



WELCOME TO APPROACH :)

STUDENT WELCOME GUIDE 2021



US CULTURE AT GLANCE

Immerse yourself in a new culture and explore all that New England has to offer.

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DISCOVER BOSTON WITH US

Explore the beautiful city of Boston with Approach. Join us for our Approach Adventures.

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APPROACH: WE ARE YOUR HOME AWAY FROM HOME

Learning a new language is easier when you feel at home.

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OUR MISSION IS:

"To provide high-quality, flexible, and affordable English, Test preparation and Business programs to students from all over the world."

Welcome to the beautiful city of Boston and the region of New England!

At Approach we aim to be your home away from home! As our student, we understand you have dreams, passions and a brilliant future ahead of you. We work tirelessly designing programs and services to suit your needs and to ensure your success!

Providing high-quality education:

Our passionate team of highly qualified and experienced instructors were selected with our students in mind. Drafted from the best Universities in the U.S. and around the world, most of our faculty have international experience and have learned a second language, just like you!



Offering flexibility as the key to your success:

Approach offers a variety of programs and course schedule options. We are the only school in the U.S where you can choose your class schedule, your teacher and your learning experience - all on your terms!

Creating opportunities through affordable education:

We believe that great education should be accessible to everyone! Our programs are ranked #1 in affordability in the Boston area. Our students come first and your ability to afford great education matters to us!

Learning English is the first step toward your goals. Approach is your home away from home!



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WELCOME TO THE UNITED STATES AND APPROACH

We, at Approach, are here to be your home away from home, and to welcome you to the beautiful city of Boston and the region of New England.



We hope you will enjoy everything this place has to offer and that you fall in love with it just like we have! Take this opportunity to not only learn a new language, but to immerse yourself in a whole new world of experiences. When you live in the United States, even if it is for a short period of time, you will be able to experience American culture, try different tastes and flavors, and learn about new customs and traditions as well

as the rich history this country has to offer. As a bonus for choosing Boston and the region of New England as a place for your exchange program, you will be able to not only learn about American culture but also about so many other cultures from around the world! This is a place where international students from all over the globe choose to come and study!

LIVING HERE BRINGS SO MANY OPPORTUNITIES, SUCH AS THE ABILITY TO:

- **Experience four distinct seasons:** Spring, Summer, Fall, and Winter!
- **Engage in seasonal activities** such as seasonal sports, food, and entertainment that happen exclusively during each season of the year (Spring, Summer, Fall or Winter)
- **Watch famous sporting events** and cheer for traditional American sports teams such as the Celtics (basketball), the Bruins (hockey), the Red Sox (baseball), and the New England Patriots (American football).
- **Try regional foods** such as the famous lobster and clam chowder that is typical of this area in the country.
- **Learn about American history at historical sites** by visiting famous museums and walking the Freedom Trail. Boston is the birthplace of the American Revolution which led to America's independence from England so you can learn and experience the rich history of this nation for yourself!
- **Participate in many free (or very affordable) academic lectures, seminars, and workshops** at famous universities and improve your resume while doing some networking!





- **Attend a variety of concerts** since famous bands and singers almost always choose Boston when going on tour, there is a great chance that you will be able to attend one of your dream concerts! On top of that, Boston is home to the world renowned Berklee College of Music where many talented artists have studied. Berklee attracts the most talented musicians from all over the world and they often promote musical events for free or at a very affordable price that you will also be able to enjoy!

This introduction is only a short summary of all the tips you will find in this comprehensive guide. We hope that all the information we have put together here can help you through this amazing and unique experience of living in the United States. We want you to get the most out of this opportunity and hope this guide will give you all the confidence and certainty you need to embark on this beautiful and challenging journey of learning English. Of course, we hope you won't forget to have fun along the way because that is also why you are here!

Just remember, we are here to offer all the support you need every step of the way so that you can accomplish your goals and dreams!

Sincerely,

The Approach Team



WHY APPROACH?

- **We have over 20 years of experience and credibility:** We have been teaching English and transforming international students' lives for the past 20 years in Boston. Since 2001, Approach has been part of over 5,000 students' stories who have chosen our school to study and to be their home away from home.
- **Approach is accredited by ACCET:** ACCET is an accrediting agency recognized by the US Department of Education. To be accredited means that Approach has met ACCET's high standards for quality and therefore is allowed to issue F-1 visas to international students.
- **We are a home away from home for many international students in Massachusetts:** Most of our staff came to the United States as international students many years ago. We know how it is to be an international student in the United States and how important it is to feel that you are part of a community you can trust and be supported by, just like in your own home. Our number one priority is to make sure our students know they are in a safe environment where they may ask for advice, develop their skills, and make friends.
- **We offer a flexible schedule:** Students can choose the schedule that best suits their needs and goals in the U.S. Approach is open for classes from Monday through Thursday from 9 AM - 10 PM and on Fridays and Saturdays from 9 AM - 8 PM.
- **Affordability is part of our mission:** Part of our mission is to make sure students pay a fair and affordable price to pursue their education. We also offer different payment plans to help students pay for their tuition.
- **We provide quality:** Our programs are designed to bring the highest quality and value that students need to develop their skills.
- **We offer VIP college and career advising:** We give our students the one-on-one attention they need to succeed in their academic path after learning English with us! Our Academic and Career Advisor will provide the individualized attention that each student needs to find the best program and scholarship opportunities.



- **We have passionate and qualified instructors:** Our instructors love teaching English to international students and are certified to teach English as a Second Language.
- **We have over 15 College and University partners:** We are continually building new College and University partnerships around New England and the United States to benefit our students who plan to advance their education here. Students who graduate from our ESL program will have their TOEFL requirement waived if transferring to one of our partners.
- **We host seminars, workshops, and conferences free of charge for our students:** Free events with tons of valuable information are added to our calendar monthly. We bring guest speakers and our experienced staff to present useful information on academic and career counseling, immigration advice, American culture and history, and much more. Students leave Approach with the tools and knowledge they need to pursue their goals!
- **We offer our students many activities to experience the culture and have fun outside of the classroom:** Learning a new language is easier when you have fun! We make sure students have plenty of opportunities to go to activities outside of the school so they can get to know the city, experience the culture, and make new friends. We also offer many on-campus activities to keep our students motivated throughout the day and engaged in our community.
- **Exceptional students who love Approach are recognized and invited to be part of the Student Ambassador Program:** The Student Ambassador Program is a VIP mentorship opportunity open to current and former Approach students who demonstrate continuous support and dedication to the school's mission and goals. Each quarter, the 24 top nominated students will be invited to join the program and participate in a VIP mentorship experience designed to help them achieve their academic and professional goals faster.
- **F1 Students have the opportunity to work on campus as a sales associate and make some extra money:** Refer a friend and get a \$100 tuition discount when your friend registers for classes. After referring four friends, you will be hired as a sales associate and will have the opportunity to be part of our Approach sales team.



- **F1 Students can also apply to work in other departments at Approach:** Professionals who are studying with us can apply for an on-campus job opportunity and have the chance to bring value to our team while enhancing their skills in another country and culture. Students can immediately apply by sending their resume to hr@approachusa.com.

HOW TO GET THE MOST OUT OF YOUR TIME AT APPROACH

As a student, you have plenty of opportunities to develop various skills at Approach. We are not just an English school; we are committed to preparing international students for building successful careers and life changing opportunities after learning a new language.

Here are a few recommendations for you to get the most at Approach:

1. Participate in our activities and join our community: You will have the opportunity to practice the English you've learned in the classroom while learning about the culture and history of Boston outside of the classroom. Join our activities to explore the city with other Approach students! Every month we create a new activities calendar full of opportunities for you to practice your English and make new friends! Check out our video: <https://youtu.be/YkbjcDeArTg>

2. Create your own club: You can also volunteer at Approach to become a club leader. A club leader organizes events and experiences related to a particular interest. Examples of clubs that already exist are The Coffee Club, The Book Club, The Fit for Life Club, The Girl Power Club, and The Persist Club. If you have an idea for a new club, you can create your own! The club president often improves their public speaking, creativity, event planning, and leadership skills. Creating your club at Approach is your chance to be seen as a school leader, improve your resume, and engage other students in meaningful activities while practicing your favorite hobby!



3. Speak at a seminar: At Approach we have many students who are professionals in different fields. Oftentimes, these students may have something valuable to share with others. If you have experience and information you want to share, contact our activities department (activities@approachusa.com) so we can schedule an event in which you will be the guest speaker! This is a great way for you to develop your English and public speaking skills as well as enhance your resume! We would love to hear from you and plan what we can do together!

4. Participate in the Approach Adventures: The Approach Adventures are classes that happen outside of the classroom. Students have to experience what they are learning in real-time in the real world! These activities usually occur during class time and students receive attendance for participation. Video: <https://www.youtube.com/watch?v=ew9NbgHcoME>

5. Participate in our online events: Approach is always creating events on Zoom or on social media to connect with our students and share useful tips. You can participate in these events without leaving home! Check out our activities calendar and follow us on social media so you don't miss out on anything!

5. Follow us on social media: The best way to stay connected and informed is by following us on Instagram, Facebook, YouTube, and other social media platforms. You will receive updates and will know everything that is going on at Approach!

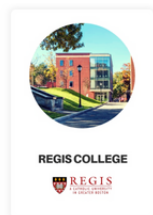
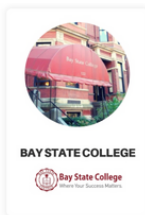
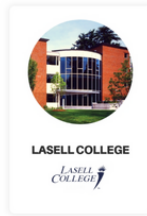
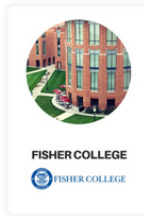
6. Do you have any questions or need assistance? We are here to help! Please send us an email at help@approachusa.com and we will provide the guidance you need!



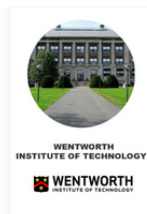


MEET OUR UNIVERSITY PARTNERS

Upon graduating from our ESL program, you may benefit from joining one of our partner universities without having to submit TOEFL scores. The process is simple and our Academic and Career Adviser will help you every step of the way.



Make sure to schedule a one-on-one appointment with our Academic and Career Advisor who can provide individualized attention to find a program that fits students' needs. Video: https://youtu.be/0Q_hR7IGHK4



"The journey of a thousand miles begins with one step."

– Lao Tzu



GETTING TO OUR CAMPUSES

The easiest way to get directions to Approach is by downloading the Google Maps app on your phone. There you will find all the instructions on how to leave your location and arrive at Approach by car, train, bus, or even walking! This app gives you the routes and the times that public transportation is available at your location.

MARLBOROUGH CAMPUS:

Address: 58D Apex Dr, Marlborough, MA 01752

The Marlborough campus is located at the Apex Center, located off I-497 on Route 20. The Plaza includes hotels, restaurants, stores, a gym, and lots of entertainment. Our Marlborough campus offers plenty of parking spaces for our students. You can park for free in the parking lot except in front of the school, so be sure to be mindful of that. The best way to get to this campus is by car.

ALLSTON CAMPUS:

Address: 196 Harvard Ave # 6, Allston, MA 02134

In Allston, we are located right in front of the green line at the "Harvard Avenue" stop. The 57 and 66 bus also stop very close to our

Allston location. Use Google Maps on your phone or computer to see what is the best option for you based on your location and also the scheduled times that public transportation is available at each station.

By Train and Bus:

The easiest way to get to our Allston Campus is by public transportation. Students who live close to the train or bus will benefit a lot from not having to worry about parking in Boston.

By Car:

Visiting Boston by car may be a challenge but do not worry, we got you! Here are some tips for you to find parking around the school and avoid getting a parking ticket! In the Allston area, most meters only allow two hour parking. After two hours, you'll need to move your car to another city block. If you do not want to rush, try the ParkBoston app. You can extend your time at a meter through the app, by entering the specific zone and space that you parked at, but only up to the time limit of your metered spot.

Reminder: Do not park at pharmacy lots, stores, or any place that has free parking as your car can be towed. You must park on streets or private parking lots and pay for it.



RESTAURANTS NEAR THE SCHOOL

Lunchtime!

Here is a list of some restaurants near both our Allston and Marlborough campuses for you to reference and try when lunchtime rolls around.

NEAR ALLSTON CAMPUS:

Garlic'n and Lemons

133 Harvard Ave, Allston, MA

A take-out restaurant with recipes inspired by Lebanese, Armenian, and Mediterranean Sea cuisines.

<https://www.garliclemons.com/>

Dumpling Kingdom

137 Harvard Ave, Allston, MA

A Chinese restaurant where you can find vegetable options as well as duck, pork, chicken, beef, and seafood. The average price per dish is around \$16.00.

<https://www.dumplingkingdomallston.com/>

Cafe Brazil Bakery

125 Harvard Avenue, Allston, MA

A Brazilian bakery that serves coffee and tea, sandwiches, and much more.

<http://cafebrazilbakery.com/>

Carlo's Cucina Italiana

131 Brighton Ave, Allston, MA

Carlo's offers authentic Italian cuisine, and a fine assortment of beer, Italian wine, and cordials.

<https://carloscucinaitaliana.com/>

Lulu's Allston

421 Cambridge St, Allston, MA

A restaurant that serves American comfort food since 2014. This spot is great if you're looking for vegetarian, vegan, or gluten-free options.

<https://www.lulusallston.com/>

Five Guys

1223 Commonwealth Ave., Allston, MA

Made-to-order burgers, fries and hot dogs, plus free peanuts while you wait.

<https://restaurants.fiveguys.com/1223-commonwealth-ave>





RESTAURANTS NEAR THE SCHOOL

NEAR MARLBOROUGH CAMPUS:

Evviva Trattoria

142 Apex Drive, Marlborough, MA

A restaurant that serves modern Italian food in a comfortable and casual atmosphere.

<https://www.evvivatrattoria.com/>

Okami Hibachi Sushi Restaurant & Bar

58 Apex Drive, Marlborough, MA

This restaurant offers a wide array of authentic Japanese food, Hibachi cuisine, Asian fusion, filet mignon, volcano roll, tricolor sushi and more.

<https://www.okamisushimarlborough.com/>

110 Grill

115 Apex Drive Suite A, Marlborough, MA

A large restaurant that serves modern American cuisine. The menu varies by state and location.

Check the location's page for the most current menu at Marlborough, MA.

<https://www.110grill.com/>

Friendly's

157 Apex Drive, Marlborough, MA

A big and casual chain of typical recipes with ice cream and classic American dishes, such as hamburgers and sandwiches.

<https://www.friendlysrestaurants.com/>

Chick-fil-A

36 Apex Drive, Marlborough, MA

A popular fast-food restaurant that has chicken at the center of the menu, serving only whole, boneless breasts of chicken – no fillers or artificial preservatives.

<https://www.chick-fil-a.com/>





***"In Boston they ask, how much does he know?
In New York, how much is he worth?
In Philadelphia, who were his parents?"***

- Mark Twain -



U.S. CULTURE AND CUSTOMS ORIENTATION

Let's get started with some culture and customs orientation tips so you can enjoy your time in America the best way possible and blend in with the people who live here. Immersing yourself in a new environment and culture can be exciting. However, it can be challenging at the same time since the American culture and way of life will vary – possibly drastically – from your home country.

Here are a few insights to help ease your transition:

- Personal space – The average personal distance that people maintain from each other varies from culture to culture. In general, Americans tend to require more personal space. If you find a friend or colleague stepping back from you during a conversation, don't try to close the gap. That person is probably just reestablishing his or her comfortable personal space. It is also best to avoid physical contact (touching the other person's arms, shoulders, and hands) until you know an individual well and can tell if this is acceptable.
- Greeting others – Americans (both men and women) shake hands when they are first introduced and again whenever they meet. Social kissing, as a greeting, is generally acceptable between men and women who know each other well and between women, but American men rarely embrace or kiss on both cheeks.





- Form of address – When you are introduced to someone, pay close attention to how you are introduced and address the person in that way until you are invited to do otherwise. As a general rule, it is acceptable to address your peers and younger people by their first names and to use a title (Mr., Ms., Dr., Prof.) with those who are older or in a position of authority. If you are invited to address a person by his or her first name, do so. It is not a sign of disrespect.
- Appropriate dress and hygiene – As a student, dressing casually (jeans, t-shirt, shorts, etc.) is generally acceptable. In the workplace (during your co-op or internship), the dress is often more professional, although the standards vary greatly from company to company. It is wise to observe what others are wearing or ask a supervisor before wearing casual clothing. Keep in mind that even though your supervisor or professor may dress casually, they should always be treated with the respect their positions deserve.

You will also notice that personal hygiene is very important in the United States. People generally shower every day and seldom wear the same clothing two days in a row. Strong perfumes and colognes are also generally avoided. You will be well advised to assume the same practice.

- Eye contact – Eye contact is important. It is not a sign of disrespect, but rather an indication of openness, honesty, interest, and enthusiasm.
- Punctuality – As a general rule, Americans are punctual. Classes will start on time and you are expected to arrive on time, if not a few minutes early. For a theatre performance, most people will be in their seats 15 to 20 minutes early. A 20-minute delay in arriving at a popular restaurant can mean the loss of your dinner reservation.
- The meaning of “no” – It is wise to understand that in American culture, “no” means no. Whether you hear from a professor, a police officer, or from a friend - accept it as final, absolute, and move on.



- Tipping – Most restaurants do not include a service charge on the bill unless your group exceeds a certain number of people. It is customary to add 15% to 20% to the bill as gratuity for the waiter. You can reduce or increase the tip based upon the quality of the service you receive. Tipping is only appropriate for table service; you do not need to tip the cashier in a fast-food restaurant. Taxi drivers should receive a tip equal to 10% to 15% of the fare. If the driver helps you with your luggage, it is appropriate to add an additional \$1 or \$2. Hotel bellhops expect \$1 per bag. If you order room service, the gratuity will usually be included on the bill. Hairdressers and barbers expect a 15% tip.
- Negotiation – While negotiation is often part of life, in the U.S., you will find that it is not part of every interaction. Asking for a discount is acceptable when you are purchasing an item, but if your request is declined, accept graciously. There are instances when negotiation is unacceptable. For example, if you stopped by the police for speeding do not attempt to negotiate the cost of the ticket or attempt to pay the fine at the time. That would be considered a bribe and you could be arrested.
- Smoking – Smoking is prohibited in government and public buildings, most businesses, and even in some outdoor public spaces in the United States. It is prohibited on public transportation including buses, subway cars, and trolleys. If you are a guest in someone's home, you should always ask if it is OK to smoke before doing so. Don't be insulted if you are asked to smoke outside.
- Littering – Even though not all of our streets are free of litter, it is not acceptable in the U.S. to throw your trash into the street or onto the sidewalk. And while you may see individuals spit on the street, it is not an acceptable practice.



- **Waiting in Line** – First-come, first-served is the rule when it comes to standing in line for anything. Attempts to ignore that practice – which might be acceptable in other cultures – will generally be greeted with aggressive, vocal disapproval.
- **Mail and email scams** – Unfortunately, many students around the world are deceived by mail and email scams. The tactics may be different but the goal is always the same: the scammers are trying to steal your money. Keep in mind a few simple rules: if you don't know the organization, if it sounds too good to be true, if you don't remember entering a contest or lottery but are offered winnings, if the message is filled with poor spelling and grammar, it is likely to be a scam. Never send money to anyone you don't know and never provide personal information or your account number to anyone over the phone or by email unless you initiated the contact yourself or are absolutely sure they are legitimate. Remember that banks and credit card companies never call or email customers requesting sensitive information.
- **American classroom culture** – You may find American culture to be more casual than in your home country. This will probably extend to the classroom as well. Keep in mind, however, every professor and class is different. Active participation is expected and teachers generally expect and encourage questions and lively discussion. If the class isn't structured for questions during class time, make sure you have your questions ready to ask your professor after class, during office hours, or before the next class. There is no shame in not understanding something.
- **Independent thinking is highly valued** – As you pursue your studies, you should critique theories, evaluate options, formulate models, and challenge yourself. Bring your ideas and questions to class and share your insights with your classmates and professors. Respectful disagreement during class discussions is accepted. Always be prepared to present and defend your ideas. Always do so with respect for the ideas presented by your professor and your classmates.



- **Important perspective on academic honesty – Honesty is a critical requirement of American academic culture and Approach ISC standards. Universities across the country operate on an honor system based on a simple principle of academic honesty: each student's answers or written submissions must reflect his or her own personal understanding and work. Cheating (having someone else write your papers, take your exams or give you answers during an exam) and plagiarism (submitting someone else's work as your own) are unacceptable. Using English language translation services to complete your work is also dishonest since your language proficiency is a requirement of your studies. Infractions of the standards of academic honesty, no matter how minor, are unacceptable and carry serious consequences ranging from a failing grade on a paper or exam to suspension or removal from the University. When you learn for the sake of learning, explore and develop a deeper understanding, and challenge yourself to think independently, you will find that academic honesty flows freely and naturally from that process.**

- **Informality is normal – Students may dress casually. They may eat or drink during class. Some may be allowed to address certain professors by their first names. This behavior does not necessarily reflect a lack of respect for the professor or the classroom experience.**





"Massachusetts has been the wheel within New England, and Boston the wheel within Massachusetts. Boston therefore is often called the 'hub of the world' since it has been the source and fountain of ideas that have been reared and made America."

- The Rev. F.B. Zinckle. Last Winter in the United States (1968) -



AN INTRODUCTION TO NEW ENGLAND

The northeastern part of the United States, New England is considered the birthplace of the country. The region we are in is called New England and it is comprised of six states: Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, and Connecticut.

The New England region is known for its rich content of history, nature, culture, cuisine, traditions, and large and worthy universities. The climate is marked with four well-defined seasons, with snow in the winter, trees with colorful leaves in the fall, hot days in the summer, and mild temperatures in the spring. The cuisine consists of very fresh and high-quality seafood.

Massachusetts has hundreds of miles of beautiful beaches, the Berkshire Mountains, charming cities, and some of the best history

museums within the United States of America. In Boston, the Freedom Trail is a brick path that marks 16 locations throughout the city that played an important role in the American Revolution. Cambridge is a city across the Charles River from Boston and is home to the Massachusetts Institute of Technology and Harvard University.

Salem is the city where the abominable witch trials took place in the 17th century. Plymouth County is the oldest community in New England. For those who want to enjoy the coast, you can visit the famous vacation destinations in New England such as Cape Cod, or the islands of Nantucket and Martha's Vineyard.





A BRIEF HISTORY OF MASSACHUSETTS

In 1620, religious English started settling in Massachusetts in areas around the Cape Cod Bay after the Puritans founded Plymouth. In 1630, John Winthrop led a group of Puritans from the Peninsula of Shawmut and thus founded the city of Boston. The port had grown in wealth and in population, making Boston the largest city in British North America until the mid 18th century.

Boston was the birthplace of the American Revolution. On March 5, 1770 settlers began protesting the British occupation of Boston when troops were sent to enforce taxation measures proposed by British Parliament. Tensions rose during the protest and five protestors were killed in what is known as the Boston Massacre.



After that, in 1773, there was another political protest carried out by British settlers in America against the British government. The settlers did not believe in the taxation that they were charged without their American representation. The colonists boarded English boats and threw out over a million dollars worth of British tea into the sea. The protest became known as the Boston Tea Party.



The Boston Tea Party was the first significant act of defiance by American colonists. The implication and impact of the Boston Tea Party was enormous, ultimately leading to the spark of the American Revolution which began in Massachusetts on April 19, 1775.



10 FUN FACTS ABOUT BOSTON




Boston is a well-known city for many good reasons and has a great quality of life, many cultural attractions, is full of prestigious educational institutes, and more. That is what makes Boston one of the best cities in America! Here are ten fun facts about Boston:

1. Boston is home to the oldest public park in the U.S. (Boston Common)
2. "Happy Hours" are against the law
3. The Red Sox have a patent on a color the "Fenway Green"
4. Boston was home to the first U.S. chocolate factory (Walter Baker & Company)
5. The first U.S. subway was built here in 1897
6. You can drive 90 feet below the earth's surface in Boston
7. Boston is home to the first U.S. public beach (Revere Beach)
8. Some of Hollywood's most recognizable stars are Bostonians (Mark Wahlberg to name one!)
9. In turn-of-the-century Boston, you didn't need to take a test to receive a driver's license
10. Boston gave us candlepin bowling.

Curious to learn more about Boston?
[20 Fun Facts about Boston](#)





"I guess no true Bostonian would trust a place that was sunny and pleasant all the time. But a gritty, perpetually cold and gloomy neighborhood? Throw in a couple of Dunkin' Donuts locations, and I'm right at home."

- Rick Riordan -



TRADITIONAL NEW ENGLANDER CUISINE

Boston is a city that is known for traditional seafood cuisine but there are also more dishes that are a "must-try" around the city.

Here is a list of five and places where you can find them.

New England Clam Chowder

A milk or cream-based chowder, made with butter, potatoes, salt pork, onion, and clams.

Usually accompanied by oyster crackers. As a suggestion, you can find it at the Legal Sea Foods restaurant

Website: <https://www.legalseafoods.com/>

Roast Beef Sandwich

A sandwich that is made out of sliced roast beef or sometimes beef loaf. It often comes on a hamburger bun and may be topped with barbecue sauce and/or melted American cheese. Can be served hot or cold. This dish is best known in primarily the North Shore of Massachusetts. We suggest you go to Kelly's Roast Beef Restaurant with several locations such as Revere Beach, Saugus, Danvers, and Medford.

Website: <https://www.kellysroastbeef.com/>

Lobster Roll

A sandwich made of lobster meat served on a grilled hot dog-style bun with the opening on the top rather than the side. The filling may also contain butter, lemon juice, salt, and black pepper. Some places replace butter with mayonnaise. You should go to Neptune Oyster for a lobster roll.

Website: <https://www.neptuneoyster.com/>

Cannoli

An Italian pastry consisting of tube-shaped shells of fried pastry dough, filled with a sweet and creamy filling usually containing ricotta. Mike's Pastry has been doing this since 1946 so you must go there to Boston's North End to try it.

Website: <https://www.mikespastry.com/>





PUBLIC TRANSPORTATION GETTING AROUND BOSTON

The Massachusetts Bay Transportation Authority (MBTA and known as "the T") is the public agency responsible for operating most public transportation services in the Greater Boston area. Are you living here and need to use public transportation? Then let us introduce you to CharlieCard - a reusable card that can be loaded with a cash value or passes to pay bus and subway fares. And the best part is that these cards are free and reloadable!

You can get a free, blank CharlieCard from an MBTA customer service agent at subway or bus stations. Access <https://www.mbta.com/fares/charliecard> and see all the places and organizations you can get it!

CharlieCard is the best option for frequent subway and bus riders and more:

- Easily tap into stations and vehicles;
- Online card management and protection;
- Not valid on Commuter Rail or ferry.

If you do not have a CharlieCard, you can pay your fare with a one time CharlieTicket, a paper ticket that holds the value of your fare for subway, bus, Commuter Rail, or ferry tickets or passes. mTicket is an Android and iPhone app to purchase Commuter Rail and ferry tickets on your mobile. Cash is also accepted at onboard fare boxes on buses and trolleys at street-level stops.

A One-way trip costs between \$1.70 – \$5.25 depending on the route but several pass options are available! Take a look at <https://www.mbta.com/guides/bus-guide> and find a complete guide with all necessary information including fare, maps, schedules, lines, types of tickets, and passes.

RAIL DIRECTIONS TIP

In many commuter rail and rapid transit services in the United States, the rail directions are related to the location of the city center. The term INBOUND is used for the direction leading towards the city center and OUTBOUND is used for the opposite direction leading out of the city center.



STREET SIGNS

Whenever driving around the city or going by car to one of our campuses, make sure to pay attention to all the different street signs to avoid misunderstandings and fines. Here are some examples:

- "No Stopping" Zone: You can't park your car or stop to make a drop-off, a pick-up, or load your car.
- "No Standing" Zone: You can't park your car, but you can make a drop-off, a pick-up, or load your car.
- "Street Cleaning": This takes place regularly on most streets from April 1 until November 30. On some main roads, street cleaning happens all year round. Your car may be towed if you are parked on a street during a street cleaning day. You can check the street cleaning schedule online and sign up for alerts.
- "Resident Parking Only": You need a resident parking permit sticker for that neighborhood to park your car.

Important Information

Living in a foreign country may have some daily challenges. It is so important to have readily available the essential contact information and links just in case you may need them.

- At <https://www.mass.gov/> you can find services related to health, education, housing, transportation, safety, state news, and updates in several languages.
- An emergency is any situation that requires immediate assistance from the police, fire department, or ambulance. Examples include: **A fire; a crime, especially if in progress; a car crash, especially if someone is injured; and a medical emergency, especially for symptoms that require immediate medical attention.**

For emergency situations, call 911.
Read more at <https://www.911.gov/>

Below is the official homepage for the City of Boston. You can find guides to Boston, public notices, events, news, services and information. Visit <https://www.boston.gov/>



TOURING IN BOSTON

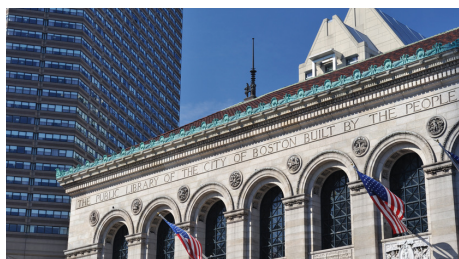
Must-go places in Boston

Looking forward to enjoying your free time in the city? Here are some places that you must go to in Boston.

BOSTON PUBLIC LIBRARY

Public Library address: 700 Boylston St, Boston, MA

Established in 1848, the Boston Public Library is a pioneer of public library service in America. As a City of Boston historic cultural institution, BPL today features a central library and twenty-five neighborhood branches, serving nearly 4 million visitors per year and millions more online. At the Boston Public Library, books are just the beginning. There is much more including a Courtyard Tea room!



You can apply for an eCard for BPL that will provide you with benefits. Sign up online through the [link here](#). E-cards are available to anyone who lives, resides part-time to attend school, owns property, or works in Massachusetts.

THE NORTH END

To access the neighborhood: Hanover St, Boston, MA

The North End in Massachusetts is known as "Boston's Little Italy" and is a favorite place for tourists for reasons that go well beyond its important historic sights. Although it has changed a bit over the years since it was filled with newly arrived immigrants from Italy, it still retains the Italian character and lively flair. There you will find Italian restaurants, cafes, bakeries, and shops fragrant with aromas of cured olives, fresh-roasted coffee, and Italian cheeses. As Boston's first neighborhood, the North End evolved from an isolated village to the home of American Revolutionaries to Irish haven and finally to Little Italy. Check out <https://www.northendboston.com/> where you can find sites to visit, eat, and shop.



THE FREEDOM TRAIL

Address: Faneuil Hall Square, Boston, MA

The three-mile Freedom Trail will lead you to 16 of the city's main historic monuments and sites. It's easy to follow by the line of red bricks in the sidewalk and by footprints at street crossings. You can begin by picking up brochures of the attractions at the Visitor Center in the Boston Common before heading to the State House, however feel free to begin your journey at any stop! The Freedom Trail was conceived by local journalist William Schofield, who in 1951 suggested building a pedestrian trail to link important local landmarks. Boston mayor John Hynes decided to put Schofield's idea into action. So by 1953, 40,000 people were walking the trail annually. Visit the [website](#) and plan a walk.



THE BOSTON COMMON

Address: 139 Tremont st., Boston, MA

The Boston Common, also known simply as "the Common", is a central public park in the heart of downtown Boston. In this large green space are various monuments and the Central Burying Ground of 1756. You can rent ice skates to use on the Frog Pond in winter from November to March, enjoy the spring blossoms and fall foliage colors, and in summer, enjoy the spray and splash pool to refresh. Be sure to check out the "Make Way for Ducklings" statues year-round! Check out the [website](#) to learn more.

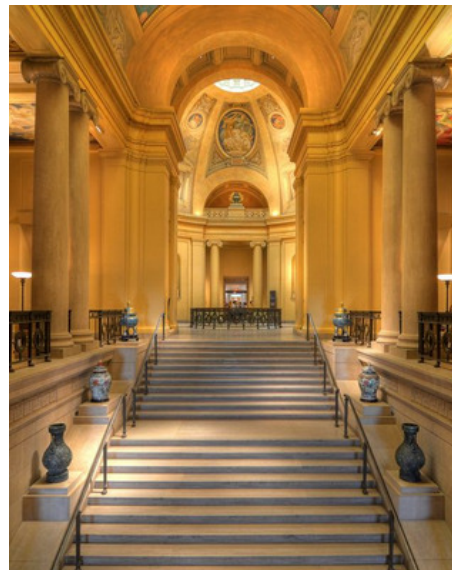




THE MUSEUM OF FINE ARTS

Address: 465 Huntington Ave., Boston, MA

The Museum of Fine Arts is the fourth-largest museum in the United States, filled with almost 500,000 pieces of art from around the world. The collection spans from ancient Egyptian jewelry to the art of Asia and more. Access [this link](#) to see more about tickets, discounts, and membership programs.



THE FANEUIL HALL MARKETPLACE

Address: 4 S Market st, Boston, MA

Another recommended site is the Faneuil Hall Marketplace that has been a marketplace and meeting hall for thousands of years and includes three long halls (Quincy Market, North Market, and South Market). Inside this beautiful attraction, you will find a lively assortment of shops, restaurants, and exhibitions. Check out the [website here](#) to experience Faneuil Hall fully.



THE NEW ENGLAND AQUARIUM

Address: 1 Central Wharf, Boston, MA

The New England Aquarium is a top attraction for those who love animals. The giant circular tank allows you to watch marine life while walking around the aquarium. There are over 80 penguins, more than 20,000 fish, and aquatic animals representing over 550 species. If you are planning a visit there, check this [link](#) to see hours and tickets available.



“What is there to do in Massachusetts? Ride on a giant duck or swan. Find out why 'chowda' is better than chowder. See where Paul Revere rode, how the pilgrims lived, and walk along the Freedom Trail. 'Ooh' and 'aah' at the gorgeous beaches, breathtaking mountains, and world-class art. See where the curse was reversed, feed a sea lion lunch, and take your family on the trip of a lifetime.”

Here is a complete guide for you to explore and discover all the places to visit around Boston [Things to do in Massachusetts.](#)



For history lovers, see this list of museums that you have to visit around Boston:

- [List of Museums in Massachusetts](#)
- [Paul Revere Museum](#)
- [Children's Museum](#)
- [Museum of Natural History](#)
- [Museum of Science](#)
- [Boston Tea Party Museum](#)

***"If you don't like the weather in New England now,
just wait a few minutes."***

— Mark Twain —





SEASONAL ACTIVITIES IN NEW ENGLAND

New England has four distinct seasons and that is an aspect people often like best about living in this part of the United States. Do you know what to do during your break time or vacation? Here is a summary of places you can visit with family and friends throughout the whole year. For a full list of activities, [click here](#).



WINTER

(Mid-November through the end of March)
Average temperature: 25 degrees Fahrenheit
(-3 Celsius)

Community Ice Skating at Kendall Square

Address: 300 Athenaeum Street, Cambridge, MA

This pretty outdoor skating rink is located at Kendall Square's North Plaza off Athenaeum Street. The rink is usually open from December through March, weather permitting. You can access the snack bar, skate rentals, lockers, and skate sharpening. Lessons are available and the rink can be rented for private events.

<https://www.skatekendall.com/>



Warrior Ice Arena

Address: 90 Guest Street, Brighton, MA

At Boston Landing in Brighton, this is an enormous indoor skating rink and also the home of the Boston Bruins. The team trains here, but their practice facility is open for public skating for all ages and skill levels. It's a unique opportunity to skate on the same ice as the hometown ice warriors.

<https://www.warrioricearena.com/>





Nashoba Valley Ski Area - Snow tubing

Address: 79 Powers Road, Westford, MA

This is New England's largest snow tubing venue, complete with four lifts, an on-site lodge, and professionally sculpted chutes that provide a good dose of variation from one run to the next. This site is located in Westford, less than an hour outside Boston. <https://skinashoba.com/>

Blue Hills

Address: 4001 Washington Street, Canton, MA

This ski area offers ski programs fit for all ages and levels, as well as private lessons catered to more experienced skiers and riders. Visit the online site to make reservations to have winter fun.

<https://www.bluehillsboston.com/blue-hills-home-page>

Wachusett Mountain Ski Area

Address: 499 Mountain Rd, Princeton, MA

This is a larger ski mountain where you can go skiing, snowboarding, and enjoy ski programs, racing, special events, and much more. Check the link below to see tickets and passes.

<https://www.wachusett.com/>

Sledding

You can find many places to go sledding across Massachusetts! Here are some locations in particular that have good hills for this activity:

- **Boston Common:** Tremont St, Boston, MA
- **Arnold Arboretum:** 25 Arborway, Jamaica Plain, MA
- **Marine Park:** Farragut Rd., Boston, MA
- **Millennium Park:** 205 VFW Pkwy, Boston, MA
- **Olmsted Park:** 217 Jamaicaaway, Jamaica Plain, MA

Visit this blog and find much more:

<https://www.visitma.com/blog/2013/02/sledding-in-massachusetts/>





SPRING

(April, May, early June)

Average Temperature: 40-60 degrees

Fahrenheit (4 - 15.5 degrees Celsius)

Hiking at Blue Hills Reservation

Address: 695 Hillside St., Milton, MA

More than 100 miles of trail criss-cross the Blue Hills Reservation, located just south of Boston, which makes it a great place for local hiking adventures. Get prepared and have the official reservation map for your hike to help you navigate the many trail junctions that you will encounter.

<https://www.mass.gov/locations/blue-hills-reservation>

Fenway Park

Address: 4 Jersey St, Boston, MA

If you are a sports fan, spring often means one thing for Boston sports fans – the start of the Red Sox baseball season. This time of year is a great opportunity to visit Fenway Park and try a famous "Fenway Frank"! Access the link and check the schedules, tickets, and passes for games and tours.

<https://www.mlb.com/redsox/ballpark>

Six Flags

Address: Route 159, 1623 Main St, Agawam, MA

Six Flags is the largest amusement park corporation in the world, with several properties around the globe. It has over 60 rides and attractions, including soaring rollercoasters and enchanting children's rides for families with young children, live entertainment, and classic dining options.

<https://www.sixflags.com/newengland>

Brewery tours

For those who enjoy alcoholic beverages, enjoy brewery tours in Boston to experience drinking from tanks, meeting brewers, fun facts, and enjoy the atmosphere of a brewery. All visitors must be at least 21 years old. Visit the website for more info about schedules and tickets (some of them are free):

- [Samuel Adams](#) - Address: 30 Germania St, Boston, MA
- [Harpoon](#) - Address: 306 Northen Ave., Boston, MA



SUMMER

(Late June, July, August)

Average temperature: 80-85 degrees Fahrenheit (26-29 degrees Celsius)

New England is full of beautiful beaches and lakes to enjoy during the summertime. **Marina Bay** is a beautiful marina that has a little boardwalk and tons of bars and restaurants to eat and drink at while looking at the boats and water. [Click Here.](#)

If you like adventures, you have to experience **Paddle Boston!** You can visit Charles River Recreation that is dedicated to providing affordable and accessible outdoor recreational opportunities in Boston. They operate Charles River Canoe & Kayak offering canoe, kayak, and paddleboard sales, classes, guided trips, and multiple rental locations. Check the link below to see all the summer activities, tours, trips, tickets, and passes. [Click Here.](#)

At Charles River there is also the **Charles Riverboat Company**, which offers guests the chance to experience the sights of Boston from the best vantage point in the city, while highlighting Boston's rich maritime history. They are the only company offering cruises on the historic Charles River with views of both Boston and Cambridge, since 1990. Visit this link to learn more about tickets, tours and cruises. [Click Here.](#)





Biking

Bluebikes is Metro Boston's public bike share program, with over 3,000+ bikes and more than 300+ stations across Boston, Brookline, Cambridge, Everett, and Somerville. It's a fun, affordable, and convenient transportation option for quick trips around town. Check the [website](#) for more information.

Public Swimming Pool

To enjoy the summertime, you can have some fun in the sun in a local pool or spray deck with friends and family. Find public swimming pools near you [here](#).

Boston Harbor Cruises

Another suggestion to enjoy the summer is to experience boat tours. To have fun with a lot of adrenaline, the Boston Harbor Cruises offer the "Codzilla" - 70 feet of marine aluminum above the ocean with two turbo-charged diesel engines, state-of-the-art water jets, and 2,800 horsepower.

Boston Harbor Cruises also has the "Whale Watch" - a tour where you will have a chance to view several different species of large whales, including Humpbacks, Finbacks and Minkes, and the critically endangered Right Whales. You will learn about them from New England Aquarium naturalists who are always on board to share knowledge and answer questions. Check the [website](#) to book a visit and see the schedule and rates.

Boston Duck Tours

Aboard at Boston Duck Tours you will enjoy a fully narrated, historic tour of Boston in a "DUCK", a landing vehicle that travels on land and water. On this tour you will pass by all the places that make Boston the birthplace of freedom and a city of firsts, from the golden-domed State House to the Boston Common, the historic North End to fashionable Newbury Street, Quincy Market to the Prudential Tower, and more. The tour also drives you right into the Charles River for a breathtaking view of the Boston and Cambridge skylines. Visit the [website](#) for more information.

Before going to the beach, you'll want to make sure you get all the information you need about parking, ticket costs, and operation hours. Here are a few beaches we highly recommend in the state of Massachusetts:

Nahant Beach

Address: 1 Nahant Road, Nahant, MA

More information: [Lynn Shore & Nahant Beach Reservation](#)

Revere Beach (The first public beach in the U.S.)

Address: Revere Beach Boulevard, Revere

More information: <https://reverebeach.com/>

Crane Beach

Address: 310 Argilla Road, Ipswich, MA

More information: [Crane Beach on the Crane Estate](#)

Singing Beach

Address: 121 Beach Street, Manchester, MA

More information: [Manchester-By-The-Sea](#)

Mayflower Beach

Address: 2 Dunes View Rd, Dennis, MA

More information:

<https://www.capecod.com/mayflower-beach/>

Wingaersheek Beach

Address: 298 Atlantic St, Gloucester, MA

More information: <http://gloucester-ma.gov/299/Beach-Information>



Boston Harbor Islands

Did you know that Boston has some islands that you can actually visit? Made up of 34 islands and peninsulas, Boston Harbor Islands National and State Park is an urban oasis just minutes from Boston's city center. Many are accessible by seasonal public ferry service or can be accessed year-round by car or on foot. In this spot, you will discover islands rich with opportunities for outdoor recreation, relaxation, and learning.

Also, visitors can enjoy quick access to park islands via ferry from downtown Boston (Long Wharf North). Service between Hingham and Boston is available via MBTA, with tickets available in person at the Hingham Intermodal Center. Ticket fares include round trip ferry passage to the park. Once you are there, enjoy access to visitor amenities and self-guided activities. Tickets are not timed, and you can take any ferry to return. Remember to arrive at Long Wharf North at least 20 minutes before your ferry departure to allow time for boarding.

[Check the link to see the calendar for special events and schedule a visit.](#)

<https://www.bostonharborislands.org/>

Check here: [Ferry Information](#) for full details on island ticketing.



FALL

(September through early November)
Average temperature: 45-50 degrees
Fahrenheit (7-10 degrees Celsius)

Boston's fall foliage is one of the most beautiful landscapes in New England and Massachusetts is the perfect setting to enjoy the changing of the autumn leaves. See our recommendations below:

Honey Pot Hill Orchards

Address: 138 Sudbury Road, Stow, MA
Since 1926, the farm has grown and evolved from 70 to 186 acres of apples, peaches, blueberries, and a few other small crops.
More information:
<https://www.honeypothill.com/>

Tougas Family Farm

Address: 234 Ball Street, Northborough, MA
This farm grows over thirty varieties of apples that are available for picking from mid-August to the end of October. They are proud of having an extensive selection of apple varieties, many of which are not found at the supermarket.
More information: <http://tougasfamilyfarm.com/>


Lookout Farm

Address: 89 Pleasant Street, South Natick, MA
The Lookout Farm is not only a place to pick your own apples (and other seasonal fruits, including pumpkin picking), but the farm has grown into an outdoor dining experience, event space, a brewery, cider maker, market, and more.
Check the website for more information:
<https://www.lookoutfarm.com/>

The Arnold Arboretum

Address: 234 Ball Street, Northborough, MA
The Arnold Arboretum at Emerald Necklace Conservancy is open daily to the public as a free landscape for the study and enjoyment of trees, shrubs, and vines. More Information:
<https://www.emeraldnecklace.org/>

For great views of fall foliage, mountains, trails, rivers, water falls, and other points of interest to visit, [check here](#) and find much more things to do, see, and eat. Places to visit include The Pleasant Valley Sanctuary, The Berkshires and Western Massachusetts, and The Mohawk Trail.



Salem, MA attracts hundreds of thousands of visitors each year—especially in October, a month of mystery! Salem has such a rich and complex history. There you can experience several Halloween activities, the best of which will explore the history of the Salem Witch Trials, but will also cover other elements of the town's story. Here are some places to go to on Halloween within Boston and New England:

Ghosts and Gravestones Trolley Tour

Address: 200 Atlantic Ave, Boston, MA

On this 90-minute tour, you will hear tales of the Boston Strangler, murders and executions that took place on the Boston Common, and paranormal activity at the Omni Parker House. Check the website below for tickets to book your visit: <https://www.ghostsandgravestones.com/boston>

Screamfest at Canobie Lake Park

Address: 85 N. Policy Street, Salem, NH

For six weekends, Canobie Lake Park delivers family fun by day and a healthy dose of fear by night. You can find tons of rides, haunted houses, kid-friendly fun, live shows, Rocktoberfest, roving monsters, and much more! Check the website for more info:

<https://www.canobie.com/screemfest/>

Six Flags Halloweenfest

Address: Route 159, 1623, Main St, Agawam, MA

Six Flags Great Adventure is still bringing back the boos this Halloween with the spirited fun of HALLOWFEST. So mark your calendars (if you dare) for the spookiest season of the year as ghouls take over and infiltrate the Park!!! Check the website for more info:

<https://www.sixflags.com/greatadventure/special-events/halloweenfest>



**"For every minute
spent organizing,
an hour is earned."**

– Benjamin Franklin –



TYPES OF BANK ACCOUNTS

OPENING A BANK ACCOUNT IN THE U.S.

Opening a US bank account is not as complicated as you may think. Most bank branches can open a bank account for you without a SSN (Social Security Number).

With just your passport, you can have your account opened on the same day. Note that some banks require proof of residency in case they need to send you important correspondence.

Also, it is important to note that banks will require you to complete a first deposit, but do not worry! Usually, the amount is fairly low (between \$50 and \$100 dollars).

These are the most commonly used banks:

- Bank of America
- TD Bank
- Citizens Bank
- Capital One

Checking Account:

This type of account is for deposits and receipts to withdraw money and make purchases by card.

Saving Account:

This type of account may be used to set some of your money aside for safekeeping or in case of emergency. Typically these accounts earn a small amount of interest and have a limited number of withdrawals allowed each month.





ADDITIONAL INFORMATION

GETTING AN ALTERNATIVE MASS ID

For people who do not have a Massachusetts driver's license, the Registry of Motor vehicles (RMV) can issue one of two official identification cards. The Massachusetts ID and Massachusetts Liquor ID look similar to driver's licenses; however, they do not extend any driving privileges. These two ID cards are official forms of identity, signature, and age that are accepted within the Commonwealth.

**Refer to Obtaining a Massachusetts Liquor ID for more information about the Massachusetts Liquor ID.*

***Please Note: some establishments that serve alcohol may refuse to accept a Massachusetts ID card. State law (c.138, §348) provides the establishment some legal protection if alcohol was served to a minor in reliance on a valid Massachusetts Liquor ID card but not if the establishment relied on the Massachusetts ID card. You may apply for a Massachusetts ID at any full-service RMV office. You will be given a temporary Mass ID, valid for 30 days, at the branch and a permanent Mass ID will be mailed to you.*

MASSACHUSETTS ID REQUIREMENTS:

You must be at least 16 years old, not hold a valid license in any state, and be a Massachusetts resident.

MASSACHUSETTS LIQUOR ID REQUIREMENTS:

You must be at least 21 years old, not hold a valid license of any state, and be a Massachusetts resident.

DOCUMENTS REQUIREMENTS (if over age 18):

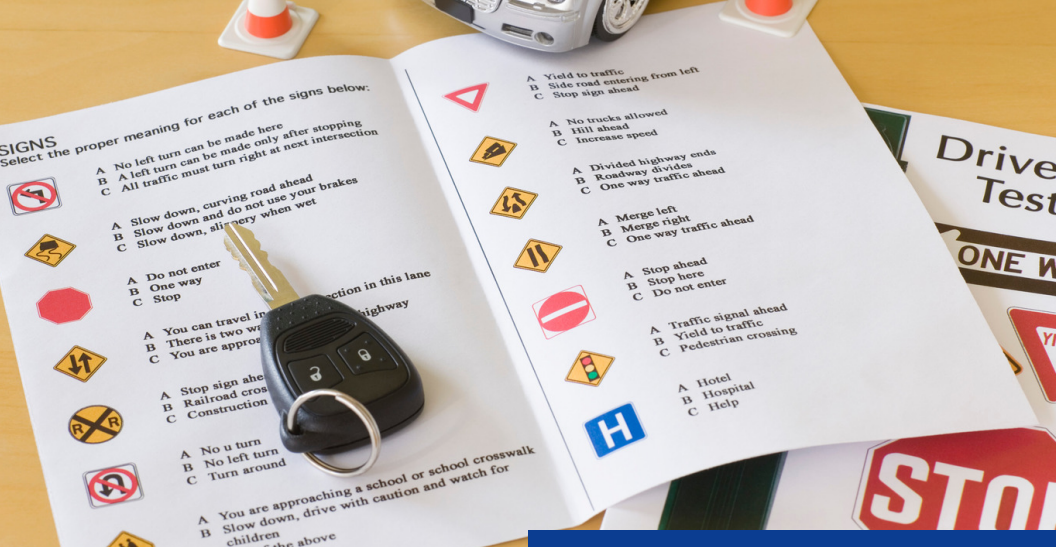
- Passport;
- Form I-20 (must show 12 months of duration);
- I-94;
- Document proving MA residency;
- Social Security Number (SSN) or an official Denial Letter from the Social Security Office.

FEES:

- Massachusetts ID or for a Massachusetts Liquor ID: \$25
- Replacement for a lost or damaged ID: \$25

Complete an Initial/ID Application. This form is available at any RMV service office. You may also download it from the Forms and Files section on the RMV website. Present the application, \$25 fee, and appropriate documentation, in person, to any RMV full-service office to receive your ID.

Similar to a Massachusetts ID, a Liquor ID verifies that you are at least 21 years old, the legal age to drink alcohol in the United States. You may apply for a Massachusetts Liquor ID at any full-service RMV office. You will be given a temporary Massachusetts Liquor ID, valid for 30 days, at the branch, and a permanent Mass Liquor ID will be mailed to you.



GETTING A DRIVER'S LICENSE

F1 students, and their dependents may be eligible to drive a motor vehicle while residing in the United States. However, those who wish to operate a vehicle must successfully apply for and receive a driver's license. Driving a car without a driver's license is illegal. To acquire a driver's license, you must apply for one at your local Department of Motor Vehicles (DMV). Massachusetts uses the name "Registry of Motor Vehicles" (RMV).

LIST OF DOCUMENTS REQUIRED:

- Passport;
- Form I-20 (valid for 12 months)
- I-94;
- Document proving MA residency;
- School enrollment letter;
- Social Security Number (SSN) or an official Denial Letter from the Social Security Office.
- Proof of MA residency (This could be a utility bill showing your name and current address or bank statement)

ADDITIONAL INFORMATION

WRITTEN EXAM AND EYE TEST

The written exam and eye test may be taken on a walk-in basis at any RMV between 9:00 am and 4:30 pm. If you pass, you will get a learner's permit. Driver's license manuals are available at the RMV to help you prepare for the written and road tests.

PASS THE ROAD TEST

Road tests are by appointment only and must be scheduled at least three weeks in advance after you have earned your learner's permit. At the time of the road test, you need to bring your completed application (obtained from the RMV); your learner's permit; payment for each scheduled road test; a registered, insured, and inspected vehicle, and a sponsor. The sponsor must be at least 18 years old, have at least one year of driving experience, and possess a valid U.S. license issued by his/her home state. Foreign driver's license holders are NOT eligible to be sponsors. If you have a valid out-of-country license from certain countries and a MA learner's permit, you may take the road test without a sponsor (please see the RMV website). Many driving schools in Massachusetts offer private lessons and will even sponsor a student for a driving test.

FEES

- Learner's Permit (written/eye screening test): \$30
- Road Driving: \$35
- Driver's License: \$40; \$90 for out-of-state conversions
- *Please note that if you move after you obtain a MA license, you must inform the Registry of Motor Vehicles within 30 days of your move.*



GETTING A SOCIAL SECURITY CARD

Are you temporarily in the United States to attend a college, language, vocational, or non-academic school with a nonimmigrant F-1, M-1, or J-1 student classification? Your school may ask you for your Social Security number (SSN). Some colleges and schools use Social Security numbers as student identification numbers. If you don't have a Social Security number, the college or school should be able to give you another type of identification number.

Social Security numbers generally are assigned to people who are authorized to work in the United States. SSNs are used to report your wages to the government and to determine eligibility for Social Security benefits. You will not be assigned a SSN just by enrolling in a college or school.

If you want to get a job on campus, you should contact your designated school official for international students. This official can tell you if you're eligible to work on campus and can give you information about available jobs. Also, your school may approve certain limited off-campus employment, as permitted under the Department of Homeland Security (DHS) regulations.

ADDITIONAL INFORMATION

If your school has authorized you to work either on or off-campus, and you meet Social Security's eligibility requirements described in the next section, you can get a Social Security number.

In general, only noncitizens who have DHS' permission to work can apply for a Social Security number. We suggest you wait 48 hours after reporting to your school before you apply for a Social Security number. This waiting will help ensure we can verify your immigration status with the DHS.

SOCIAL SECURITY APPLICATION REQUIREMENTS:

- Complete an Application for a Social Security card (SS-5);
- Show documents proving your:
 - Work-authorized immigration status;
 - Age; and
 - Identity.

IMMIGRATION STATUS:

To prove your immigration status, you must show a current admission stamp in your unexpired foreign passport and Arrival/Departure Record (Form I-94), if available. If you're an F-1 or M-1 student, you must also show your Certificate of Eligibility for Nonimmigrant Student Status (Form I-20). If you're a J-1 exchange visitor, you must show your Certificate of Eligibility for Exchange Visitor Status (Form DS-2019).

The information on this page is from the Social Security Administration, you can find it online at www.socialsecurity.gov.



ADDITIONAL INFORMATION

WORK ELIGIBILITY

WORK ELIGIBILITY

- If you're an F-1 student and eligible to work on campus, you must provide a letter from your designated school official that:
- Identifies you;
- Confirms your current school status; and
- Identifies your employer and the type of work you are or will be, doing.

If you're an F-1 student authorized to work in curricular practical training (CPT), you must provide your Form I-20 with the employment page completed and signed by your school's designated official.

If you're an F-1 or M-1 student and have a work permit (Form I-766) from the DHS, you must present it. If you're a J-1 student, student intern, or international visitor, you must provide a letter from your sponsor. The letter should be on the sponsor letterhead with an original signature that authorizes your employment.

YOUR APPLICATION CAN'T BE PROCESSED IF:

- Your on-campus or OPT/CTP work begins more than 30 days from your application date; or
- The employment start date on your work permit from the DHS (Form I-766) is a future date.

AGE

You must present your foreign birth certificate if you have it or can get it within 10 business days. If you can't present your foreign birth certificate, we can consider other documents, such as your passport or a document issued by the DHS, as evidence of your age.

IDENTITY

Employers can only accept certain documents as proof of identity. An acceptable document must be current (not expired) and show your name, identifying information, and preferably, a recent photograph. Social Security will ask to see your current unexpired foreign passport with DHS issued immigration documents. All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. We also cannot accept a receipt showing you applied for the document. We may use one document for two purposes. For example, we may use your admission stamp in the unexpired foreign passport as proof of both work eligibility and identity.

The information on this page is from the Social Security Administration, you can find it online at www.socialsecurity.gov.

"BOSTON IS A MECCA of medicine, home to some of the most prestigious hospitals and medical schools, physicians and medical scientists in the world."

-Scott P. Edwards, "Boston Hospitals," Harvard Magazine, November-December 2012.
<https://www.harvardmagazine.com/2012/11/boston-hospitals>, Accessed 20 May 2021.-





ADDITIONAL INFORMATION

HEALTH INSURANCE

Healthcare in the United States is very expensive! Having international health insurance is important for two fundamental reasons – to avoid the financial challenges of unexpected medical expenses, and to ensure that you have access to immediate and proper medical care wherever you travel. International Health Insurance pays for most medical expenses and is accepted by most medical providers worldwide, and therefore provides peace of mind so that you may enjoy your study or travel abroad.

AVOID BECOMING A PUBLIC CHARGE

First and foremost, consider your financial situation prior to bringing dependents to the United States. Spouses and children in F-2 status cannot work, so the F-1 must have adequate funds to support the entire family. Second, purchase health insurance for each family member. Health care in the United States is very expensive. Adequate health insurance can protect you from financial ruin should you or a dependent family member need medical care in the United States. Third, take stock of your financial situation. You may find that you can re-arrange your budget to identify funds to pay for daycare, school lunches, etc. Do not use government benefits if you can afford to pay for your family's expenses.

If you would like more information about the public charge issue, please visit the USCIS Public Charge page: <https://www.uscis.gov/greencard/public-charge> Understanding the terminology in your health insurance brochure:

We know you might still be getting a handle on the English language, but as you shop around for health insurance for international students, it's helpful to know the definitions of a few important terms, like:

- **Per illness / per injury:** Your health insurance will pay for each injury or illness during the plan year, but will not provide the benefit of having pre-existing condition coverage, wellness visits, and preventative care.
- **Pre-existing condition coverage:** Pre-existing conditions include any injury or illness that you may have prior to getting the insurance plan. The definition can vary by plan so it's important to check with your plan to see the exact definition.
- **Preventative care:** Preventive care is the care you receive to prevent illnesses or diseases. It also includes counseling to prevent health problems.
- **Claim:** A claim is sent if an accident occurs. You can do this on paper or online. You usually need to submit receipts, reports, and photos with this.
- **Premium:** This is what you pay every month—or every six months—to have insurance. It's like a Netflix subscription. But WAY less fun.
- **Deductible:** This is a predetermined amount that YOU must pay BEFORE insurance begins paying IF you have a problem. This can range significantly and will impact your premiums; the higher your deductible, the lower your monthly costs generally are. The deductible is the maximum amount you will have to pay in a year before insurance kicks in.



ADDITIONAL INFORMATION

TOP 5 INTERNATIONAL STUDENT INSURANCE MYTHS:

From International Student Insurance.

Myth #1:

I do not need insurance because I won't get sick

Accidents and illnesses can happen at any time. There is no way to predict when they will happen and it's never a good idea to leave your health or your financial situation up to chance. Keep in mind that health insurance is specifically designed to help you find a doctor nearby and help cover some, if not all of the cost of your visit. Without insurance, you will be liable for the total cost of your medical bills, which could be in the thousands and thousands of dollars, especially in the United States because healthcare is much more expensive.

Myth #2:

I can just buy insurance when I need it

Insurance is meant to protect against future unforeseen events. This being said, most plans will not cover conditions that you had before the effective date of your insurance plan. These pre-existing conditions may be covered after a waiting period of at least six months, but sometimes are excluded from the plan altogether. Think of it this way, you can't buy car insurance to pay for an accident you've already had and health insurance works on this same principle. It's important to buy insurance before you actually need it.

Depending on the plan, the deductible may be paid once per calendar year or once per new condition:

- **Once per Year:** Once-per-calendar-year deductibles are paid once for the entire year and don't need to be paid again until you renew for an additional year.
- **Once per Condition:** Once-per-condition deductibles are paid each time you visit the doctor unless it's a follow-up visit for the same condition. (Internationalstudentinsurance.com, 2018)
- **Co-Insurance:** Beyond your deductible, your plan might include co-insurance payments, which is a percentage of what you'll be charged after your deductible is reached/exceeded. This is typically a percentage, like 20%.
- **Co-payment or co-pay:** This is a fixed amount that you'll have to pay the doctor when services are rendered.
- **In and out of network:** When you have health insurance in the United States, it will likely fall in one of two categories —HMO (Health Maintenance Organizations) or PPO (Preferred Provider Organization). This means different rates for services depending on if procedures are performed by certain individuals who are in or out of network. (GoAbroad.com, 2018).

SOME HEALTH INSURANCE OPTIONS WE RECOMMEND:

- **Compass:** <https://www.studenthealthusa.com/plans>
- **ISO:** <https://www.isoa.org/>
- **Tokyo Marine HCC:** <https://www.hccmis.com/study-abroad/f1-visa-insurance/#/ssq>
- **ISI:** <https://www.internationalstudentinsurance.com/>



TOP 5 INTERNATIONAL STUDENT INSURANCE MYTHS:

From International Student Insurance.

Myth #3:

If I use my health insurance, my premium will go up automatically

The prices (called premiums) that you pay for insurance plans go into a pool and then are then used by insurance companies to pay the medical bills (called claims) for everyone insured under the plan. So as long as there is about the same amount of premium going into the company as the insurance company is paying out, the prices for your insurance will remain about the same. This being said, even if your premium does go up after seeking treatment, it isn't because of you alone.

Never be afraid to use your insurance plan because you think your rates may increase. You purchased the plan to be able to use it and remember you can always contact your insurance company before seeking treatment to ensure the cost will be covered.

Myth #4:

All health insurance plans are the same, so I just need to find the cheapest plan

No two insurance plans are exactly the same. There are many international student insurance plans available, each with different prices and meeting different needs. While finding an affordable plan is ideal, it is even more important to ensure your plan

covers everything you may need like sports, injuries, maternity, mental health, emergency medical evacuation and repatriation. Something else to keep in mind is that different policies allow you to have insurance for different lengths of time as well, so be sure to read our article Short Term vs. Long Term Insurance if you're still deciding between the two. Depending on the country and institution that you are studying at, you may need to meet specific insurance requirements as well. For example, international students in the U.S. on an F-1 visa do not need to meet federal regulations, but they do need to meet all of their school's requirements.

Myth #5:

If I have health insurance I don't need to worry about anything because I will always be covered

Having student medical insurance can protect you against the unexpected, but your plan will still have a list of exclusions that are not covered.

- What if you get into an accident while you were consuming alcohol – would that be covered?
- What if you were injured playing tennis at school – is that excluded from your plan?
- What if you need to get an immunization to register for classes – would that be covered?

Even if your medical expenses are covered, it is possible that you have out of pocket expenses, like coinsurance that you are still responsible to pay. For questions about what may or may not be covered by your insurance plan, be sure to contact your insurance company for clarification.



INSURANCE TIPS

Tip 1

Be sure to read (and fully understand) the wordings of your insurance plan before you purchase since pre-existing conditions are common exclusions to watch out for!

Tip 2

Evaluating student insurance plans can be difficult, but there are many resources in our Insurance Explained section to help you and you can always contact a licensed insurance agent for support.

The U.S. Health System Overview

This video teaches international students how to prepare for their arrival in the US, how the US healthcare system works, and how students should seek medical care appropriately if they become sick or injured. **Video**

<https://vimeo.com/72268541>)

Please visit

internationalstudentinsurance.com/explained/ for more information.





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