Fall 2020/Spring 2021

Welcome Booklet For International Exchange Students



Table of Contents

About New York City	
About NYU	4
About Tandon School of Engineering	5
Academic Information Summary	6
Application Deadline and Procedures	7
Course Registration	8
Estimated Expenses	10
Health Insurance	11
Housing	12
Health & Safety	16
Getting Around	17
Public Transport	17
Brooklyn Campus	19
Campus Resources	21
Resources for Academic and Cultural Adjustment	2
Tips for Cultural Adjustment and Intercultural Communication	2
Cultural Adjustment Resources	3
Other Helpful NYU Resources	4
Academic Resources	5
Hints for having fun on a hudget	6



About New York City

New York University is located in New York City. The largest city in the United States with a population of 8.6 million, it is full of hustle and bustle, neighborhoods with unique flavors and personalities, and every sort of dining and shopping experience imaginable. It is home to nearly 21 million people speaking more than 200 languages. It is the financial capital of the US since it is home to the nation's stock market, Wall Street, and the One World Trade Center. It is also the home of the United Nations Headquarters.



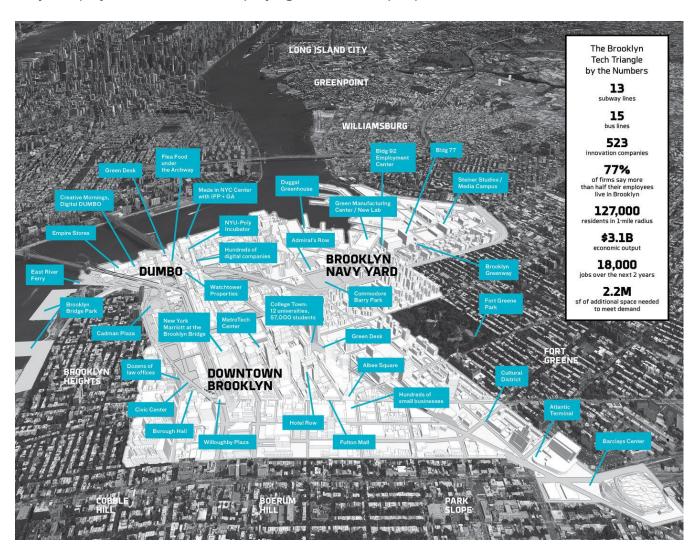
Situated on one of the world's largest natural harbors, New York City consists of five boroughs – Manhattan, Queens, Brooklyn, the Bronx and Staten Island, each of which is a separate county of the State of New York. NYU spans across two of these - Brooklyn and Manhattan. You will have access to endless entertainment, including nightlife, restaurants, cultural events, concerts, and so much more. They don't call it "The City That Never Sleeps" for nothing! Even on a student's budget, there are plenty of fun things to do in NYC. When you're ready to explore New York City's professional side, the possibilities are equally amazing. There are thousands of businesses of all sizes based here, representing every industry, providing you with truly unparalleled career opportunities.





About Brooklyn

While the larger university is located in Manhattan. NYU's engineering and tech hub is located in Brooklyn (BK). BK is the fastest growing hub of technology in the country and it has been undergoing a rapid transformation in the past decade, with entrepreneurship propelling a new economy. As the borough's industry base has grown to incorporate innovative technology ventures, Brooklyn's population, diversity, and employment opportunities have expanded. What started out as the Tech Triangle (Downtown Brooklyn, DUMBO, and the Brooklyn Navy Yard) has burgeoned into an entire Innovation Coastline, radiating from the waterfront and encompassing the borough and all of New York City. The area has attracted a multitude of pioneering businesses and start-up ventures in the tech industry, and our students are connecting with these cutting-edge entrepreneurs on a daily basis. More than 1,350 tech companies currently exist in the Brooklyn Tech Triangle, such as Makerbot, mindbodygreen, Etsy, Amplify, and BioLite — employing over 17,000 people.





About NYU

In 1831, Albert Gallatin, the distinguished statesman who served as secretary of the treasury under Presidents Thomas Jefferson and James Madison, declared his intention to establish "in this immense and fast-growing city ... a system of rational and practical education fitting for all and graciously opened to all."

Founded in 1831, New York University is now one of the largest private universities in the United States. Of the more than 3,000 colleges and universities in America, New York University is one of only 60 member institutions of the distinguished Association of American Universities. From a student body of 158 during NYU's very first semester, enrollment has grown to more than 50,000 students at three degree-granting campuses in New York City, Abu Dhabi, and Shanghai, and at study away sites in Africa, Asia, Australia, Europe, North and South America. Today, students come from every state in the union and from 133 foreign countries





About Tandon School of Engineering

Our reputation as a global education leader with a world-class faculty and state-of-the-art labs producing groundbreaking research make the School of Engineering the perfect place to pursue your degree.

As an institution that traces its origins back to 1854, NYU Tandon School of Engineering is rooted in tradition and opportunity. Our school was, quite literally, the birthplace of the American Dream; it was our alum James Truslow Adams who coined that phrase in 1931. Just as it was then, Tandon is a place



where ambitious students from all walks of life get the solid education, they need to launch their careers.

Invention, innovation, and entrepreneurship suffuse everything here — from our course offerings to our student competitions to our labs and prototyping spaces. We carry our school's great history forward with a shared goal: To generate ideas and build solutions for a healthier, safer, better-connected, and more sustainable world.

5,331

Total Students (Fall 2018)

91 countries

Global students represented

34%

Women students admitted (Fall 2018)

\$52.5 Million

2018 research expenditure

11

Academic departments

15

Undergraduate programs

Top 5

Academic institutions leading in 5G research (Fierce Wireless)

#40

Best engineering school in the U.S. (U.S. News & World report ranking)



Academic Information Summary

Study Level	Open to Undergraduates (UG)	
Exchange Period	1 semester or 1 year	
Academic Calendar	Fall semester (semester 1) – late August/early September to mid/late December Spring semester (semester 2) – late January to mid-May	
Language of Instruction	English	
Workload per Semester & Courses Selection	12-18 credits maximum: courses can be found via the NYU Public Course Search located via NYU Albert (http://albert.nyu.edu/albert_index.html). Students must complete 50% of their coursework at the Tandon School of Engineering. Other courses can be taken at other schools of NYU. Note that coursework is not guaranteed for incoming exchange students so it is recommended that students have backup course choices in case they don't get their first choices.	
Restricted Programmes	Students must meet all of the course requirements and prerequisites. While graduate coursework may be open, different schools/departments/programs have different requirements/restrictions. Some popular Tandon coursework might have a restriction on them until the end of registration for Tandon degree seeking students only.	
NYU Academic Unit (AU) & Grading System	Tandon - http://bulletin.engineering.nyu.edu/content.php?catoid=13&navoid=1105#Policies on Undergraduate Grading and Grades other schools of NYU might have different grading systems and/or rules & regulations	
Types of Exchange	Students from Global E3 or Tandon MOU Agreements (falling under Tandon Exchange Programs - https://engineering.nyu.edu/academics/support-services/academic-opportunities/study-abroad/tandon-exchange)	
On Campus Housing	Not guaranteed but if space in dorms, certainly optional. More information here: https://www.nyu.edu/students/student-information-and-resources/housing-and-dining.html	
Withdrawal	Contact your home university and discuss the implications of this. Have them reach out to tandonglobal@nyu.edu requesting this.	
Academic Transcripts	Students can request these online: https://www.nyu.edu/students/student-information-and-resources/registration-records-and-graduation/transcripts-certifications-grades/transcripts.html	



Application Deadline and Procedures

APPLICATION DEADLINE	
Study	March 1st for fall/full year, October 1st for spring
Research/Work Experience	NYU doesn't allow for exchange students to complete research/work
APPLICATION PROCEDURES	
	1. Students inform home institution of interest to study at NYU.
	2. Students apply within home institution/3rd party application (if GE3).
	3. Students receive informal notification from NYU of acceptance/rejection.
Application Procedure for	4. If accepted, students then fill out NYU online application.
• Study	5. Students receive formal acceptance from NYU Office of University Programs (UP).
	6. Students must accept spot at NYU in the application system.
	7. Students receive notices from UP regarding visa, housing, registration, student activities, etc.
	8. Students prepare for a semester/year at NYU.
DOCUMENTS TO PREPARE	
	Unofficial transcript
Mandatory documents to be submitted with your online application	TOEFL Score Report
аррисацоп	Bank letter (for visa)
English Proficiency	Minimum TOEFL iBT score – 100 or Minimum IELTS score – 7.5
Course Selection	Unofficial transcript (translated into English if not already)
VISA INFORMATION	

To be a visiting student you will need an F-1 or J-1 student visa. You cannot be a visiting student with a B-1/B-2 or ESTA visa. If you are offered admission, we will assist you in the next steps including obtaining an I-20 or DS-2019. Please contact the NYU Office of Global Services (OGS) with specific visa related questions at university.programs@nyu.edu



Course Registration



The course search buttons below will only show undergraduate courses. If you are interested in graduate level courses you will need to speak with the <u>graduate admissions office</u> of the school offering the course and follow their visiting student application process.

Fall semester courses

https://sis.nyu.edu/psc/csprod/EMPLOYEE/SA/c/NYU_SR.NYU_CLS_SRCH.GBL?&Year=2020&Search=SSFall&Fall=Y&

Spring semester course

https://sis.nyu.edu/psc/csprod/EMPLOYEE/SA/c/NYU_SR.NYU_CLS_SRCH.GBL?&Year=2019&Search=SSSpring&Spring=Y

Note: Course Restrictions. As a visiting student you will be able to take courses that: are open to non-majors, have no pre-requisites OR have pre-requisites that you have met elsewhere. If admitted, you will be expected to provide proof of successful pre-requisite completion.

Course Selection

Note: Undergraduate Opportunities. The course search buttons above will only show undergraduate courses. If you are interested in graduate level courses you will need to speak with the <u>graduate admissions office</u> of the school offering the course.

Note: Enrollment is not Guaranteed. Visiting students who are admitted are not guaranteed enrollment in their course of interest. Students should consider alternate options in case a course is closed or has a waitlist.

Note: Different Semesters, Different Options. Courses offered in one semester are not guaranteed to be offered in the following semester. When exploring the course selection ensure that you are looking at options for the semester you wish to enroll.

If you have questions about the content of a particular course or need a copy of a course syllabus to ensure the credits are transferrable, please contact the appropriate <u>academic</u> <u>department</u> for more information.

If you are having trouble enrolling in a course or reaching a particular department contact up.advising@nyu.edu or call 212-998-2292 for assistance.



Estimated Expenses

International Students must demonstrate **financial proof** that they have sufficient funds readily available to cover tuition and fees, living expenses, and health insurance for at least one academic year of study to get an immigration document from NYU (or, if your program is less than a year, the full cost of your program). The tables below show the amounts that each student needs to meet for each program.

IMPORTANT: Anticipate that all costs related to study at NYU will increase approximately 5% for the next academic year and every subsequent year. This increase may be reflected on the I-20 or DS-2019 you receive and therefore may not match precisely the amounts listed below.

NYU Tuition & Fees	\$50,708 (waived for exchange students)
NYU Room and Board*	\$18,156 (optional)
Travel and Personal Expenses **	\$4,692
Health Insurance***	Fall Term - \$1,507
	Spring/Summer Terms - \$2405
OGS DS-2019 fees	\$50 before arrival for DS-2019 and \$90 up

^{*}NYU Room and Board — This total may be different for students living off-campus. These are only estimates. The total may vary by school and represents 9 months of the academic year unless otherwise noted. Students who decide to stay in the US over the summer are responsible for any expenses they incur

- **Travel & Personal Expenses Travel and other expenses are not university charges; they are an estimate of costs associated with day-to-day life in NYC for a student coming from abroad. Represents 9 months of academic year unless otherwise noted. Students who decide to stay in the US over the summer are responsible for any expenses they incur
- ***Health Insurance F-1 and J-1 students are automatically enrolled in and billed for the NYU-sponsored student health insurance comprehensive plan upon registration each semester. F-1 and J-1 students may elect to instead take the lower-cost basic coverage, which provides more limited coverage. Waivers are available to students who have insurance that meets university requirements. Find more information on health insurance requirements.



Health Insurance

The high cost of healthcare in the United States presents a potentially serious financial risk to students. Therefore, NYU requires that all students registered in degree-granting programs maintain health insurance.

Whether enrolled in an NYU-sponsored Student Health Insurance Plan or maintaining alternative health insurance coverage, **ALL MATRICULATED NYU STUDENTS** have access to comprehensive services at the Student Health Center (SHC). Many of the services at the SHC are provided at no cost or very reduced cost to all matriculated students. <u>Click here</u> for more information on the NYU sponsored student insurance.



Exchange students are **automatically enrolled** in and charged a premium for an NYU sponsored student health insurance **Comprehensive** plan as part of the course registration process. As an exchange student, you are charged the NYU Washington Square rate, not the Tandon rate for insurance as technically you are an exchange student to the entire university, not just the Tandon School of Engineering (as you can take 50% of your coursework outside of Tandon at other schools of NYU. You do have the option of dropping down to the basic plan. You can do so by

2019-20 Student
Health Insurance
Brochure Download
the PDF

completing the online enrollment process at www.nyu.edu/health/insurance before September 30th.

Students who maintain alternate health insurance coverage that meets the University's minimum health insurance criteria may waive the NYU sponsored student health insurance plan entirely (see Waiving the Student Health Insurance Plans section).



Housing

On campus housing: Residence Halls

New York City is one of the world's most vibrant, culturally rich cities, and residents of NYU's residence halls are at the center of the excitement. Whether you're living in one of the residence halls centered around Washington Square in Greenwich Village, in Brooklyn Heights, or in a residence hall located in one of the city's other bustling neighborhoods, there is an endless amount of activity and things to do and see.

Within each residence hall assignment, each student is provided the following:

- An extra long twin bed and mattress (39"x80")
- A desk and chair
- Drawer space (either underbed or dresser)
- Hanging space (either a closet or wardrobe cabinet)

Residence Hall Categories:

- **Apartment:** apartment-style residence halls. A kitchen is provided in the suite/apartment, or a communal kitchen is available.
- Traditional: traditional residence halls. No kitchen is provided in the suite.

Proposed housing rates for 2019-2020:

https://www.nyu.edu/content/dam/nyu/resLifeHousServ/documents/ApplicationsandAssignments/Propposed2019-2020Rates.pdf

For more information, visit

https://www.nyu.edu/students/student-information-and-resources/housing-and-dining/on-campus-living/residence-halls.html



Off-campus housing:

If you're planning to live off campus, your first source is <u>Off-Campus Living at NYU</u>, but we've also compiled some tips here from former and current students as you begin the search for your new home. Planning to live off campus can be overwhelming--New York has so many neighborhoods to choose from. So, what are some of the things you should consider when trying to find your new place? Keep in mind that because apartments and rooms move quickly it's best for you to start researching as soon as you know you're coming to NYU so that once you arrive in New York you can find the right place sooner.

Please keep in mind that the websites outside of NYU that we link to on this page are provided to assist you with your search. NYU doesn't have any relationship with these companies. Inclusion on this list does not mean we are recommending or endorsing these companies.

Factors in Selecting a Neighborhood Within NYC

Cost



Knowing how much you can expect to pay helps you decide which parts of New York to focus on. Calculate what your monthly budget is and then determine the parts of the city that fall within your range. It's going to be cheaper living with roommates, so if you're in need of finding some roommates, check out our NYU International Student Group on Facebook, or see some of the other housing resources from the Center for Student Life. Other ways to lower the cost include renting an individual or shared room instead of a full apartment or getting an apartment where you can either have your own bedroom or share with others.

Keep in mind that when you find a place, you will also have to budget in not only the monthly cost, but also a security deposit you'll be responsible for paying (usually the cost of one month's rent) and any associated fees: for the application, if you used a broker (a person who helps apartment or room hunters find their new home), etc.



Location



How far away is the neighborhood from NYU? How close is the apartment to the nearest subway station? Which subway line is it near? Luckily, NYU is surrounded by an array of subway lines, but consider which part of NYU you'll need to be at and which subway lines serve that area--that too may help you understand which part of the city may be best for you to live in.

Narrow your search to one or two of your top choices of neighborhoods to live in the city so that when you do start looking for places it will be less overwhelming.

NYU Community



Curious where other NYU students are already staying within the New York metro area? Popular areas include Jersey City, Downtown Brooklyn, Roosevelt Island, Journal Square (New Jersey), Bay Ridge (Brooklyn), Long Island City (Queens), the East Village, and SoHo. When in doubt, ask around: your classmates, your cohort, the NYU International Student Facebook group.

Safety



New York is one of the safest large cities in the US. Your budget and the community you seek may get you on the right track. Try to visit the neighborhoods you're considering both during the day and the evening. Ask people who live in the area what they think about living there. Would you feel comfortable walking there alone at night? Each of us determines safety differently. The safest areas of the city statistically aren't necessarily the most convenient in terms of accessibility to NYU. You can check <u>crime statistics</u> online based on zip code of the address you're considering living at if you want further details on crimes committed in your potential new neighborhood.



Tools to Search for Housing

To get started on your search, find the websites that work best for you. Some sites our students have had luck with include:

- StreetEasy
- Naked Apartments
- Trulia
- Go No Fee

Got what you need to get started on your search? Make sure you also remember to find a temporary place for your first week here while hunting. There's a whole section of the NYU website on off-campus housing that provides a listing of <u>short term stays and hotels</u> you could stay at while looking. You can also check out short term places that are available in the city at <u>Lease Break</u> and <u>Ditch the Space</u>.

And if you're confused by any of the terms or vocabulary you're seeing on these sites, know that you're not alone. We've got you covered with a listing of common housing tips and terms.



Health & Safety

In the midst of New York City, NYU students are truly part of the tempo and excitement of Greenwich Village and beyond. NYU is committed to safety, wellness education, and outstanding health care as part of the University community.

To maintain the health and well-being of the student body, students in degree-granting programs are required to maintain health insurance. Many are enrolled automatically in a NYU-sponsored student health insurance plan as a part of the University's registration process. Students may also opt to maintain their own health insurance and waive the NYU Plan, and they have the option of enrolling in Stu-Dent, the student dental plan. The Student Health Center offers routine and walk-in Primary Care and Women's Health Services at either no cost or very reduced cost to all matriculated students. In addition, Wellness, Short-term Counseling (talk therapy) and Crisis services are free of charge.

Students can access a 24 private hotline through the Wellness Exchange, which will put them in contact with a professional who can help address both day-to-day challenges as well as any other crises they may encounter, including depression, sexual assault, anxiety, alcohol and drug dependence, sexually transmitted infections, and eating disorders. The Department of Public Safety makes student safety a priority, offering services including safety tips and secure transportation between campus buildings.

The links below provide resources and instructions on how to stay safe and healthy while enjoying life in the big city.

- Counseling Services at SHC
- Fire Safety
- The Mindfulness Project
- NYU Dental Faculty Practice
- Office of Public Safety
- Sexual Assault Prevention and Response
- Student Health Center
- Student Health Insurance
- Student Dental Plan/Stu-Dent
- Wellness Exchange



Getting Around

Luckily, there are a lot of options available to get around New York City. University Transportation services run between all of the major academic building locations, including the Medical Center, and NYU residence halls.

Public Transport

The MTA (Metropolitan Transportation Authority) runs the subway, train and bus systems that will also get you where you need to go. You can call **511** to reach the NY state and traffic line. To get information about the apps that are available on your smart phone or



Concerning MTA Maps, schedule and service changes visit,

<u>www.mta.info/apps</u>. The standard bus and subway fare is \$2.75. To travel on the subway, you must buy a **MetroCard** for \$1. To travel on the bus you can use a MetroCard or exact change (coins only).

Subways

New York subway is absolutely the fastest way to get around the city. It is a vast and sometimes confusing network. This extensive network (running from the farthest reaches of Queens to the Northernmost Bronx) offers incredibly good value for the money spent, and is relatively safe even at night.

Note: The subway runs 24 hours a day and 7 days a week. Because it never stops, service changes and disruptions sometimes occur to allow for repairs and construction, especially at night and on weekends. The New York subway map is given on the next page.

Buses

Buses in New York are not the fastest ways to travel, but they can be a great way to see the city, and like the subway, they run 24 hours a day, seven days a week. Separate bus maps are available for each borough. Every bus has a number indicating its route and a letter indicating the borough (M for Manhattan, Q for Queens, B for Brooklyn, Bx for Bronx and S for Staten Island). For travelling between boroughs, particularly to and from Staten Island, express buses can be a good option. Express buses cost \$6.50 per ride and are marked with an "X" before the route number; remember to purchase a roundtrip ticket since there may not be convenient MetroCard machines, in which case you have to pay in coins. Be aware that unless otherwise indicated, the express bus runs Monday through Friday only.





Figure: New York city subway map



Taxis

A New York taxi will look familiar to almost every visitor to the city; its bright yellow exterior is featured in countless films, TV shows and photos of the city. Within Manhattan, taxis – or "carbs" – are generally plentiful and relatively easy to hail at any curbside, except during rush hour (4:00 p.m. – 6:00 p.m.). The current fare is an initial \$2.50 plus 50 cents per fifth of a mile, or 50 cents per minute while stopped in traffic. There is an extra \$1 charge from 4:00 p.m. to 8:00 p.m. on weekdays (excluding holidays), and an extra 50 cents nightie charge from 8:00 p.m. – 6:00 a.m. bridge or tunnel tolls are extra. Don't forget to tip!

Taxi drivers are obligated to take you anywhere in the five boroughs or to Newark airport and are prohibited from charging you more than the metered fee.

Brooklyn Campus

NYU Tandon School of Engineering Address

6 MetroTech Center Brooklyn, NY 11201 tel: 646.997.3600

By Subway

A C F R train to Jay Street MetroTech

<u>2345</u> train to Borough Hall (walk one block East to Willoughby Street and make a left onto Jay Street) <u>QB</u> train to Dekalb Avenue (walk two blocks North toward Manhattan Bridge and make a left onto Myrtle Avenue into MetroTech)

University Transportation Services connects the Washington Square Campus with the Medical Corridor, Brooklyn Campus, and several residence halls through:

- <u>7 routes</u> operating 7 a.m. to midnight during the academic term.
- <u>Safe Ride</u>: on-demand, ride-shared service available to/from NYU locations from midnight to 7 a.m. during the academic term.

Brooklyn campus map is on the next page.

You can also find the NYU campus (Manhattan + Brooklyn) on this website https://www.nyu.edu/content/dam/nyu/advertisePublications/documents/nyu-downloadable-campus-map.pdf

NYU

NYU Buildings & Destinations

- Admissions (D-3) Wijnsich Hall + 311 Bridge St.
- Bern Dibner Library of Science & Technology
- Café & Servery (C-3) Rogers Hall 6 MetroTech Ctr.
- Center for Urban Science + Progress (CUSP) (C-4) 1 MetroTech Ctr.
- Computer Lab (C-3) Jacobs Academic Building 6 MetroTech Ctr.
- DUMBO Incubator 20 Jay Street (Not located on map)

- Information Technology Help Desks (C-3)
 Rogers Hall 6 MetroTech Ctr
- Jacobs Academic Building (C-3) 6 MetroTech Ctr.
- Jacobs Administration Building (C-3)
- LC400 Event Space (D-3) Bern Dibner Library Building
- NYU Public Safety Badging Station (C-3)
- NYU StudentLink (D-3) Bern Dibner Library Building
- Othmer Residence Hall (C-3)
- Print & Copy Shop (C-3)
- Rogers Hall (C-3)
- Regna Student Lounge (C-3)
- St. George Clark Residence, EHS
- Wasserman Center for Career Development (D-3) Wunsch Hall 311 Bridge 64
- 2 MetroTech Center (D-4) 2 MetroTech Ctr.
- 325 Gold St. (E-3)
- 370 Jay Street (C-4)

Office Buildings

- 3 MetroTech Center (D-4)
- 4 MetroTech Center (F-4) 7 MetroTech Center (D-4)
- 8 MetroTech Center (D-4)
- 9 MetroTech Center (D-3)
- 11 MetroTech Center (D-3)
- 12 MetroTech Center (C-3) 330 Jay Street
- 22 350 Jay Street (B-4)

- ATM Chase Bank (D-3) 5 MetroTech Ctr.
- Downtown Brooklyn Information Booth (C-4) 370 Jay Street
- New York Marriott at the Brooklyn Bridge (C-3) 333 Adams Street
- TKTS Downtown Brooklyn (C-4) 1 MetroTech Ctr.
- U.S. Post Office (Cadman Plaza) (B-2)



Directions to NYU Washington Square Campus

Take the A or F trains to West 4th Street-Washington Square Station. Walk east on West 4th Street until you reach Washington Square.

University Transportation Services provide safe, free shuttle transportation to all students, faculty, administrators, alumni and staff. Route A provides service from Brooklyn to Manhattan, departing from 6 MetroTech Center at Jay Street and arriving at 715 Broadway Washington Square.

For campus tours, visit Wunsch Hall located at 311 Bridge St.



Campus Resources

University life at NYU is supplemented with a variety of resources and services provided by the University. From major ingredients like financial aid, registration, information technology, and housing to the important daily details like lockers and copying services, this section provides you with invaluable resources that will make your life easier.



StudentLink

Find information, dates and deadlines related to essential services like Registration, Housing,



The Center for Career Development posts job listings, connects students with alumni, counsels students on interview skills, & more.



Student Resources
The Center for Student Life is a general source that connects student communities & helps students navigate NYU resources.

NYU Information Technology





at affordable ticket prices for NYU and its neighbors.



University Life Resources

- Bookstore
- Box Office
- Center for Multicultural Education and Programs
- Commuter Student Services
- Dining Services
- Environmental Health and Safety
- Global Spiritual Life
- Housing
- LGBTQ Student Center
- Mail Services
- International Student Services
- Moses Center for Students with
 Disabilities
- Recycling Services
- Residential Life and Housing Services
- Student Health Center
- Sustainability
- Transportation

Facilities

- 404 Fitness
- Grey Art Gallery

- Kimmel Center
 NYU Press
- Palladium Athletic Facility
- Skirball Center for the Performing Arts
- The Torch Club
- Washington Square East Gallery

Academic Resources

- Academic Resource Center
- America Reads
- NYU Classes
- National Scholarship Competitions
- Office of Sponsored Programs
- Office of the University Registrar
- Speaking Freely
- University Learning Center
- Work Study information
- Writing Center

Media & Technology

- NYU Classes
- Campus Media
- Computer Store
- Copy Central



Resources for Academic and Cultural Adjustment

Tips for Cultural Adjustment and Intercultural Communication

- Develop awareness of your own cultural values and assumptions.
 - When you're in a new place it's not always easy to understand everything that's going on around you. To help you build an awareness of your own values and assumptions in situations where you feel confused or frustrated, ask yourself why you're feeling the way you do. How may your expectations be different from what you've experienced?
- Avoid making assumptions about people based on appearance or linguistic ability.
 - o Be open and accepting of the unexpected in each person you meet.
- Be mindful of cultural differences, but be wary of stereotypes.
 - Within every culture or society, there are tendencies and patterns of values and behaviors. However, people are all unique combinations of these various elements and trends. Any person you meet might think, react, or behave differently from your expectation of what is "typical" for that culture. Be aware of the likely areas of difference; but be mindful of each person's uniqueness, too!
- Treat everyone you interact with as an individual.
 - You are no more a representative of every person in your country than the other person is a representative of everyone in their country.
- Maintain a sense of humor.
 - Be ready and willing to laugh at yourself or with others as you navigate intercultural learning and growth.



- Be patient with yourself and others as we all learn and grow together.
 - Maintaining a hopeful, positive attitude can make all the difference!
- Use resources to help you manage your adjustment and communication. Check out the list below.

Cultural Adjustment Resources

NYU Residential International Student Engagement (RISE)

RISE provides opportunities for peer interaction, assists with integration into the US, and helps students stay connected to their own culture while connecting with the greater NYU and NYC community. Learn more about RISE.

International Student Center

The NYU <u>International Student Center</u> is a hub for events and programs that foster meaningful connections among all global thinkers and help students from around the world make the most of their NYU experience.

GoWorldWise

Once you log into <u>NYUHome</u>, take a look at the "NYU Life" tab. Click on GoWorldWise to access tools on cultural competency and getting best practices for communicating, living, or working in another country or city, including New York.

World Trade Resource

Once you log into <u>NYUHome</u>, you can find World Trade Resource on the "NYU Life" tab. Click on World Trade Resource to get data on what different regions are like around the world, including all the details on orienting yourself to New York City.

Wasserman Center International Student Services

The Wasserman Center helps international students navigate the US work environment and acclimate to American work culture through individual career coaching and specialized programs. Learn more about the Wasserman Center.



One To World

One To World is an organization that fosters intercultural understanding by creating face-to-face experiences among local communities, international students, and Fulbright scholars. Learn more about how you can get involved with <u>One To World</u>.

English Connections

<u>English Connections</u> provides a variety of volunteer-based programs designed to help international students gain confidence in English, meet new friends, learn about American culture, and adjust to the NYC environment.

Other Helpful NYU Resources

Toolkits

These workshops are designed by Counseling and Wellness Services professionals to help students develop new skills that enhance personal, academic, and social well-being. Learn more about toolkits.

Group Counseling

Group therapy at Counseling and Wellness Services provides a safe and confidential place to explore concerns around various issues with other students having similar experiences. Learn more about <u>Group</u> Counseling.

Individual Counseling

Discuss one-on-one with a Counseling and Wellness Services professional issues ranging from stress, depression or homesickness to roommate and friendship problems, all in a confidential setting. Learn more about <u>Counseling</u>.

Religious and Spiritual Life at NYU

Religious and spiritual life are valuable components of day to day existence for many international students, including those who just want to explore and learn. NYU offers access to a wide range of faith-communities, chaplains, and student-run clubs. Learn more about Religious and Spiritual Life.



MindfulNYU

Get access to yoga, meditation, and mindfulness practice, the intentional, present moment awareness of your thoughts, feelings, sensations, and surroundings without judgment. Learn more about MindfulNYU.

Academic Resources

The American Classroom

Professors and classmates talk about their experiences inside and outside of the classroom in a series of videos designed to help you prepare for your new community. Learn more about the <u>American Classroom</u>.

University Learning Center

The University Learning Center is the place for undergraduate students to go when you need help with academics. You can find cross-school advising, study spaces, peer tutoring, and academic skills classes. Learn more about the <u>University Learning Center</u>.

NYU Libraries Citation Style Guide

Get to know the basics of different citation styles for writing papers from NYU Libraries.

Writing Help

The Writing Center is where any NYU student can get help with their writing. Learn more about how to make and prepare for an appointment with the <u>Writing Center</u>.



Hints for having fun on a budget







New York is an expensive city, but with a little ingenuity, you can enjoy it on a student budget. For just the price of a subway ride, you can explore the many unique, diverse neighborhoods that comprise the five boroughs. Hours can be spent strolling through central park, people-watching in Greenwich village or window shopping on fifth avenue – all without spending a penny.

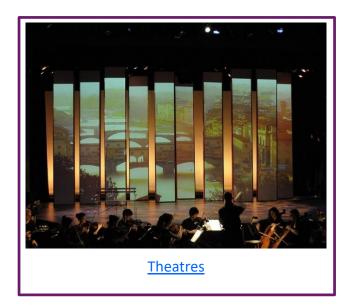
Student rates are often available for museums, exhibitions, films and performances — be sure to ask when you purchase tickets and always carry your school ID. Most museums and cultural institutions also offer free entrance on certain days or during specific hours. For some museums, the admission price is always "suggested", rather than required. If you can't afford the suggested admissions, you can pay a smaller amount or nothing at all and still enter the museum — keep in mind that many museums rely heavily on donations, so whatever you can offer will make a difference. For a listing of free museums, go to www.ny.com/musuems/free.html.

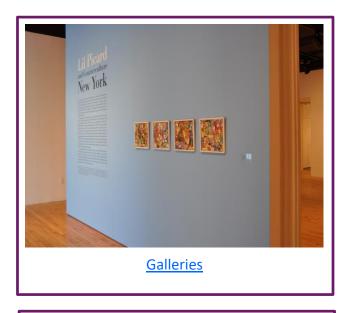
NYU's Museum Gateway gives students free admission to some of New York City's best cultural institutions. Enjoy *freeseums* simply by showing your NYUCard at the locations listed below. Please note that the list is subject to change throughout the semester.

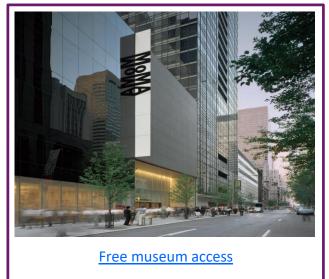
Summertime transforms New York into a playground of free cultural activities, making it one of the best times to be a student in the city. Central park offers free performances of Shakespeare (www.publictheater.org), the Metropolitan Opera (www.metopera.org/metopera/summer-events), and popular singers and bands on their specially constructed "Summerstage" (www.summerstage.org). Summer celebrations like Harlem Week and Gay Pride offer scores of free events. Street festival and parades take over areas of the city weekend after weekend, and it's hard to turn a corner without stumbling on a free outdoor film screening or concert.



At NYU, we foster a community of cultural experiences — from dance performances, interactive visual installations, to classical music. NYU often sponsor special concerts, films, dances and other social activities. These are usually far less expensive than those offered by commercial groups and attending these campus events can be a great way to meet other students.









Increasingly, many people, particularly students, are turning to websites and phone apps that provide discounts for certain activities, events and restaurants. The phone app Groupon (www.groupon.com) is perhaps the most well-known and provides daily deals for activities, restaurants and shopping. It's a great way to find something interesting to do at a relatively low cost. Scoutmob (www.scoutmob.com) is a phone app that is most known for providing daily deals at local restaurants, cafes, bars, and specialty food stores. Once you find a deal, just let the server, bartender or cashier know before paying that you would like to use the deal. The app now also has deals for shopping throughout the city.