



prepare

FOR YOUR ARRIVAL
INTERNATIONAL
STUDENT GUIDE





WE'RE HERE FOR *you*

CIA Contact Information

We're here to help you make the transition to the CIA as an international student. Our staff members will be happy to assist you throughout the process.



Stephen Sobierajski
Associate Director—Admissions
845-451-1526
Stephen.Sobierajski@culinary.edu



Ellie Dzurilla
International Admissions Counselor
845-451-1604
Ellie.Dzurilla@culinary.edu



Daniel Schwartz
International Admissions Counselor
845-451-1568
Daniel.Schwartz@culinary.edu

Visit the International CIA
Students and Alumni blog at
blog.ciachef.edu/international

TABLE OF CONTENTS

Important Forms and Student Visas	5
Your “To-Do” Checklist.....	5
When It’s Time to Enroll	6
Financial Matters	7
Traveling to the CIA	9
Your First Few Days at the CIA.....	10
Climate and Clothing.....	11
More Useful Information.....	11





IMPORTANT FORMS AND STUDENT VISAS

I-20 FORM

The CIA must receive your tuition deposit, an I-20 request form, and a copy of your passport before we issue the Form I-20 you need to obtain your student visa. To access the form, go to ciachef.edu/visa-form. To ensure the I-20 is prepared accurately, your family name and first name should be entered on the form exactly as they appear on your passport. Your I-20 form can be processed and issued up to four months before your start date at the CIA.

VISAS

When you apply for a visa (F-1 for yourself, F-2 for your spouse or children) at an American embassy or consulate, you will have a short interview with a consular official. The 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. You should anticipate that the interview will be conducted in English. To see some helpful tips for your visa interview, go to ciachef.edu/cia-student-visas.

Please bring the following documents:

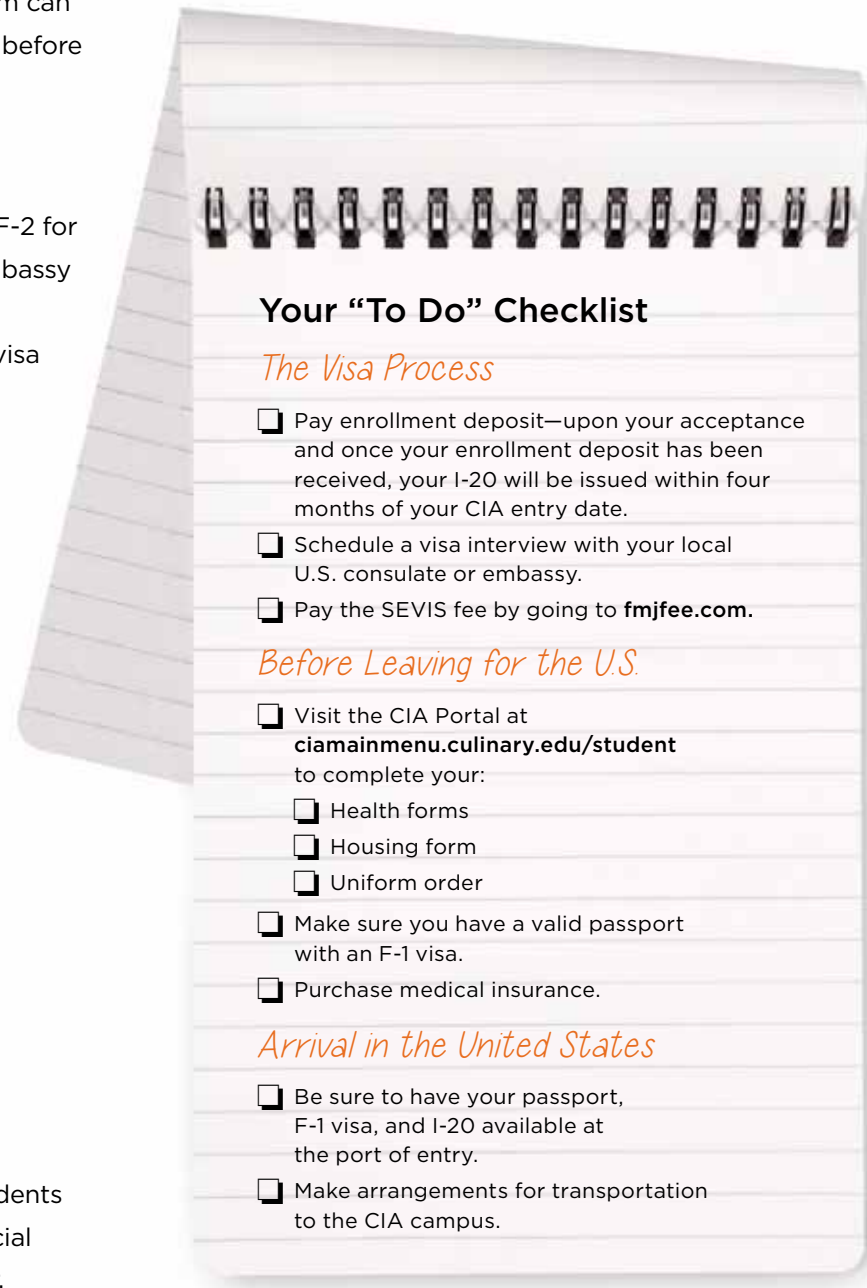
- Form I-20
- Your valid passport
- Financial documentation
- Letter of admission from the CIA
- SEVIS fee payment receipt

CANADIAN STUDENTS

Canadians must have passports but are not required to have a visa to enter the U.S. Students should present the form I-20 A-B and financial documentation at the Canadian/U.S. border.

IMPORTANT

All students 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.



Your "To Do" Checklist

The Visa Process

- Pay enrollment deposit—upon your acceptance and once your enrollment deposit has been received, your I-20 will be issued within four months of your CIA entry date.
- Schedule a visa interview with your local U.S. consulate or embassy.
- Pay the SEVIS fee by going to fmjfee.com.

Before Leaving for the U.S.

- Visit the CIA Portal at ciamainmenu.culinary.edu/student to complete your:
 - Health forms
 - Housing form
 - Uniform order
- Make sure you have a valid passport with an F-1 visa.
- Purchase medical insurance.

Arrival in the United States

- Be sure to have your passport, F-1 visa, and I-20 available at the port of entry.
- Make arrangements for transportation to the CIA campus.

WHEN IT'S TIME TO ENROLL

ON-CAMPUS HOUSING FORM

Once you have paid your tuition deposit, you can access the Residential Housing Application via your student portal checklist. The application is accessible 150 days prior to your start date. Check your CIA e-mail address two weeks prior to your start date for your room assignment.

HEALTH FORMS

Please complete the sections of the Physical Examination and Health Information Forms. Ask your medical doctor to complete the sections for the physician, and then mail, fax, or e-mail all 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
E-mail: CIAhealthservices@culinary.edu

The State of New York requires that medical information be complete, including immunizations for measles, mumps, and rubella (MMR), before you can move on campus or register for class. You're also required to have a Hepatitis A vaccination. It is very important that you submit your immunization information to the CIA before you arrive on campus; you cannot register if we have not received it.

MEDICAL INSURANCE

All students studying at the CIA are required to have medical insurance. Before you leave your home country, we strongly recommend that you obtain a medical insurance plan that will cover your health costs while you are in the U.S. Below are a few companies that offer medical insurance specifically

for international students in the U.S.

- Med Choice International:
medchoicehealth.com/student-plans
- The Harbour Group:
hginsurance.com
- Collegiate Care:
insubuy.com/collegiate-care-insurance
- ISO Student Health:
isoa.org
- USI Study USA:
my.travelinsure.com/studyusa

PREPARING FOR YOUR CAMPUS STAY

- Make sure you have made your housing reservations via your student portal checklist.
- Plan your travel to the U.S./The Culinary Institute of America (see page 9).
- Complete your medical checkup and paperwork. Send all required immunization records to The Culinary Institute of America.
- Pack sheets, blankets, and a pillow. You can also purchase these items in the U.S. or from the CIA. Pre-ordering bedding and other items for your room through your student portal is the easiest way to ensure you have what you need. Items ordered through the student portal will be waiting for you at Student Affairs when you arrive.

Please note: You may not bring any alcoholic beverages, uncooked food, plants, or fruit with you to the U.S. These items will be seized by U.S. Customs. For detailed information about traveling to the U.S., please visit the U.S. Customs website at cbp.gov/travel.



FINANCIAL MATTERS

PAYMENTS

The Culinary Institute of America accepts the following forms of payment:

- Personal checks from a U.S. bank—payable to The Culinary Institute of America
- Bank checks from a U.S. bank—payable to The Culinary Institute of America
- Money orders—U.S. funds drawn on a U.S. bank only
- Wire transfer directly to the CIA—for information on wire transfers, contact the CIA's Enrollment Team at enrollment@culinary.edu

PAYMENT PLAN

Monthly payments can be made through your student portal under "View and Pay Account." You will need a U.S. bank account to set up a payment plan.

BANKING

You should open checking and savings accounts. The following are some local banking institutions you can use.

Chase Bank
4277 Albany Post Road
Hyde Park, NY 12538
845-229-7111
chase.com

Hudson Valley Federal Credit Union
4011 Albany Post Road
Hyde Park, NY 12538
845-463-3011
hvfcu.org

TD Bank North
4240 Albany Post Road
Hyde Park, NY 12538
845-229-2675
tdbank.com

You'll need to show your passport and another form of ID (your CIA student ID card is acceptable). Checks deposited into new accounts that have been opened for less than 30 days will have a nine-business-day hold placed on the funds. There will be a five-business-day hold on all out-of-state checks. Please note: all fees for foreign check collection and processing will be passed on to you.

Automated Teller Machines (ATMs) are located in Roth Hall and in the Student Commons. ATMs do not accept payments or deposits.



TRAVELING TO THE CIA

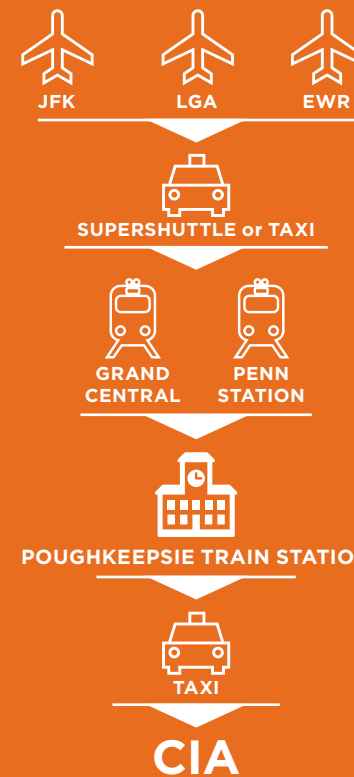
AIR TRAVEL

There are three major international airports located about two hours from the CIA:

- John F. Kennedy (JFK) International Airport, New York, NY: airport-jfk.com
- LaGuardia Airport (LGA), New York, NY: ifly.com/la-guardia-airport
- Newark Liberty International Airport (EWR), Newark, NJ: airport-ewr.com

If you need help with your baggage upon arriving at one of these airports, please ask for assistance from uniformed porters or airline employees.

There are several alternatives for traveling to the CIA from these airports, including connecting flights, and bus and train transportation.



BUS TRANSPORTATION

Check out SuperShuttle at supershuttle.com. Pick-up areas are located directly outside of each airline terminal. Buses provide transportation from airports to New York City's Grand Central Station and Penn Station. Be sure to ask for assistance to ensure you get on the correct bus.

TAXI SERVICE

Taxis are located directly outside of each airline terminal and provide transportation from airports to New York City's Grand Central Station and Penn Station.

TRAIN STATIONS

Trains leave New York City and travel to Poughkeepsie, NY— just a few miles south of the CIA campus.

- Metro-North Railroad (located in Grand Central Station): mta.info/mnr
- Amtrak (located in Penn Station): amtrak.com/home

POUGHKEEPSIE TRAIN STATION TO CAMPUS

Taxis are located directly outside the Poughkeepsie Train Station for transportation to campus.

ADDITIONAL AIRPORTS

We recommend that you fly into one of the three international airport listed above. However, you may also choose:

- Stewart International Airport: ifly.com/stewart-international-airport
- Albany International Airport: albanyairport.com

YOUR FIRST FEW DAYS AT THE CIA

RESIDENCE HALL CHECK-IN

If you've been assigned to a residence hall on campus, you can move into your room after 9 a.m. on the day before your classes start. If you would like an additional day, you may contact Residence Life for special instructions.

INTERNATIONAL PHONE CALLS

You should be sure to have an international call-enabled cellphone or other mobile device to make personal phone calls. Residence hall rooms are not equipped with telephones.

MEALS ON YOUR FIRST DAY

Your arrival on campus usually coincides with two days when classes are not in session. The campus kitchens and bakeshops are not in operation and student meals are not available. Meals may be available at The Egg in the Student Commons, but you should be prepared to get meals off campus that day.



UNIFORMS

You'll receive information on how to order your chef's pants and restaurant uniforms prior to beginning classes. You will also need to purchase your own kitchen work shoes. The guidelines for purchasing shoes will be provided to you on CIA Main Menu, the student portal. Be sure to bring business attire for your first day of orientation. During this time you will be measured for your chef's jackets.

INTERNATIONAL STUDENT INFORMATION SESSION

On your first day of orientation, there will be a mandatory information session for all international students. There you will learn more about visa regulations and how to maintain your status while studying in the U.S. You will also need to check in with the International Student Affairs (ISA) office during your first week. ISA will need the following documents:

- Passport
- F-1 student visa
- Current I-20 form
- Confirmation of your health insurance coverage

CLIMATE AND CLOTHING

The CIA is located in the northeastern region of the United States. The Northeast has a varied climate, with four distinct seasons. During the change of seasons (late spring, summer, and fall), light coats and jackets are appropriate for outdoor wear.

Summer (June-August): Can be very warm, with average temperatures of 75°–92°F (24°–33°C)—only light clothing is needed.

Winter (December-March): Average temperatures range from 10°–25°F (-12°–4°C). 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 clothing such as:

- A warm coat, gloves, hat, woolen scarf, raincoat, umbrella, lightweight jacket, waterproof boots, and long-sleeved shirts and sweaters
- Casual clothing for time spent outside of the classroom or kitchen
- Business-like attire for formal activities, dining in CIA restaurants, and your first day of orientation
- Athletic wear and swimsuits for use in our Student Commons and outdoor activities

MORE USEFUL INFORMATION

OFF-CAMPUS STORAGE

If you need additional storage space for your personal belongings, there are two Guardian Self Storage facilities located close to campus:

- Hyde Park, NY: 845-229-0330
- Poughkeepsie, NY: 845-462-8888
- guardianselfstorage.com

AREA SHOPPING

Grocery stores and retail outlets are located around and near the college. The CIA provides shuttle service for students to local merchants every Saturday.

COLLEGE VACATIONS/CLOSINGS

The CIA refers to student vacation periods as "winter break" and "summer break." 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 and generally takes place in early August. During these breaks, the college manages repairs, maintenance, and construction projects and all students must vacate their on-campus housing. Please be sure to make alternate living or travel plans during these vacation breaks.



welcome

TO YOUR FUTURE

