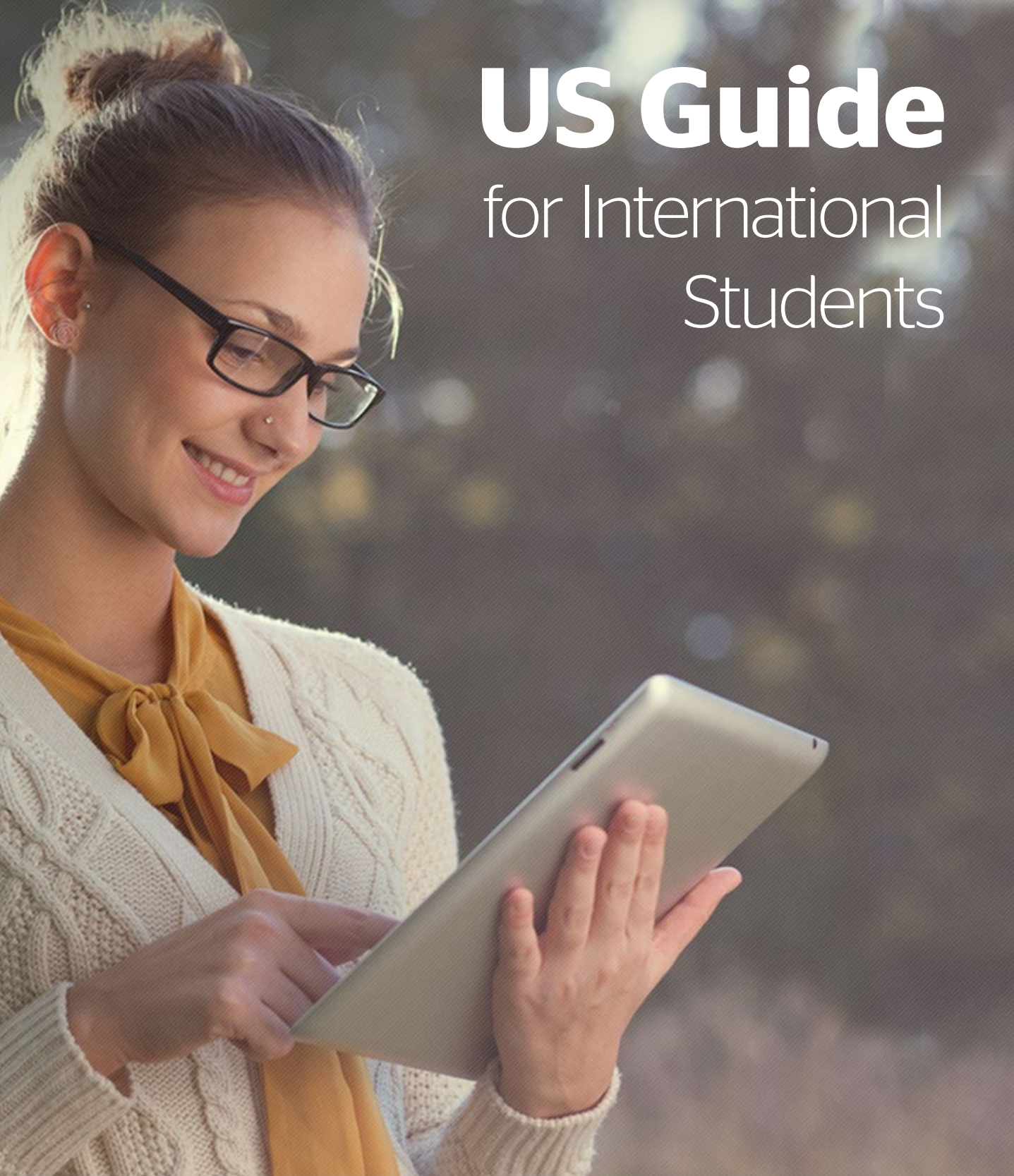




US Guide

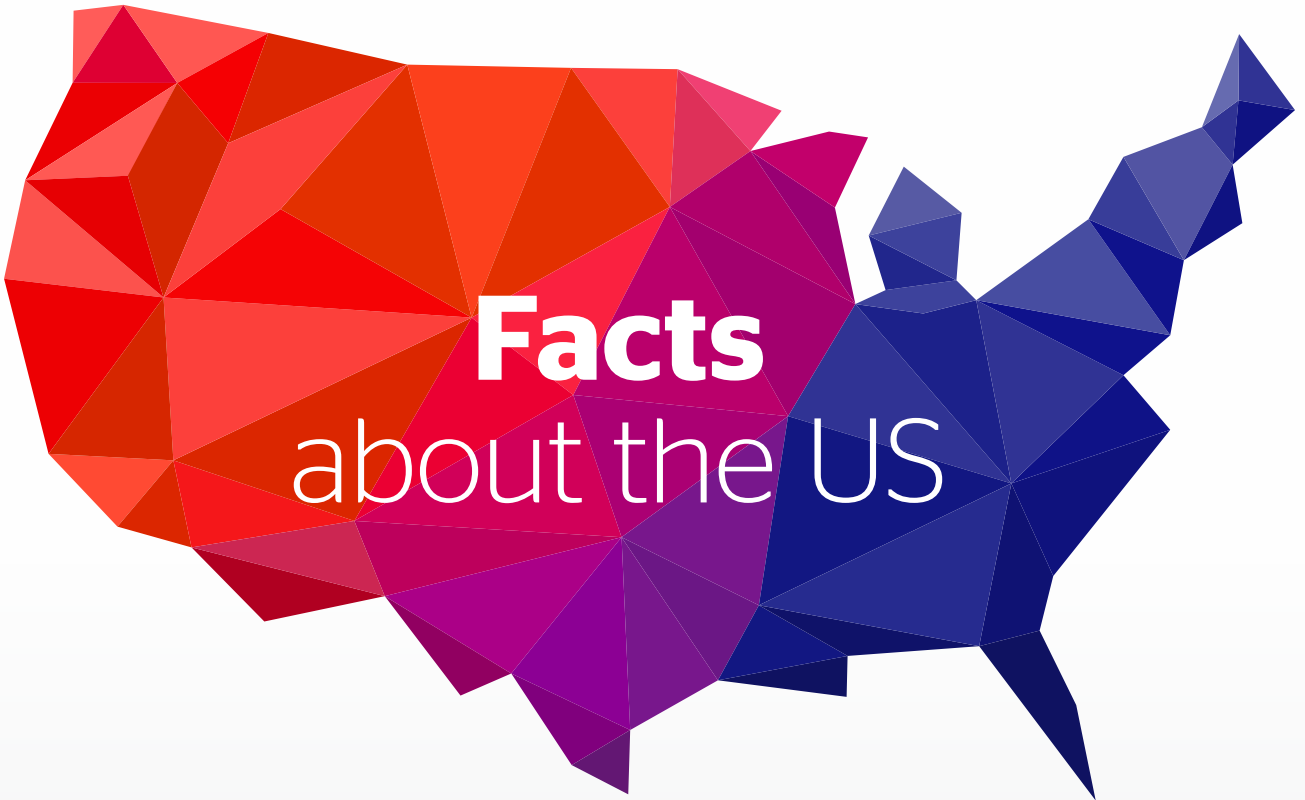
for International
Students



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Currency



US Dollar

Capital



Washington DC

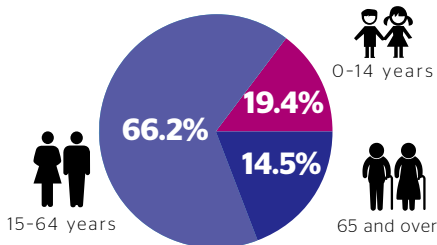
Largest City



New York City

Population (2015)

321,163,157



Calling Code



Voltage

110 volts



Median age

37.3 years



Most densely populated state

New Jersey

Nobel Laureates

323



Pizza



100 acres consumed per day

Top 3 exports



13.4%

Machines, engines, pumps



10.6%

Electronic equipment



9.7%

Oil



Getting a Visa

If you want to study in the US as an international student, you'll need a student visa. Your course of study and the school you want to attend will determine if you need to apply for an F-1 or M-1 visa.

What documents do I need for my interview?

- Passport (valid for at least 6 months beyond your stay)
- Form DS-160 confirmation page
- Application fee receipt
- Form I-20A-B or Form I-20M-N (your school will send you Form I-20 once they've put your details in the SEVIS database)
- Check the instructions on your embassy website as additional documents may be required

Before you apply

You must get a place in a SEVP (Student and Exchange Visitor Program) approved school before you apply for your visa. You can search the Department of Homeland Security website [Study in the States](#) for SEVP approved schools. You'll need to be accepted by a SEVP school 6-12 months in advance. There's also a [SEVIS fee](#) you must pay separately to visa and school SEVIS administration fees.

Types of student visas

Depending on your course of study, you'll need an F-1 or M-1 visa.

F-1 Visa

- University or college
- High School
- Private elementary school
- Seminary
- Conservatory
- Other academic institution (incl. language training)

M-1 visa

- Vocational or recognized non-academic institution (other than language training)

How to apply

Once you secure a place, visit your US embassy or consulate website for specific information. Generally there are a number of steps:

1. Complete an online application (Form DS-160)
2. Upload a photo
3. Print the application confirmation
4. Schedule an interview with your local embassy or consulate
5. Take your application with you to the interview

Fees

You'll have to pay a non-refundable application fee. The amount depends on the country where you apply. New students can get an F-1 or M-1 visa up to 120 days before the start of their course, but won't be allowed to enter the US earlier than 30 days before the start date.

Upon finishing your course

F-1 visa holders can stay in the US for an extra 60 days after completing the course. M-1 visa holders can only remain an extra 30 days after their course is finished. This is called a 'grace period' and lets you prepare for your departure from the US.



Getting a Scholarship

Getting a scholarship to the US can make a fairytale come true. Here are some tips on getting a scholarship.

Research

Apply for as many scholarships as you can! Start researching early and meet deadlines. Contact the financial aid office at the school you plan to attend, use the public library or research online. Double check everything and make sure the offers you receive are legitimate.

Usually you can't apply for a scholarship until you've been accepted on a course. You can pay your tuition fees and travel expenses without a scholarship first. That way, if you win a grant, you can pay back your bank loan or have a bit of extra spending money.

Keep a record

Retain all documents. This is very important and can be applied to all paperwork involved with becoming an international student in the US. Make a photocopy of your application before mailing it and send the application by certified mail.

Be yourself

Personalize your essay or letters to the principal - don't let somebody else write them. Don't rush yourself, just take your time, and be positive and clear. Don't forget to list all your awards, community work, and career experience. Use a professional email address (for example `firstname.lastname@gmail.com`). Clean up the content of your online accounts, and remove inappropriate or immature material.

Have a back-up plan

The scholarship amount will not cover all your expenses. Even if you're lucky enough to get a full scholarship, you'll still have a lot of expenses (food, travel, books, etc).

Don't forget to apply for as many scholarships as you're eligible for and provide as much relevant detail as possible.

*Good
luck!*





Where to Study

The US remains one of the leading destinations for international students and offers lots of choice when it comes to universities. Whether you're attracted to the bright lights of the big cities, or prefer miles of unspoiled wilderness, there is something for you.



Dartmouth College

Dartmouth College in the rural town of Hanover, New Hampshire, is located in the Upper Valley along the Connecticut River in New England. Its campus is centered on a former field of pine trees cleared in 1771. Its buildings are designed in the Georgian American colonial style, and the college hosts a Winter Carnival each year; a tradition involving students in winter sports.

University of Montana

The campus of this university is bordered to the east by Mount Sentinel and to the north by the Clark Fork. The Mount Sentinel is recognized with the large hillside letter "M", the Missoula's most memorable landmark. Cross-country skiing and snowmobiling are all within a short distance and the town celebrates New Year's Eve with a winter celebration called First Night, including music, crafts, and an ice sculpture competition.



Where to Study



Cornell University

Although it has a relatively small campus, Cornell has some prime real estate on a hilltop in central New York State, with Cayuga Lake and two large gorges surrounding it. The impressive Sage Hall, and the already-unique Johnson Museum of Art, both look incredible in the winter.



Harvard University

The oldest institute of higher learning in the US, Harvard, has produced eight US presidents, which is over 18% of the total. Located in Cambridge, Massachusetts, its history, wealth and influence has made it one of the most prestigious universities in the world.

Yale University

Located in New Haven, Connecticut, Yale has also had its share of presidents. Five American presidents - 11% of all - were Yalies. Founded in 1701 in Saybrook Colony as the "Collegiate School," it's the third-oldest institution of higher education in the US.

This is just a snapshot of universities in the US as there are hundreds with great reputations, facilities and locations. Do your research and choose the place which meets most of your needs.





Finding Accommodation

When you move to the US to study, you can live in a dorm, rent a flat off-campus, or stay with a family in a homestay. This isn't the time to be couch-surfing so read on!

Dorms

This is the most popular housing option for new students. It's also the most convenient, as it means living on campus which is close to where you'll have your lectures and classes. Dorms supply meal plans so you won't have to worry about organizing your dinner either!

Off-campus housing

Sharing a flat off-campus could cost a lot less than a dorm and you can choose your roommates and the area. You'll have to cover additional expenses - utilities, transportation, food, etc. Ask if there are any bills included in the rent and make sure there are good transport options to and from school.

Homestay

This is quickly becoming a popular option among international students. Staying in someone's home will make it easier to interact with native English speakers and give you a deeper insight into their culture. For listings near your university, try homestay.com or ushomestay.com.

Need help?

Many universities offer housing and apartment rental pages on their websites. If you need help with accommodation, there should be a Housing Office at your university you can turn to. You can also contact your International Student Advisor for info.

Tips

- Start your search early
- Ensure there is good public transport
- Make sure you can cover all your bills
- Research the neighbourhood



Happy house hunting!

Getting a Job



Every student comes to the US with dreams and ambitions. Here are some tips to turn your dream job into a career.

Plan your career

Be patient - Rome wasn't built in a day! Get networking—it will help you gain useful contacts. Most importantly, do what you love - choose a job you love, and you'll never have to work a day in your life!

Focus on what you want to get from your career. Set goals and patiently execute them one by one and aim high.

Search for jobs in the newspapers, employment centres, and on websites such as college.monster.com, specifically for recent graduates.

Resume Vs CV

A US CV is usually called a 'resume', and is different to the CV that you're used to.

Here's why:

A CV showcases your experience and is a 'story' about your academic and professional life, while a resume is a much shorter document with highlights of your academic life and career.

Resumes should be one page long, and include a short, chronological, list of previous experience and education. Get some good references from within the US if you can.

Going for an interview

Once you get the interview, remember these tips:

- Don't be late!
- Research the company thoroughly
- Practice your answers
- Ask some questions
- Look clean and professional

Show your enthusiasm-let them know you really want the job!





Opening a Bank Account

One of the first things you'll want to do when you get to the US is to open a bank account. There are two types of bank accounts in the US:



Checking Account

Great for day-to-day expenses. A checking account lets you make numerous withdrawals and unlimited deposits and comes with a check book and bank card.

Use it for:

- Living expenses
- Daily transactions
- Paying bills

Savings Account

Perfect if you want to save. A savings account requires a minimum deposit and provides a modest interest rate of return.

Use it for:

- Saving for car, house, holidays
- Long-term investments

Choosing a bank

Don't get blindsided by freebies, and always read the small print!

What to consider:

- Which banks are closest?
- What's the minimum balance required?
- What are the monthly fees?
- Are there fees if the balance goes below the minimum?
- Are there transaction limits?
- Do they offer online banking?

Documents you'll need:

- A current passport
- Proof of address (e.g. utility bill, apartment contract)
- College address (e.g. enrolment verification letter)
- An identification number, such as:
 - A taxpayer identification number
 - A passport number and country of issuance
 - An alien identification card number

Once you get your new bank account details, don't forget to keep them safe.

Happy banking!



Food on a Budget

With the rising cost of books and accommodation, being a student can be a costly affair. One of the best ways to stick to your budget is to save money on food.

Keep it simple

Keep your meals simple. Instead of buying processed foods, ditch the pot-noodles and buy basic staples such as rice, beans, and pasta. They're cheaper, will last longer, and are healthier for you! Shop in cheap chain supermarkets such as Wegmans, Trader-Jos, and Walmart, and try your local fruit and vegetable markets and stores for fresh, cheap produce.

Eat healthy

Eat three square meals a day, including a healthy breakfast to keep you from pining after that croissant. Cook your meals from scratch instead of buying expensive ready-meals. Try to incorporate at least one fresh vegetable or fruit into each meal.

Shop smart

Don't shop when you're hungry! Shop at times when prices will be reduced and look out for deals.

- Do your shopping in the evenings for reduced prices
- Look for items like baked goods that are reduced to clear
- Buy store-branded products
- Get fruit and vegetables in-season
- Keep one day to do your weekly shop

Go vegetarian

Meat is expensive, so going on a vegetarian diet, even for just a few days a week, will save you money. Meat-free Monday is fast becoming a trend! If you want to buy meat, shop at the local butchers or meat market to find deals.

Learn to cook

Make your own juices, sandwiches, and coffee. This will save you from wasting money in the canteen and you can make your own meals in a matter of minutes.

Look for deals

Feel like eating out? Try the daily deal sites for discounts or go to the restaurant early to catch the early bird. Tipping is mandatory in the US so don't forget to budget for at least a 15% tip. Also, be aware some restaurants will add a sales tax at the till!

Bon appetit!



Student Life



One of the best ways to enjoy student life in the US is by making friends and taking part. The best way to do this is to get involved in all facets of university social life on campus.

International Student Orientation Program

Usually organised by the Admissions Office, this programme varies from school to school, but will give you a chance to meet other non-US students and prepare you for campus life.

Campus activities

University campuses are busy places like little towns or villages and there's always something going on. Many schools have a 'Student Activities Center' where you can join sports, clubs, societies, and even student government.

Fraternities and sororities

These can be a great way to meet people and have an active social life. They can help you grow your life skills and support you in your career path. Remember to consider memberships costs, time commitment and check out a few organizations to make sure you pick the right one.

You should always make time for your studies, but don't forget to also have fun!

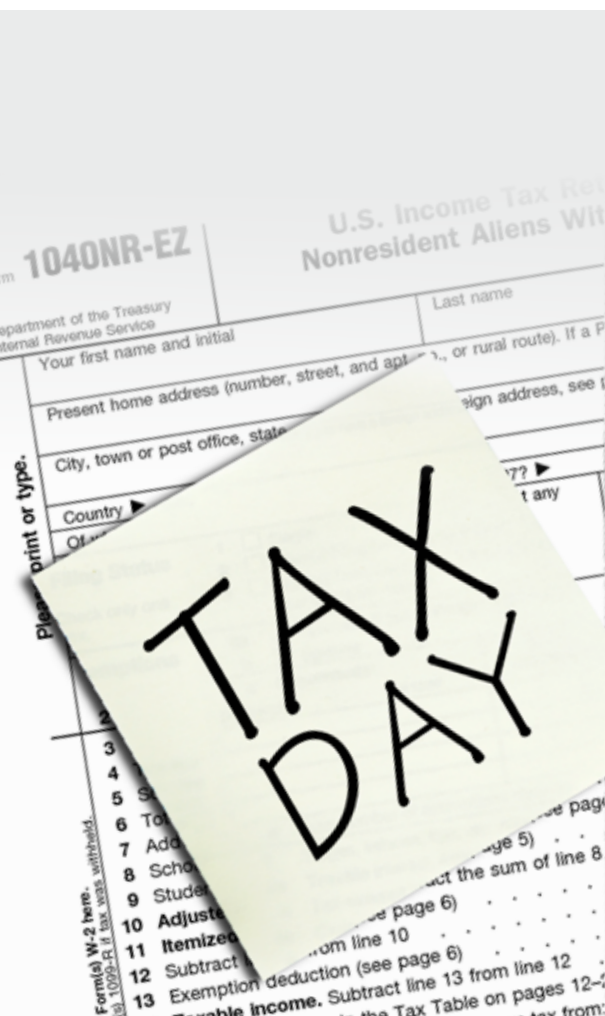




US Taxes

for International Students

One of the best ways to enjoy student life in the US is by making friends and taking part. The best way to do this is to get involved in all facets of university social life on campus.



Filing a tax return

Regardless of the fact that you probably don't classify as a US citizen, you're required by US taxation law to file a tax return.

You should complete and submit your tax documents to the IRS (Internal Revenue Service) by the 15th of April for any income earned in the previous year.

Even if you haven't earned any income and therefore don't owe any money to IRS, not filing your taxes could still influence your future plans. Not complying with the law may affect your future visa applications.

Tax refund

If you received any income during the tax year you could be entitled to get some of the taxes you paid back. If you don't file your tax return, you lose the opportunity to apply for your tax refund and get some extra money. Not to mention the penalties that IRS could impose on you.

Tax treaties

You may be eligible to take advantage of 'tax treaties' signed between the US and your home country, so make sure you check this. Sprintax has all credits and tax treaties for non-resident international students built-in which makes Sprintax a super easy option for tax filing for non-residents.

How to file your taxes

Unlike US residents, non-residents for tax purposes can't file tax returns electronically. By "electronically" we mean you can't submit your documents to IRS electronically.

Sprintax has the answer

You can use our online tax preparation tool to help you with the complicated tax documents and process, then print and simply post them to IRS.

Get started at [Sprintax.com](https://www.sprintax.com)

Need help with your taxes?

Email address: hello@sprintax.com
Skype: [sprintax.com](https://www.skype.com/people/sprintax.com)
Toll FREE number: 1-866-601-5695
Address: Sprintax.com, c/o Taxback Inc, 333 N. Michigan Ave,
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