and try to get the reason you were denied in writing.
- Do not concede, under any circumstances, that you intend to work in the U.S. after completing your studies. While many students do work off-campus, this work is incidental to their main purpose of completing their education.
- If your spouse is also applying for an accompanying F-2 visa, be aware that F-2 dependents cannot, under any circumstance, be employed in the U.S. If asked, be prepared to address what your spouse intends to do with his or her time while in the U.S. Doing volunteer work and attending school are permitted activities.
- If your spouse and children are remaining behind, be prepared to explain how they will support themselves in your absence. This can be an especially delicate area if you are the primary source of income for your family. Should the consular official gain the impression that you will remit money to your family from the United States to support them, your student visa application will almost certainly be denied.

Visa interview tips compiled by John Whitney. Updated September 23, 1998 by Deborah Healey. Edited by Pratt Institute Office of International Affairs in 1999 and by The Culinary Institute of America in 2006.

TRANSFER CREDIT

Students who have attended other colleges and universities may be eligible to transfer courses for credit at the CIA. For details, please refer to the CIA catalog or visit www.ciachef.edu/admissions/apply/transfer.asp.

OF NOTE IN YOUR ENROLLMENT PACKET

On-Campus Housing Form

To request a room on campus, please read and sign the Residence Hall Agreement, complete the Housing Request Form, make copies for your records, and return original forms to:

Admissions Department
The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
U.S.A.

Please be aware that the Residence Hall Agreement is a binding contract. By signing it, you agree to all of the terms listed therein, including the refund policy.

Health Forms

Please complete the appropriate sections of the Immunization Record Form and Health Evaluation Form. Ask your medical doctor to complete the sections for the physician, and then mail or fax both completed forms to:

Health Services Office
The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
U.S.A.
Fax: 845-905-4061

The State of New York requires that medical information be complete—including immunization for measles, mumps, and rubella (MMR)—before a student can move on campus or register for class. The Hepatitis A vaccination is also mandatory. It is very important that you submit your immunization information to the CIA before you arrive on campus. Many students wait to do this and are extremely disappointed when they cannot register.

THINGS TO DO BEFORE LEAVING

1. Make sure you have a valid passport with an F-1 visa stamp from a U.S. Embassy. Although passports are recommended, Canadians do not need passports or visas to enter the U.S. They must present Form I-20 A-B and financial documentation at the Canadian/U.S. border.
2. Remember to bring the I-20 form.
3. Obtain required health insurance or be prepared to purchase the “Part B: Sickness Medical Expense Benefit” policy at the college. Please see medical insurance information on page 11.
4. Make your housing reservations.
5. Read the travel directions to the CIA (see page 6).
6. Have a medical and dental checkup and mail or fax to the CIA proof that you have had the MMR and Hepatitis A immunizations.
7. If you are staying in a residence hall, be sure to pack sheets, blankets, and a pillow, unless you plan to purchase these items here.
8. Be aware that you may not bring any alcoholic beverages, uncooked food, plants, or fruit with you. These items will be seized by U.S. Customs.
9. If you have a valid driver’s license, bring it with an official English translation.

FINANCIAL INFORMATION

Payment Options

We accept personal checks, bank checks, money orders (U.S. funds drawn on a U.S. bank only), and cash (in person only). All checks should be made payable to: The Culinary Institute of America.

The college has contracted with Tuition Management Systems (TMS) to provide students with payment alternatives.

Internet Credit Card Payment using the TMS Payment Center

- Master Card, Discover, or American Express accepted.
- A convenience fee, based on a tiered scale from 2–3%, will be charged to the card holder.

Internet Checking and Savings Account Payment Using TMS Payment Center

- Electronically debit your checking or savings account.
- A convenience fee of \$5, regardless of the payment amount, will be charged to your account.

Monthly Payment Plan

Our payment plan, administered by TMS, allows you to spread the cost of your education over equal, manageable monthly payments. Your only cost is an annual enrollment fee of \$75 for an Annual Plan (two semesters), or \$50 for a Semester Plan. You are encouraged to join the plan 60 days prior to the start of your program.

There’s a link to the TMS Web site (www.afford.com) in the “Tuition and Fees” section of the CIA’s Web site at www.ciachef.edu. Or, call TMS directly at 1-800-722-4867. Listen to the menu carefully; if you want to make a *one-time* payment or pay in full using the payment center, choose option 1, then listen for option 3.

For planning purposes, it is important for you to know that the cost of tuition in the American higher education system undergoes yearly increases. At the CIA, this increase occurs in June, July, or August. If you have any questions about tuition payment or payment plans, please contact the Bursar’s Office at 845-451-1334.

How can I transfer money?

Contact the CIA Bursar's Office at 845-451-1290 for information on wire transfers.

After concluding the wire transfer, please provide the Bursar's Office with the following information:

Wire date
Bank name
Country of origin
Amount transferred
Student's name
Student's ID number

You can give this information to the bursar by visiting the office, by faxing it to 845-905-4030, or by mailing it to:

Bursar's Office
The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
U.S.A.

Banking Services

International students are urged to open checking/savings accounts. Some can be opened by mail.

Rhinebeck Savings Bank

1075 Violet Avenue (Route 9G)
Hyde Park, NY 12538
845-229-8188

Mid Hudson Plaza, Route 9
Poughkeepsie, NY 12601
845-471-4467

Hudson United Bank (HUB)

4240 Albany Post Road
Hyde Park, NY 12538
845-229-2675

In addition, Key Bank offers online banking services and will be on campus during your orientation should you be interested in setting up an account with them. You can contact other banks in the area by consulting the Yellow Pages of the telephone directory under "Banks."

Foreign students must produce their passport and another form of ID (your CIA ID card is acceptable). Checks deposited into new accounts (opened less than 30 days) will have a nine-business-day hold placed on their funds. Established accounts have a five-business-day hold on all out-of-state checks. Foreign checks may be sent for collection and a \$35 fee will be assessed.

On-Campus Services

The Office of Student Accounts will cash checks up to \$100 per day. There is a 25-cent charge for check cashing. Check cashing hours are from 10:30–11:30 a.m. and 1:30–2:30 p.m., Monday–Friday.

For your convenience, an ATM is located in the Student Recreation Center. Please check with the service of your particular card for fees and withdrawal limits. The ATM does not accept payments or deposits.

TRAVELING TO THE CIA

Making Travel Arrangements

The sections that follow offer information to help you plan your trip to the United States and the CIA campus in Hyde Park, NY. **Please note that any toll-free "800" telephone numbers listed in this guide can only be used within the United States.**

Arriving in the United States— Stewart International Airport

The closest airport to the CIA is Stewart International Airport in Newburgh, NY, which is located approximately 30 miles south of the college. Whenever possible, you should take a connecting flight from a major U.S. airport into Stewart. From Stewart, you can travel to the CIA via taxi service or rental car.

Taxi service from Stewart to the CIA costs approximately \$25–\$35 per person. To reserve a rental car, call Avis at 845-564-4400, 1-800-331-1084 (international), or 1-800-331-1212 (within the U.S.); or Hertz at 845-567-0180, 1-800-654-3001 (international), or 1-800-654-3131 (within the U.S.).

Driving from Stewart International Airport to the CIA

From the airport, turn left onto Route 207. Proceed to the traffic light and turn left onto Union Avenue. Continue on Union Avenue past the intersection with Route 17K. Turn right onto the Interstate 84 east ramp. Exit onto Route 9W going north. Follow Route 9W north approximately 20 miles to the Mid-Hudson Bridge entrance (on the right). Cross the bridge and take the first exit to the right. Bear left at the bottom of the ramp to merge onto Route 9 north. Follow Route 9 for three miles. The CIA is on the left.

Arriving in the United States— New York City-area Airports

There are three major international airports in the region located approximately two hours from the CIA: John F. Kennedy (JFK) International Airport and LaGuardia Airport in New York City and Newark International Airport in New Jersey. If you need help with your baggage upon arriving at one of these airports, look for the red-capped porters wearing security badges. **Do not accept assistance from anyone else.**

There are several alternatives for traveling to the CIA from these airports. You may take a connecting flight to Stewart Airport, travel by bus or train, or drive a rental car.

From the NYC-area Airports to the CIA by Bus

SuperShuttle (212-258-3826) offers bus service from JFK and LaGuardia airports to the Port Authority bus station in Manhattan (New York City). From the Port Authority, you can travel via the Short Line bus (1-800-631-8405) to Hyde Park, NY and the CIA.

From the NYC-area Airports to the CIA by Train

Alternatively, you can continue the trip from LaGuardia, JFK, or Newark Airport to the CIA by train. The first step is to travel from the airport to one of two train stations in Manhattan, in the center of New York City. There are several ways to do this:

- **To Grand Central Station by Bus—**

SuperShuttle (212-258-3826) takes passengers from the airports to Manhattan's Grand Central Station. Bus stops are located directly outside each airline terminal.

- **To Grand Central Station by Subway (Metro)—**

The subway (from JFK airport only) is also an option, although it can be a more complicated one since you must switch subway trains and stations to get to Grand Central. If you do decide on this mode of transportation, you should take the internal airport shuttle to the subway station and then follow the New York City subway map. You may obtain a map at the information desk at the airport or at a newsstand.

- **To Grand Central or Penn Station by Taxi—**

There are taxi stands directly outside the airport terminals, usually with a dispatcher on duty. Fares are calculated by the trip, not by the person, and may be higher during rush hours. Once you arrive in Manhattan, you can travel by train to the CIA from either Grand Central Station or Penn Station.

- **From Grand Central Station to the
Poughkeepsie Train Station—**

You will travel on the Metro-North Railroad to Poughkeepsie, NY (just a few miles south of Hyde Park and the CIA). The train trip is approximately 1 hour and 50 minutes. You can call Metro-North Customer Relations at 212-340-2144 for schedule and fare information, or visit www.mta.nyc.ny.us.

- **From Penn Station to the Poughkeepsie Train Station—**

Take the Amtrak train to Poughkeepsie, NY. For schedules and fares, call Amtrak at 212-630-6400 or 1-800-872-7245, or visit their Web site at www.amtrak.com.

- **From the Poughkeepsie Train Station to the CIA—**

The Poughkeepsie station is a short taxi ride from the CIA. Taxi service is just outside the station. To reserve a taxi ahead of time, call:

Allen's Taxi Service	845-485-2411
Del-Roy Taxi Service	845-452-1222

From the NYC-area Airports to the CIA by Rental Car

Rental car service is available at all airports. To make a reservation, call:

Avis

at LaGuardia Airport	718-507-3600
at JFK Airport	718-244-5400
at Newark Airport	973-961-4300
Toll-free, in the U.S.	1-800-331-1212
Toll-free, international	1-800-331-1084

Hertz

at LaGuardia Airport	718-478-5300
at JFK Airport	718-656-7600
at Newark Airport	973-621-2000
Toll-free, in the U.S.	1-800-654-3131
Toll-free, international	1-800-654-3001

The following are driving directions from LaGuardia, JFK, and Newark Airports. Please note that many area roads and bridges require a toll.

- **From LaGuardia and JFK Airports—**

Follow signs to the Bronx/Whitestone Bridge. Take the Hutchinson River Parkway to Interstate 684 north to Interstate 84 west to exit 13. Follow Route 9 north for 16 miles. The CIA is on the left.

- **From Newark Airport—**

Follow signs to the New Jersey Turnpike north (I-95). Take I-95 to the Palisades Parkway north, then to Route 6 east. Follow Route 6 to Route 9W north. Cross the Mid-Hudson Bridge to Route 9 north. Follow Route 9 for three miles. The CIA is on the left.

OR

Take the New Jersey Turnpike north (I-95) to Route 80 west and then to Route 17. Follow Route 17 to the New York State Thruway (I-87) north to exit 18 (New Paltz/Poughkeepsie). Follow Route 299 east to Route 9W south. Cross the Mid-Hudson Bridge to Route 9 north. Follow Route 9 for three miles. The CIA is on the left.

LOCAL HOTELS

The following list is provided in case you require overnight lodging. Please call these establishments for current rates and to make reservations. When you call, inform the hotel that you are coming to the CIA.

Beekman Arms

Route 9
Rhinebeck, NY 12572
(30 minutes north of the CIA)
845-876-7077

Courtyard by Marriott

408 South Road (Route 9)
Poughkeepsie, NY 12601
(15 minutes south of the CIA)
845-485-6336

Holiday Inn Express

341 South Road (Route 9)
Poughkeepsie, NY 12601
(15 minutes south of the CIA)
845-473-1151

Poughkeepsie Grand Hotel

40 Civic Center Plaza
Poughkeepsie, NY 12601
(15 minutes southeast of the CIA)
845-485-5300
Van service to the CIA is available.

Quality Inn

528 Albany Post Road (Route 9)
Hyde Park, NY 12538
(5 minutes north of the CIA)
845-229-0088

CLOTHING

The CIA is located in the northeastern region of the United States. The Northeast has a varied climate, one that allows residents to enjoy four distinct seasons. During the change of seasons (late spring, summer, and fall), light coats and jackets are appropriate for outdoor wear. Summers can be very warm, with average temperatures of 66°–82°F (19°–28°C). For this time of the year (June–August), light clothing is needed. Average temperatures in the winter are 20°–30°F (-7°–1°C) from December through March. Please note that during these months, the temperature can also be significantly colder. Snow often falls during the winter and you can expect rain during any season of the year. You should bring appropriate clothing such as a warm coat, gloves, hat, woolen scarf, raincoat, umbrella, windbreaker jacket, waterproof boots, and long-sleeved garments.

Casual clothing for everyday wear as well as business-like attire for formal activities and dining in the CIA's restaurants is also recommended. You will need to have business attire to wear during your first three weeks of classes. If you plan to take advantage of our Student Recreation Center gym, swimming pool, and other athletic facilities, you should bring appropriate athletic wear.

COLLEGE VACATIONS

The CIA community refers to student vacation periods as winter and summer breaks. The winter break is approximately two weeks long and coincides with the Christmas (December 25) and New Year's Day (January 1) holidays. The summer break is about three weeks in duration and usually takes place in July. Because college-wide maintenance and construction projects are performed **during these breaks, all students must vacate their on-campus housing.** You should therefore make alternate living or travel plans for these vacation periods..

YOUR FIRST FEW DAYS

Residence Hall Check-in

If you've been assigned to a residence hall on campus, you can move into your room after 2 p.m. on the day before your entry date. Please report directly to the residence hall. If you arrive after midnight, please check in at the Safety Office to obtain keys to your room.

An international residence director (R.D.), Juliana Machado, from Brazil, resides in Pick/Herndon Hall and is available to assist you in adjusting to residential life on campus, and to the CIA. In addition, your residence assistant (R.A.) can put you in touch with other international students.

International Phone Calls

You may be eager to call home as soon as you arrive on campus (typically on a Sunday). If you plan to do so, please bring a long-distance calling card with you. It will allow you to make an international call without having to wait until Monday or Tuesday, when all students are offered AT&T long-distance telephone service. In the U.S., you can buy calling cards in gas stations, convenience stores, drug stores, and airport shops. The campus bookstore also sells calling cards Monday–Saturday.

Calling cards may be used at public phones and with most residence phones (depending on the carrier). Each card gives step-by-step instructions for dialing the desired party. In general, when placing an international call you will dial 011 for international access, the appropriate country and city codes, and the number you are calling. Country and city codes are listed in the international section of the telephone directory or can be requested from the operator by dialing 0 (the "zero" key). You may want to write down your town's country and city codes before you leave home.

Meals on Your First Day

Your arrival on campus usually coincides with two days (Sunday, and sometimes Monday) when classes are not in session. This means that the kitchens and bakeshops are not in operation and student meals are not available. You can purchase a quick meal at the Courtside Café and Pub at the Student Recreation Center or at Stewart's, which is within walking distance on Route 9 across from the CIA. You will also find a variety of restaurants on Route 9 a few miles north of the campus, including McDonald's, Dairy Queen, Coppola's, the Hyde Park Brewing Co., and Coco's; and a few miles south, such as Applebee's, Starbucks, and Quiznos.

After You've Registered

After you have registered for classes, please bring your passport, I-94 card (the white card stapled into your passport), and I-20 form to the Admissions Department.

FREQUENTLY ASKED QUESTIONS

Q: When do I pay my bill?

A: You will pay one-half of your first semester bill 60 days prior to enrolling. The balance is due during orientation. Acceptable forms of payment are wire transfer, check, or money order (U.S. funds drawn on a U.S. bank only).

Q: What if I can't pay my full bill?

A: The Culinary Institute of America, in partnership with Tuition Management Systems (TMS), is pleased to offer payment choices to help you afford your college education expenses. This **interest-free monthly payment option** allows you to maximize your savings and income by spreading your college education expenses over equal monthly payments. Your only cost is an annual enrollment fee of \$75. Enroll today by calling a TMS educational payment counselor at 1-800-343-0911, or enroll online at www.afford.com.

Q: How much money should I bring with me?

A: You should bring U.S. \$100 cash with you along with about \$2,000 in U.S. dollar traveler's checks. Since there are only certain banks that will change foreign currency, we recommend you change money to U.S. dollars before you enter the United States. If you will rent your own apartment, realtors require in advance one month's rent, one month's security deposit, and one month as a realty fee.

Q: How long does an international check take to clear?

A: It takes at least six to eight weeks for checks from abroad (drawn from non-U.S. bank accounts) to be cleared by an American bank which maintains your account.

Q: Can I work in the United States?

A: Employment opportunities are indicated in the “Student Visas” section on page 2 of this guide. Please be aware that the application process for DHS approval for post-completion practical training takes approximately 90 days. You will need to visit the Designated School Official (DSO) for the required forms and materials to be processed and/or copied:

- Form I-765–Application for Employment Authorization with signature card
- Form I-20 endorsed with the DSO’s recommendation
- Form I-94–Departure Card
- Two photographs on white background
- \$180 fee payable to the USCIS

HELPFUL HINTS

Residence Hall Rooms

The average size of rooms in the residence halls is 12 x 20 feet (4 x 6.5 meters). Each student is provided with a bed (with a 82.5 x 203 cm mattress), dresser, desk, and closet or wardrobe. If you already have sheets for this size mattress, please bring them. Otherwise, you may purchase them at local shopping malls. Each room is allowed a 3.5-cubic foot (one cubic meter) refrigerator that is provided by the student.

Off-Campus Storage

If you need additional storage space, there are several rental facilities in the area. The closest is Guardian Self-Storage, located ½ mile north of the CIA on Route 9. Please call 845-229-0330 for more information. Other local storage facilities are listed in the Yellow Pages of the telephone directory under “Storage.”

Area Shopping

You can purchase food items at Stop & Shop, located approximately one mile north of the CIA on Route 9.

For clothing, appliances, and other supplies, you may visit either the Poughkeepsie Galleria or the South Hills Mall, both located 20–25 minutes south of the college. Please be advised that a 8.25% tax is automatically added to all purchases (except clothing and shoe purchases up to \$110 and all food products).

You can reach the shopping areas via the Dutchess County LOOP bus, which runs north and south on Route 9. The bus stop (under the bus sign) is located right outside the CIA’s south entrance. Bus schedules are available on campus.

Medical Insurance

If you are an F-1 student, **you’re required to have medical insurance while in the U.S.** (You may also wish to secure dental coverage.) We strongly recommend that you obtain a medical insurance plan before you leave that will cover your health costs in this country. You can call any of the following companies which offer medical insurance specifically for international students in the U.S.: Med Choice International at 1-800-331-3047 or 202-457-6842, The Harbour Group at 1-800-252-8160 or 703-733-0952, or Collegiate Care at 1-888-301-9289 or 251-661-0924. A group policy, the “Part B: Sickness Medical Expense Benefit,” is offered by the CIA as well. Call Sheila Gilroy at 1-800-422-6200 for information.

In addition, the CIA’s manager of international student services or Health Services Office can give you information about our CIA insurance carrier.

Travel Agencies

Travel agencies can be very helpful. When planning a trip to another country or within the United States, consult the Yellow Pages of the phone directory for a listing of area travel agencies.

Religious Services

Religious services are held throughout the Hudson Valley region. Off-campus places of worship are listed in the Yellow Pages of the phone directory. In addition, Catholic services are held at the Our Lady of the Wayside Chapel, located at the college's south entrance.

WEB SITES HELPFUL FOR INTERNATIONAL STUDENTS

The Culinary Institute of America

www.ciachef.edu

Airport Transportation

www.goairporter.com

www.supershuttle.com

Currency Conversion

(Exchange Rates)

www.xe.net/ucc

ELS Language Centers

www.els.edu

Financial Aid for International Students

www.edupass.org

www.iiie.org

Foreign Embassies

www.projectvisa.com

Department of Homeland Security

www.uscis.gov

Kaplan Educational Centers

(English language study and test preparation)

www.kaplan.com

Loan Information

AchieverLoan

www.key.com/educate (for questions)

www.key.com/educate/achieverloan (to apply)

The CitiAssist Loan

www.studentloan.com

Gate Education Loans

www.gateloan.com

Key Alternative Loan Program

www.key.com/educate (for questions)

www.key.com/educate/alternative

(for instant pre-approval)

Sallie Mae Signature Student Loan

www.salliemae.com

TERI Loans

www.teri.org

Vagabond Tours

(Student Discount Travel Company)

www.vagabondtours.com