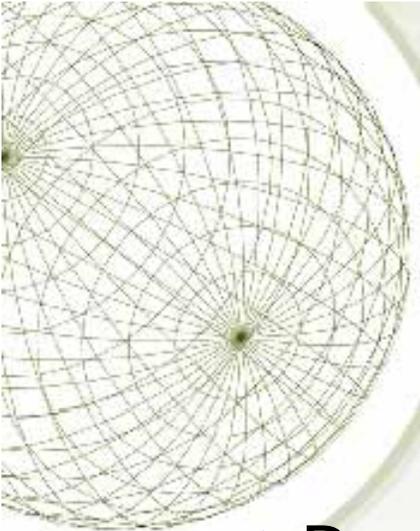
A wireframe globe is positioned in the top-left corner of the slide. The background features a light green and white color scheme with faint, overlapping geometric shapes and lines.

HOW TO PREPARE FOR LIVING IN THE US

Mai Tran - VEF Fellow 2007

Dr. Ut Vu - Visiting scholar

Dai Bui - VEF Fellow 2007

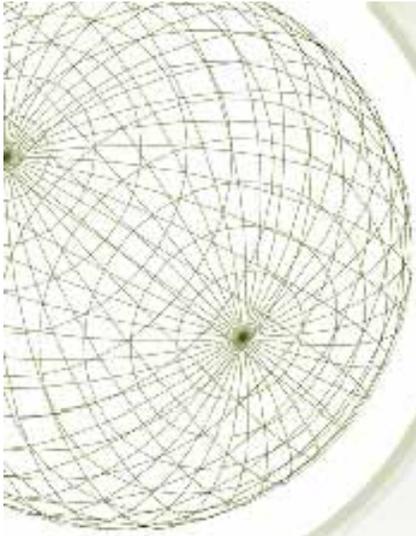
A decorative wireframe globe is positioned in the top-left corner of the slide. The globe is composed of a grid of thin, light-colored lines that form a spherical shape. The background of the slide is a light, neutral color with a subtle pattern of thin, intersecting lines that create a grid-like effect.

Outline

- ◆ Preparation for the trip
- ◆ Arrival and settling in
- ◆ Getting used to new environment
- ◆ Maintaining healthy life
- ◆ Tips for visiting scholars
- ◆ Questions

Preparation for the trip

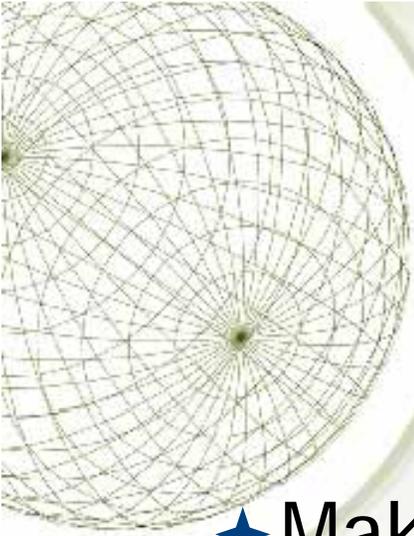




Preparation for the trip

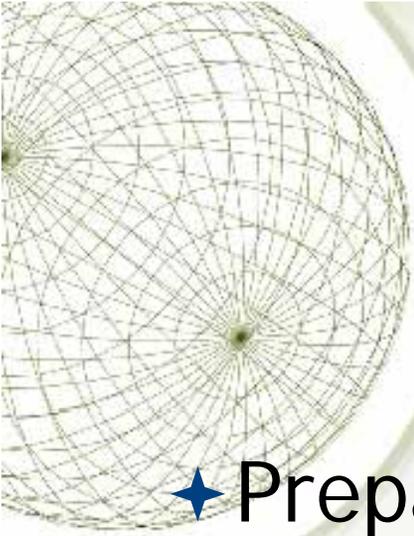
- ◆ Contact your school/friends for housing and preparation tips





Preparation for the trip

- ◆ Make **checklists** for important document and personal items
 - ◆ Check-in luggage: be careful with the weight of your luggage and food
 - ◆ Cabin luggage:
 - ◆ 1 Backpack: Documents, laptop ...
 - ◆ Small wheeled luggage: clothes...

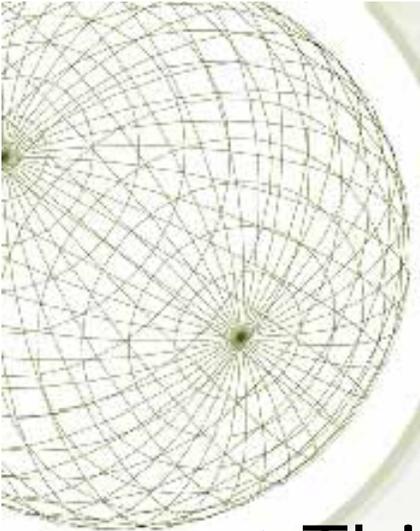
A decorative wireframe globe is positioned in the top-left corner of the slide. The globe is composed of a grid of thin, light-colored lines forming a spherical shape, with a central point where the lines converge.

Preparation for the trip

- ★ Prepare money (cash) for the first month expense (house rent, food and other things)
- ★ Be prepared for a long flight (about 24 hours), flight delay
 - ◆ Contact details of friends
 - ◆ Coins for phone call

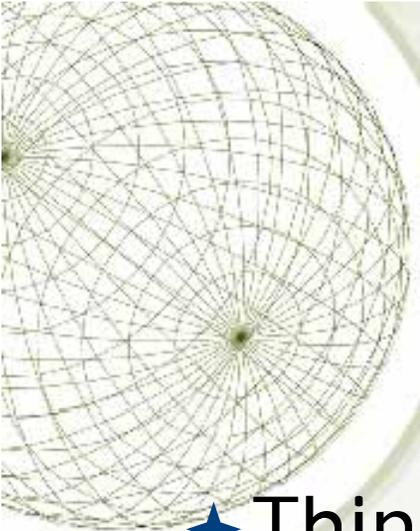
A large commercial airplane is shown in flight, viewed from a low angle, flying over a city skyline. The sky is a warm, hazy yellow, suggesting a sunset or sunrise. The city buildings are visible in the background, and the foreground shows a flat, open area, possibly an airport tarmac or a field. The text "Arrival and settling in" is overlaid in a large, black, italicized font.

*Arrival and
settling in*

A decorative wireframe globe is positioned in the top-left corner of the slide. The globe is composed of a grid of thin, light-colored lines that form a spherical shape, with a central point where the lines converge.

Arrival and settling in

- ◆ Things to do first
 - ◆ Present at Office of International Affairs
 - ◆ Open a bank account and deposit your money
 - ◆ Attend orientation course/week



Arrival and settling in

★ Things to do first

- ★ Apply for Social Security Number (SSN)
- ★ Apply for State ID (optional) (required if you want to drink at pubs ;))
- ★ Update information on OMS
- ★ Go shopping (be generous to yourself :D)
- ★ Get around campus and area

A photograph of a university building with a green roof and large trees in the background. The text is overlaid on the image.

Arrival and settling in

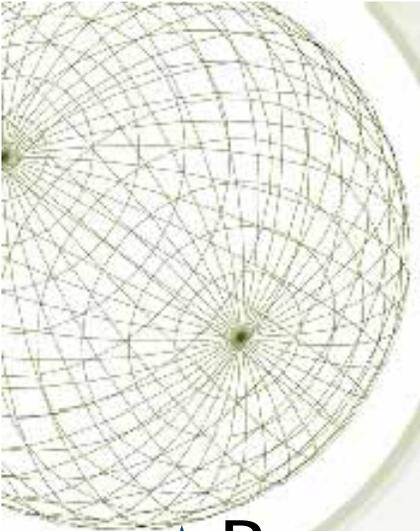
◆ Housing

◆ On-campus VS off-campus:

- ◆ Dormitory, University housing

- ◆ Shared houses, shared apartments, home-stay, furnished and unfurnished apartment

- ◆ depending on your school and your pocket



Arrival and settling in

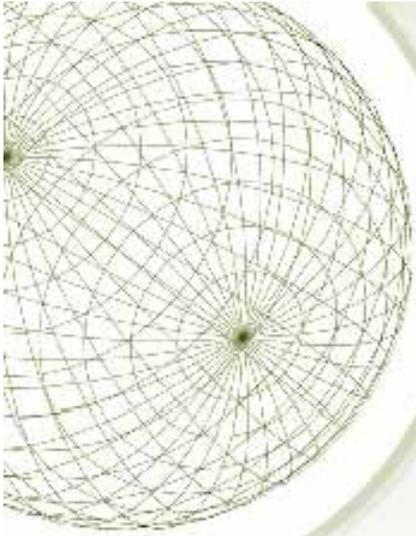
- ◆ Be prepared for culture shock
- ◆ Be open-minded
- ◆ Be friendly but careful



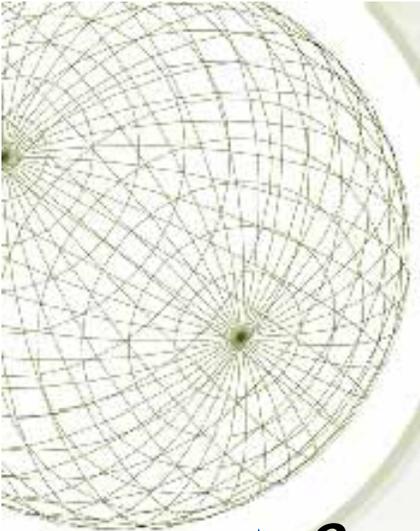
Arrival and settling in

- ★ Be careful with your personal info (SSN, ID and ect) and credit card info



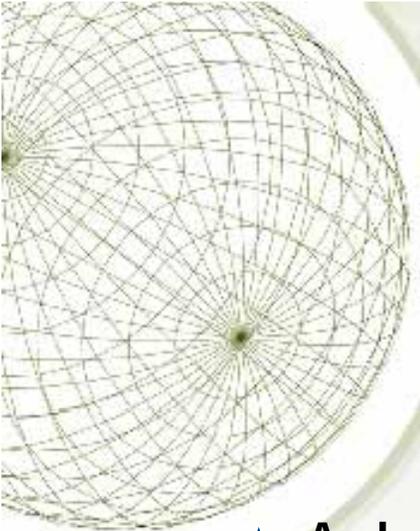


*Getting used to new
environment*



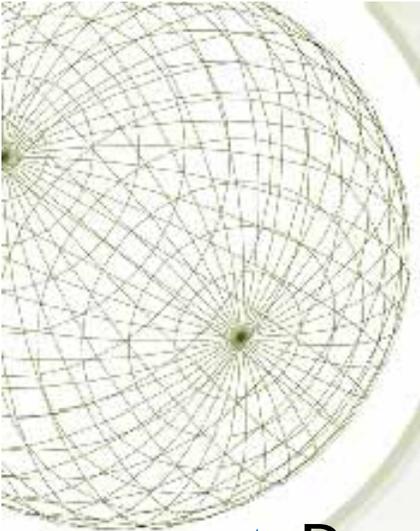
Getting used to new environment

- ★ *Survive first, thrive later*
- ★ Try to improve your English. Most of Vietnamese students have difficulty speaking and listening
- ★ Do not take too many courses unless required, 2 or 3 courses is fine for the first semester



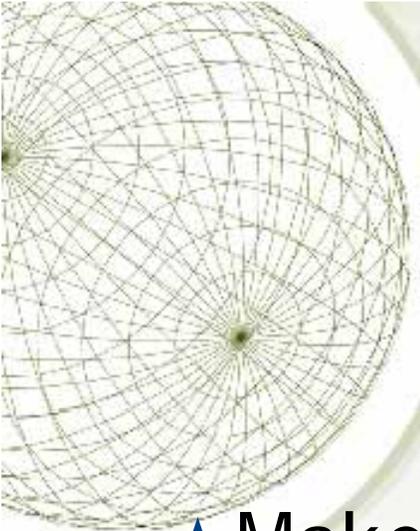
Getting used to new environment

- ★ Ask seniors for experience
- ★ Go to professors' group meeting/lab meeting
- ★ Get to know how research is
- ★ Concentrate on studying for GPA in the first semester but try to do impressive class project(s), start doing real research in the second semester



Getting used to new environment

- ★ Do not take too fundamental courses since it does not help you find a professor
- ★ Take your time to find a research theme (this often takes 2 or 3 three years)
- ★ Do not wander too much when seeing many interesting courses, you have time to study all the courses



Getting used to new environment

- ★ Make friends with foreign students to form a study group
- ★ Some research theme we find interesting while in Vietnam but is no longer an active topic in US

*Maintaining healthy life and
success*





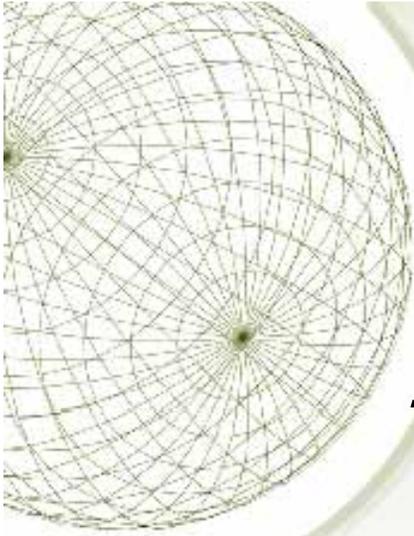
Maintaining healthy life and SUCCESS

- ◆ Balance your life
 - ◆ Sport
 - ◆ Vitamin pills
 - ◆ Try to sleep enough (although it is not easy to do so >:))



Maintaining healthy life and SUCCESS

- ◆ VEF community
 - ◆ VEF Fellows in your school
 - ◆ VEF Fellow cohort 2008
 - ◆ VEF Fellow Association (VEFFA)
- ◆ Local grad student community
- ◆ Foreign friends

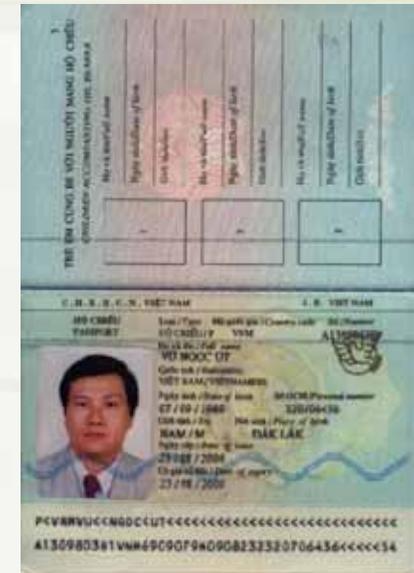


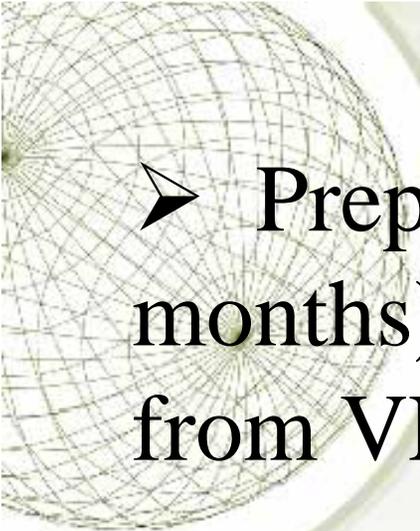
Tips for visiting scholar

Pre-departure check list

All documents needed:

- ✓ Passport + J1 visa
- ✓ Envelop enclosed by US embassy (DS-2019, DS-156)
- ✓ Electronic air tickets
- ✓ All VEF letters (Grant letter, visa letter, SNN application letter,...)
- ✓ Letters of invitation enclosed with address of the mentors in the US
- ✓ Any medical records





➤ Prepare money to pay lodging (1-2 months) before receiving grant/stipend from VEF

➤ Ask your friends (if applicable) to find a shared room/room mate in on-campus houses in advance



For those who bring wife along → check the I-94 form before leaving the custom, be sure no mixing up between yours and your wife's

Departure Number OMB No. 1651-0111

402297051 16

I-94
Departure Record

~~AUG 1 2007
J2
DIS~~

14. Family Name	
VU	
15. First (Given) Name	16. Birth Date (Day/Mo/Yr)
NGOCUT	070909
17. Country of Citizenship	
VIETNAM	

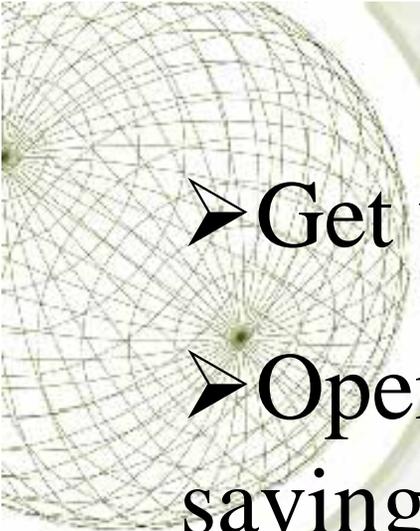
-
See Other Side CBP Form I-94 (10/04)
STAPLE HERE



Arrival and settling in

**Be prepared for often
postpone/delay at the airport**

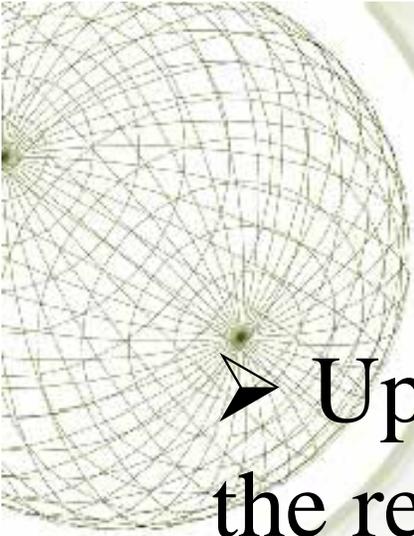
- ✓ Prepare some changes for making phone calls
- ✓ Prepare mentally to stay overnight at the “airport”

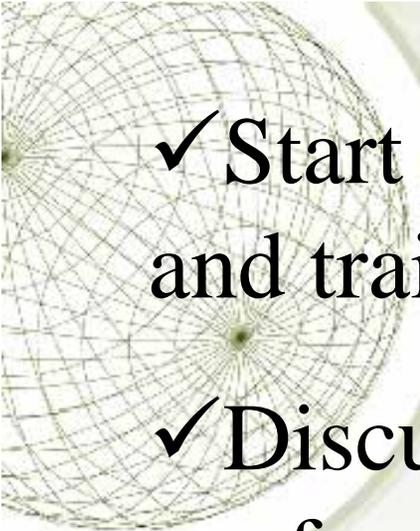


➤ Get visiting scholar ID

➤ Open bank account (checking or saving)

➤ Start registering SSN (Social Security Number): scholars need the SSN as soon as possible for money transfer if conference and professional training grants approved

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- A decorative wireframe globe is positioned in the upper-left corner of the slide. The globe is composed of a grid of thin, light-colored lines forming a spherical shape. The background of the slide is a light, textured green with a subtle grid pattern.
- Update personal info on OMS within the requested time frame
 - Contact VEF officers to get needed forms for monthly stipend and grants
 - Fill and fax form “Start Date” to NA as soon as after receiving the form to get stipend transferred



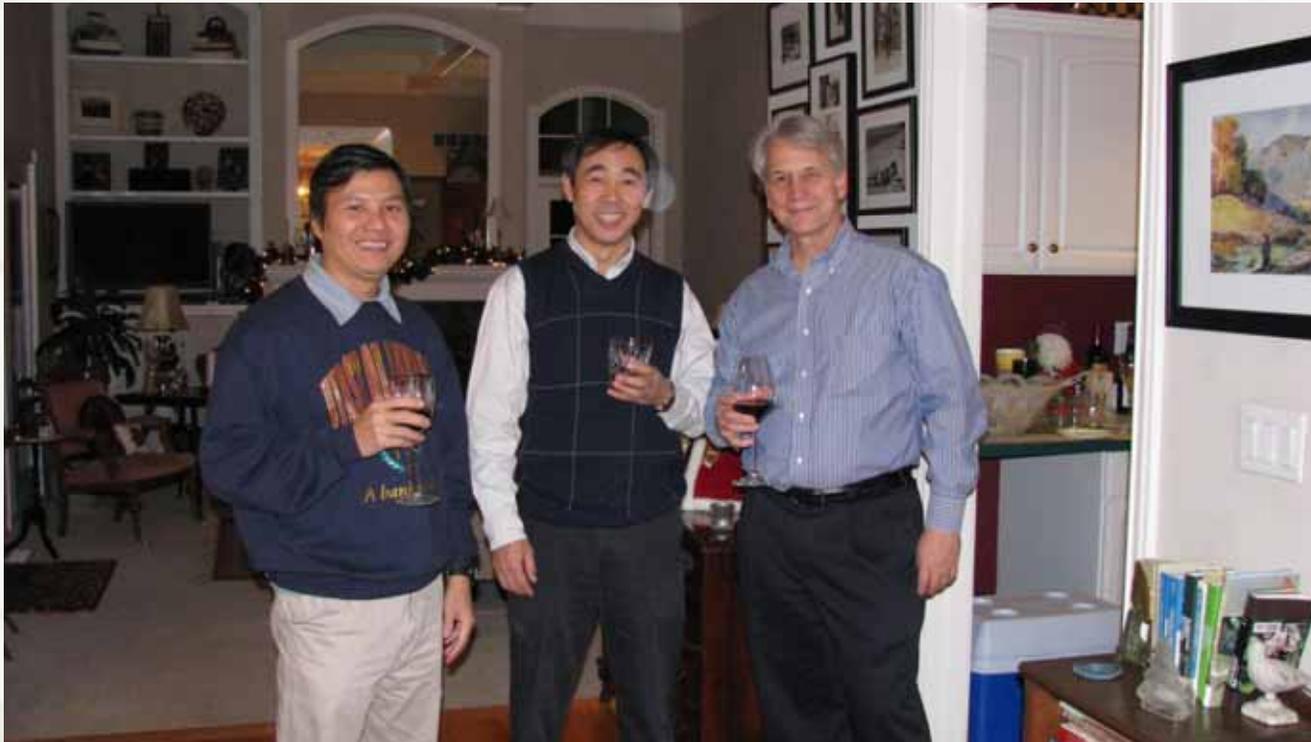
✓ Start searching for relevant conference and training course as soon as you can

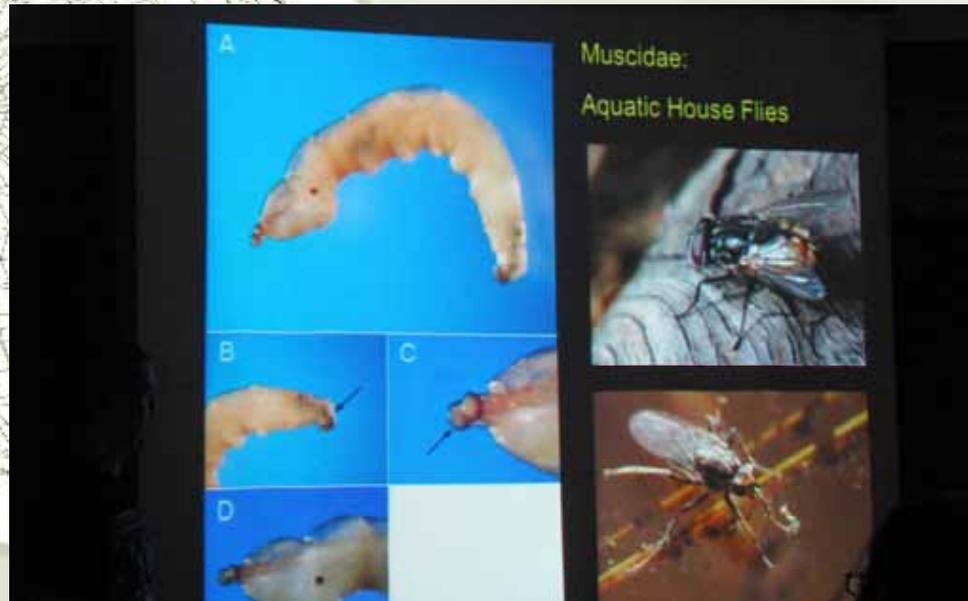
✓ Discuss with mentors the plan for conference and training attendance to get support → it takes time to get approval from VEF



Study and work

Be proactive to make appointment and discussion with your mentors about your work plan

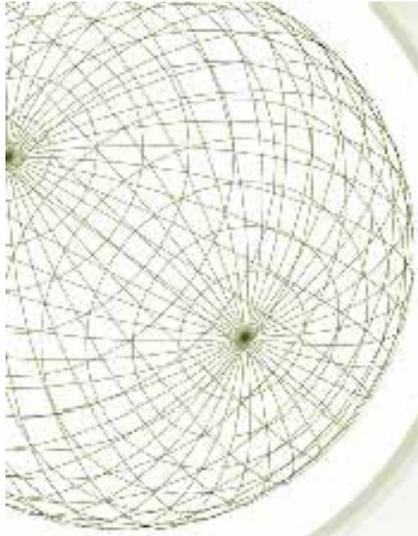




Join interested
classes/courses

to learn different
experiences in
teaching and
learning methods
beside additional
knowledge





Actively participate
in field, lab work to
get experiences



Take advantage of libraries: excellent books and online facilities/computers



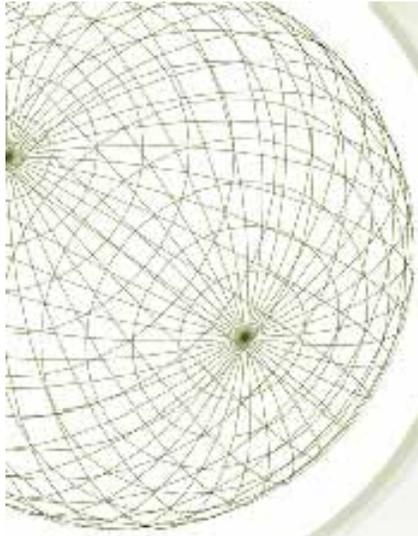
Perfect Study environment

Enjoy events at weekend (football, marches,...)

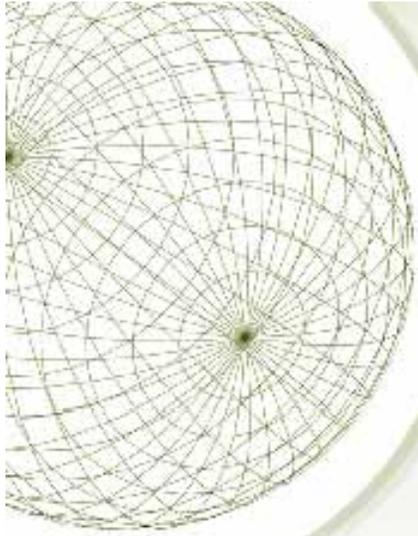


Make sure to attend the Big Event: Annual VEF Conference





Thank you!



Questions?