Have you filled out the transitions form?
Complete it TODAY to...
- guarantee you transportation from the airport to JMU
- ensure that you are granted permission to move-in early in to your dorm (if you live on-campus)
- be picked up/dropped off to your off-campus apartment during Transitions

URL → www.jmu.edu/international/isss/students/new-students/arrival.shtml to find the Transitions form.

Which documents should you be traveling with?
- Passport
- Visa
- i-20/DS-2019
- proof of how you will pay for college
- acceptance letter
- SEVIS receipt
- immunization form (if you did not mail it in)

We will ask you for these documents when you arrive on campus.

Health-wise, what should you be aware of?
- Every student on an F or J visa needs health insurance coverage. International students at JMU will be automatically added to the Cultural Insurance Services International (CISI) health insurance plan unless they have a comparable plan from a different health insurance.
- To be exempt from the requirement of paying for the policy supported by JMU, you need to complete an Insurance Waiver Form and return it to ISSS along with copies of your current policy with English translations and verification of sufficient benefits. The deadline to submit this waiver form is the end of the second full week of classes each semester.
- While you will be covered by your health insurance in the U.S., medical costs can be expensive. We therefore suggest that you visit your local doctor and dentist for any procedures or check up before you leave.
- Moreover, if you are taking medicine, make sure to bring a prescription (in English) from your doctor or health practitioner.

URL → www.jmu.edu/international/isss/forms.shtml for more health insurance related information.
What clothes should you bring?
In Harrisonburg, we have all four seasons – fall, winter, spring, and summer. During winter, temperatures range from 30-40 degrees Fahrenheit (0 degrees Celsius), while during summer, temperatures range from 70-90 degrees Fahrenheit (20-30 degrees Celsius).

How will you pay for meals and necessary supplies (e.g. bed sheets, toiletries, school supplies, etc.)?
If you are bringing credit/debit cards, make sure you visit your bank and check if your cards will work abroad and how to use it. Also keep in mind that you will get a chance to open a U.S. bank account during Transitions.

Should you bring your cell phone to the US?
You were sent a cellphone SIM card (in a green envelope or black “folder”) along with your I-20 or DS-2019 so that you can use your cellphone in the U.S. URL→ www.jmu.edu/international/isss/students/newstudents/faq.shtml to find out how to activate your SIM card.

Should you be concerned about the US electrical system?
The voltage in the U.S. is 110-120 volt. If your electrical voltage is 220-240 volt, make sure you get an adaptor or volt converter.

What if you have more questions?
We suggest that you go to the Frequently Asked Questions section of the newly admitted students as you should find the answer to many of your questions and concerns.
URL→ www.jmu.edu/international/isss/students/newstudents/faq.shtml

If you have questions/concerns, contact Thomas Lavenir. E-mail: lavenitp@jmu.edu Phone: (540) 568-7314