

International Exchange Program

Fact Sheet 2018-2019

General Information

Address	Global Engagement Office (GEO) Plymouth State University 17 High Street, MSC 62 Plymouth, NH 03264 USA https://www.plymouth.edu/	
GEO Contact Information	Phone: +1 603-535-3370	Fax: +1 603-535-2870
	Email: psu-geo@plymouth.edu	
Contact Person for: Incoming Exchange Students	Jane Bjerklie-Barry International Programs Coordinator Phone: +1 603-535-3372 E-mail: jane.barry@plymouth.edu	
Contact Person for: Outgoing Exchange Students	Daniel Spearman Study Away Support Specialist Phone: +1 603-535-3376 E-mail: dpspearman@plymouth.edu	
Relevant Websites	<ul style="list-style-type: none"> Information for Exchange Students: https://campus.plymouth.edu/global/apply-to-psu/exchange-scholars/ Plymouth State University website: https://www.plymouth.edu/ 	

Academic Calendar

Dates for Academic Year 2018/2019	<p>Autumn Semester: Arrival Day for International Students: August 20th International Orientation Week: August 20th to August 24th Semester Period: August 27th to December 7th Thanksgiving Break: November 21st to November 26th Exam Week: December 10th to December 14th</p> <p>Spring Semester: Arrival Day for International Students: January 17th (subject to change) International Orientation Week: January 17 to January 20th Semester Period: January 22nd to May 3rd Spring Break: March 8th to March 17th Exam Week: May 6th to May 10th</p> <p>Detailed Academic Calendar</p>
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Eligibility and Application

<p>Nomination and Application Deadlines</p>	<p>Fall Semester / Full Year:</p> <p style="text-align: center;">Nomination: April 1st</p> <p style="text-align: center;">Application: May 1st</p>	<p>Spring Semester:</p> <p style="text-align: center;">Nomination: October 1st</p> <p style="text-align: center;">Application: November 1st</p>
<p>Nomination and Application Process</p>	<p>Exchange coordinators may nominate students by sending student names and contact details to jane.barry@plymouth.edu</p> <p>Students who have been accepted and nominated by the exchange coordinator at their home university can then apply for the exchange program at PSU.</p> <p>To apply, please fill out the Exchange Application and Physician Report forms found at this link: https://campus.plymouth.edu/global/apply-to-psu/exchange-students/</p> <p>Send legible scans in an email attachment to jane.barry@plymouth.edu and/or mail originals to:</p> <p style="text-align: center;">Plymouth State University Jane Bjerklie-Barry Global Engagement Office 17 High Street, MSC 62 Plymouth, NH, USA 03264-1595</p> <p>Applications will not be accepted after the deadline.</p> <p>If you meet the requirements for the exchange, you will receive an acceptance package, which will include an acceptance letter, additional instructions on applying and obtaining your J-1 visa and additional pre-departure information including instructions on entering the United States, arrival to PSU campus and orientation.</p>	
<p>Language Requirements</p>	<p>If English is not your first language, be sure to include with your application some documentation of your English language ability that ensures you will succeed taking university courses in English (e.g. TOEFL score, IELTS score, etc.)</p> <p>As mandated by the U.S. Department of State, J-1 participants must possess sufficient proficiency in the English language to participate in their desired program. [22 CFR 62.10(a)(2)]</p>	

Insurance Requirements	<p>As a J-1 exchange student to Plymouth State, as mandated by the U.S. Department of State, you must purchase the minimum requirement for health insurance coverage for the entire duration of your program in the USA.</p> <p>Further details of insurance requirements for J-1 visa holders can be found on our Exchange page: https://campus.plymouth.edu/global/apply-to-psu/exchange-students/</p>
Immigration	<p>Upon acceptance as an international exchange student at PSU, additional instructions on applying and obtaining your J-1 visa will be provided in your Acceptance Package from GEO.</p> <p>Please also visit the U.S. Department of State J-1 Visa page.</p>

Accommodation and Cost of Living

On Campus Accommodation	<p>Once your placement at Plymouth State University is confirmed, and you have received your PSU ID number you may apply online for on-campus accommodation: https://campus.plymouth.edu/residential-life/</p> <p>Placement in on-campus PSU accommodation is guaranteed for all exchange students. Accommodation options include a range of traditional residence halls and student apartments. Depending on your age or housing assignment, you may be required to have a meal plan.</p> <p>Questions relating to on-campus accommodation bookings should be directed to:</p> <p>Residential Life Office: reslife@plymouth.edu</p>
Approximate Cost of Living per Month	<p>The total cost of living for students in Plymouth, NH is estimated at approximately \$350-500 per month depending on travel and personal lifestyle.</p>

Academics

Courses	<p>The normal workload per semester at PSU is 12-17 credits, and most courses are 3 or 4 U.S. credits. Enrollment in these courses is subject to academic prerequisites, schedule limitations and number of students enrolled. GEO will work with incoming Exchange students to build their initial course schedule. Course schedules can be adjusted during the add/drop period at the beginning of each semester.</p> <p>Additional course registration information available on the University Registrar's Bulletin.</p>
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Arrival and Orientation

Orientation

The Orientation Program, organized by the Global Engagement Office, will fully prepare you to be a successful student at PSU and include: University and academic information sessions, tour of campus and Town of Plymouth, US government-mandated immigration sessions (F-1 and J-1 students), session on personal safety and health, and excursions to local attractions.

The Global Orientation occurs prior to the required Plymouth State's Fall orientation

Please note it is compulsory for all students to attend Orientation.

Transport

The Orientation and Arrival Form must be completed and submitted by all incoming exchange students so that we can plan for your arrival accordingly.

Free airport pick-up from Boston Logan International Airport will occur on the official arrival day noted in your orientation package only. To be included on this service, students must fill in and submit their Arrival Form.

Students arriving to campus by car or bus should aim to arrive during the designated registration times provided in the orientation package.

A regular bus system runs between Boston and the PSU campus:

[Concord Coach Timetable](#)

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