

# **M** | MICHIGAN ROSS



## **2018-2019 INCOMING EXCHANGE STUDENT HANDBOOK**

Ross School of Business  
University of Michigan  
Ann Arbor, MI

# Table of Contents

Emergency Contact Information	3
Welcome	4
Academic, Travel, & Logistic Preparation	5
Housing	8
Orientation	11
Academic Life	12
Overview of Important Departments	16
Life in Ann Arbor	19
Budgets and Costs	22
Campus Life	23
Frequently Asked Questions (FAQs)	26
U-M Legends & Lingo	28
Cross-Cultural Tips & Activities	32
Social Media @ U-M	36
Important Contact Information	37
Campus Map	38

# Emergency Contact Information

***We suggest that you make copies of this page:*** Provide one copy to your family or a responsible friend and carry one copy with you.

U-M Emergency Alert is a mass, urgent notification system, comprised of a variety of methods by which the University can notify students, faculty, and staff of an active, major campus emergency by text messages to cell phones, voice messages to phones, and emails. You can sign up for emergency alerts in [Wolverine Access](#). For more information about emergency alerts visit: <https://www.dpss.umich.edu/content/emergency-preparedness/emergency-alerts/>

Throughout campus, use the [Emergency Blue Light system](#) to report suspicious behavior or request emergency assistance. The blue light receiver will connect directly with the Department of Public Safety & Security (DPSS). In addition, consider using late night transportation options, such as Ride Home, Night Ride, or emergency transportation offered by the Department of Public Safety & Security.

You can download the [free DPSS App](#) for iOS and Android to request after-hours transport, view Emergency Alerts, access a campus map, and more.

## Important Phone Numbers:

<b>All Emergencies (Fire, Medical, Police):</b>	911
<b>U-M Department of Public Safety:</b> The University of Michigan Department of Public Safety has a 24 hour number that can be used for non-life threatening emergencies, such as reporting crime, or seeking assistance while on U-M property.	(734) 763-1131
<b>Ann Arbor Police Department (Non-Emergency):</b> During regular business hours (Monday-Friday, 8am-5pm)	(734) 764-4311

\*Remember to dial (001) if calling from outside of the United States.

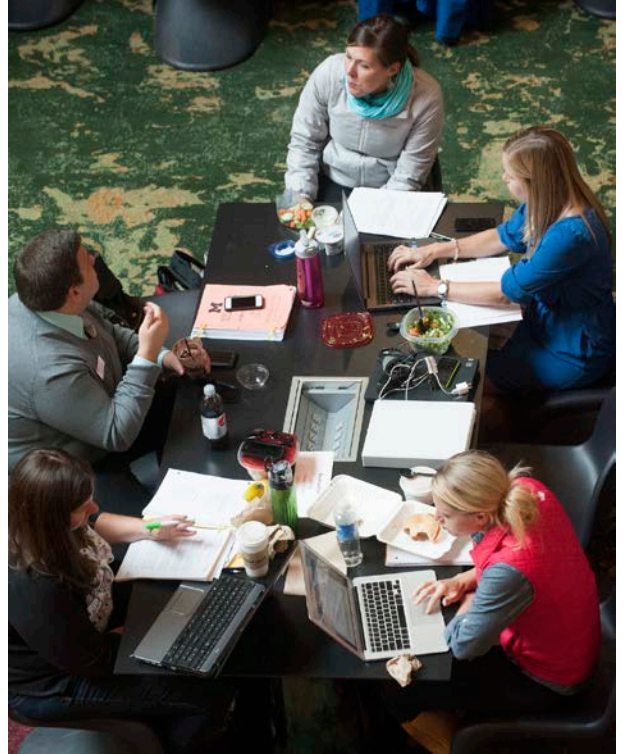
Your Home University:

Your Home Country's Nearest Consulate:

Your Passport Number:

# Welcome

Congratulations on being selected as an incoming exchange student at the Ross School of Business at the University of Michigan – Ann Arbor. You could not have selected a better time to be here. With so many great opportunities to take advantage of within our academic community as well as in our local community, you are sure to find something that suits your interests. From our locally-owned restaurants and coffee shops and world-renowned academic programs to our nationally-ranked athletic teams, you will have many opportunities to engage with the local culture.



As you walk through campus, you might find that U-M students and faculty bring diverse perspectives and backgrounds, and we hope that you will be able to contribute to the global community. You will also notice the many traditions here at U-M and probably hear “Go Blue!” as we cheer on the university at various events around campus.

At any time, please feel free to contact our office or your Global Ambassador (a current Ross student) should you need any assistance in the coming term. In this handbook, you will find information about exchange student orientation, course offerings, student life, housing, and general tips for acclimating to life in Ann Arbor and the United States. We look forward to providing you with many opportunities for broadening your perspectives, developing your leadership skills, and connecting with new friends.

We wish you all the best in your time here at U-M...and **Go Blue!**

Best,

The Ross Global Initiatives Team

[ross-globalinitiatives@umich.edu](mailto:ross-globalinitiatives@umich.edu)

734-936-3917



# ACADEMIC, TRAVEL & LOGISTIC PREPARATION

## Visa & Passport

Make an appointment with the nearest U.S. consulate to begin the student visa application process. Visit these websites for more information:

<https://internationalcenter.umich.edu/student/s/incoming-students>  
[http://www.internationalcenter.umich.edu/immig/fvisa/f\\_important.html](http://www.internationalcenter.umich.edu/immig/fvisa/f_important.html)

It is important to make copies of your passport. Leave a copy at home, email yourself a copy, and carry a copy with you. Additionally, carry your actual passport with you while you are in transit. Guard your passport at all times. Do NOT pack your passport or prescription medication with your checked luggage.

## Communication with U-M

You will receive an automated email from the university inviting you to set up your unickname. Your unickname is required for creating a U-M email account and accessing Wolverine Access (we will provide more information on this system during orientation.) For more information:

<http://documentation.its.umich.edu/node/672>

Once you have created your unickname, log onto your U-M email account:

<http://webmail.umich.edu/>. Check this account on a regular basis for updates and announcements.

If your address or personal information changes, change your information on Wolverine Access and contact Global Initiatives at [ross-globalinitiatives@umich.edu](mailto:ross-globalinitiatives@umich.edu).

## Academics

As an exchange student, you will be contacted by the Ross Registrar's Office about the course-bidding and registration process. Look for other additional emails detailing this process. When you come, it may be useful to bring a copy of your transcript; this will come in handy if a course has a pre-requisite class.

You can preview courses that have been offered in the past here:

<http://www.bus.umich.edu/Courses/default.aspx>

## Health Insurance

Health insurance is mandatory and is billed directly to your University of Michigan student account during immigration check-in. Consult the International Center for information on the required health insurance plan:

<http://www.internationalcenter.umich.edu/healthis/requirements.html>

If seeking a waiver to this requirement, research acceptable alternative coverage in advance:

<http://www.internationalcenter.umich.edu/healthis/alternatives.html>

More information about your health insurance will be given at orientation.

## Weather

Michigan is famous for its unpredictable weather! Pack a variety of weather-appropriate clothing items such as different layers. Or, plan to purchase those items when you arrive.

If you are arriving in August, it will be hot, but air conditioning is common in most buildings. It often gets cold at the end of fall semester. Sometimes it even snows in October. If you are arriving in January, pack appropriate weather items such as umbrellas, winter coats, gloves or mittens, hats, scarves, warm socks, and winter boots.

For more information about Ann Arbor's climate, check out this website:

<http://www.usclimatedata.com/climate/ann-arbor/michigan/united-states/usmi0028>

## Travel

Before you leave, it is important to make travel arrangements in order to make your arrival easier. The nearest airport is Detroit Metropolitan Wayne County Airport (DTW): <http://www.metroairport.com>

We recommend that you share your travel itinerary with your family and emergency contacts so they know where you are. Make copies of emergency contact information to carry with you. Also, check with your airline about luggage restrictions and policies. When packing, make sure not to take too much. Remember, you may have to carry your luggage through train stations or onto buses. Also, you may want to leave room for new clothing or souvenirs.

## Arriving in Ann Arbor

Refer to your visa documentation for arrival information. If your visa allows, we encourage you to arrive earlier than the day of orientation. Research transportation options from the airport in Detroit to Ann Arbor:

<https://www.visitannarbor.org/about/transportation/about/transportation>

The Michigan Flyer is a cost effective way to travel from the airport to Ann Arbor:

<http://www.michiganflyer.com>

There are many shuttle services and cab companies that provide door to door service from DTW to Ann Arbor. There is no regularly scheduled public transportation (i.e. train or bus) from DTW to Ann Arbor. You must make your own travel arrangements.

A close-up, profile view of a person's face looking out of an airplane window. The person's hair is dark and slightly tousled. The window is oval-shaped and frames a view of a city at sunset or sunrise. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The city below is a hazy, grid-like pattern of lights and buildings. The overall mood is contemplative and serene.

*“One’s destination is never  
a place, but a new way of  
seeing things.”—Henry  
Miller*



## **5 Things You Should Know:**

### ***1) The Earlier You Search, The Better***

We suggest looking for accommodations as soon as possible after submitting your visa application materials for the exchange program.

### ***2) Closer to Central Campus Equals Pricier***

Typically, the closer you are to Central Campus, the more expensive your accommodations will be. South of Central Campus (South of Hill Street/Ross Business School) & North Campus locations are often considerably cheaper than Central Campus locations and the increased walk time may only be about 5-15 minutes.

### ***3) A 3-Month Lease is Negotiable***

Though many housing postings say a 12- or 8- month lease is required, some landlords may be willing to negotiate a 3-month lease for your exchange stay if you contact them. Be persistent and tell them exactly what you need.

### ***4) Compare Prices & Features***

Make sure to research several different options. Some housing companies charge more than others for poor-quality living spaces while others may offer more features for a similar or slightly higher price. Make sure to ask if commodities such as internet, electric/gas, water, cable TV, are included in the rent or paid separately. Ask whether the accommodation is furnished or unfurnished, has a washer/dryer within the building, etc.

### ***5) Use an Estimated Cost of Living Generator***

For example, follow this [link](#) to compare the cost of living of Ann Arbor with your home city.





## HOUSING OPTIONS

*Your housing options include shared housing, such as student co-ops, as well as leased/rental apartments, houses, and rooms. Depending on the number of admitted students each year, there also may be some availability in the University dormitories.*

### Off-Campus Housing

*Off-campus housing is a popular option for many Michigan students, especially for upperclassmen and graduate students. It is often less expensive than on-campus housing, which is very limited and favors underclassmen. Please consider the following websites for housing options:*

#### [U-M Off-Campus Housing Website](#)

The official off-campus housing website used by University of Michigan students is constantly updated with posts from students looking for roommates or subletters for various periods of time. Consider this website, as well as [Beyond the Diag](#) to learn about the neighborhoods, subletting procedures, and more.

#### [Off Campus Housing Companies](#)

Because of the surplus of students, many housing companies operate in Ann Arbor, offering rental space in houses and apartments throughout the city. See the link



above for a complete list of companies and their websites.

#### [The U-M Inter Cooperative Council](#)

Co-ops are owned and operated by the students who live in them rather than by landlords or the University. They are economical and convenient because members share the work necessary to run them. Co-ops also have a friendly atmosphere and tend to be more closely knit than residence halls and more sociable than apartments.

### On-Campus Housing

*On-campus housing may also be available. However, space in on-campus housing tends to be limited and more expensive than off-campus options. Note that exchange students are often placed on North Campus.*

#### [Dormitories & North Campus Apartments](#)

The official on-campus housing website for the University of Michigan allows students to submit a request for a room in a dormitory or in the Northwood Community Apartments.

#### [Global Scholars Program](#)

The Global Scholars Program (GSP) is an interdisciplinary living-learning community that brings together international and U.S. Sophomores, Juniors, and Seniors to engage in social justice education on a global level. GSP is housed in North Quad on Central Campus.



**Off-Campus Housing FAQ:** <https://offcampushousing.umich.edu/help/category/frequent-questions>

**UM Off-Campus Housing Listings:** <https://offcampushousing.umich.edu/property/search>

**UMich International Center:** <https://internationalcenter.umich.edu/resources/life/housing>

**Ann Arbor Apartment Finder:** <http://www.mlive.com/apartments/index.ssf?aa>

**The Ecumenical Center and International Residence (ECIR)** is an intentional living-learning community for students and visiting scholars from around the world:

<http://www.ecir.org/residential-services/apartments-rooms/>

**Craigslist:** <http://annarbor.craigslist.org/>

**Cribspot:** <https://www.cribspot.com/apartments-for-rent/ann-arbor-mi>

**Airbnb.com:** <https://www.airbnb.com/>

**Apartment Guide.com:** <http://www.apartmentguide.com/apartments/Michigan/Ann-Arbor/>

**Rent College Pads:** <https://www.rentcollegepads.com/off-campus-housing/university-of-michigan/search>

**PadMapper:** <https://www.padmapper.com/apartments/ann-arbor-mi?box=-83.799572,42.222668,-83.6758069,42.3239728>

**Zaragon Place:** <http://www.zaragonplace.com/>

**Sterling 411 Lofts:** <http://www.sterlinghousing.com/Michigan/Ann-Arbor/Sterling-4eleven/>

**Landmark:** <http://liveatlandmark.com/>

**Varsity Ann Arbor:** <http://www.varsityannarbor.com/>

**Facebook:** There are many U-M student groups that have [Facebook](#) pages. Students often post housing availability and sublet information here. Some groups include: [Ann Arbor Roommates and Housing](#), [Ladies of U-M Chat: Housing & Roommates](#), and [Housing, Sublets, and Parking](#).



Before departure, check your email for additional orientation information and mark your calendar for the date and time. The Incoming Exchange Student Orientation is mandatory for all students.

Orientation will be a busy day. You will:

- Review the course registration process and academics at Ross and the U-M.
- Become familiar with the U-M campus, its facilities, and available resources.
- Learn about life at U-M and get information about your health insurance, transportation, banking, and more.
- Complete your mandatory immigration check-in.
- Meet other exchange students!

In order to make the most out of your orientation experience, you should do the following things before coming to orientation:

**Prepare your documents.** As an exchange student, you will be required to attend a mandatory session on the day of orientation

in order to comply with Department of Homeland Security regulations. For this session, you need to bring the **original and a photocopy** of the following documents:

- (1) Your passport (picture page and current visa page)
- (2) Your Form I-20
- (3) I-94 form printed from the internet

**Get your MCard.** Prior to your arrival we will send an email with details to submit your MCard photo online. If you do this, your MCard will be available for you to pick up at orientation. (If not, you can get your MCard following orientation.) Your MCard is your University of Michigan student identification card. You will need it for many different things while at the university, including academic and social/cultural events.





***Academic Calendar:*** [Ross Academic Calendar](#)

***Registering for Classes***

Several months before the start of the term, you will be contacted by the Ross Registrar's Office about the course bidding process. If you have any questions regarding classes and scheduling, you should contact the Ross Registrar's Office at

[rossregistrarsoffice@umich.edu](mailto:rossregistrarsoffice@umich.edu) or 734-647-4933.

Also, after you have your unqname and Kerberos password, you will be able to log into iMpact, which is a Ross School of Business Webportal, to view course descriptions and select course syllabi.

***Language of Instruction***

All courses are taught in English, unless otherwise indicated.



***Buying Books***

There are three on-campus book stores available for you to purchase your textbooks and school supplies:

- **Ulrich's**, 1200 S. University Ave.
- **Barnes and Noble**, in the basement of the Michigan Union.
- **North Campus Bookstore**, at Pierpont Commons on North Campus (primarily for Engineering/Arts students).

Note that textbooks from the on-campus stores are usually expensive, but you are guaranteed to get exactly what you need. Some stores provide the option to rent new textbooks, but the books must be returned by the end of semester and a credit card is also required for the rental agreement.

Buying your books online is a lot cheaper, but it sometimes takes a while before they are delivered and you must make sure it is the right book required for your class. Here are some recommended websites for purchasing books:

- [www.amazon.com](http://www.amazon.com)
- [www.bookfinder.com/](http://www.bookfinder.com/)
- [www.barnesandnoble.com/](http://www.barnesandnoble.com/)
- [www.half.ebay.com/](http://www.half.ebay.com/)
- [www.abebooks.com/](http://www.abebooks.com/)
- [www.alibris.com/](http://www.alibris.com/)
- [www.bigwords.com/](http://www.bigwords.com/)

Lastly, some classes may require coursepacks which can be purchased at **Dollar Bill Copying**, 611 Church St. In some cases, a fee for a coursepack is added to your U-M student account before the semester begins.



### ***Classroom Environment***

The classroom experience at the University of Michigan will be different from your home university. While all classes are taught by professors, there are Graduate Student Instructors (GSIs) who may assist the professor in holding discussion sections, which are small classes designed to reaffirm what the professor has taught during lecture. GSIs are advanced graduate students who are obtaining their Masters or Doctoral degrees. There is limited individual contact time with the professors and GSIs during classes, therefore, it is strongly recommended that students, especially incoming exchange students, attend their professor's and GSI's office hours regularly throughout the semester. During office hours, students have the opportunity to talk to either the professor or GSI in a private setting to get extra help with homework assignments or assistance in fine-tuning paper topics. Oftentimes, this can be the best way to get to know your professor and GSI.

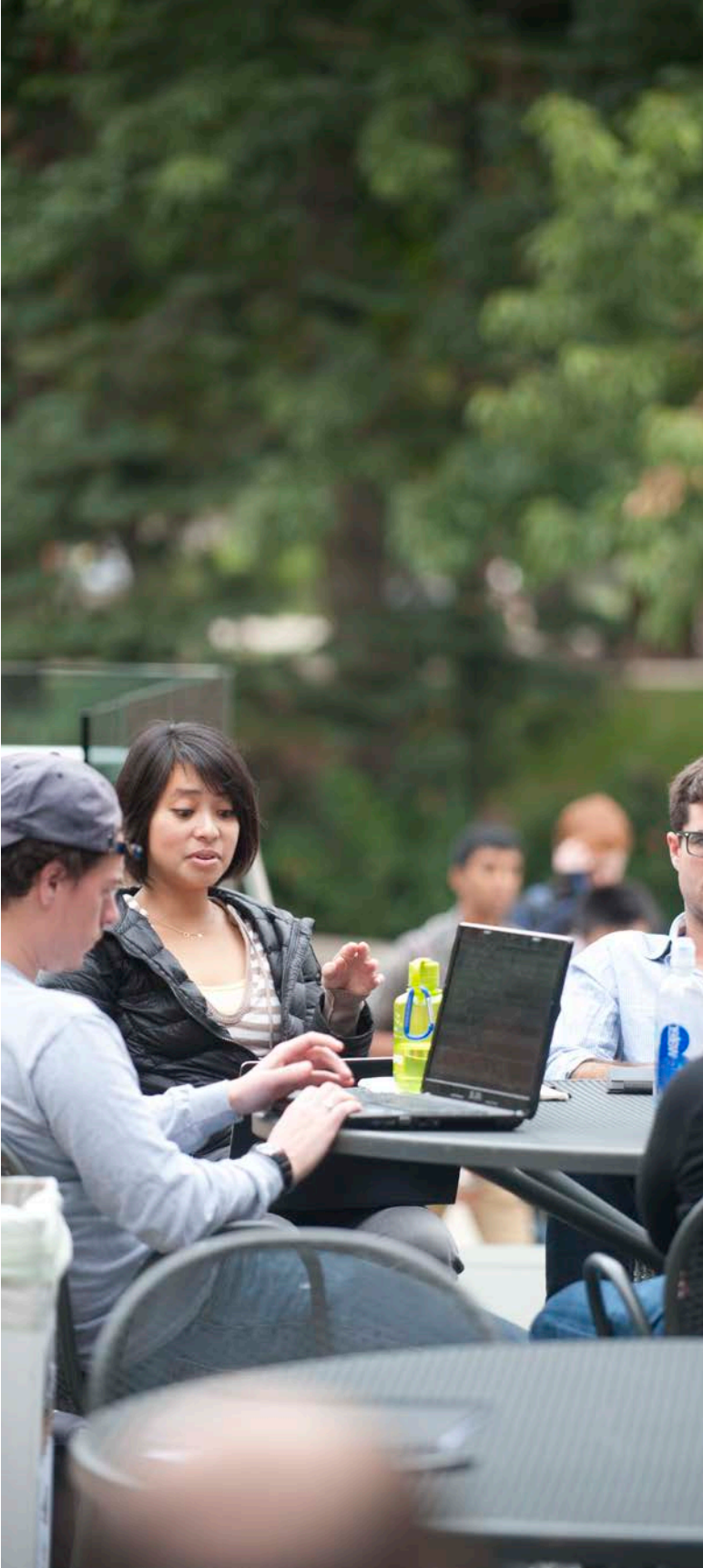
### ***Classroom Etiquette in the United States***

Students will have several classes in a lecture environment; however, there will often be a discussion meeting associated with those classes. In the discussion section or in a smaller classroom setting, students are expected to participate in class. Generally students will raise their hand during class if they have a question or would like to participate in a discussion and then wait to speak until they are called upon. You may remain in your seat when speaking to the professor or addressing the class, unless you are making a formal presentation.

### ***Success in the Classroom***

The key to success at the University of Michigan is to work hard, complete all assignments, attend office hours, and study for all exams. Each class usually consists of weekly readings and homework assignments which may count for a large portion of your final grade. In addition to this, there are also as many as four exams per semester as well as potential quizzes. The only way to be successful taking exams and quizzes is to study for them. Some classes may also evaluate students through papers assigned in advance or in-class "blue-book" exams, which are exams in which you write your responses in a blue notebook. You are responsible for bringing your own blue book to the exams.





In addition to exams and homework assignments, students may be graded based on participation. Students should actively go to office hours to seek help and to get feedback on their work. It also shows the professor or GSI that you've taken a proactive approach, which could help in achieving a better grade. Many exchange students find it helpful to introduce themselves to professors early during the term. It can be confusing to be in a new school, so please check with your faculty member on how you are doing in your class if you are unsure.

Class attendance and participation is mandatory. Failure to do this will lower your grade. Faculty can also drop or fail students who do not attend class.

### ***Final Grades and Transcripts***

Most professors will make grading policies readily available in their course syllabus. If you are not sure how your final grade will be evaluated, ask your professor or GSI. Final grades are available through Wolverine Access, typically within 1-2 days of the last exam date.

The University of Michigan provides students with free official transcripts, available to order online through Wolverine Access. Additionally, if you give Global Initiatives your consent via our transcript waiver form, we will request that your official transcript be sent to your home university exchange office after all grades have been finalized.



# OVERVIEW OF IMPORTANT DEPARTMENTS

*The University of Michigan is a large university consisting of several different offices serving unique roles. As you acclimate to university life, you will begin to see how our various offices affect you as a student. Here you can read about the various offices to help you better understand your main resources in case you have questions or should need assistance.*

## **Global Initiatives**

[Ross-globalinitiatives@umich.edu](mailto:Ross-globalinitiatives@umich.edu)

700 E University Ave  
Kresge Hall, Rm K3510  
Ann Arbor, MI 48109-1234  
Phone: (734) 936-3917

Global Initiatives was established at the Stephen M. Ross School of Business in 1989 by University of Michigan faculty as a multidisciplinary resource for teaching and learning about international business. We serve incoming exchange students by processing applications, coordinating the acceptance process, providing cultural and academic orientation, and providing ongoing support.

## **International Center**

[icenter@umich.edu](mailto:icenter@umich.edu)

1500 Student Activities Building  
515 E. Jefferson Street  
Phone: (734) 764-9310

U-M Health Insurance:  
[ihi@umich.edu](mailto:ihi@umich.edu)

The International Center serves all international students, scholars, faculty, and visitors throughout the University of Michigan. The International Center should be considered your primary authority on your visa status. In addition, The International Center's Health Insurance Office administers the University of Michigan mandatory health insurance program for international students and scholars, including providing and processing



forms needed for insurance enrollment, changes, and requests for waivers of the insurance requirement. This office also assists students and scholars who have questions or concerns about insurance procedures and filing insurance claims.

The International Center provides the following:

- Advises international students, scholars, their dependents, and University departments on compliance with U.S. immigration laws and regulations related to F and J visa categories. Please refer to their advising website for walk-in hours or to set up an appointment:  
<https://internationalcenter.umich.edu/advising-hours>
- Verifies, tracks, and submits visa status notifications through the Student and Exchange Visitor Information System (SEVIS), as required by the U.S. Department of Homeland Security.
- Advises on adjustment to U.S. society and American culture, academic concerns and community resources.
- Processes DS-2019s, I-20s, travel signatures, and letters needed for travel, employment, maintaining status, social security numbers, and other immigration related matters.

The International Center expects the following of all international students:

- Follow all regulations of your visa.
- Notify the International Center if you find yourself in a situation affecting your academic standing.
- Notify the International Center if you find yourself in a situation affecting your ability to stay in the U.S.

### **Ross Registrar's Office**

Registration and schedule questions:

[rossregistrarsoffice@umich.edu](mailto:rossregistrarsoffice@umich.edu)

Stephen M. Ross School of Business

700 E. University Ave

Kresge Hall, Rm K3521

Phone: (734) 647-4933

The Ross Registrar's Office serves the Ross School of Business community. The Ross Registrar's Office is a useful resource for information related to academic policies, student rights, enrollment, and transcripts.

### **Counseling and Psychological Services (CAPS)**

Michigan Union

530 S. State Street

Room 3100

Ann Arbor, MI 48109

<http://caps.umich.edu/>

The mission of Counseling and Psychological Services is to foster the psychological development and emotional well-being of students through counseling and psychotherapy, preventive and educational programming, consultation and outreach, as well as contributions to the mental health professions. In collaboration with students, schools, colleges, and other units, Counseling and Psychological Services strives to develop a diverse, inclusive and multicultural community. Counseling and Psychological Services (CAPS) provides confidential psychological and psychiatric services for currently enrolled U of M undergraduate and graduate students. We strive to provide the following services in an atmosphere that is welcoming, comfortable and multi-culturally sensitive for all students: Individual

Counseling, Group Counseling, Urgent/Crisis Services, Psychiatric Evaluations and Medication Management, ADHD Screenings and Support, Eating Patterns Screening and Support, Substance Abuse Screenings and Support, Daily “Common Concerns” Meetings, Drop-in Workshops, and Referral Services. More information about these services can be found on:

<https://caps.umich.edu/counseling>

### **University Health Services (UHS)**

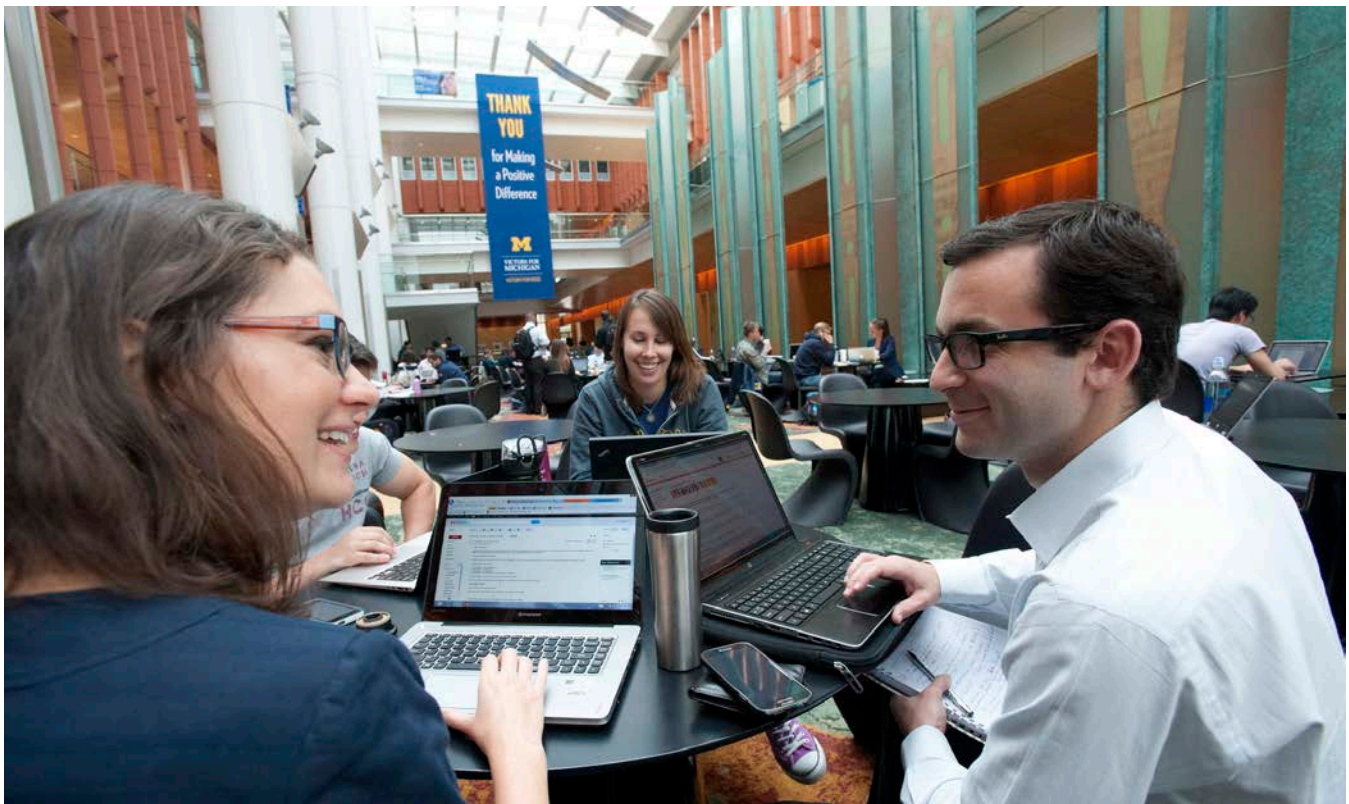
UHS is a health care clinic located on the central campus of the University of Michigan. With approximately 70,000 visits per year, UHS is a highly utilized campus resource, and part of the Division of Student Affairs. Please note that UHS is not the UM Health System (hospitals and clinics).

UM students, faculty, staff and others affiliated with UM are eligible to visit UHS. For students who are enrolled for the current

semester on the Ann Arbor campus, most UHS services are covered by the health service fee, which is paid as part of tuition. UHS provides outpatient care with no overnight stays. Through our Medical Clinics, UHS can meet most health care needs. We also offer specialized services through our:

- Allergy, Immunization and Travel Health Clinic
- Eye Care Clinic and Optical Shop
- Women's Health Clinic
- Laboratory
- Nutrition Clinic
- Pharmacy
- Physical Therapy
- Radiology
- Specialty Clinics

Additional information and how to use your U-M health insurance will be provided at orientation.





# LIFE IN ANN ARBOR

*Consistently ranked as one of the best universities and college towns in the United States, Ann Arbor is a nationwide favorite! It boasts some of the greatest restaurants in the country, a highly educated population, and a serious entrepreneurial spirit.. Of course, you can't deny the city's unparalleled pride for its sports teams – the Wolverines!*

The city of Ann Arbor is just as diverse and unique as U-M's campus. Please take some time to explore the links below to learn more about our local community:

- <http://www.visitannarbor.org/>
- <http://www.a2gov.org>
- <http://ecurrent.com/>

### ***Safety Tips***

- Keep your passport and important documents in a safe place.
- Consider getting a State of Michigan ID or driver's license to carry instead of your passport.
- Notify your bank or credit card company that you will be traveling to the U.S.
- Do not share your PIN with anyone; do not write your PIN down.
- Keep a list of numbers for your bank or credit card companies in the event that your card is lost or stolen.
- When using an ATM, be aware of your surroundings.
- Only use an ATM in well-lit areas.
- Keep a small amount of cash (\$25) in small bills (\$1, \$5, \$10, \$20) available for tipping or small purchases.
- Trust your instincts; only exchange currency at official banks.
- Protect your MCard, especially if you decide to use it as a debit card (offered by PNC Bank).
- Keep your receipts for returns and for customs.

### ***Public Transportation***

Ann Arbor and the surrounding community is supported by a public bus system, Ann Arbor Transportation Authority (AATA, otherwise known as "The Ride"). Students can ride the public buses for free with their MCard.

Students may also use the University bus system:

<https://ltp.umich.edu/transit/routes.php>.

To learn more about transportation in Ann Arbor, watch this student-created YouTube video:

<http://www.youtube.com/watch?v=pIKl1NdR3rk>

### ***Shopping Resources***

Small grocery stores and small boutiques are located within walking distance to campus and downtown Ann Arbor. Larger stores, such as Meijer, Target, Trader Joe's, Whole Foods and Briarwood Mall, are accessible by AATA bus and will have discounted prices on a variety of products. [Lucky's Market](#) is the closest main grocer within walking distance of Central Campus (approx. 20 minutes from Ross). You can also opt to order groceries online and have them delivered via services such as [InstaCart](#), [Shipt](#), or [Delivice](#). The International Center provides a [comprehensive list of shopping resources in Ann Arbor](#).

### ***Cell Phone Providers***

We recommend purchasing cell phones and service from official stores affiliated with cell phone companies. Many cell phone providers require two year contracts. If you will be in the U.S. for a limited time, you may want to avoid a contract and instead purchase a pay-as-you-go plan.

Examples of cell phone providers and retailers include:

- AT&T Wireless (407 E Liberty St, Ann Arbor, MI )

- Best Buy (3100 Lohr Rd, Ann Arbor, MI )
- Sprint/Nextel (Briarwood Mall, 100 Briarwood Cir D117, Ann Arbor, MI)
- Target (2000 W Waters Rd, Ann Arbor, MI)
- T-Mobile (Briarwood Mall, 444 Briarwood Cir F123, Ann Arbor, MI & 200 E. Washington Ave, Ann Arbor, MI)
- Verizon Wireless (212 S Main St, Ann Arbor, MI )
- Virgin Mobile(3100 Lohr Rd, Ann Arbor, MI )

### ***Exercising***

A good way to relieve the stress of work and school and to remain physically active is to join a gym or health club! The Ann Arbor area has many gyms and other work-out facilities both on and off campus.

U-M offers a wide range of recreational activities for students, faculty and staff. U-M facilities offer weights, cardiovascular training machines, racquetball, basketball, volleyball, badminton, swimming pools, running tracks, fitness classes and much more. There are also many club/ team sports in which students may participate. Check out the IM Building which offers over 41 club sports to U of M students:

[U-M Club Sports Program](#)  
606 E Hoover (IM Building)  
Ann Arbor, MI  
734.763.3562

### **On-Campus Options**

<http://recsports.umich.edu/facilities/>

- Intramural Sports Building (IMSB, or the IM Building) – 606 E Hoover Ave (free with your MCard)
- Central Campus Recreation Building (CCRB) – 401 Washtenaw Ave (free with your MCard)
- North Campus Recreation Building (NCRB) – 2375 Hubbard Rd (free with your MCard)
- Och Fitness Center – located in the basement of the Ross School of Business (requires a membership fee for the entire semester)

All buildings have standard exercise machines (i.e., elliptical, treadmill, etc.). The CCRB and NCRB have a swimming pool as well.

If the weather is nice, you can head outside to a few parks around campus. One student favorite is Nichols Arboretum, often just called “the Arb.” The Arb is great place to go for a walk, run, or hike or a nice spot to relax with friends. More information, including a park map, can be found here:

<https://www.lsa.umich.edu/mbg/see/nicholsarboretum.asp>

The U-M campus also has several outdoor athletic fields:

<https://recsports.umich.edu/facilities/outdoor/>



### **Finances**

Make arrangements to ensure you will be able to access funds from within the U.S. Make sure your ATM card has an international PIN. Ensure that you have enough money to pay all fees, such as rent and supplies. Inform your bank or credit card company that you will be abroad for the next several months. In an effort to protect your account, some companies may suspend it if they see it being used in an unexpected location.

### **Banking**

Many local banks and credit unions offer student checking accounts. If you are planning to open an account with a local bank, be prepared to bring identification. More information is available from the International Center:  
<http://internationalcenter.umich.edu/life/banking.html>.

### **Budgeting**

We recommend budgeting for your experience. Please consider our estimated

costs in the [Ross School of Business Fact Sheet](#).

One common category in which students exceed their budget is food. Ann Arbor has many offerings for restaurants and grocery shopping making it a “foodie” destination. Sharing meals and cooking at home can be one way to stay within a budget (while also exploring grocery stores and sharing cultural knowledge with your roommates). Student groups usually offer free food as part of their meetings and events too. This is a great way to help with your budget while also making new friends.

### **Methods of Payment**

We suggest converting your currency to U.S. Dollars at official banks upon arrival in the airport. Credit and debit cards are accepted at many local retailers on campus and in the Ann Arbor area. Many students rely on ATMs to access cash. Be aware that ATMs can charge a small fee. **Note that U-M student account fees must be paid in cash, check, or ePayment.**



## Get Involved

### Student Organizations

The University of Michigan has a proud history of student activism and student organizations. Currently, there are over 1,100 registered student organizations on campus.

During the beginning of the semester, the **Office of Student Activities and Leadership** organizes activities that offer an opportunity to meet various organizations and learn more about the various clubs.

These campus information fairs are:

**Festifall** (occurs in September on the Diag), **Northfest** (occurs in September on North Campus), and **WinterFest** (occurs in January). Ross also has an MBA and a BBA “Meet the Clubs” event in the fall.

Most groups have mass meetings at the beginning of each term. These are open to any interested student. You're under no obligation to join the group if you attend - it's

simply a chance for you to get more information and for the group to learn of your interest. If you miss a mass meeting or find out about a group during the year, call a contact person and ask when the next meeting is. If meeting times and programs are posted, you can always assume you're welcome. Of course, some organizations, such as honoraries, fraternities and sororities, have selected memberships, so be sure to find out the particulars in these cases.

### Visit **Maize Pages**

(<http://maizepages.umich.edu/>) to see the online directory for student organizations. If you know what kind of organization you would like to join, you can search for keywords or phrases. Just want to see what's available? There is also an option to browse by category. Examples of categories include:

- **Service Programming:** Alternative Spring Break, Do Random Acts of Kindness, Circle K, Project Flavor,

Dance Marathon, Relay for Life, and Pangea World Service Team

- Governmental: LSA Student Government, Nursing Council, Michigan Student Assembly Residence Halls Association, and Student Alliance for Global Reach
- Departmental/Academic: Creative Writing Club, Health Policy Students Association, Michigan Economics Society, and International Law Society
- Religious: Dharma on Campus, InterVarsity Christian Fellowship, Newman Catholic Student Association, Jewish University Association, and Muslim Student Association
- Sports/Recreation: Bowling Club, Ballroom Dance Team, Fencing Club, Michigan Equestrian Team, Michigan SCUBA Club, Rowing Team, Swing Ann Arbor, and Waterski Club
- Political: College Democrats, College Republicans, Voice Your Vote, Students for Life, Student World Assembly, and Students for a Free Economy
- Social Issues: Students Organizing for Autism Advocacy and Research, Student Anti-Genocide Coalition, Amnesty International, and Human Rights Through Education
- Global Issues: International Friendship, Model United Nations, Society of Global Engineers, Asian American Association, and Michigan Italian-American Association

### **Ross-Specific Student Organizations**

There are also many great business, entrepreneurship, social networking, and community service based student organizations at Ross. Check out the available clubs here:

<http://www.bus.umich.edu/organizations/clubs/>

### **International Center**

The U-M International Center offers events and workshops throughout the year on topics of interest to international students and scholars. Visit their website to learn more about what events and workshops are available while you are on campus:

<https://internationalcenter.umich.edu/events/cultural-social>

### **Campus Events**

Interested in attending one of countless U-M events on campus? Visit **Happening @ Michigan's** website to learn more. Using this website, you can search for specific events and choose event types such as "Film Screening" or "Performance":

<https://events.umich.edu>

### **Ross Events**

In addition to the great number of U-M events, the Ross School of Business holds their own. These events include business case competitions, networking hours with top companies, and workshops for specific job areas such as finance, consulting, or marketing. Use your iMpaact web portal to see a full calendar of events.



# Campus Safety

**The University Division of Public Safety and Security (DPSS)** is a full law enforcement agency overseeing crime prevention and protection. There are two important ways the university can communicate with you in the case of an emergency and students are encouraged to participate:

- Subscribe to emergency alerts within Wolverine Access. The university will contact you by text, email, or phone in the event of an emergency on campus.
- Update your emergency contact information within Wolverine Access. The university can contact your emergency contacts if needed.

We encourage you to familiarize yourself with the personal safety tips recommended by DPSS. You can also download the free DPSS App for iOS and Android here:

<https://dpss.umich.edu/content/services/dpss-app/>

Under Michigan law it is illegal for anyone under the age of 21 to purchase, consume, possess, or have any bodily content of alcohol. A first-time conviction may result in a fine, substance abuse education and treatment, community service and court-ordered drug screenings. There is also a provision for possible imprisonment or probation for a second or subsequent offense. Use of fake identification by minors in obtaining alcohol is punishable with a fine, loss of driver's license, probation and community service.

While a student at the University of Michigan, you are responsible for adhering to the *Statement of Student Rights and*

*Responsibilities*. The Statement is created by the university community and establishes community standards and protocols.

**The Office of Student Conflict Resolution** provides resources and services to the campus community to help prevent and resolve conflicts amongst community members.

The entire U-M and Ann Arbor community is committed to respecting diversity and creating an inclusive campus climate. If you witness or experience conduct that discriminates, stereotypes, excludes, harasses or harms anyone in our community based on their identity (such as race, color, ethnicity, national origin, sex, gender identity or expression, sexual orientation, disability, age or religion) please report it to university authorities.





***What is a username and where can I find it?***

Your username is your U-M user name. It is used for logging in to U-M websites, online services, systems, and more. Usernames are made up of three to eight alphabetic characters (for example, bjensen).

Your U-M email address will be yourusername@umich.edu (where yourusername is replaced with your actual username). Your username is public. It appears on your Mcard, in your MCommunity Directory profile, and in many other records at the university.

***What do I do if my name, address, or identification number is incorrect?***

To change your address, go to Wolverine Access and click on the Student Business link. After logging in with your username and password, you will see a box titled "Campus Personal Information." Click this box and choose the Address tab on the left side. The system allows you to set separate

current and permanent addresses and phone number. Maintaining up-to-date contact information is your responsibility, and we recommend updating your address and phone number before the term begins.

If your name, identification number, or date of birth is incorrect, please let Global Initiatives know at [ross-globalinitiatives@umich.edu](mailto:ross-globalinitiatives@umich.edu).

***Can I take non-Ross courses?***

Yes, it is possible to take courses in other departments on campus if your home school allows.. You will want to work with a Ross Academic Advisor to register once the registration period opens. Some courses may have specific pre-requisites, which you will need to ensure that you meet. Additionally, some courses require that you contact the instructor directly to ask permission to take the class. Again, the advisors at Ross can help you through that process when the time comes.

### ***How do I pay for the U-M health insurance?***

Your health insurance will be billed directly to your University of Michigan student account during immigration check-in at your mandatory orientation. You do not need to pay before arriving. Note that you are unable to pay for charges on your U-M student account with a credit card, **so please plan to pay this fee in cash, by check, by an ePayment, or by wire transfer.**

### ***What can I do on Wolverine Access before coming to orientation?***

You should consult Wolverine Access to confirm that all personal information, such as address, phone number, and emergency contacts, is correct. Incorrect information can be changed online or by contacting the Ross Registrar's Office (see above). You will also register for classes in Wolverine Access by following instructions that are sent to you via email from the Ross Registrar's Office.

### ***How can I get my MCard?***

We encourage you to submit your photo for your MCard online prior to your arrival. You will receive an email with more details several weeks before your semester begins. If you submit your photo online by the deadline, you can pick up your MCard at Orientation. If you do not submit your photo by the deadline, you will need to go to one of the ID issuing stations to get your MCard once

arriving on campus. You will need to bring both a photo ID (passport or driver's license) and your U-M ID number.

### ***My home university needs Ross to verify my course enrollment. Who can do this?***

Your Global Education Advisor on the Ross Global Initiatives can help you confirm your course enrollment and will be able to sign learning agreements, course confirmation forms, etc. You can either email your form electronically or drop it off in Kresge Hall, K3510.

### ***Do I have to get vaccinated before coming to the US?***

No, the US government and U-M do not require any specific immunizations. However, the University Health Service (UHS) strongly recommends that students come to Ann Arbor fully immunized to protect their health.

### ***How do I get sports tickets?***

Ask a current student! Many current students hold season tickets and can tell you how you can purchase a ticket to an individual game. The Athletic Ticket Office offers more information. You can also look on U-M Facebook groups or the the Ross Impact Classified Ads portal. Consider joining a "University of Michigan Class of" Facebook Group to buy individual sports tickets from students.





## U-M URBAN LEGENDS

If you step on the “M” in the center of the Diag, you'll fail your first Blue Book exam.

If you kiss someone under the West Hall (Engineering) Arch at midnight, that's the person you're going to marry.

The puma statues outside the doors of the Natural History Museum only roar on one occasion: when Michigan beats Ohio State in football.

<b>The Arb</b>	Nichols Arboretum is home to many trails for hiking.
<b>Blue Book</b>	An essay exam in which your answers are written in a blue booklet. With a student ID, you can get up to 6 free Bluebooks at the Alumni Center (200 Fletcher St.) 9 am- 5 pm Monday – Friday.
<b>Blue Bucks</b>	Money that is stored on your M-Card that can be used at restaurants in campus buildings such as the Michigan Union.
<b>The Diag</b>	The center of Central Campus; it is the crossroads of campus, bordered by the Grad Library, Mason and Haven Halls, and beautiful lawns full of trees.
<b>Fishbowl</b>	The Angell Hall computing site, open 24/7.
<b>The Hill</b>	This is a section of campus that houses the majority of first-year students. Residence halls here include Couzens, Alice Lloyd, Markley, Mosher-Jordan (Mo-Jo), and Stockwell.
<b>Maize Craze</b>	The student section at men's basketball games in Crisler arena; students have the best seats in the house and wear maize-colored T-shirts.
<b>The Rock</b>	This is a giant rock on the corner of Washtenaw and Hill St. that is painted practically every night of the year by one group or another for birthdays and other events.
<b>The Union</b>	Located on the intersection of State and South University, the Union houses a food court, ticket office, meeting rooms, and much more.
<b>Kerrytown</b>	Located north of the Main Street area, Kerrytown is home to the Farmer's Market and Zingerman's Deli.
<b>The League</b>	Located on North University Avenue, the League has a small food court, study areas, and conference rooms.
<b>The UGLI</b>	The Shapiro Library, located on the Diag, offers many areas for studying and group projects.
<b>The Grad</b>	The Hatcher Graduate Library, located next to Shapiro Library, offers very quiet study spaces, as well as an impressive book collection.
<b>GSI</b>	Graduate Student Instructors often help faculty teach the discussion sections of the class.
<b>Office Hours</b>	Professors and graduate student instructors (GSIs) allow students to come to their offices and ask questions. Usually office hours last 1 to 2 hours and students can come and go as they please.

# ACRONYM GUIDE

*Sometimes it seems like the University of Michigan has its own language: stick two, three, or four letters and numbers together and you've got a brand new word that students and faculty need to know in order to get around. The following is a list of some of the most common acronyms you might encounter on campus:*

Ann Arbor	A2
Ann Arbor Transportation Authority	AATA
Counseling and Psychological Services	CAPS
Central Campus Recreational Building (gym)	CCRB
Central Campus Transit Center	CC Little
Chemistry Building	CHEM
Graduate Student Instructor	GSI
Intramural Building (gym)	IM Building
Language Resource Center	LRC
Modern Language Building	MLB
Mosher Jordan Residence Hall	MoJo
Michigan Union Ticket Office	MUTO
North Campus Recreational Building (gym)	NCRB
Center for Global and Intercultural Study	CGIS
Office of New Student Programs	ONSP
Residential College	RC
Student Activities Building	SAB
Sexual Assault Prevention and Awareness Center	SAPAC
Science Learning Center	SLC
Shapiro Undergraduate Library	UGLI
University Health Service	UHS

## The Victors

*Hail to the victors valiant  
Hail to the conquering heroes  
Hail, Hail to Michigan  
The leaders and best!  
Hail to the victors valiant  
Hail to the conquering heroes  
Hail, Hail to Michigan  
The champions of the West!*

- University of Michigan  
Fight Song

# TIPS FROM FORMER EXCHANGE STUDENTS



*If you were able to talk to a new exchange student, what cultural advice would you recommend?*

- “To have an open heart and mind and not judge too quickly, to allow for the possibility that your own culture is not always preferable to the American or whichever ‘other’ culture.”
- “Don’t just stick with those from your home country. You will gain a lot more from the experience if you mix with those from other countries and, most of all, Americans.”
- “I would definitely recommend they learn as much as they can from the various cultures they have the possibility to interact with.”
- “Not to be afraid to ask/ talk to the American students to find out more, you will discover many interesting things you never knew.”
- “Word usage is different and Americans have very specific words for things that may be confusing to others.”
- “Get involved with as much as you can on campus- join clubs and sport teams. Organize tickets to football games etc.”

*What did you find most surprising about your academic experience?*

- “High ambition level”
- “Intensity of class discussions”
- “The way students were so open about sharing their thoughts with the class”
- “Different culture around academic expectations...much higher...”
- “Reading load-I had no idea that students were actually expected to read everything because this was not expected at my home university”
- “Pop quizzes”
- “Professors were very motivated”





# HELPFUL COPING STRATEGIES

Find ways to relieve stress: Understand your language and culture limits—if things get overwhelming, take a break.

Do what you do at home or something close to it: What worked for you at home when you were feeling down? Reading? Listening to music? Watching a funny movie? Give it a try in the host country as well.

Express yourself: Find someone who understands, such as another exchange student. Singing or dancing can also be wonderful means of expression you can do by yourself or with others.

Connect with family and friends back home: Write letters home, send emails to friends. Writing can be a valuable way to reconnect when things aren't going so well. But set a limit: too much time sending email can make you feel you never emotionally left home, and that's not what you want, either.

Make a point to cook or buy some of your favorite meals from home.

Stay active: Take walks, bike, swim, etc. A good workout can be calming and therapeutic.

Work harder to adapt to the new culture even if you are scared or overwhelmed. Dig in and do not give up. Try to integrate with people from your host culture. Ask them for help, advice, and to join you while you go to the grocery store, order at a restaurant, attend your first University of Michigan football game, etc. People in Ann Arbor are more than willing to guide you through the American culture, but you may have to be the first to reach out and ask.

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*Adapted from: Paige, R.M., Cohen, A.D., Kappler, B. Chi, J.C., Lassegard, J.P. (2009) Maximizing Study Abroad: A student's guide to Strategies for language and culture learning and use, 2<sup>nd</sup> Ed, Minneapolis: University of Minnesota, pp. 98-99.*

## Tips For Going Beyond Surface Adjustment

### ADJUSTING TO LOCAL CULTURE

- 1 Participate in the local culture.
- 2 Don't fight the culture; flex with it.
- 3 Learn what is most important to the people in the culture.
- 4 Constantly test your own ideas about the culture.
- 5 Don't assume you understand the culture.
- 6 Occasionally withdraw from the culture to avoid culture fatigue.
- 7 Explain your culture to your hosts; help them understand you.
- 8 Learn from others, but don't become dependent on them.
- 9 Learn from TV, radio, and the press; these resources are great for cultural insights.
- 10 When you don't know, ask.

*Adapted from: Paige, R.M., Cohen, A.D., Kappler, B. Chi, J.C., Lassegard, J.P. (2009) Maximizing Study Abroad: A student's guide to Strategies for language and culture learning and use, 2nd Ed. Minneapolis: University of Minnesota, p. 102.*



# CROSS-CULTURAL ACTIVITIES

Consider the programming offered on television and radio. What does it tell you about the culture and/or its values? How does this compare with your home culture?

Take a different form of transportation whose circuit covers parts of the city that you do not normally see. What did you see/learn that travel by your traditional means has not shown you?

Go to a grocery store or market and look around at the merchandise. In what ways is this store like/unlike a typical grocery store or market in your hometown? Create a reasonable weekly grocery shopping list, assuming that you are buying for just yourself. Include all necessities and be sure to account for main dishes, fruits, vegetables, dairy, and so on. Write the price next to each item based on the prices you encounter. Now analyze the total cost. How does it compare with what you might pay at home? How can

you explain any difference?

Tour a local museum. Choose a particular work in the museum that interests you. Would you likely find anything similar in a museum in your hometown?

Find out how local citizens get driver's licenses. How does the process work? Where do they learn to drive? How long does the process take? How much does it cost? How does the overall process compare to the system in your home country?

Attend a sporting event and describe it. Does this sport exist in your home country? If so, are there any differences in the way it is played, viewed, and so forth? What role does this sport seem to play in the local culture?

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Adapted from: Dowell, M. & Mirsky, K.P., Study abroad: How to get the most out of your experience. (2003). Upper Saddle River, NJ: Prentice Hall, pp. 84-85.

## SOCIAL MEDIA @ U-M

*U-M organizations and students are active on a variety of social media platforms. If you want to stay connected with U-M online, consider checking out these resources.*

### Facebook

There are many ways to stay connected with U-M through Facebook. Check out “Events” near Ann Arbor to find out about cool or interesting events near the area. Most student organizations also have Facebook pages with information about events and more.

If you want to stay up to date with campus happenings, check out the campus newspaper *The Michigan Daily* on Facebook:

<https://www.facebook.com/michigandaily/>

Every semester, Global Initiatives creates Facebook groups for each “exchange class.” This is a group for you to get to know your peers, make travel plans, find flatmates, and create social events. We will email you when the group is created and we encourage everyone to join!

Join the Michigan Community on Facebook to find other Facebook groups that may be of interest. These include but are not limited to: Free & For Sale, Events & Parties, Housing,

Textbook Exchanges. To join, a umich email is required.

<https://www.facebook.com/groups/groupsatumich/groups/?filter=all>

### Instagram

Check out some of these Instagram accounts affiliated with U-M:

[Official U-M Instagram](#)

[U-M Athletics](#)

[U-M Museum of Art](#)

[U-M Ross](#)

[Ross Global Student Experiences](#)

### Twitter

Follow these Twitter accounts to keep updated with U-M:

[Official U-M Twitter](#)

[U-M Athletics](#)

[U-M Ross](#)

### Snapchat

Add these these Snapchat accounts for live updates from U-M:

[Official U-M Snapchat](#)

[U-M Athletics](#)

# Important Contact Information

<b>Department of Public Safety (Emergencies)</b>	9-1-1	In an emergency, regardless of location in the U.S., dial 911 to reach the nearest emergency response team.
<b>Department of Public Safety &amp; Security (Non-emergencies)</b>	1-734-763-1131	<a href="http://www.police.umich.edu">www.police.umich.edu</a> <a href="mailto:public.safety@umich.edu">public.safety@umich.edu</a>
<b>Ross Global Initiatives</b>	1-734-936-3917	<a href="http://www.bus.umich.edu/globalinitiatives/">http://www.bus.umich.edu/globalinitiatives/</a> <a href="mailto:ross-globalinitiatives@umich.edu">ross-globalinitiatives@umich.edu</a>
<b>International Center</b>	1-734-764-9310	<a href="http://www.internationalcenter.umich.edu">www.internationalcenter.umich.edu</a> <a href="mailto:icenter@umich.edu">icenter@umich.edu</a>
<b>Campus Information Centers</b>	1-734-764-4636	<a href="http://www.umich.edu/~info">www.umich.edu/~info</a> <a href="mailto:info@umich.edu">info@umich.edu</a>
<b>Services for Students with Disabilities</b>	1-734-763-3000	<a href="http://www.ssd.umich.edu">www.ssd.umich.edu</a> <a href="mailto:sswdoffice@umich.edu">sswdoffice@umich.edu</a>
<b>University Health Service</b>	1-734-764-8320	<a href="http://www.uhs.umich.edu">www.uhs.umich.edu</a>
<b>University Operator &amp; Directory</b>	1-734-764-1817	<a href="https://mcommunity.umich.edu/">https://mcommunity.umich.edu/</a>

[Ross School of Business Home Page](#) | [Ross Photo Gallery](#) | [Ross Facebook](#) |

[Ross Global Student Experiences Facebook](#) | [Ross Twitter](#) | [Ross Instagram](#) | [Ross Pinterest](#)

# CAMPUS MAP

Please consult a campus map to learn your way around. The map provided below is a section of Central Campus with academic buildings and offices most important to exchange students. To see an interactive map of Central and North Campus, please use this link:

<https://campusinfo.umich.edu/campusmap>

