
THE GEORGE WASHINGTON UNIVERSITY

WASHINGTON, DC



Pre-Departure GUIDE

International Summer at GW 2019

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Welcome to The George Washington University

Congratulations on your acceptance to the George Washington University as a visiting student! We have prepared this handbook to assist you before your arrival in Washington, D.C. It covers practical items such as entering the United States, finances, housing, travel arrangements, healthcare, insurance, safety and more.

GW is an institution which values diversity. As a leader in global education we take seriously the responsibility of educating the next generation of leaders. Our community is enriched by our international student population and by exchange programs such as these. We recognize the importance of this summer experience in your academic career, and we are here to ensure that you have an enjoyable and successful summer. We welcome you to GW and encourage you to read this handbook in its entirety.

SUMMER AND NON-DEGREE PROGRAMS

The Office of Summer and Non-Degree Programs at GW is responsible for summer academic programs and courses for undergraduates and graduates, including International Summer at GW, a program for visiting international students. Our staff assists with issues concerning your personal adjustment to academic life at the university, billing information, registering for courses and your transition to the Washington, D.C. area.

INTERNATIONAL SUMMER AT GW CONTACT INFORMATION

Email: intlsum@gwu.edu

Phone: 202-994-6360

Website: summer.gwu.edu

Immigration Matters

INTERNATIONAL SERVICES OFFICE (ISO)

iso@gwu.edu | 202-994-4477

The International Services Office is available for questions regarding immigration status, employment regulations, travel or other visa concerns.

OBTAINING A VISA TO STUDY IN THE UNITED STATES

If you applied for visa sponsorship from GW, you will receive I-20 documentation that is required to apply for your F-1 visa to study in the United States. If you have not received this document by early May, please contact us immediately.

We encourage students to contact their local U.S. Consulate or Embassy for specific visa application instructions; but in general, you should pay the Student and Exchange Visitor Information System (SEVIS) fee (preferably online) and schedule an interview appointment with the nearest U.S. Consulate or Embassy upon receipt of your immigration document. Bring your SEVIS fee receipt with you to your Consulate meeting. Please note: The SEVIS fee is not the same as your \$250 program fee and they must be paid separately. You will then follow the Consulate's instructions on the visa application process and required documents. Your entry visa will be stamped in your passport.

For more information, please review the websites listed below:

- Locate a U.S. Embassy near you: <http://usembassy.state.gov>
- U.S. Department of State's Visa Service Information: <http://travel.state.gov/content/travel/en.html>
- U.S. Department of State's Visa Wait Times: <https://travel.state.gov/content/visas/en/general/wait-times.html/>
- Department of Homeland Security (DHS) Information regarding SEVIS fee and payment instructions: <http://www.ice.gov/sevis/i901>

NON-IMMIGRANT INTENT

F-1 Visa

The F-1 visa is a non-immigrant visa, which means that students applying for F-1 visa type must demonstrate strong ties and a plan to return to their home country following completion of their academic program. The following are examples of possible ways to show proof of non-immigrant intent:

- Be prepared to express how you intend to apply your studies at GW in your home country after completing your program;
- Demonstrate ties to family who reside in your home country (perhaps your parents own property);
- Show proof of employment or study following completion of your program at GW;
- Show proof of owning real-estate (land, house, apartment).

B-1 & B-2 Visas

Students on a B-1 or B-2 visa will receive a letter of invitation to take to their consulate which demonstrates that participating in a program at GW is secondary to the primary purpose of their visit as tourists in the U.S. The letter states that the program is experiential in nature and does not constitute a full program of study; that the purpose of this program is professional and personal development and exposure to American culture.

SECURITY CLEARANCE

Each visa applicant will experience a series of security clearance checks which may or may not affect the processing of your visa. It is not possible to know ahead of time whether your application will be delayed due to a security clearance. If your visa application is pending beyond the expected processing time as a result of a clearance check, please contact ISO with details of your delayed visa application.

ENTERING THE U.S.

Students may not enter the U.S. more than 30 days prior to the start date listed on their I-20. The program start date is governed by the I-20 documentation from GW and may not be changed. Please plan your travel to the U.S. accordingly and contact ISO with any specific travel questions.

Hand carry the following documents:

- Your passport (valid for at least 6 months after your departure from the U.S.)
- Your SEVIS form
- Your I-20
- Evidence of financial resources

In addition, it is strongly recommended that you also hand carry the following documents:

- Paper receipt for the SEVIS fee
- Evidence of student status, such as letter of admission
- Name and contact information of the International Summer staff

If you are sponsored by GW for full-time study you should enter the United States in the F-1 visa category. If you have questions about your visa status, please contact us for clarification.

At the port of entry in the U.S., your passport will be scanned, creating an electronic arrival record and an immigration officer will examine your I-20 and entry visa. Upon arrival you can visit <http://www.cbp.gov/i94> to print your electronic I-94 record. The officer should stamp your I-20 form with "F-1" and "D/S." Please keep these extremely important immigration documents in a secure place.

If you are sponsored on an F-1 visa by GW, you must use your GW I-20 to obtain a student visa and enter the U.S. Once you enter on your GW I-20, you must attend GW, and not another institution. You should immediately contact an ISO advisor if you entered the U.S. with a different school's I-20.

HELPFUL LINKS

- ▶ U.S. Immigration and Customs Enforcement: <https://www.ice.gov/sevis/students>
- ▶ U.S. Customs and Border Protection: <http://www.cbp.gov/travel/international-visitors>

Preparing For Washington, D.C. & GW

One of the best ways to prepare for your time abroad is to learn as much as you can about GW, Washington, D.C., the United States and American culture prior to your departure. It is unrealistic, however, to expect that you will be able to prepare yourself fully for your time in the U.S., so we strongly recommend that you expect the unexpected! Your experience at GW and in D.C. will be based largely on how you decide to spend your time here. If you keep an open mind and maintain your sense of humor, it will help you greatly to meet the challenges of studying in a new country and make the most of the experience.

CLIMATE

You should come prepared for humid, hot summers. The temperature can rise to as high as 100 degrees F (37-38 degrees C) with high humidity in the summer. Plan to wear cool clothing. Clothing for rainy weather will also come in handy. Residence halls and academic buildings are air-conditioned during the summer months.

Weather Conversion Chart

°C	°F
22	71
27	80.6
33	91.5
38	100.4

CLOTHING

Though students do not dress formally for every class, it is a good idea to bring some formal attire for certain course trips or other formal events. On campus and in the classroom, informal attire such as t-shirts, jeans, slacks and shirts are acceptable for men and women.

PACKING LIST*

Carry-on Luggage:

- Valid Passport
- Valid U.S. visa stamp (if applicable)
- Certificate of Eligibility (I-20)
- Proof of financial support
- Sufficient funds to cover expenses (such as a credit card and some cash in U.S. Dollars)
- Medical records including immunizations (in English) and proof of adequate health insurance coverage

- Transportation arrangements from the airport to GW
- Street address of your destination. You may need to give this to a taxi driver.
- Medications you use regularly
- GW Pre-Departure Guide

Suggested Items:

- Bed Sheets (Twin size, Extra Long)**
- Blankets/Comforters**
- Towels**
- Casual warm weather clothing
- One business casual/semi-formal outfit
- Athletic clothing
- Swimsuit
- Toiletries
- Umbrella
- Raincoat
- Sunscreen
- Cell phone
- Fan
- Laptop computer (suggested for some courses)
- Plug adapters and/or voltage converters (American electrical voltage is 110 volt/60 hertz and electrical outlets can have two or three pin plugs)

*Please note: We will arrange a trip to a Target store, <http://www.target.com>, during the first week of classes to assist you in obtaining any needed items. However, as this trip may not occur before you need to use bedding or toiletries, we recommend bringing all necessities and purchasing optional items upon arrival. Additionally, GW's Foggy Bottom Campus has convenient access to a Whole Foods grocery store, <http://www.wholefoodsmarket.com>, where students can obtain basic toiletries and cleaning products (such as laundry detergent) in addition to food.

**GW will provide a towel, a fitted sheet, a flat sheet, a pillow, a pillow case and a blanket for students who opted for on-campus accommodations. Students who prefer their own or will be living in off-campus accommodations should bring them or plan to buy

them upon arrival.

CELL PHONES

We recommend that all students inquire with their cell phone company about their options when travelling abroad. Students who wish to purchase a cell phone in the U.S. should be advised that some cell phone companies require contracts which can last from 1 - 2 years. There are a variety of cell phone providers near campus.

BANKS AND ATMS

GW's Foggy Bottom Campus is in close proximity to a number of banks, including Bank of America and PNC. Both of those banks also have ATMs around campus.

CUSTOMS AND CULTURE

Customs and culture may be very different in the United States from your own. Prepare yourself for these differences, but keep in mind that Americans can be complicated since we are often a mixture of many cultures and one of the things Americans value most is their sense of individuality. You may benefit from talking with people in your home country who have studied here or purchasing a travel guide book.

Arrival & Departure Information

RESIDENTIAL STUDENT CHECK IN

Campus Address

Specific details will be sent by email closer to the program start date. Special cohorts may have other housing arrangements.

Munson Hall
2212 I St NW
Washington, D.C. 20052

General Study Session I: Sunday, May 19 starting at 4 pm.

General Study Session II & Summer Research Experience: Sunday, June 30 starting at 4 pm.

ORIENTATION

Session I General Study Students: A **mandatory orientation session** will be held during the first week.

Session II General Study & Summer Research Experience: On Sunday, June 30, residential staff will informally provide information such as campus maps, campus tours and information on obtaining a student ID. A **mandatory orientation session** will be held during the first week.

As part of orientation, all F-1 sponsored students report to the International Services Office (ISO) for a mandatory new student arrival information and immigration documents review & presentation. You will need your passport/visa, I-94 and I-20.

RESIDENTIAL STUDENT CHECK OUT

Session I General Study Students: All students must be checked out of their rooms by 11:00am on June 29.

Session II General Study & Summer Research Experience: All students must be checked out of their rooms by 11:00am on August 10.

REGIONAL AIRPORTS

GW does not provide airport pickups or drop offs. However, we ask that you provide arrival and departure information for our records. An arrival survey can be found on the Admitted Student page of the International Summer website.

Washington, D.C. is located within 50 miles (80 km) of three major airports, Reagan National Airport (DCA), Dulles International Airport (IAD) and Baltimore-Washington International (BWI). Basic methods of travel from each airport to the Foggy Bottom Campus are listed below.

All airports have the following services available:

- Taxi: Taxicabs serve all airports and signs within the airport will direct you to the appropriate exit. In most cases, this will be the most expensive method of travel with fares as high as \$80 depending on the distance and traffic. Depending on the airport, Uber or Lyft may also be available.
- Super Shuttle: Door-to-door service is available to any destination in metropolitan Washington. Super shuttles are often cheaper than taxis because they are shared among other passengers; however, they often require advanced booking. For information, call 1-800-BLUEVAN or visit www.supershuttle.com.

Metro

Reagan National Airport is currently the only airport that is located adjacent to a metro station. GW is located at the Foggy Bottom/GWU metro stop. More information can be found on the Washington Metropolitan Area Transportation Association website, <http://wmata.com>.

HOTELS CONVENIENT TO GW

<http://www.gwu.edu/lodging>

- The George Washington University Inn, 824 New Hampshire Ave, NW, Washington, D.C. 20037, 1-800-426-4455, 1-202-337-6620
- One Washington Circle Hotel, One Washington Circle, NW, Washington, D.C. 20037, 1-800-424-9671, 1-202-872-1680
- Courtyard Marriot, 515 20th Street, NW, Washington, D.C. 20006, 1-202-296-5700
- Doubletree Guest Suites, 801 New Hampshire Ave, NW, Washington, D.C. 20037, 1-202-785-2000

GW Basics

GW ID

The GW ID is an 8-digit number beginning with the letter G (for example, G12345678) and was provided in your acceptance letter. This number is used as an identifier for you throughout the campus network. This GW ID is unique to you and should not be shared with other students. You may be asked for your GW ID number:

- When you need to pay your bill
- When requesting a transcript
- When you login to GWeb to register for courses

When you first log in to the GWeb system, you will need to enter a PIN number. The first time you log in to the system, your pin will be your date of birth in MMDDYY format, where M=Month, D=Day and Y=Year. (Example: March 5, 1983 would be 030583). The system will prompt you to change your pin to a 6-digit pin code. Please keep this information in safe place.

EMAIL

All GW students, faculty and staff have email access. Email is the most commonly used communication system on campus. For this reason, **it is very important for you to have a GW email account and check it regularly.** Email accounts are created when you apply for a GW Net ID. This is the account where you student e-bill with your tuition balance will be sent. More details can be found in the *Payment of Fees* section of this guide.

To check your email account, visit the MyGW portal at <http://my.gwu.edu>. Click on the email icon at the top left and select that you are a student. You will use your GW Net ID and password to login to check your email account.

Academic Life

Attending regularly scheduled and make up classes, discussions and recitations, laboratory sessions and other course meetings is a fundamental student responsibility. Faculty may use class attendance and participation as factors in determining course grades. The contributions of class attendance and participation toward course grades should be explicitly stated on the course syllabi.

While it is expected that students will make every effort to attend classes, it is recognized that personal circumstances (e.g., religious observations, documented family and medical emergencies) and university-scheduled events (e.g., varsity athletic competitions, performances) will arise which preclude class attendance. In such circumstances, faculty and other instructors are expected to make appropriate accommodations (e.g., make up tests, adjusted due dates for papers and projects). Such accommodations are to be determined by the faculty member. The student is responsible for obtaining the materials presented in missed classes and for making up missed tests and other assignments. No academic penalty shall be imposed for class absences which are permissible in accordance with university policy. It is expected that whenever possible, students should inform course instructors in advance of any absences related to scheduled events. Professors hold specific office hours to discuss academic material or any concerns.

ACADEMIC SERVICES

Students have access to academic services such as research librarians, the GW Writing Center and Disability Support Services to assist with paper writing and research, as well as other learning needs. If you have a disability and believe that you may qualify for reasonable accommodations for a temporary injury, chronic health condition, ADHD or a hearing, vision, physical, psychological, learning or cognitive disability please contact the Summer and Non-Degree Programs Assistant Director at 202-994-6360 or gsummer@gwu.edu and contact GW Disability Support Services at 202-994-8250 or dss@gwu.edu no later than May 15 to discuss your needs and the documentation guidelines for establishing your eligibility for accommodations.

METHODS OF INSTRUCTION

For each class, you will likely be required to buy at least one textbook from which regularly assigned readings are given. Some classes may require several books, depending on the area of study. The instructor may also assign readings from other books in the library or will provide them to you online. Lectures will usually supplement these readings.

It is important to read all assigned materials and take careful notes on the lectures because examinations and sometimes papers will be based on both. Be sure that you are aware of the specific expectations for each of your classes by thoroughly reviewing the syllabus the instructor has presented to you on the first day of class. Most instruction is organized and conducted in the following ways: lecture, discussion section or seminar.

Lecture

The lecture class is most frequently used at the undergraduate level, particularly in the first two years of study. Lectures are sometimes large and make discussion difficult. For this reason, a lecture will often be supplemented with a recitation or discussion

session to permit discussion and/or scientific experimentation.

Recitation/Discussion Section

Often the recitation or discussion section is conducted by a Teaching Assistant (TA) who is a graduate student in the particular discipline. Students are encouraged and expected to ask questions either during the lecture period or during the recitation/discussion section. If you wish to speak during the question period, feel free to raise your hand.

Seminar

This is the most common form of instruction at the graduate level. These classes are generally smaller, permitting opportunities for direct student participation and closer interaction with professors.

Exams

Exams usually fall into three categories: quizzes, midterms and finals. Most professors will announce the format of the exams and the material it is to cover.

- Quizzes: These are short tests covering the material currently being studied. The instructor may or may not notify you in advance of this occurrence.
- Midterm Exams: These exams are given approximately midway through the course of a class. They may cover a small part of what has recently been studied or may be comprehensive and include all material from the beginning of the semester.
- Final Exams: "Finals" are given at the end of the semester and may cover all the materials studied during the semester or only those covered since the midterm. The requirements for each class vary.

Blackboard

Blackboard is an online course tool that allows faculty to share their syllabus, readings and other course content online. Some courses will utilize Blackboard more than others and students should log in to Blackboard frequently throughout the semester to ensure that they are keeping up with all assignments. In some courses, online discussions or submission of work will be an expected part of class participation. Students can log in to their Blackboard account using their NetID (email) login and password at <http://blackboard.gwu.edu>.

GRADES

Grades are a system for evaluating your academic work. They designate your relative standing in the class and are wholly determined by the instructor's judgment of your achievement on exams, term papers, class participation, etc. At GW, the following symbols are used in most, but not all, programs:

A = Excellent

B = Good

C = Fair

D = Poor
F = Failure
I = Incomplete

FULL TIME STATUS FOR F-1 SPONSORED STUDENTS

U.S. immigration regulations require F-1 students maintain a full-time status at all times. This means that undergraduates must be enrolled in a minimum of six (6) credits per six-week session, and graduates a minimum of three (3) credits per six-week session.

ADD/DROP PERIOD

The add/drop period at GW lasts from May 20 – May 27 for Session I and July 1 – July 8 for Session II. During this period you may adjust your course schedule by dropping and adding courses, but you must maintain your minimum number of credits, 6 for undergraduates or 3 for graduates, to be considered full-time. To ensure that you maintain visa compliance and are taking appropriate courses, all students **must** contact the Assistant Director prior to any schedule changes.

COURSE SCHEDULE

The university's summer schedule can be found online at <http://my.gwu.edu/mod/pws/>. It is important that you take the time to view all of the courses available to you and have defined alternatives in the event the class you are interested in taking is full or closed.

ATTENDANCE

You must attend all the courses for which you are registered. If you sign up for a class and do not attend, you will receive a failing grade on your GW transcript.

HOW TO REGISTER FOR COURSES ONLINE:

Step 1: Plan Your Schedule

Review the available courses on the online schedule and contact our office if you have any questions about what courses to choose. All students will be advised on their course choices upon submitting an application.

Step 2: Access GWeb

Once your non-refundable program fee is received you are able to enter the online registration system. Visit the MyGW portal (<http://my.gwu.edu>) and click on the GWeb Info System link on the left side of the page. Enter your GW ID Number (the ID number looks like G12345678 and is located on your acceptance letter). Enter your PIN number.

Step 3: Enter the Student Records & Registration Menu

Click on the Registration Menu button.

Step 4: Add Classes Using Your Course Registration Worksheet

Add a class by selecting Register, Drop and/or Add Classes. Note: You will need to know the Course Registration Number (CRN) found in the schedule of classes for the course you wish to add.

REGISTRATION ERRORS OR REGISTRATION BLOCKS

Students may receive error messages when trying to register for courses (such as “Student Status Prohibits Registration”, “Restricted to GWSB students only” or “You do not have the necessary Pre-Requisites”). If you receive an error message, similar to the ones above, follow the steps listed below to register for the course:

- ▶ Complete the Registration Transaction Form (<http://registrar.gwu.edu/forms>).
- ▶ Attach the Registration Transaction Form in an email to the professor of each course. In your email, you will want to explain to the professor the courses you have taken at your home institution (or if you can, attach a copy of your unofficial transcripts). You will want to ask the professor for his/her permission to take the course.
- ▶ Once the professor responds with the approval, forward the entire correspondence to our office for review. We will then forward the Registration Transaction Form and the professor’s approval to the Registrar’s Office who will manually register you for the course.

FULL OR CLOSED COURSES

You may find that some of the classes you are interested in are listed as “Closed” by the time you try to register. Please note that this does not mean that the class will stay closed. Many GW students switch classes before the semester starts, throughout the spring and early summer months.

CLASS MATERIALS/BOOKS

Students are responsible for covering the costs of any materials or books that they might need for their respective classes. Students can purchase or rent both new and used books in the GW Bookstore, located in the basement of the Marvin Center, upon arriving on campus. Generally, used books will cost less than a brand new textbook.

Please contact us at intlsum@gwu.edu if you have any questions or concerns during the registration process.

Payment of Fees

PROGRAM DEPOSIT

The \$250 International Summer program fee can be paid by credit card, check (in U.S. Dollars) or wire transfer. Consult the *Payment Instructions* page in your enrollment materials for more details.

HOW TO PAY YOUR GW BILL

Bills for all programs are due the first day of summer classes. You can find your bill and payment options by visiting the Colonial Central website or by following the Payment Instructions included in your enrollment packet. Failure to pay your bill by the due date will result in late fees. The university uses e-bills which are sent to your GW e-mail address. No paper bills will be sent. Sponsored students will work with their sponsoring institution to arrange payment.

Students can contact the Office of Summer and Non-Degree Programs at 202-994-6360 with questions about their bill or payment processes. In some cases student may be referred to Colonial Central for more detailed information.

Colonial Central
800 21st Street NW
Marvin Center Ground Floor
Washington, D.C. 20052
<http://colonialcentral.gwu.edu/>
Hours: Monday - Thursday, 9am - 7pm, Friday 9am - 5pm

WITHDRAWAL & REFUND POLICIES

The following is the university's withdrawal and refund policy for Summer 2018:

Tuition

- For courses dropped between May 20 - May 27 (Session I) or July 1 - July 8 (Session II), the student is responsible for 15% of the tuition for that course.
- For courses dropped after May 27 (Session I) or July 8 (Session II), the student is responsible for paying the cost of the entire course.

Housing

- Housing charges will be cancelled for program withdrawals that are completed more than 15 days in advance of the start of the

program (no later than May 5 for Session I and June 15 for Session II).

- ▶ For program withdrawals thereafter, a \$300 non-refundable housing deposit will be collected, in addition to the \$257.50 non-refundable program and \$50 application fee.

Program and Application Fees

- ▶ Program fees (\$257.50 per six-week session) and application fees (\$50) are nonrefundable

Campus Logistics

CAMPUSES

GW has two academic campuses: Foggy Bottom and Mount Vernon. Foggy Bottom serves as the main campus of the university. The campus sits on about 18 square blocks in the heart of one of the world's most exciting and livable cities. The majority of the campus is located between 20th and 24th Streets and Pennsylvania Avenue and Virginia Avenue in the northwest quadrant of D.C. Low-rise brick and brownstone buildings line the leafy streets of the Foggy Bottom Campus. Most academic buildings, residences and student life centers are located on this campus. The Foggy Bottom Campus is metro-accessible using the Foggy Bottom/GWU Metro stop on the Blue and Orange lines.

The Mount Vernon Campus is approximately 10-15 minutes away from the Foggy Bottom Campus by free GW shuttle bus. It is located off of Foxhall Road and W Street in the northwest quadrant of D.C. It sits on 23 wooded acres in a quiet, polished residential neighborhood. There are regular shuttle busses from the Foggy Bottom Campus to the Mount Vernon Campus. The Mount Vernon Campus houses several academic buildings, a library, tennis courts, a swimming pool, baseball field and soccer field for GW. There are several large student residence halls and a dining facility on this campus. The Mount Vernon Campus is not metro-accessible.

ON-CAMPUS HOUSING

Students who choose to live on campus will be housed on the Foggy Bottom Campus. At GW most undergraduate students live in university residence halls and most graduate students rent apartments off campus. People new to D.C. and attending the university for a short period of time often prefer to live in university housing for the opportunity to meet other engaging students. As part of the International Summer Program, we provide an on-campus residential community of international visiting and matriculating students.

All rooms and apartments are furnished and will include sheets and towels but you should bring toiletry items (including toilet paper) and necessary utensils should you have a kitchen attached to your rooms. Some students prefer to use their own towels and bedding, so you are welcome to bring a spare set. When you make GW your home, residence halls should be treated as such. While support exists for maintenance issues, you are responsible for the basic upkeep of your room to include: keeping the room(s) generally clean, regularly taking out trash (and not clogging the chute), and cleaning the inside of your appliances and cabinets. For room issues such as a light bulb going out, contact the Facilities Services by submitting a FixIt request at <http://facilities.gwu.edu/>.

Students who live on campus are charged for their housing on their GW bill. For questions about your charges, contact our office. The rules governing on-campus housing are available here: <http://studentconduct.gwu.edu/residential-community-conduct-guidelines>.

ROOMS

You should also be aware that single rooms are much less common in the United States. All residential students will share a

bedroom with at least one other student and room assignments are not subject to change. Becoming acquainted with one's roommates and learning to live with them is part of the college experience in the U.S.

DINING

There is no traditional cafeteria-style dining hall on the Foggy Bottom Campus; however, there is a wide range of dining options. International Summer students living independently or in residence halls mostly choose to dine as they wish at local vendors, or purchase food at grocery stores to cook at home. On-campus residents will have a kitchen in their suite, shared among their roommates. Pots, dishes and utensils are not provided in residence hall kitchens. Students who wish to cook can purchase these items upon arrival or bring a few items from home to use. Students can also load money onto their GWorld card (student ID card) at the beginning of the program and use it to purchase meals from a number of local vendors.

The dining costs noted on the Visa Application and Financial Request Form and at summer.gwu.edu/international-summer-tuition-fees are based on the estimated cost of dining at commercial vendors in Foggy Bottom for the duration of the program.

Healthcare and Insurance

MANDATORY HEALTH INSURANCE REQUIREMENT FOR F-1 SPONSORED STUDENTS

All international students on an F-1 visa will be automatically enrolled in the GW Student Health Insurance Policy through Aetna. This insurance policy meets the requirements outlined for your visa. (International students on non-immigrant visas will be automatically enrolled in the GW Student Health Insurance Policy through Aetna, unless they have a pre-existing condition, are a U.S. citizen or permanent resident, or have a military or veteran status, sexual orientation, or gender identity or expression.)

Students who choose to remain in the GW Student Health Insurance Policy will see the insurance charges on their GW bill. The coverage periods for Summer 2019 are as follows:

- Session I: May 19 to June 29
- Session II: June 30 to August 10
- Sessions I & II: May 19 to August 10

U.S. HEALTHCARE SYSTEM

The U.S. healthcare system differs from that in other countries, and it is your responsibility to protect yourself from the exorbitant costs of healthcare, often over \$2,500 per day in some hospitals (covering room and board only).

U.S. government regulations require you to maintain adequate health insurance coverage while you are here. This obligation is contained in a specific rule that requires termination of your F-visa status for willful failure to maintain adequate insurance. International students are not eligible for financial assistance from the U.S. government or from the university to pay medical bills.

Important Notes on the U.S. Healthcare System

- The system is generally privately funded, not government sponsored.
- Payment is the responsibility of the individual, with or without health insurance
- Some doctors providing services at a hospital may bill the patient separately.
- Payment is usually expected at the time the care is given. Therefore, you should always check that your insurance will cover the treatment before it is given.
- You are responsible for seeing that bills are submitted and that claims forms (used to request payment from the insurance company) are properly completed.
- The reimbursement process takes time and incomplete forms can cause further delays.
- Copies of all bills and papers should be kept for at least one year.
- It is appropriate to seek an opinion about your case from a second doctor before deciding on a course of treatment.

- ▶ Be aware of your own health needs and background. Keep copies of your past medical records with you. It is very helpful, for example, to tell the doctor which medications you have taken in the past.
- ▶ It is appropriate to ask questions about your condition and your treatment. Take a friend to the doctor's office with you to translate or help with forms if you feel that will help.

REQUESTING A WAIVER OF THE GW STUDENT HEALTH INSURANCE PLAN

If you have purchased an outside health insurance plan that meets GW criteria, you will be able to request a waiver of the GW student health plan. You can request a waiver of the plan by visiting GW's Aetna website and selecting the "Medical Plan: Waive" button on the side of the page. This process must be completed prior to your arrival on campus, by May 15.

The waiver request will ask you a series of questions about your health insurance plan. You will need to answer Yes or No to the questions listed. Upon completing the online waiver request, you will receive a confirmation message that your waiver has been submitted. In the confirmation message, it will indicate if your waiver has been accepted or denied. Should you have additional questions about the waiver process or if your alternate plan meets the requirements, contact our Student Health Insurance liaison at ship@gwu.edu, or contact Aetna on their Customer Service Line at 1-800-213-0579.

MANDATORY HEALTH FORM

The District of Columbia requires that all students under the age of 26 have a record on file with their student health service documenting vaccinations against Measles, Mumps and Rubella, Varicella or Chickenpox, Tetanus/Diphtheria booster, Polio, Hepatitis B and Meningitis. All students under the age of 26 studying at GW for the summer must return their form to the Colonial Health Center by May 1.

In order to properly submit your immunization record, please follow the following instructions:

1. Click here to access the patient portal and sign-in with your GW Email Address (NetID@gwu.edu) and password. Ensure that you are trying to log on in Google Chrome, Safari, or Firefox.
2. Click on the "Medical Clearances" tab on the left side of the screen.
3. Under "Medical Clearances" click on the green "Update" button to upload a photo or scan of your immunization record. Please ensure that all documents are legible.
4. Please note: If you are waiving your Meningococcal vaccination, upload the waiver form here as well.
5. Click on each the green "Update" button next to each type of immunization and enter in the dates of immunization. You must enter in all of your dates for the required immunizations in order for us to verify your record.
6. Once you have updated all of your immunization dates, a staff member at CHC will review your record. Please check back by September 1st to see if your immunization clearance was satisfied or not.

WHERE TO GO FOR MEDICAL CARE

If you are feeling sick, **do not hesitate to get help** – even if you are nervous and have never seen a doctor outside your own country. The longer you wait, the greater risk you run for developing a serious problem from what may have been minor and easy to

treat. Unless you have a real emergency, such as uncontrolled bleeding or a broken bone, do not go to a hospital emergency room for treatment. Emergency rooms are very expensive, and, if your condition is not life threatening, you may have to wait a long time for care.

Residential students should contact one of their resident advisors and inform them of the situation. They can also walk you to the appropriate office or answer questions about where to go. For non-emergency care, visit the Colonial Health Center. It is best if you call first and make an appointment in advance. Students may also make advance appointments online at <https://gwu.medicatconnect.com/>. Same-day appointments are available, but if there are no same-day appointments available, the Colonial Health Center will offer you the next available appointment that works with your schedule, usually within 24 hours of your call. A list of costs and other information is available at <https://healthcenter.gwu.edu/medical-services>.

Students with illnesses requiring emergency treatment may obtain care at a local Emergency Room, such as the GW Hospital.

Colonial Health Center
Marvin Center, Ground Floor
800 21st Street, NW
Washington, D.C. 20052
202-994-6827, Option #1
<http://gwired.gwu.edu/shs>
8:30am - 5:30pm, Monday - Friday

GW Hospital
900 23rd Street, NW
Washington, D.C. 20037
202-715-4000
<http://www.gwhospital.com>

DISABILITY SUPPORT SERVICES

The Office of Disability Support Services (DSS) at GW works closely with students, faculty and staff across campus to help students with disabilities to achieve maximum success during their studies at GW and promote disability culture and GW's broader diversity and inclusion initiatives. DSS aims to create an inclusive environment for all students and creates opportunities for them to fully participate in academic and campus life.

DSS offers assistance for students who need accommodations in housing or test taking, adaptive technology, animal assistance, classroom access, note-taking support, reading and interpretive services and materials, alternative text materials and other helpful services.

If you have a disability and believe that you may qualify for reasonable accommodations for a temporary injury, chronic health condition, ADHD or a hearing, vision, physical, psychological, learning or cognitive disability please contact the Summer and Non-Degree Office at gsummer@gwu.edu, and contact GW Disability Support Services at dss@gwu.edu or 202-994-8250 no later than May 1 to discuss your needs and the documentation guidelines for establishing your eligibility for accommodations.

EMERGENCY NUMBERS

In cases of extreme emergency where you cannot get yourself to the Emergency Room, you may dial 911 from any cell or home phone. 911 is the equivalent to 999 in some countries. Dialing 911 will automatically connect you to an emergency response operator. The operator will ask you what your emergency is and direct you to a hospital operator, dispatch an ambulance or connect you with local police. 911 can be dialed from anywhere within the United States. **This number is not to be taken lightly and should be used in only extreme emergency cases.**

If you are on campus, you will want to first call the emergency line for the GW Police Department: (202) 994-6111 as they are the ones who can most quickly respond.

MENTAL HEALTH

It is common in the U.S. for people facing emotional or personal challenges to seek professional help. As you are far away from home and lacking your usual support system of family and friends, you may find it helpful to consult a mental health professional when dealing with issues of adjustment, depression, strain or stress.

Counseling will provide you with the opportunity to:

- develop greater insight and self-understanding
- identify and solve problems
- reduce stress
- improve cognitive, emotional, academic and interpersonal functioning

Mental Health Services is the primary mental health resource for GW students and community. This office supports mental health by working with students directly. The professional counselors at Mental Health Services offer a non-judgmental and completely confidential environment for students to talk about any concerns or difficulties. For students enrolled in at least three credits at GW, the first six sessions with a GW professional counselor are free of charge. Group sessions are always free, and there is an International Student Support Group to help support international students through the unique challenges they may face.

Students requiring counseling support should disclose their needs to the Mental Health Services directly or seek assistance from the Assistant Director, who can request services on the student's behalf. If you think you need counseling during your time at GW, please consult with your Assistant Director or Mental Health Services as soon as possible.

Mental Health Services
Marvin Center, Ground Floor
800 21st Street, NW
Washington, D.C. 20052
202-994-5300

<https://healthcenter.gwu.edu/mental-health-services>

Hours: Monday - Friday, 9am - 5pm

Sample Summer Events

SUMMER IN THE CITY

D.C. is an exciting place to live and explore, so throughout your summer at GW we will be organizing weekly events as well as trips to nearby locales such as Annapolis and Baltimore. The list below includes examples of what you might expect this summer.

- Meetings with professionals in a variety of disciplines
- D.C. neighborhood visits to U Street, Georgetown, Dupont Circle, Columbia Heights and more
- Museum visits to Smithsonian Institutions such as the Natural History Museum and the Hirschhorn Museum and Sculpture Garden
- Free concerts and shows at the Kennedy Center
- United States Botanic Gardens or the National Arboretum visits
- Lectures at places such as the National Institute of Health, World Bank or Brookings Institute
- Baseball games and cheering for the Nationals at our new stadium
- Resume or interview sessions at a Career Center workshop
- Sights and sounds of the many outdoor festivals, fairs and jazz concerts
- Moonlight monument tours and seeing D.C. landmarks in a different light

We look forward to meeting you this summer!