

## Preparing and packing for your trip

### **Health matters-Medical and dental care**

Health care services differ greatly from country to country, so here are a few things to keep in mind about your health needs before arriving at Rutgers-Newark.

- It is advisable that you get your entire doctor's and dentist's check up before you leave your home country. Medical and dental care in the U.S. is excellent but is VERY expensive, and so it makes sense to take care of any medical needs you have before you leave.
- It is also important to have your doctor compose a letter explaining any chronic complaints or medical problems that you have and what has been done for you to date. Sometimes it is difficult to explain a medical condition to the new medical provider, so the letter can provide both you and the new doctor a clear understanding of any condition/diagnosis you carry. **Please make sure the letter is translated into English if needed.**
- Remember to bring any prescription medication you take with you. If at all possible have the prescription translated into English, because it can be difficult sometimes to translate a prescription. Another option is to bring the scientific name of the prescription because it may be easier that way to find the equivalent here. Prescription medication tends to cost more in the U.S. so bring enough supply to last you for a while. **All your prescription medications should be in their original containers.**
- If you wear contact lenses, plan to bring a pair of prescription glasses in the event of eye problems, which may prohibit wearing contacts.

### **Money matters**

As a general rule, it is not advisable to travel with large amounts of money. However, you still need to carry some cash on you (U.S. currency) before you leave home. A minimum of about \$200-\$250 will suffice for emergency needs and for purchasing immediate supplies. It is also a good idea to carry one-dollar bills, as they will come in handy for tipping people who help you at the airport with your luggage. You can also use the one-dollar bills to rent carts to carry your luggage. If you need to bring more money here are some suggestions:

- Bring a credit card that you can use in the U.S.
- Bring an ATM (bank card) that you can use at an automatic transfer machine to withdraw money from your local bank account. The U.S. bank will charge you a fee for the transaction and possibly so will your bank.
- Buy and bring U.S. traveler's checks. Traveler's checks are advisable because of their security. They can be replaced when they get lost or are stolen.
- You may also want to check if there is a Western Union office in your town for you to transfer money to the U.S. Western Union transfers money from one individual to another. With this option, you can arrange with your family to transfer money to you once you arrive in the U.S.

### **Banking in the U.S.**

U.S. banking connections should be established before you leave home. Since there are expenses that must be met immediately upon arrival, you may want to avoid unnecessary delays. To transfer money to the U.S., you may instruct your home bank to issue a foreign draft on a U.S. Bank in Newark. It is preferable to use a bank account at a local Newark bank, rather than a bank in New York City, because clearance on a draft between banks in different parts of the U.S. can result in a delay of up to two-three weeks in making funds available. Some large U.S. banks have branches in foreign countries. These banks could be used if the U.S. bank is also located within the vicinity of Newark. If a large international bank is not located in the Newark area, all U.S. banks have what is called “correspondent” foreign banks in which they have established financial connections. In most countries you can find a bank that has correspondent relations with a U.S. bank in the Newark area. A transfer of money from one correspondent bank to another requires obtaining a draft from the home bank and presenting it, with personal identification, to the U.S. bank. The U.S. bank will then give credit in U.S. dollars. You may also request that your bank at home “wire” money to you, once you have opened an account at a Newark bank. Following is a list of banks in Newark within walking distance from campus. You should consult with the individual banks about the arrangements for transferring funds as well as their specific features, services and fees.

- Washington Mutual, 570 BROAD ST, NEWARK, NJ 07102-4532, (973) 596-1207, 153 MARKET ST, NEWARK, NJ 07102-2810, (973) 242-4848 [www.wamu.com](http://www.wamu.com)
- Wachovia Bank, 550 BROAD ST, NEWARK, NJ 07102, Phone: (973)565-3613, 765 BROAD ST, NEWARK, NJ 07102, Phone: (973)430-4759 <http://wachovia.com/>
- PNC Bank, One Newark Center, Newark, NJ 07102 [www.pnc.com](http://www.pnc.com)
- Chase Bank, 774 Broad St, Newark, NJ 07102 (973)-733-2121 [www.chase.com](http://www.chase.com)

### **U.S. Postal Services**

The U.S. Postal Service delivers mail to homes and business Monday-Saturday. Mail is not delivered on Sunday or legal holidays. Things addressed to Rutgers campus addresses are delivered Monday – Friday when Rutgers campus postal service is open for business. When mailing a letter in the U.S. it is important to use the zip code as this will speed up delivery.

Information on the current U.S. postal rates can be found at <http://www.usps.gov/consumer/rates.htm>.

Close to campus postal location:

- Postal Center Plus:  
1223 Raymond Blvd, Newark, NJ 07102 (973)-817-9001 [www.gopostalctr.com](http://www.gopostalctr.com)

### **Packing your suitcase**

Remember to pack lightly! Avoid packing heavy items since you will only have to pay excess luggage fee. Moreover, you will have to carry the heavy luggage by yourself when you arrive at the U.S airport! Upon arrival to campus, you can plan to go shopping to buy whatever you could not bring with you. Here are a few tips to bear in mind when packing your suitcase for international travel

- Prepare your suitcase by cutting off all old luggage labels.
- Call your airline and verify the weight limit that you are allowed for your luggage. You don't want to pay excess luggage fees!
- Make new tags for your suitcase with your U.S. address.
- Clothes and shoes
- Do not pack valuable items in the suitcase that you will check onto the plane.
- Zip up your suitcase and secure it with locks. Have the keys to the locks ready in case airport security personnel want to do additional checks.
- Tie a bright ribbon or cloth around the suitcase for easy identification.

### **Packing your hand/carry-on luggage**

Remember that the items listed below should be carried on your person and if at all possible have those in your native language translated into English. All essential identification papers and documents should be carried on your person or in your hand baggage. Do not place important documents in bags that you will check on the plane because sometimes when the bags get lost it can take days before they are found and returned to the owner.

- Your I-20 or visa document, valid passport (for at least six months).
- Contact Information for Rutgers University: Carry the name, address, and telephone number of the individual at Rutgers University to contact in case of a travel delay or an emergency.
- Your original supporting financial documents, such as Rutgers financial award letter, bank statements and Rutgers letter of invitation or admission.
- Contact information in home country: Carry the name, address, and telephone number of a contact person at home.
- Contact information of consulate: Carry the name, address, and telephone number of your country's consulate in the United States or another entity, such as an educational mission or sponsoring agency.
- Towels and toothbrush
- A set of clothing in case your checked in luggage gets lost and does not arrive!
- Medication prescription - translated into English

### **Clothes and shoes**

The dress code at Rutgers, like most U.S. universities, is very casual. All you will need is some t-shirts and jeans and you'll be all set. The weather in New Jersey, however, ranges from very cold in the winter to warm sunny days in the summer months. You may want to bring the following for clothing. Remember to pack as lightly as possible. If you are

not able to bring something, don't worry; you will have a chance to buy them in the U.S. Sometimes, they might even be cheaper here!

- Winter coat. If the weather is cold in your country and you own a winter coat by all means bring it with you. Make sure to carry it instead of packing it in your suitcase, as you want to avoid excess luggage fees.
- Heavy winter boots for the snow and winter months
- Sandals for summer months
- Sneakers or flat shoes for walking around campus
- Jeans, tee-shirts and casual shirts for classes
- Traditional costume from your country
- One semi-formal outfit for special/formal occasions

### **Household items**

Upon arrival, you can plan to go shopping to purchase some household items. At that time, you will have a better sense of what you need for your room/apartment. Do not incur excess luggage fees by packing too many things!

### **Other suggestions**

As a prospective member of the Rutgers international community; we hope that you will make an effort to share your culture with others. Please consider bringing mementos from home not only to share with your new friends but also because the mementos can be a source of comfort when you experience moments of homesickness! Here are some suggestions:

- A traditional costume and photographs of your home country and family
- Recipes of native food, to cook and share during the annual International Valentine's Day celebration
- A camera to capture scenes of your new "home" to share with family back home
- Native music, CDs and musical instruments
- A small memento to place near your bed or wall

### **On the plane**

Traveling for hours and sometimes for days on an airplane can be very tiring and exhausting. Once you arrive in the U.S, especially as you have crossed many time zones, you will experience what is called "jetlag" or feel like eating and sleeping at the wrong times. Here are a few suggestions to survive the flight and manage jetlag upon arrival:

- While on the plane, use ear-plugs to drown out loud sounds and an eye-mask to induce sleep.
- Set your wristwatch to the local Newark time, so that you prepare yourself mentally to adjust to the new time schedule.
- Avoid alcoholic beverages. Instead, drink water to keep yourself hydrated.
- Bring some snacks in case you get hungry in between meal services.

- Once you arrive at Rutgers-Newark, try to sleep and eat at the local times so that your body can begin to adjust to the new time schedule. If you try and keep to a full normal cycle for one day, you will adjust sooner.

### Calling home

One of the first things you will want to do in the U.S. is to make a phone call home to let family know that you have arrived safely. To make an international call, you will need to purchase an international phone card, available at the airport. Once you get settled, you can start buying phone cards online using websites such as Annako, [www.annako.com](http://www.annako.com). It provides reasonable rates for all international calls.

### Instructions on how to make an international call are as follows:

1. DIAL a number of the following (preferably Local access if exists):

Dial toll free numbers :

Nationwide	1-800-434-1474	French
Nationwide	1-800-434-1469	English

2. ENTER: Your PIN #-

3. ENTER: Your Destination.

- USA & Canada: 1+Area Code+Telephone.

Other countries: 011+Country Code+City Code+Telephone

**For Directions to Campus visit:** <http://www.newark.rutgers.edu/maps/>

**Travel from Newark Liberty Airport to Campus:**

[http://www.panynj.gov/CommutingTravel/airports/html/ewr\\_transportation.html](http://www.panynj.gov/CommutingTravel/airports/html/ewr_transportation.html)

Office of International Student Services (OISS)

175 University Ave

Conklin Hall Room 120

Newark, NJ 07102

E-mail: [Oiss@andromeda.rutgers.edu](mailto:Oiss@andromeda.rutgers.edu)

Website: [Oiss.rutgers.edu](http://Oiss.rutgers.edu)

Phone: (973)-353-1427

Fax: (973)-353-1438