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Welcome!

Congratulations on your admission to our world-class Intensive English Language Program (IELP) at Portland State University! All of us in the IELP and the Portland State University (PSU) community are excited that you have chosen Portland, the “City of Roses,” as your destination. Our experienced faculty and staff will help you learn English in a dynamic learning environment that will inspire and motivate you to reach your full potential. The entire staff of the IELP is ready to help you with your personal, academic and cultural transition.

We certainly hope that you will take advantage of your stay in the United States and explore the opportunities available to you throughout the campus and the Portland community. As a student in the IELP, you are fully integrated in PSU life. We are sure you will meet and make friends with students who have come to the IELP from all over the world.

The purpose of this Pre-Arrival Packet is to provide you with useful information as you prepare to come to the United States and to answer as many questions as possible. You will get more information and reminders via e-mail and are invited to participate in our orientation shortly after you arrive. Please take the time to read this packet and contact us if you have additional questions.

Again, congratulations on your admission and best wishes for a safe trip to Portland. We look forward to seeing you on our beautiful campus! Welcome to the IELP!

IELP Admissions Team
Pre-Arrival
Prepare for your trip to the United States

☐ Join the IELP Facebook Group

☐ Receive I-20 form from Portland State University IELP

☐ Complete and submit the Intent to Enroll online form in order to register for the New Student Orientation Week and Placement Test: http://goo.gl/forms/lvOVWJ4eHu

☐ Check passport to make sure it is valid for six months past your visa date

☐ Pay $200 SEVIS Fee (I-901)

☐ Make an appointment for your visa interview

☐ Attend your visa interview and get your visa

☐ Make your travel arrangements to the United States (please arrive at least one week before the start of the IELP New Student Orientation Week)

☐ Secure temporary or permanent housing in Portland

☐ Arrange transportation from Portland International Airport to your housing

☐ Pack your luggage

☐ Pack important documents in your carry-on: passport, I-20 or DS-2019, copies of academic records, proof of finances, SEVIS fee receipt, contact information for the IELP program, and U.S cash (about $200)/credit cards

☐ Complete your MMR vaccination verification from and email it to measles@pdx.edu

☐ Complete your Odin account set-up that was emailed to you

☐ Visit the IELP “Get Ready” page to get more tips and advice: www.pdx.edu/esl/get-ready

☐ Do the PSU Virtual Campus Tour online: www.youvisit.com/yourcampus2.php?college=80107

After Arrival

☐ Check in with the IELP office before the start of the term to receive important placement test, orientation and immigration check-in information

☐ Take the mandatory placement test

☐ Attend our mandatory IELP New Student Orientation Week

☐ Visit PSU’s payment plan page to make arrangements for paying tuition: www.pdx.edu/financial-services/psu-payment-plan

☐ GO TO YOUR CLASSES!
IMPORTANT DATES AND DEADLINES

Summary of the 2015-2016 Dates and Deadlines

<table>
<thead>
<tr>
<th></th>
<th>Winter 2016</th>
<th>Spring 2016</th>
<th>Summer 2016</th>
<th>Fall 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandatory IELP</td>
<td>January 4 to 6</td>
<td>March 22 to 25</td>
<td>June 14 to 17</td>
<td>September 20 to 23</td>
</tr>
<tr>
<td>New Student Orientation Week</td>
<td>January 7</td>
<td>March 28</td>
<td>June 20</td>
<td>September 26</td>
</tr>
<tr>
<td>IELP Classes Begin</td>
<td>March 16</td>
<td>June 8</td>
<td>August 11</td>
<td>December 7</td>
</tr>
<tr>
<td>Last day of IELP final exams</td>
<td>March 17</td>
<td>June 9</td>
<td>August 12</td>
<td>December 8</td>
</tr>
</tbody>
</table>

Academic Holiday Calendar

FALL QUARTER, 2015
October 31  Halloween (Observed)
November 1  Day-light saving time ends
          (Change clocks back one hour)
November 11 Veteran’s Day (National Holiday)
November 26 Thanksgiving (National Holiday)
December 7  Chanukah Begins (Observed)
December 14 Chanukah Ends (Observed)
December 24 Christmas Eve (Observed)
December 25 Christmas Day (National Holiday)
December 31 New Year’s Eve (Observed)
January 1  New Year’s Day (National Holiday)

WINTER QUARTER, 2016
January 19  Martin Luther King Jr. Day
          (National Holiday)
February 14 Valentine’s Day (Observed)
February 16 President’s Day (Observed)
March 8  Day Light Saving Starts
          (Change clocks forward one hour)
March 17  St. Patrick’s Day (Observed)

SPRING QUARTER, 2016
May 10  Mother’s Day (Observed)
May 25  Memorial Day (National Holiday)

SUMMER QUARTER, 2016
June 18  Ramadan Begins (Observed)
June 21  Father’s Day (Observed)
July 4  Independence Day (National Holiday)
July 18  Ramadan Ends (Observed)
## TUITION AND FEES

### 2015-2016

<table>
<thead>
<tr>
<th></th>
<th>Part-time</th>
<th>Full-time</th>
<th>Pre-Entry Program</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 Credits</td>
<td>4 Credits</td>
<td>8 Credits</td>
</tr>
<tr>
<td>Tuition</td>
<td>$425</td>
<td>$850</td>
<td>$1,700</td>
</tr>
<tr>
<td>Supplemental Learning Lab Fee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IELP Learning Center Fee</td>
<td>$120</td>
<td>$120</td>
<td>$120</td>
</tr>
<tr>
<td>IELP Student Engagement Fee</td>
<td>$70</td>
<td>$70</td>
<td>$70</td>
</tr>
<tr>
<td>Recreation Center Fee</td>
<td>$41</td>
<td>$41</td>
<td>$41</td>
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<tr>
<td>PSU Fees</td>
<td>$93</td>
<td>$127</td>
<td>$195</td>
</tr>
<tr>
<td>Student Health Center Fee (5 credits or more)</td>
<td>N/A</td>
<td>N/A</td>
<td>$124</td>
</tr>
<tr>
<td>International Student Health Insurance (Required for F-1/J-1 students)</td>
<td>N/A</td>
<td>N/A</td>
<td>$776</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$749</strong></td>
<td><strong>$1,208</strong></td>
<td><strong>$3,062</strong></td>
</tr>
</tbody>
</table>

**ONE TIME ONLY** Fees: New Student Program Fee: $100; Late Fee: $250

* Tuition and fees are subject to change at any time.
LIVING EXPENSES

Estimated Expenses for One Term

<table>
<thead>
<tr>
<th></th>
<th>Fall 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Books and school supplies</td>
<td>$300</td>
</tr>
<tr>
<td>Housing and school supplies</td>
<td>$1,950</td>
</tr>
<tr>
<td>Food</td>
<td>$1,200</td>
</tr>
<tr>
<td>Other personal expenses</td>
<td>$900</td>
</tr>
<tr>
<td><strong>Total living expenses</strong></td>
<td><strong>$4,350</strong></td>
</tr>
</tbody>
</table>

TOTAL FULLTIME FEES AND LIVING EXPENSES (for one term)

Pre-Entry Program = $10,691
All other Programs = $9,811

Payment Policy Deadlines

Portland State University policies require payment of tuition and fees by the designated due date. Payment of tuition, fees, and housing are due by the 6th of every month. If payment is not received, interest charges and billing fees will be added to the billing statement on the 15th of the month. Billing statements are sent to students via email (to students’ PSU email accounts). Students are financially responsible for all costs related to the classes they are registered for on or after the first day of the quarter.

IELP tuition and fee charges will appear on students’ accounts during the second week of the term.

Payment Methods

Students have several options for paying tuition and fees:

PAYMENT PLAN
Pay your tuition in three installments online through PSU ePay using your VISA, MasterCard, Discover, American Express, Diners Card, or E-Check.

For more details visit: www.pdx.edu/financial-services/psu-payment-plan

US MAIL
PSU Cashier’s Office, PO Box 908, Portland OR 97207.

IN PERSON
Pay by check or cash in person at the Cashier’s window in the Neuberger Hall Lobby.

For more information related to payment methods visit: www.pdx.edu/financial-services/payments
How do I apply for my F-1 Student Visa?

It is your responsibility to apply for a non-immigrant F-1 student visa before you travel to the United States.

Steps to getting an F-1 Visa

1. Apply and get admitted to Portland State University/IELP
2. Receive an I-20 from Portland State University/IELP
3. Have a valid passport with a blank page
4. Pay the SEVIS fee (I-901) online at www.fmjfee.com. Note: Transfer students and F-2 dependents generally do not need to pay the SEVIS fee.
5. Make a visa appointment. Please visit the website of your nearest U.S. Consulate or Embassy for more information: www.usembassy.state.gov

It is up to the discretion of the consular officer to approve or deny a visa application. For more information, please see the U.S. Department of State website: travel.state.gov/content/visas/english/study-exchange/student.html

Note: June, July and August are the busiest months for many consulates, so be sure to arrange an interview well in advance. U.S. embassies and consulates can issue a student visa up to 120 days before a program begins.

What should I bring to my visa interview?

In general, you will need the documents listed below for your visa interview. However, please read your consulate’s website for specific document requirements. Be sure to answer all visa interview questions openly and honestly.

Transfer students renewing their F-1 visa may have additional document requirements, such as transcripts from past U.S. schools.

Common documents to bring to an F-1 visa appointment

1. The Visa Application (Form DS-160) confirmation page
2. Your original PSU I-20, signed by you on the first page
3. Proof of finances (showing enough funding to cover the costs shown on your I-20)
4. Your SEVIS fee receipt of $200 (I-901 Receipt)
5. Your Letter of Admission to the IELP/PSU
6. Your passport, valid at least six months beyond your period of stay in the U.S.
7. A passport photo

If you will bring dependents to the U.S. (F-2 spouse or children), you should also provide:

8. Proof of your relationship to your spouse and/or children (e.g., marriage and birth certificates.)

Note: It is preferred that families apply for F-1
and F-2 visas at the same time, but if your spouse and children must apply separately from you, they should bring a copy of your passport and F-1 visa in addition to the other required documents.

If you have a visa delay that prevents you from starting classes at PSU on time, please contact the IELP Admissions office as soon as possible.

When can I enter the United States?

Once you have a valid F-1 visa and passport, you may enter the U.S. up to 30 days prior to the start date shown on your I-20.

Bring the following documents to the airport (show them at the U.S. Port of Entry):

1. Valid Passport
2. Valid F-1 Visa
3. Original PSU I-20
4. Proof of finances
5. I-901 SEVIS fee receipt
6. U.S. Customs Declaration form (given to you by the airline on the flight)

Your arrival will be recorded electronically by U.S. Customs and Border Protection (CBP). Your passport will be stamped with your date of arrival, class of visa, and duration of stay (shown as Duration of Status or D/S).

How long may I stay in the United States?

When you enter the United States on an F-1 Student Visa, you will be admitted for Duration of Status (D/S). This means that you may stay in the United States as long as you are maintaining your student status, even if your F-1 visa expires while you are here. However, your I-20 and passport must remain valid while you are in the United States at all times.

Once you complete your program, you will have a 60 day grace period to prepare for departure or transfer to another school.

Immigration Check-In

Once you arrive in Oregon, you are required to report to Portland State University and show us your immigration documents. You will do this as part of Orientation before classes begin.

WHAT DO I NEED TO BRING TO IMMIGRATION CHECK-IN?

1. Your passport (with F-1 visa stamp)
2. The passports of your F-2 husband or wife and children (if they are in the United States with you)
3. Your PSU I-20
4. Your local address in Oregon (even if you are in a hotel when you arrive)
5. Emergency contact information from your parents, siblings or a friend
ARRIVING IN THE UNITED STATES

Immigration Documents and U.S. Entry

As an F-1 student, you are allowed to enter the United States no earlier than 30 days before the program start date listed on your I-20.

Be sure to have the following documents with you and ready to present at the U.S. Port of Entry:

• Your passport and visa stamp
• Your I-20 form
• Your U.S. Customs Declaration form
• Your financial evidence

Customs and Immigration

I-94 PROCESS

Your arrival in the United States through an airport or seaport will be recorded electronically by U.S. Customs and Border Protection (CBP). Your passport will be stamped with your date of arrival, class of visa and duration of stay. Students who enter the United States through a land port will receive a paper I-94 arrival/departure card.

U.S. CUSTOMS DECLARATION FORM

You will also be given a “Customs Declaration” form to complete. Give this to the customs official as well. If you are traveling with dependents, you will need to complete only one of these forms.
ARRIVING IN PORTLAND

Which airport should students use?
PORTLAND INTERNATIONAL AIRPORT (PDX)
Portland International Airport (PDX) is located within Portland city limits about 10 miles northeast of downtown. Over a dozen airlines serve PDX with direct flights to and from major airport hubs throughout the United States and some international destinations.

Getting from the Airport to PSU
To get from PDX to downtown Portland, you can take public transportation (MAX light rail), a shuttle, or a taxi. For new students, there is also a free airport pick-up service offered by Friends of Overseas Citizens and University Students (FOCUS). FOCUS is a volunteer organization that provides a FREE airport pick-up service to new IELP/PSU students when they arrive in Portland for the first time. You must request the service online seven days before your arrival. focuspsu.com

Public Transportation
LIGHT RAIL
Taking MAX light rail from PDX to downtown Portland is easy and inexpensive. Trains depart from PDX every 15 minutes, and the trip takes about an hour. The ticket costs $2.50 and can be bought from ticket machines in the airport. You can take
your luggage on the train. To get to PSU, first take
the Red Line to the Rose Quarter Transit Center.
Then, get off and transfer to the Green Line or
Yellow Line. Either one will take you right to PSU.

For more options on public transportation, visit the
TriMet website: trimet.org

SHUTTLES
Blue Star Downtown Express departs from PDX
every 30 minutes for hotels in the Lloyd Center and
downtown Portland. The trip by shuttle takes about
half an hour. It costs $14 one-way per person.
Other shuttle services are also available, and some
hotels offer free shuttles to and from the airport.

For more information about Blue Star Downtown
Express and other shuttles, visit the following
websites:

www.bluestarbus.com/downtown-express.php
www.portofportland.com/PDX_Grnd_Trnsprtn.aspx

TAXI
Taking a taxi from PDX to downtown Portland is
fast but expensive. The trip by taxi normally takes
less than half an hour. It costs around $35, but you
should remember to tip the driver about $5. Taxis
are always available at the airport.

Free Airport Pick Up
fs.elpidzo.com/menu/airport-pickup/
Orientation is Mandatory
All new students are required to attend all three days of orientation. Orientation includes the placement test, immigration check-in, a campus tour, and practical information about the IELP, the PSU campus, and Portland. It’s an important introduction to your new life here—and it’s also fun!

What to Bring?
- Passport
- I-20 (F-1 visa holders) or DS-2019 (J-1 visa holders)
- Local address, emergency contact information, and telephone number

IELP Placement Test
All new IELP students must take a placement test before they can begin classes. Placement test scores determine the program level that students will enter as they begin their IELP journey. It is very important to register and arrive for the test on time! New students take the placement test during orientation week.

PLACEMENT TEST FEE
The fee is included in the IELP New Student Program Fee ($100). You can find the link to pay online in the IELP Intent to Enroll and Orientation Registration Form.

There is a late fee of $250 that will be applied to students who arrive to the program late.

PLACEMENT TEST REGISTRATION
Our students can register for the placement test by submitting the online Intent to Enroll form. Students who cannot complete the online form can register in person when they check in at the IELP office. Placement test registration opens three weeks before the test and students are encouraged to register prior to their arrival through the online Intent to Enroll form. When students check in at the IELP office, they will also receive important information about new student orientation, medical insurance, and the class registration process. To register for the placement test in person, students need to bring the test fee or a credit card and their passport or PSU identification card to the IELP office.

IELP OFFICE
University Center Building (UCB), Room 400
(Please see campus map for the UCB location)
527 SW Hall St., Portland, OR
Monday-Friday, 9 a.m.-5 p.m

All students must be tested and placed in the program by the end of the first week. Students who arrive after the first week may not be placed or permitted to enroll in classes.
Immigration Check-In
As part of the orientation process, we will review your immigration documents to make sure everything is in order.

Information Sessions
Orientation is more than an information session. It’s a chance to meet your teachers, make new friends, become familiar with your new surroundings, and ask questions. All IELP students will receive an orientation packet containing helpful information about the PSU campus and the city of Portland. We will tell you more about course requirements, PSU’s medical insurance requirement, and the fun activities we have planned for you throughout the term.

Lunch is provided, so you’ll get a chance to relax and talk with your new classmates. On the campus tour, we will visit all the main buildings (including the Student Recreation Center, Student Health Center, PSU Transportation Office, Multicultural Center, etc.) and show you how to get your PSU student ID card, how to activate your PSU computer/printing account, and where students like to socialize on campus. Prepare to meet many new faces, take notes, and immerse yourself in your new student life.
HEALTH INSURANCE

International Student Accident and Health Insurance Plan

The state of Oregon requires all international students in F-1 visa status and their dependents in F-2 visa status to be covered by medical insurance. Health care in the United States is very expensive and health insurance coverage is for your benefit and protection.

All PSU F-1 and J-1 students and their dependents MUST be covered by the health insurance plan offered by PSU, unless they are sponsored* by a government or other agency which provides a comparable health insurance plan. Do not purchase private medical insurance, as it becomes an extra cost for you and is not necessary.

*Students and their dependents who are sponsored by a government or government agency will not be required to purchase the PSU Health Insurance Plan. Proof of adequate coverage must be submitted through the online waiver system by the end of the second week of classes in the student’s first term of study.

More Information

About requirements for F-1 and J-1 students: www.pdx.edu/international-students/health-insurance

About insurance plan information and waivers: https://wfis.wellsfargo.com/psu/

The Student Health and Counseling Center (SHAC)

Medical visits to SHAC are free for eligible students. You can make appointments with campus doctors, counselors, and nurses to get help for a variety of illnesses, including mental health issues such as stress or depression or eating disorders. Campus dentist visits are not free, but are less expensive than the same services off-campus. Please see www.pdx.edu/shac/international-students/ for more information about the SHAC health services. Services begin the first day of each term.

Health Insurance Coverage for Dependents

The spouse and children of an F-1 visa holder will have F-2 dependent status. Health insurance coverage is required for all dependents in F-2 visa status. You must enroll your family members in the health insurance program; dependents are not enrolled automatically. For information about enrolling your dependents and payment for this coverage, contact Christi Ziegler, Student Insurance Coordinator, 503-725-2467, christi.ziegler@pdx.edu.

Cost and Payment

The cost for the PSU health insurance plan is $776 per term for students, $890 per term for a spouse and $741 per term for a child.** You will be automatically enrolled in the PSU international student health insurance plan and automatically billed when you register for classes. Payment for
this insurance will take place at the same time that payment for tuition and fees takes place.

**Fee amounts are subject to change without notice. Students and their dependents who are sponsored by a government or other agency that provides a comparable health insurance plan may submit a waiver of health insurance through the university. The waiver process must be completed by the end of week two of the term of admission. The waiver must be submitted once per calendar year. Students who do not submit a waiver by the deadline will be responsible for paying the charges billed to their student account. No reversal or refund of the charges is possible once the fees are billed.

For more information about the health insurance waiver, please see: www.pdx.edu/international-students/international-student-insurance-waivers

**Scholarship Sponsored Students**

*Do you have government sponsorship and health insurance? Examples: SACM, UAE Embassy, Thai Government, Kuwait Cultural Mission*

**NO**
PSU Health Insurance will be charged to your student account when you start classes.

**YES**
Submit an online waiver of insurance charges/proof of adequate insurance by the end of week two of classes.*

*Sponsored students who do not submit a waiver by the waiver deadline will be responsible for paying the PSU Health Insurance charges. No exceptions can be made. Information about the waiver process will be provided upon arrival.

**Immunization**

All International students are required to show proof of immunization against measles, mumps, and rubella (MMR) prior to their first term of attendance. Students cannot register for classes until this requirement has been completed.

**Steps to Completing PSU’s MMR Requirements**


Step Two: Submit your completed form via email to: measles@pdx.edu

Or Mail to:
Center for Student Health & Counseling
Mail Code: SHAC
P.O. Box 751
Portland, OR 97207

**Questions**

Submit questions to measles@pdx.edu, or call the MMR information line at 503-725-2800, Option 1.

Please note: No medical records or documentation are necessary.

**Prescription Medications**

If you have and are taking any prescription medications (including contacts/glasses) then please bring your prescription with you to Portland. This will make getting a refill/renewal easier.
Climate and Clothing

Portland is sunny and warm in the summer. Fall has cooler nights and some rain, while winter and spring are rainy and occasionally snowy. You should plan ahead to bring clothing that is appropriate for the weather. It is very important to have a good raincoat and an umbrella. You can purchase these items after you arrive.

Most students do not dress formally for class. On campus, informal wear such as slacks, jackets, blouses, jeans, and shirts are acceptable.

SUMMER (JUNE - AUGUST)
High temperatures are usually between 75°F and 80°F (24°C to 27°C). Summer clothing attire is for hot weather, and a light jacket can be worn for cooler evenings.

FALL (SEPTEMBER - NOVEMBER)
High temperatures are usually between 53°F and 63°F (12°C to 17°C). In October, days tend to be mild and partly sunny. As the weather starts to cool, rain becomes more common. Fall clothing is usually layers, and a rain jacket.

WINTER (DECEMBER - FEBRUARY)
High temperatures are usually between 45°F and 51°F (7°C to 11°C). By December, temperatures may drop to freezing. We may get snow for a few days. It is necessary to have warm clothing and a winter coat. A heavy winter coat in the USA will cost approximately $100 to $200, depending on the quality. But remember, your suitcase space is valuable.

SPRING (MARCH - MAY)
High temperatures are usually between 56°F to 67°F (13°C to 20°C). Spring days often start rainy and end up with blue skies and sun towards mid-day. Many flowers bloom in early March. Spring clothing is usually layers, and a light rain jacket.

Telephones and Calling Home

You have many options for keeping in touch with friends and family and accessing the internet. You can have a landline telephone installed in your home with local and long distance service. However, you will probably find it more convenient to sign up for cell (mobile) phone or wireless service. You may also choose to arrange for home internet access, as well as cable TV or satellite. You can save money by going through one company and combining services for a discount. This usually requires that you sign a contract for a year or longer.

PSU offers free internet access and Wi-Fi to students on campus, as do many cafes in Portland. Typical providers of telephone, cell phone, internet, and/or cable services include the following companies: AT&T, Century Link, Clear, Cricket, DIRECTV, Dish Network, Jitterbug, Sprint, T-Mobile, Xfinity, Verizon, and Frontier.
Money Matters

In order to keep your money safe and pay your bills while you are in the United States, you will need to open an account at a local bank or financial institution. Portland has a variety to choose from. In addition to conventional banks, there are also credit unions, which are member-owned financial cooperatives. Both offer savings accounts, checking accounts, and credit card services.

You can open an account with two forms of photo identification, such as your passport and your PSU student ID. Financial institutions with branches located near the PSU campus include the following: Bank of the West, Chase Bank, Key Bank, Umpqua Bank, Unitus Community Credit Union, US Bank, and Wells Fargo Bank.

Local Transportation

Portland is routinely ranked among the best transit cities in the United States. TriMet is Portland’s public transportation system. TriMet consists of bus, MAX Train, Street Car, and WES Commuter Rail.

To find out more about TriMet, please visit: http://www.trimet.org/

PSU offers discounted TriMet transit passes through Transportation and Parking Services which can save students using TriMet a large amount of money each term. Transportation and Parking Services also sells Parking Permits for the Parking Garages on campus and Bike Parking Permits for bike garages.

For more information about all of these options, please go to their website here: http://www.pdx.edu/transportation/
Housing Options

Housing
Portland has a wide variety of housing options both on and off campus. For example, you can live in a residence hall, rent an apartment, or live with a host family. Before you arrive in Portland, it is recommended that you take some time to research the layout of the city, different types of housing, and how much they cost. You may wish to make advance arrangements for short-term or temporary housing (such as a homestay), and then look for permanent housing after you arrive in Portland.

You can find this same information on our website: www.pdx.edu/esl/housing-options

On-Campus Housing
Approximately 3,000 students live in University Housing, which operates over 10 buildings with various room types. Located on campus, the residence halls are convenient and provide support services and an active social atmosphere. Housing fees are billed to your student account and include all utilities (water, gas, electricity, phone, Internet, etc.). Meal plans are available for an additional cost. Consider living on the Global Village floor where international students are matched with American roommates and there are opportunities to participate in cross-cultural activities. University Housing fills up fast, so you are encouraged to sign up early. You may submit your application for campus housing before you receive your official admission from the IELP. You must pay a $200 application fee and deposit when you submit your application.

For more information, including rates for each room: contact 503-725-4370 or visit www.pdx.edu/housing/

Near Campus Housing
College Housing Northwest provides housing in seven unique apartment buildings, all within walking distance of campus.

For more information: contact 503-222-7105 or visit www.chnw.org/

Homestays
Living with a host family is a great way to improve your English and gain a better understanding of American culture. Homestays are relatively inexpensive and include a private room and meals. Most homes are located near public transportation, though it may take 30-60 minutes to get to campus. Homestay placements can either be short term or long term depending on your needs. There are two organizations in Portland that arrange homestays for international students. Please visit their websites to compare homestay arrangements and fees.

FRIENDS OF OVERSEAS CITIZENS AND UNIVERSITY STUDENTS (FOCUS):
"FOCUS is a faith-based coalition of Portland community members, area churches and campus ministries. Our purpose is to serve international students, scholars, and professionals from all religions, worldviews and nations and extend unconditional friendship in the spirit of Jesus of Nazareth. FOCUS adheres to the ethical standards established by NAFSA and ACMI. FOCUS is a volunteer organization and is not employed by Portland State University."

For more information, please visit: fs.elpidzo.com/menu/homestays/
ANDEO INTERNATIONAL HOMESTAYS:
“ANDEO is a non-profit organization that specializes in international homestay programs. Our international network of homestay coordinators shares our commitment to exceptional homestay experiences. Together we work closely to develop, implement, and refine every program we offer. The result is an extraordinary level of quality and support.”

For more information, please visit: www.andeo.org/, 503-274-1776, 800-274-6007

Off-Campus Housing in Portland

Off-campus housing offers more choices in terms of location, types of housing, and costs. However, it can be difficult to find affordable rental housing near campus, and you will have to sign a rental agreement or lease.

The Portland Area

For information about Portland’s neighborhoods, visit the following websites:

www.portlandneighborhood.com/
**Costs**

The cost to share an apartment with a roommate starts at about $500/month per person, not including utilities (water, gas, electricity, etc.). The cost to live alone starts at $800/month and can cost up to $1,000/month. Some utilities require setup fees and/or deposits. Most landlords require a one-year rental contract and will expect payment of first and last month’s rent and security deposit at the time of rental.

Negotiating a rental contract and signing a housing contract can be confusing or difficult. The PSU Student Legal Services (SLS) office has excellent information about housing agreements and can help you with questions about a housing contract or dispute. Before you arrange for off-campus housing, it would be wise to read the SLS “Landlord Tenant Handbook.” If you would like someone to help you understand a housing contract before you sign it, contact SLS at 503-725-4556 or www.pdx.edu/sls/contact

**Temporary Housing—Hotels and Hostels**

If you have not secured permanent housing before arriving in Portland, you will need to make arrangements to stay in a hotel or hostel.

**Hotels**

PSU operates its own University Place Hotel, which is within walking distance of campus. Reservations can be made by calling 503-221-0140 or 866-845-4647 or by visiting www.uplacehotel.com.

It is best to reserve a room at the hotel prior to your arrival. The PSU student rate is around $70 per night. If you have arranged to live in University Housing and your room is not available yet, you can reserve a room at University Place Hotel for a substantial discount.

Other hotels in the downtown area near the PSU campus include the following:

Econo Lodge City Center: www.econolodge.com, 503-226-7646

Downtown Value Inn: www.downtownvalueinn.com, 503-226-4751

Travelodge Portland City Center: www.travelodge.com, 503-226-1121

Sixth Avenue Motel: www.sixthavenuemotel.com/, 503-226-2979

Hotel Modera: www.hotelmodera.com/, 503-484-1084, 877-484-1084

Marriott Portland Downtown Waterfront: www.marriott.com, 503-226-7600

**Hostels**

Portland has two welcoming hostels associated with Hostelling International:

Northwest Portland Hostel: www.nwportlandhostel.com/, 503-241-2783

Portland Hostel Hawthorne District: www.portlandhostel.org/, 503-236-3380, 866-447-303
FOOD

Dining On Campus
Dining at PSU consists of several locations around campus, including Victors at Ondine, the Viking Food Court at Smith Memorial Union, the Ondine Convenience Store, the Meetro Cafe in King Albert Hall, and Branford’s Bean in the Millar Library.

Dining Off Campus
Portland has more restaurants per person than any other city in the world. There are many fine restaurants serving local specialties, as well as a variety of restaurants serving ethnic cuisines from around the world. Portland is also famous for its food carts, which serve gourmet food at prices students can afford. You can start your day at one of Portland’s many coffee shops, and you can end your day at one of Portland’s many pubs and wine bars.
### SCHEDULE

18 hours/week
3-4 hours a day Monday-Friday

### EXAMPLE OF A TYPICAL SCHEDULE

**Monday, Wednesday and Friday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-8:45am</td>
<td>PSU rec center workout</td>
</tr>
<tr>
<td>9-11:20am</td>
<td>Grammar/writing class</td>
</tr>
<tr>
<td>11:45-12:30pm</td>
<td>Lunch and conversation with native speakers</td>
</tr>
<tr>
<td>12:45-1:50pm</td>
<td>Reading class</td>
</tr>
<tr>
<td>2:00-4pm</td>
<td>Learning center and tutoring support</td>
</tr>
<tr>
<td>4:30pm</td>
<td>Dinner at PSU dinning center</td>
</tr>
</tbody>
</table>

*(many other food options available)*

**Tuesday and Thursday**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-8:45am</td>
<td>PSU rec center workout</td>
</tr>
<tr>
<td>9-10am</td>
<td>Study at PSU library</td>
</tr>
<tr>
<td>10-11:50am</td>
<td>Speaking/listening class</td>
</tr>
<tr>
<td>12-1:50pm</td>
<td>Skills class (American culture, TOEFL, IELTS, etc.)</td>
</tr>
<tr>
<td>2-4pm</td>
<td>TOEFL or IELTS practice test at the Learning Center</td>
</tr>
<tr>
<td>4-5pm</td>
<td>International student coffee hour</td>
</tr>
<tr>
<td>5pm</td>
<td>Dinner at Portland food carts</td>
</tr>
</tbody>
</table>

*(many other food options available)*
MEET THE TEAM

Jamie Bower
Admissions Coordinator

Naoko Horikawa
Program Reception and Data Coordinator

Ella Bozigar
Registration Coordinator

Kristi Kang
IELP Student Life Coordinator

Susan Westby
Administrative Assistant for Faculty and Student Support

Julie Haun
Director

Michele Miller
Student Academic Adviser

Betty Brickson
Student Academic Adviser

Pilar Montejo
International Student Adviser

Sarah Lane
International Student Adviser

Paula Harris
International Student Adviser

Sheila Mullooly
Learning Center Coordinator

Samudra Kugel
Associate Director Outreach and Admissions

Wayne Gregory
Academic Director

Karin Tittelbach
Fiscal and Operations Manager
To Center for Executive and Professional Education

Academic and Student Recreation Center (ASRC) C7
Art Building and Annex (AB) G8
Blackstone Residence Hall (BLKS) C4
Branford Price Millar Library (ML) D4
Broadway Residence Hall (BDWY) F6
Campus Public Safety (CPSO) E5
Collaborative Life Sciences Building (CLSB) (see map inset) D3
Community Recreation Field (CRF) B5
East Hall (EH) E6
Engineering Building (EB) F9
Fifth Avenue Cinema (CIN) E7
Fifth Avenue Lot (FAL) C8
Fourth Avenue Building (FAB) D9
George C. Hoffmann Hall (HOFF) D2
Harder House (HAR) A4
Harrison Street Building (HSB) C3
Helen Gordon Child Development Center (HGCDC) A1
Joseph C. Blumel Residence Hall (BLU) B2
King Albert Residence Hall (KNGA) C2
Koinonia House (KHSE) B6
Lincoln Hall (LH) A5
Market Center Building (MCB) A9
Montgomery Residence Hall (MONT) C4
Native American Student and Community Center (NASCC) G5
Neuberger Hall (NH) D5
North Greenhouse (NGH) C3
Ondine Residence Hall (OND) E7
Parking Structure One (P1) D6
Parking Structure Two (P2) B6
Parking Structure Three (P3) B1
Parkway Residence Hall (PRKW) A4
Peter W. Stott Center (PSC) E4
PSU Bookstore (BOOK) B7
Research Greenhouse (RGH) F4
Saint Helens Residence Hall (STHL) B2
School of Business Administration (BA) C6
School of Education (ED) D9
Science Building One (SB1) A3
Science and Education Center (SEC) H8
Science Research and Teaching Center (SRTC) B3
Shattuck Hall and Annex (SH) E5
Simon Benson House (SBH) C4
Smith Memorial Student Union (SMSU) C5
South Greenhouse (SGH) C3
Stephen Epler Residence Hall (SEH) C2
Stratford Residence Hall (STFR) A3
University Center Building (UCB) D7
University Honors (UH) A2
University Place (UP) G10
University Pointe (PNT) F7
University Services Building (USB) B6
University Technology Services (UTS) H9
Urban Center Building (URBN) B7
West Heating Plant (WHP) E2

Not pictured
Center for Executive and Professional Education,
1500 SW 1st Ave., Suite 1008
PSU Business Accelerator, Corbett Building, 2828 SW Corbett Ave.
Intensive English Language Program (IELP)
esl@pdx.edu
503-725-4088
Portland State University
527 SW Hall Street
University Center Building, Suite 400
Portland, OR 97201

IELP Admissions Support
pdx.edu/esl/applying-to-the-ielp
ielpadm@pdx.edu
503-725-9185

pdx.edu/esl