



## Pre-Arrival Updates for December 19

**15 Days Until Orientation Begins!**

**Read through the whole email.**

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### This Week's TO-DO list for F-1 Visa Holders

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#### **Task 1.** Find Winter Clothing for Your Arrival

Temperatures in Mankato have plummeted this week. All students arriving between today and January 3rd should prepare for extremely cold conditions.

**Even if you do not have access to winter clothing in your home country, try to wear warm wool socks, leather or thick shoes, sweater and warm jacket.**

While you rarely need to go outside, you will need to prepare to be outside for short durations. If you have exposed skin for 30+ minutes in outdoor winter conditions, you could be at risk for frostbite.

#### **What is frostbite?**

Read more about [frostbite here](#).

#### **What are the bare essentials needed upon arrival for students?**

**All students will receive a hat and gloves at orientation check-in, but you may want to bring some other items with you.**

1. **Wool Socks** - Cotton and polyester socks do not keep your feet warm if they get wet. Wool socks will keep your feet warm through all conditions.
2. **Warm Shoes** - Leather is the best material for winter footwear. See a buying guide for [winter shoes here](#).
3. **Warm sweater and coat** - While you may not have all the winter clothing in your home country, layering goes a long way. Be sure you have layers that you can wear upon arrival to keep you warm the first couple of days.
4. **Anything wool, silk, leather or other natural fibers** - Natural fibers keep you warm in all conditions. While cotton is a natural fiber, we do not recommend cotton during the winter. Here's [a blog post](#) about some of the best winter fabrics. If you find these at home, it may be worthwhile buying them there and packing them.

#### **Task 2.** Save the KIC On-Call Number and University Hours for the week before Orientation

The Kearney International Center office will be closed December 26th-January 2nd; however, some staff will be working remotely December 28th and December 29th.

On-Call Staff

If you are a new student starting your program at MNSU and you need assistance, you may call our on-call phone (+1-507-613-1220) between 10am-midnight CST, December 28th-January 5th.

Please call the on-call line if you need help when you arrive in Mankato. Don't have service yet? No problem. Text or call us on WhatsApp at the same number.

### How to Find the Airport Shuttles

Please watch this short video, which walks you from MSP Baggage Claim all the way to the shuttle location.

[Go to MSP Airport Video](#)

## Task 3. Pre-Pay Your Health Insurance

Students must purchase the mandatory Health Insurance before they are allowed to register for courses. **The insurance charge is \$1283 for coverage from January 1 - August 8, 2023.**

**Charges have been added for any student who was issued an F-1 visa on or before December 6.**

To pay the health insurance:

1. Log into your [eServices](#) account with your StarID and StarID password
2. On the left-side of the screen, choose "Bills and Payment"
3. Your Balance for Minnesota State University, Mankato should indicate a balance of \$1283 (only if you have had an approved F-1 visa for 5+ days)
4. Click "Make a Payment" and follow the directions

*You may also pay for health insurance upon arrival.*

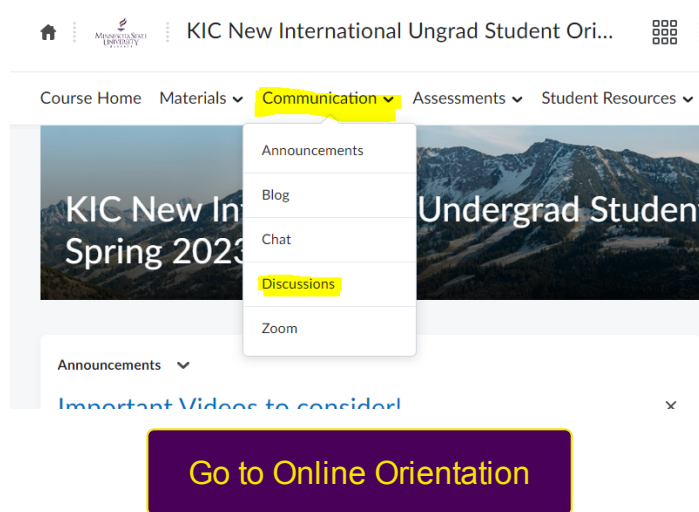
The screenshot shows the 'Student e-services' interface. On the left is a navigation menu with 'Bills and Payment' highlighted. The main content area is titled 'Bills and Payment' and shows 'Account Balance By Institution'. A table lists two institutions: Minnesota State University, Mankato with a balance of \$ 0.00, and Southwest Minnesota State University with a balance of \$ 0.00. A message indicates no current enrollment or balance due for Minnesota State University, Mankato. At the bottom, there are three buttons: 'Make a Payment', 'Make a Prepayment', and 'Give Someone Access to Pay My Bill'. The 'Make a Payment' button is highlighted with a yellow box.

## Task 4. Join Your Peer Mentors Telegram Groups

Peer mentors are available for those students with visas to answer questions and provide guidance to newly arriving students. Join their Telegram groups NOW to get to know them and ask questions.

Find your peer mentor Telegram group by:

1. Go to the [Online Orientation](#) course
2. Click on "Communications" and choose "Discussions" (See photo below)
3. Read your Peer Mentors bio and join the Telegram group linked within the discussion.



## Task 5. Review Covid-19 Entry Requirements for F-1 Students

All non-U.S. citizen, non-U.S. immigrants traveling to the United States by air are required to show proof of being [fully vaccinated](#) against COVID-19. Only [limited exceptions](#) apply. Learn more about this requirement and accepted vaccines.

If you are not fully vaccinated and allowed to travel to the United States by air through an exception, you will be required to sign an attestation (legal statement) before you board your flight to the United States stating you meet the exception. Depending on the type of exception, you may also have to state you have arranged to take certain protective measures.

For more information see [Requirement for Proof of COVID-19 Vaccination for Air Passengers](#).

[International Travel to and from the United States>>](#)

[Requirement for Proof of Covid-19 Vaccination for Air Passengers>>](#)

## Task 6. Gather Your Immunization Records

See [this newsletter](#) for more information.

## FOR STUDENTS WITHOUT AN APPROVED F-1 VISA:

1. Continue to monitor the pre-arrival newsletters in case you receive your F-1 visa in time to arrive on-campus by **January 4**.
2. If you cannot arrive by January 4, please re-apply for Fall semester.

## UPCOMING EVENTS

- **International Student Orientation**
  - January 3 - 6, 2023

