Inside this guide, you will find pre-arrival instructions that will assist you in planning for your travel and arrival at UNK.

Please read through all instructions and complete them in a timely manner.

Inside this guide, you will find contact information in case you have any questions concerning your planning for study at UNK.

We look forward to seeing you in August 2019!

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INSTRUCTIONS FOR ADMITTED STUDENTS
Now that you have been accepted as a student at UNK, you will need to complete all of the tasks on this list in a timely manner:

1. OBTAINING A VISA

☐ To obtain a visa, you must pay the SEVP 1-901 fee, which you can pay online:
   https://www.fmjfee.com/

☐ The SEVIS fee can be paid using a credit card and completing the online form I-901 accessed by the above website. This payment must be made BEFORE you go to your visa appointment.

☐ Complete the DS-160 online nonimmigrant visa application form here:
   https://ceac.state.gov/genniv/

☐ Once you have completed these steps, you can sign up for your visa interview: https://ceac.state.gov/genniv/. Please do not delay this appointment. It may take several weeks to months to get an appointment. Delaying your visa appointment can delay your arrival to Kearney.

☐ You will need to take the following documents to your visa appointment:
   o UNK letter of acceptance       o Form DS-2019       o The SEVIS 1-901 fee receipt
   o Passport       o 1 - 2” x 2” photograph

☐ Below is a website that gives good suggestions on successful visa applications:
   http://travel.state.gov/content/travel/en/us-visas/study/student-visa.html

☐ Also, you will find a list of tips for a successful visa interview here:

2. HEALTH REQUIREMENTS:

A  Please keep in mind that the cost of health care can be very high in the U.S. Therefore, having quality insurance coverage can protect you from having to pay high out-of-pocket costs.

The university-sponsored United Healthcare Student Resources Plan is the best coverage option for students. If you have health concerns or pre-existing conditions, we recommend that you participate in this plan.

As a J-1 Exchange Visitor, you are required to have sickness and accident insurance, including coverage for medical evacuation and repatriation of remains, for the duration of your J-1 program. This is a U.S. federal law. (U.S. Code of Federal Regulations Title 22 Section 62.14)

Willful failure to have insurance is a violation of this law and could result in termination of your J-1 status.

Please visit the UNK Website to view UNK Student Health Care coverage and costs.
http://www.unk.edu/international/_files/health-insurance-benefits-summary-17-18.pdf

If you choose to purchase a different insurance plan, please use the following link containing two possible health insurance plans, Select and Elite, which have been reviewed by the university and meet the required insurance coverage criteria: https://www.internationalstudentinsurance.com/student-health-insurance/.

When purchasing this insurance, please keep the following in mind:

• J-1 students must be covered for the full term that they are in the U.S.
• The coverage must be purchased in full rather than on a month-by-month basis
• The Select and Elite plans will provide coverage to meet the below minimum amounts required by J-1 student/scholar immigration regulations:
  o Medical Benefits – $250,000
  o Deductible – $500
  o Repatriation of Remains – $25,000
  o Medical Evacuation – $50,000

B  All students must complete a Pre-Enrollment form and upload your vaccination record in MyBLUE prior to your travel to UNK. You can complete these two tasks here:
   MyBlue home page < Profile < Immunizations

A TB blood test MAY be required after you arrive in Kearney. Please do not have this test done at home.

If you are required to have this test, it will be completed during NISO during your visit to our Student Health Office.
3. APPLY FOR HOUSING:

You will need to fill out a housing contract in order to live on campus at UNK. To do this:

- Log on to MyBLUE (this is located at the bottom of the UNK homepage).
- You will need to use your NUID number that is at the top of your acceptance letter and the password you created for your UNK application.
- Click on the Tools link and then Campus Housing link to get to your Housing Portal.
- Complete the contract.

You can find instructions for completing the contract here: [www.unk.edu/offices/reslife/housing-timeline-new.php](http://www.unk.edu/offices/reslife/housing-timeline-new.php)

- You must pay the $50 fee at the end of the contract.
- This can be done on the website with a credit card.

Do not delay in completing your housing contract. The sooner you complete your housing contract, the better chance you have in getting your choice of residence hall.

The list of different residence hall options can be found here: [www.unk.edu/offices/reslife/housing-options.php](http://www.unk.edu/offices/reslife/housing-options.php)
4. HOW MUCH MONEY SHOULD I HAVE WHEN I ARRIVE IN KEARNEY?

YOU WILL NEED MONEY FOR THE FOLLOWING THINGS:

☐ Food/Drink in airports

☐ Shopping money to buy supplies for your residence hall

☐ Money to pay for student health requirement
  ○ $70 for TB blood test and interpretation if needed
  ○ $65 for a chest x-ray if test shows positive
  ○ $70 for MMR vaccination if needed
  ○ $150 for an off campus meningitis vaccination if you choose to get one

**Prices are subject to change**

☐ Money to pay for meals during New International Student Orientation (NISO)
  ○ You will be able to move into your residence hall once you arrive on campus for NISO. There will not be any extra charges for living in your residence hall during NISO. However, your meal plan will not have started yet. So, you will need to bring money with you to pay for meals during orientation. Please plan for the below costs:
  ○ Breakfast: $6.50; Lunch: $8-12; Dinner: $10-15.
  ○ Please bring a total of $100 to $125 to pay for your meals during orientation.
5. ARRANGING TRAVEL TO KEARNEY:

HERE IS THE BEST WAY TO TRAVEL TO KEARNEY:

- The best airports to use for arrival in Nebraska are:
  - Omaha (OMA)
  - Lincoln (LNK)
  - Kearney (EAR)

- If you choose to fly to Lincoln or Omaha, please note the following information:
  - You will need to make reservations on Navigator Express Bus Service for transportation from the airport to the campus of UNK. Below are instructions specific to each airport.

- **OMAHA** - The Navigator Bus will pick up at the Omaha airport at 2:00 PM daily except for Sundays. This means if your flight arrives later than 2:00 PM, you will need to make a hotel reservation for the night in Omaha and take the bus on the next day.
  - If this is the case, then you must arrive at the Omaha airport one day in advance so that you will be on the campus of UNK to check in to your residence hall on August 16. **See #6 on page 9.**
  - See pages 7 and 8 for information on reserving a seat on the bus.
  - The charge for the bus from Omaha to UNK is $76.

- **LINCOLN** - The Navigator Bus will pick up at the Lincoln airport at 3:25 PM daily except for Sundays. This means if your flight arrives later than 3:25 PM, you will need to make a hotel reservation for the night in Lincoln and take the bus on the next day.
  - If this is the case, then you must arrive at the Lincoln airport one day in advance so that you will be on the campus of UNK to check in to your residence hall on August 16. **See #6 on page 9.**
  - See pages 7 and 8 for information on reserving a seat on the bus.
  - The charge for the bus from Lincoln to UNK is $67.

- **KEARNEY** - SkyWest Airlines offers daily United Express jet service between Kearney and Denver. So, to fly to Kearney, your travel itinerary will show that you fly from your home country to Denver International Airport (DEN) and then from Denver directly to Kearney Regional (EAR).
  Once you land at the Kearney airport, we will have a UNK van there to pick you up and bring you to campus.
Once your flight and bus transportation details have been arranged, you will need to notify the International Student Services Office of your arrival date and time by completing the Orientation Registration Form.

- [http://www.unk.edu/international/pre-arrival-info](http://www.unk.edu/international/pre-arrival-info)

**INSTRUCTIONS FOR MAKING A BUS RESERVATION TO UNK:**

Please read and follow all instructions below. If you have any questions, please email express@navigatorbus.com

**WHEN COMMUNICATING WITH NAVIGATOR BUS:**

- ALWAYS USE YOUR GIVEN NAME... NO NICKNAMES PLEASE.
- If they send you an email, please respond to that same email. Do not send a new/different email to answer the questions. This makes it easier for the bus company.

1. Begin by going to the following website:

2. Enter your information and payment on this screen:

   1. From the home screen, click on the “make a reservation” link:
INSTRUCTIONS FOR MAKING A BUS RESERVATION FROM THE AIRPORT TO UNK:

Please read and follow all instructions below. If you have any questions, please email express@navigatorbus.com

1. Begin by going to the following website: http://www.navigatorairportexpress.com/

2. From the home screen, click on the “make a reservation” link:

3. Enter your information on this screen:
   - Given Name:
   - Family Name:
   - Type in city
   - Type in country
   - Leave this field blank if you don’t have a zip code in your address:
   - Phone number IS NOT REQUIRED
   - Email IS REQUIRED

   - Departing From: Lincoln or Omaha
   - Destination City: Kearney
   - Departure Date: MM/DD/YY
   - Departure Time:
   - Return Date: MM/DD/YY
   - Return Time:
   - Special Instructions

   This must say: Lincoln or Omaha
   This must say: Kearney
   This must be the date you are landing at the Lincoln or Omaha airport
   This must say TRAVEL TO UNK
   Leave these two fields blank

4. Fill in the CAPTCHA VERIFICATION WINDOW

5. Click on SEND EMAIL
6. WHEN TO ARRIVE?

☐ New student check-in at Residence Halls begins on Friday, August 16. This will allow you time to arrive at UNK and get settled.

☐ NISO will begin on Monday, August 19, and finish on Friday, August 23. During this time, there are orientation activities that are required by USCIS and UNK. Therefore, your attendance at all NISO events is critically important.

- In addition to required immigration and UNK sessions, NISO activities will also give you an opportunity to complete things like: registering for classes, buying textbooks, setting up a bank account, shopping for supplies, and learning about life at UNK and in Nebraska.

☐ Classes begin on August 26.
- In order to be prepared for your classes, it is CRITICAL THAT YOU ARE ON THE UNK CAMPUS NO LATER THAN AUGUST 16.

7. REGISTER FOR NEW INTERNATIONAL STUDENT ORIENTATION (NISO):

☐ In order to ensure that all UNK and immigration requirements are completed prior to the start of the semester, you must attend all dates of New International Student Orientation (NISO). And, you must notify International Student Services of your intent to attend orientation by completing the registration form on the UNK website. Please follow these steps to access the form:

   http://www.unk.edu/international/pre-arrival-info
8. MAKING SURE THAT YOUR ROOM IN THE RESIDENCE HALL IS READY:

- Sheets, towels, and room accessories are not provided by UNK. Each student must bring/have his/her own bed sheets, blankets, pillows, towels, and washcloths. UNK has made it very easy for you to order these items from your home and have them shipped directly to UNK. Then, they will be waiting for you as you arrive on campus. **There is no need to pack these items or shop for them before you leave!**

- Please use the link below to look at the available options and place your order. **IT IS HIGHLY RECOMMENDED THAT YOU USE THIS SITE TO ORDER YOUR SHEETS AND TOWELS. THERE WILL NOT BE A SHOPPING TRIP AVAILABLE IMMEDIATELY AFTER ARRIVAL.** This site is safe, secure, and approved by UNK.

- Link to order linens: [http://www.rhl.org/unk](http://www.rhl.org/unk)

1. SELECT YOUR ITEMS

   ![Add your selection to the cart HERE!](image)

   ![CHECKOUT HERE once you have selected all your items](image)
2. SHIPPING INFO

Given Name:
Family Name:
Type in: University of Nebraska at Kearney
Type in: Otto Olsen 205, 2508 12th Ave

Type in: Kearney
Select: NE
Type in: 68849

3. BILLING INFO

Given Name:
Family Name:
Type in City
Leave blank if no postal code in your address
Select your Country
Type in email
Phone Number with Country Code

Enter Credit Card Information

4. REVIEW AND PLACE ORDER

Review and Click "Place Order" to Finish

Place Order
9. WHAT TO BRING WITH ME?

☐ Clothing:
  - Based on what previous international students have said, we recommend that you bring with you most of the personal clothing that you will need, including at least one outfit of your traditional clothing for special programs.
  - Most students wear casual clothing (jeans, t-shirts, sweatshirts) to class.
  - Winter jackets and boots should be purchased in Kearney - you will need them for the months of October through February.

☐ Traditional items:
  - You may also find it helpful to bring traditional spices (well-sealed for Customs), decorative items to decorate your room, and special cooking or eating utensils that you might want to have with you for meals.

☐ Gifts:
  - You may also find it helpful to bring a set of small and inexpensive gifts from your home country.

Here are some additional websites that provide useful information on being a non immigrant student:
• Visit SEVP on the web at: http://www.ice.gov/sevis
• Visit Study in the States at http://studyinthestates.dhs.gov
• For Embassy/Consulate Contact Information visit: http://www.usembassy.gov

If you have any questions concerning the information contained in this brochure or any other questions concerning planning for your departure from home, please email falconerts@unk.edu.

AND, JUST AS A REMINDER, HAVE YOU COMPLETED THE FOLLOWING TASKS?
☐ OBTAINED YOUR VISA?
☐ APPLIED FOR HOUSING?
☐ COMPLETED YOUR PRE-ENROLLMENT HEALTH FORM?
☐ GATHERED CASH FOR TRAVEL?
☐ NOTIFIED UNK OF YOUR INTENT TO ATTEND NISO?
☐ COMPLETED TRAVEL ARRANGEMENTS?

IF YOU HAVE QUESTIONS ABOUT ANY OF THE ABOVE TASKS, PLEASE EMAIL US
HEALTH INSURANCE: falconerts@unk.edu
VACCINATIONS AND HEALTH REQUIREMENTS: unkhealth@unk.edu
IMMIGRATION QUESTIONS: falconerts@unk.edu
HOUSING QUESTIONS: housing@unk.edu

UNK International